

liveWell

A Beach Cities Health District Publication

Fall 2020



Serving the Community During COVID-19

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A Public Agency

Beach Cities
Health District



BEACH CITIES HEALTH DISTRICT IS ONE OF THE LEADING preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. It offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the entire lifespan.

MISSION

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

VISION

A healthy beach community.

Cover photo: Dr. William Kim (center), BCHD's Chief Medical Advisor, physically distanced in front of the Beach Cities Health Center with some of the BCHD employees whose duties have changed or otherwise been impacted by the COVID-19 pandemic. From left, Cindy Carcamo of Youth Services, Melissa Andrizzi-Sobel from Community Services, Jade McKnight of Youth Services and Debbie Teal of the Center for Health & Fitness.



Hello. I hope you and your family and friends are well. A lot has happened and changed since we last talked. The pandemic is an unprecedented health event and nothing like anything I have experienced. In April I came across a slide in a presentation that asked, "Who do I want to be during COVID-19?" It went on to ask, do I want to be in the Fear Zone where among other things I spread emotions related to fear and anger? Do I want to be in the Learning Zone where I identify my emotions and evaluate information before spreading something false? Lastly, do I want to be in the Growth Zone where I keep a happy emotional state and spread hope? At the Beach Cities Health District, we recognize that this is a stressful and fearful time and we are your resource to help you focus on positive mental health and healthy coping tools that will move us toward the Learning and Growth Zone.

have been working with our city, school and business partners on what recovery and reopening looks like for us.

When COVID-19 hit, we postponed all of our in-person events and transitioned them to virtual events, including a March session planned with our Board of Directors and the community to discuss changes and reductions to our Draft Master Plan for the Healthy Living Campus. As you know, our 60-year-old hospital building that provides revenue for our community health programs has reached the end of its useful life and does not meet current seismic standards. A meeting was held in June and after five hours with more than 100 public comments read into the record, the Board of Directors endorsed a Draft Master Plan that reduced the number of possible assisted living units from 420 to 220, expanded the square footage allotted for aquatics to encourage multi-generational use and includes space for Programs of All-Inclusive Care for the Elderly (PACE). No approvals or final decisions were made. This Draft Master Plan will go through the rigorous Environmental Impact Review (EIR) Process with extended public input opportunities about potential impacts. In this issue you will see some of the revised plans that will continue to be shaped by the community as they have for over three years of recent planning.

It is understandable that some people in the community are in the Fear Zone about COVID-19 or the Healthy Living Campus Project for that matter. Be assured that we will continue to do all we can to help us as a community move into the Learning and Growth Zones as we address the health issues of our community together.

In Health,

Tom Bakaly
CEO, Beach Cities Health District

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In this issue, you will learn about the mental health coping resources that the Health District offers across the lifespan of youth, adults and older adults. It is important to know that while we may feel powerless over events beyond our control, we are not hopeless in the way we deal with them. Drawing on the community resources available is more important now than ever. Please refer to our website at bchd.org for a complete list of mental health resources that are available to you.

An evidence-based practice to improve your mental health is by helping others. In this edition you will see what it is like to provide errand assistance for those in need. Our volunteer network is extremely large and strong and there are additional opportunities with COVID-19 to be of assistance in the community.

Staying reasonably informed is also important for mental health. I have learned that there is a fine line between knowing what is happening with COVID-19 and getting sucked into the swirling vortex of 24/7 news cycles. In this issue you will learn what is specifically being done here to keep us Safe in the South Bay. Since April we

'Safe in the South Bay' Brings Guidance and Info to Local Businesses and Residents



A new program in the South Bay has brought together the Chambers of Commerce in Hermosa Beach, Manhattan Beach, Redondo Beach, El Segundo, Palos Verdes Peninsula and Beach Cities Health District (BCHD) to provide COVID-19 health guidance and resources for businesses. The "Safe in the South Bay" program also highlights businesses that are actively working to protect their employees and customers and committed to mitigate the spread of COVID-19.

"Safe in the South Bay is a collaborative effort by these Chambers of Commerce and BCHD to keep our community healthy," said Tom Bakaly, CEO of BCHD. "My hope is that Safe in the South Bay will be a resource and act as a reminder to businesses and consumers of the health actions necessary to allow businesses to safely reopen while we're still dealing with the pandemic."

The Safe in the South Bay program is open to businesses in the jurisdiction of the participating Chambers of Commerce. To participate, businesses self-certify that they are following the Los Angeles County reopening protocols, including face coverings, physical distancing and symptom checks, among others.



"I wear my face covering for you and hope you will wear yours for me."

- Fred Manna, Beach Cities Health District Errand Volunteer, Livability Committee member and Volunteer Advisory Committee member

To view a list of the 150+ participating businesses, visit <https://bchd.org/safeinthesouthbay>.

Who do you wear your face covering for?

We all must continue to do our part to slow the spread of COVID-19 and protect our most vulnerable. Please stay home as much as possible. It truly is safer at home. If you must go out, practice physical distancing and wear your cloth face covering when around others.

For information on COVID-19 testing, health-related referrals or assistance, visit bchd.org/coronavirus.





Flexibility and Resilience: BCHD's Response to Support the Community During COVID-19

Friday, March 13 was the last day of "normal" at Beach Cities Health District. That weekend, BCHD activated its District/Emergency Operations Center in response to COVID-19.

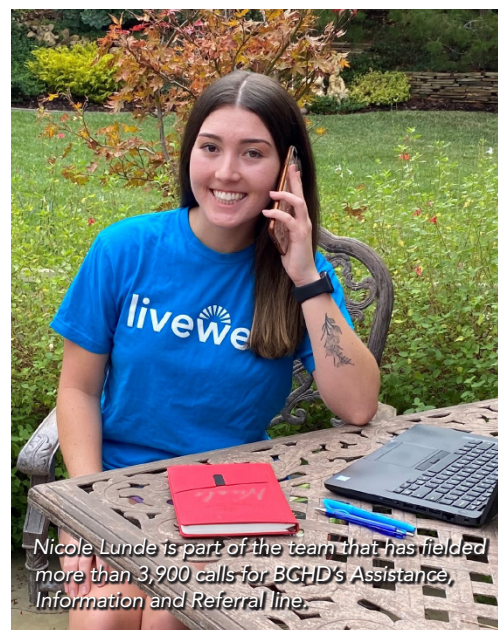
As schools sent their students home for what was thought to be an "extended" spring break, AdventurePlex and the Center for Health & Fitness closed their doors and have yet to re-open. Employees of these facilities were given new duties to help the Beach Cities community navigate its way through this health crisis.

Nicole Lunde is one of those employees. Previously a member of BCHD's AdventurePlex team, Lunde soon found herself answering phone calls from residents for BCHD's Assistance, Information and Referral line, also called "the 256 line" for its extension in the BCHD phone tree.

"I'm used to talking to people, helping them and working out issues," said Lunde, who's worked at AdventurePlex since 2018. "It's nice being a friendly voice, since this can be a stressful time when people are calling or have been on the phone with other organizations trying to find answers."

With guidance from 256 regulars Diana Garcia and Joseph Hocking, the new Community Services team member quickly adapted and was soon put to work on the phones.

"It's amazing to see how quickly everyone at BCHD responded, with everything happening so quickly, things were changing every day, every single minute," she said. "The great part of the 256 line is all the support that we're providing to the community, especially the vulnerable populations. It's really amazing."



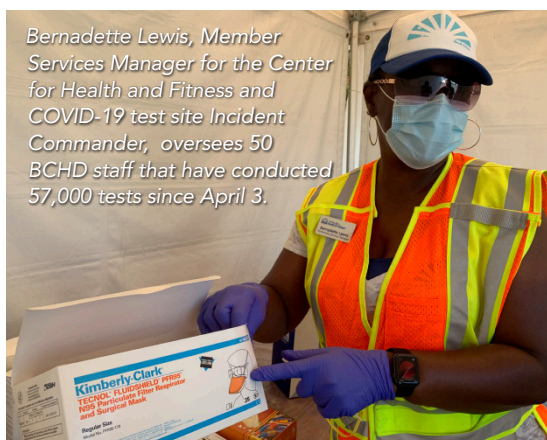
Nicole Lunde is part of the team that has fielded more than 3,900 calls for BCHD's Assistance, Information and Referral line.

From March 15 through October 15, the Assistance, Information and Referral line has taken more than 3,900 calls from members of the community seeking answers to questions about COVID-19 testing, health officer orders and more, like getting assistance with errands including runs to the pharmacy or grocery store.

Running errands for residents became a new task for Mishell Balzer, who normally can be found at elementary schools tending to gardens or teaching garden lessons as part of BCHD's LiveWell Kids program. While still doing some garden maintenance, Balzer now has a new audience, doing grocery and pharmacy runs for older adults.

"In LiveWell Kids, I'm focused on the school community. It's nice to see and help other community members that fall outside of my regular scope," Balzer said. "It's refreshing, you get to see the community more as a whole instead of just my little world and it makes me feel like I'm looking at the bigger picture. It's nice to fill a need in the community."

Bernadette Lewis is a familiar face to the more than 2,500 members at the Center for Health & Fitness where she is the Membership Services Manager. This summer, she's transitioned to be one of the Incident Commanders at the COVID-19 test site, originally at the South Bay Galleria and now at the BCHD campus.



Bernadette Lewis, Member Services Manager for the Center for Health and Fitness and COVID-19 test site Incident Commander, oversees 50 BCHD staff that have conducted 57,000 tests since April 3.

"It's been a great experience to be out there working and helping residents, to be of service to them is huge, serving our beach community and everyone who comes through there," said Lewis. "A lot of people are really grateful that we're there. It's good to be there and support the community during COVID-19."



Mishell Balzer, BCHD's Garden Coordinator is part of reassigned staff providing 1,384 errand and meal deliveries for Beach Cities residents.

Our core of amazing volunteers have also been critical during COVID-19, providing more than 1,700 client interactions since March. With some volunteer opportunities temporarily suspended, many have switched or continued to provide errand assistance, meal delivery and check-in calls to older adult residents. In addition, volunteers have also supported staff and the community at BCHD's COVID-19 testing site. 🌈

FLU VACCINES ARE VITAL THIS YEAR DURING COVID-19

The best way to prevent the flu is to get vaccinated every year. It's safe and can help prevent overwhelming the healthcare system during COVID-19. Beach Cities Health District advises residents to follow flu vaccination guidelines set by the Centers for Disease Control and Prevention, which recommends everyone six months of age and older be vaccinated. Flu vaccines not only protect you, but also your family, friends, co-workers and neighbors.



PREVENTIVE TIPS TO PROTECT YOURSELF AND OTHERS FROM COVID-19 AND THE FLU



Get the flu vaccine



Wash your hands frequently with soap and water



Avoid touching your eyes, nose and mouth with unwashed hands



Use a tissue to cover your cough or sneeze



Clean and disinfect high-touch objects and surfaces



Self-isolate if you are sick



Practice physical distancing especially by staying at home



Wear a clean cloth face covering when in contact with others from outside your household

For more tips and to learn where to get vaccinated, visit bchd.org/flu.

How to LiveWell During COVID-19

Earlier this year, we were reacting to COVID-19 and drastically changed our lives nearly overnight. Schools and workplaces went remote. Movie theaters and in-dining restaurants closed. The only people you spent time with were your household members – whether you liked it or not.

But now that we've been living with COVID-19 for more than six months, moving from safer at home to safer at work and in the community, we can take stock of how we're really doing. At this point, we may be feeling unmotivated, stressed, isolated or just not ourselves.

Here are **five tips** for how to cope during this time of uncertainty from Angela Wilson, LMFT, Director of Mental Health Programs at South Bay Children's Health Center:

- 1. Create Routines and Space** – During times of uncertainty, establishing daily and weekly routines can help add some certainty. This includes mapping out where your routines will take place. With kids and parents both working from home, providing everyone their own private space can prevent power struggles.
- 2. Reframe to the Positive** – Focus on what you can control vs. what you cannot. One of those is your own attitude. Use this as an opportunity to focus on a new goal you haven't had the time to commit to before. Amaze yourself with what you can accomplish!
- 3. Take Time for Yourself** – We should check in with ourselves and check out from our stressors every day, even if only for 10 minutes. We should encourage others to do the same as mindfulness does indeed matter.
- 4. Allow for Self-Compassion** – This is what builds resiliency, which helps people bounce back after life's challenges. This is new for all of us. Let go of perfection and accept that our world is different right now and we are all adapting to it the best we know how.
- 5. Stay Connected and Ask for Help** – We need our natural supports more than ever right now. Reach out to friends and family through technology, get creative and have fun with it. When friends and family aren't enough, reach out to your community resources who care about your well-being and are always here to help.



Angela Wilson, LMFT, Director of Mental Health Programs at South Bay Children's Health Center and her daughter Sienna.

How are you coping and adjusting to the "new normal"?



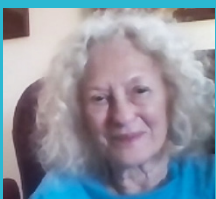
I carve out time every morning to meditate, whether it's 3 or 15 minutes. It sets the tone for the day. Every night before I go to sleep, I also practice gratitude and silently in my mind run through a list of things I am grateful for. It helps me reframe my thoughts from the day and stay positive.

– Carrie G., middle school parent



When I feel stressed out, sometimes I go up in my room and rest on my bed, write in my notebook or give space to everybody.


– Vivian T., 3rd grade student



Each day I find ways to keep me motivated and positive – exercise, gardening, meditating, faith and staying connected are my basic ways of doing that. I also zoom with friends, attend BCHD's Happiness Chats and watch the Center for Health & Fitness videos.

– Jackie L., age 82

Now is the time for us to give hope and support one another. Wave hello or say hi – from at least a distance of six feet – reach out to your loved ones to let them know you're here for them. We want to keep each other safe during COVID-19, but we also want to keep each other well.

If you find yourself struggling with your mental health, reach out for help through BCHD's Assistance, Information and Referral line at **310-374-3426, ext. 256.**, Monday through Friday, 8:30 a.m. – 5 p.m. or visit us online at bchd.org/resources. 

Healthy Living Campus Update

BCHD is in the process of transforming our Redondo Beach Campus, home to our 60-year old former hospital building, into a modernized Healthy Living Campus—an intergenerational hub focused on wellness and prevention for current and future Beach Cities generations.

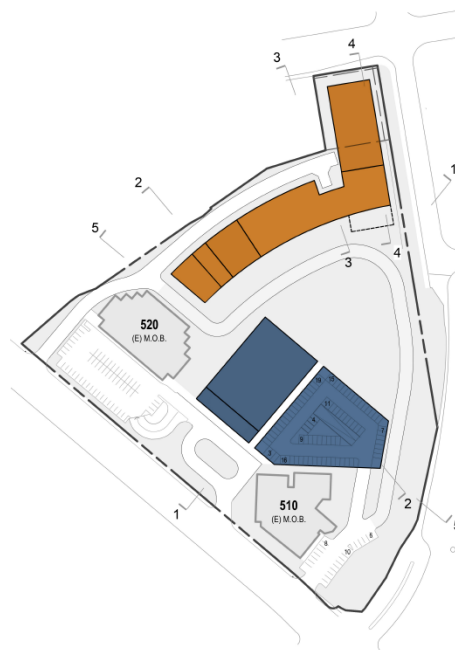
In addition to property tax from residents, the BCHD budget uses revenue generated by the old hospital building to help fund free programs and services for the community via leases to other medical and memory care providers. The Healthy Living Campus Draft Master Plan addresses the health needs of the Beach Cities' aging population, escalating maintenance costs and seismic and structural issues common with buildings built in the 1950s and '60s.

A public outreach process has been ongoing since 2017, with more than 1,300 comments from neighbors, residents and community leaders providing their perspectives about the project. These valued insights—as well as information gathered from expert structural, architectural and financial consultants—form the foundation for the Draft Master Plan.

On June 17, the refined Draft Master Plan – the second revision based on community input – was presented to the BCHD board of directors. Up next is the Draft Environmental Impact Report, to be issued in late 2020/early 2021, followed by a 90-day public comment period – even though 45 days is all that's required by California law.

The updated, more compact Draft Master Plan includes:

- **A Community Wellness Pavilion** with public meeting spaces, demonstration kitchen, modernized Center for Health & Fitness, aquatics and more.
- **Program of All-Inclusive Care for the Elderly (PACE)**, a Medicare/Medicaid program that provides comprehensive medical and social services to older adults.
- **Fewer Units:** Residential Care for the Elderly (RCFE) units drop from 420 to 220 (60 memory care units exist today at Silverado). Pricing has yet to be determined. One plan being considered will offer 10 percent of units at below market rates.
- **Smaller New Building Area:** New on-campus building area drops 18 percent, from 815,000 sq. ft in 2019 to 665,820 sq. ft. in 2020.
- **Less Construction Time:** Active construction time is shortened from nine to five years in two phases (instead of three).
- **2.5 acres of open space** for programming to replace acres asphalt.



Phase 1:
Residential Care for the Elderly
- Assisted Living
- Memory Care
PACE
Community Services
Parking

Phase 2:
Community Wellness Pavilion
Aquatic Center
Center for Health & Fitness
Parking



*****ECRWSEDDM****
POSTAL CUSTOMER



NEED HELP?

During this time of heightened health concern, Beach Cities Health District (BCHD) is available to offer help and support. If you or someone you know in the Beach Cities needs assistance with errands, health-related information or referrals, please call our Assistance, Information & Referral line at **310-374-3426, ext. 256**, Monday through Friday, 8:30 a.m. – 5 p.m.

RESOURCES:

bchd.org/coronavirus

for information about COVID-19 or to sign up for email updates from BCHD

bchd.org/resources

for information related to mental health and social-emotional health for youth and adults, support groups and emergency services