

# livewell

A Beach Cities Health District Publication

Summer 2025



## John Hooper - Paying it Forward

Inside:

BCHD Launches Redesigned Website

allcove Beach Cities

Mental Health & Happiness



*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 optimize health for our Beach Cities community through innovative and inclusive programs, partnerships and spaces.

## VISION

A healthy beach community.

Cover photo: John Hooper stands in "the cove" at allcove Beach Cities



### BOARD OF DIRECTORS

Michelle Bholat, M.D.  
Jane Diehl  
Noel Chun, M.D.  
Martha Koo, M.D.  
Vanessa Poster

### CHIEF OFFICERS

Tom Bakaly  
Chief Executive Officer  
William E. Kim, M.D.  
Chief Medical Advisor  
Monica Suua  
Chief Financial Officer  
Kerianne Lawson  
Chief Programs Officer  
Cristan Mueller  
Chief Health Operations & Communications Officer  
Megan Vixie  
Chief Engagement Officer  
Ali Steward  
Chief Partnerships & Innovation Officer

## Dear Beach Cities Resident,

As Beach Cities Health District marks its 70th Anniversary in 2025, we have a lot of news to talk about!

Progress continues on several components of the Healthy Living Campus. BCHD is finalizing plans to retain the 510 N. Prospect Avenue building for the long term and to preserve the adjacent green space along Diamond Street, addressing a key concern raised by neighboring residents. The Center for Health & Fitness has signed a lease to relocate the fitness center to the 510 N. Prospect Ave. building, where they will be joined in early 2027 by another new tenant, a Program of All-inclusive Care for the Elderly (PACE), bringing a wide range of services to older adults in our community. These services will enable some Beach Cities residents to remain in their homes while getting much-needed health services via the PACE program.

This summer, the BCHD Board of Directors issued a Request for Expressions of Interest (RFEOI) to explore new health services for the remainder of the Campus (514 Prospect building – both towers, and north surface parking), including the Elderly (RCFE), Senior Affordable Housing, Medical Office Space or other health-related services, all within the scope of services BCHD can provide under the California Healthcare District law.

We remain hopeful and focused that a public-private partnership will bring creative solutions and new opportunities to support our community's health needs.

We remain hopeful that allcove Beach Cities will relocate to the corners of Beryl Street and

Flagler Lane, but it may need to be relocated to AdventurePlex in Manhattan Beach if additional funds are not raised.

We're also in the midst of our annual summer "Free Fitness" series. We started with Yoga on the Beach in Hermosa Beach in June (June 2, 9, 23, 30), and for July, we'll do Yoga in Manhattan Beach (July 7, 14, 21, 28) before switching to Zumba in the Park in Redondo Beach (August 4, 11, 18, 25). These Free Fitness sessions take place Monday evenings from 6:30 – 7:30 p.m.

Finally, there's a new look to our [bchd.org](http://bchd.org) website, which has undergone an overhaul to update the technology and streamline the user experience for residents. Moving forward, information on all BCHD facilities, including AdventurePlex, allcove Beach Cities and the Center for Health & Fitness, is included on one website, making it easier to find information about your favorite BCHD programs, services and events via the navigation or using the site's search tool.

There's a lot to look forward to this summer, and we hope you enjoy reading about it in this edition of LiveWell (or on the new website!)

In Health,

Tom Bakaly  
CEO, Beach Cities Health District

# How allcove Beach Cities helped *John Hooper*

– And So Many Other Young People -  
Find Their Way



By Jason Argent, BCHD Volunteer

At 27, John Hooper is more than a mentor. He's living proof that change is possible. His journey from elite athlete to struggling with addiction, and ultimately finding recovery, led him to allcove Beach Cities. Now, he's paying it forward, helping young people who – like him – need a safe space to heal, grow, or simply catch their breath amid life's chaos.

John was a multi-sport athlete in high school. He was a star quarterback, but baseball was his true love and where his talents really shined. As a standout lefty pitcher, Division I college scouts were knocking on his door early and often. But then, a fluke snowboarding accident shattered that same left collarbone that threw the heat those college recruiters wanted so badly. Everything changed.

John enrolled at Texas Christian University, leaving baseball behind and diving headfirst into fraternity life. The social scene took center stage, and drinking and partying became a big part of his college life. Over the next few years, the heavy drinking intensified and his "good times slowly turned into bad," according to Hooper. There were some dangerous situations, some that ended up in an emergency room. His best friend from high school was killed in a car accident, a devastating loss that compounded his struggles. By the time COVID hit in 2020, John had lost his

job in Texas and was spiraling, to a point where he wasn't able to stop drinking or abusing drugs.

He knew something had to change.



John moved to Los Angeles in August 2020 to enter a sober living program. The transition was brutal: Strict rules, no phone, complete isolation from his old life. At first, he resisted. He left after three months, thinking he could manage on his own. Within two weeks, he relapsed. His parents, recognizing the pattern, gave him an ultimatum: Get help or get out.

This time, something clicked. "Desperate to get my life together," John re-entered sober living on January 6, 2021, with a different mindset: Not for anyone else, but for himself. He committed fully, staying in the program for nearly two years. John has been sober now for over four years, and his entire healthy life is in front of him.





## Finding Purpose at allcove Beach Cities

Recovery isn't just about sobriety. It's about rebuilding a life with purpose. That's where allcove Beach Cities came in. John joined the Youth Advisory Group at allcove as a volunteer, not knowing exactly what to expect. He just wanted to expand his role in his community. But what he found was something bigger: A mission. He played a crucial role in helping allcove Beach Cities open its doors, and when a Peer Specialist position became available, he stepped into it seamlessly.

Now, John works one-on-one with young people who are navigating struggles similar to his own. Through lived experience, he offers guidance, support, and most importantly, hope. "I can honestly say I feel like I am making an impact on my community and changing young people's lives through the work I am doing at allcove," John says. "I use my story to benefit others."

"My lived experience is what makes my role with allcove so unique," says John. "Being rooted in work that is meaningful to the young people in our community, operating as a Peer Specialist holds extreme value. My judgement and work with individuals is impactful. Without my story, without the changes I made in my life, none of it is possible. My hope is my story can inspire and help others."

"If there was a place like this when I was younger, it could have changed the trajectory of my life."

## Why allcove Beach Cities Matters

John is just one of hundreds of young people in the Beach Cities who have found solace at allcove. The center provides free, accessible mental health support, counseling, and a safe space for anyone aged 12-25 who needs it.

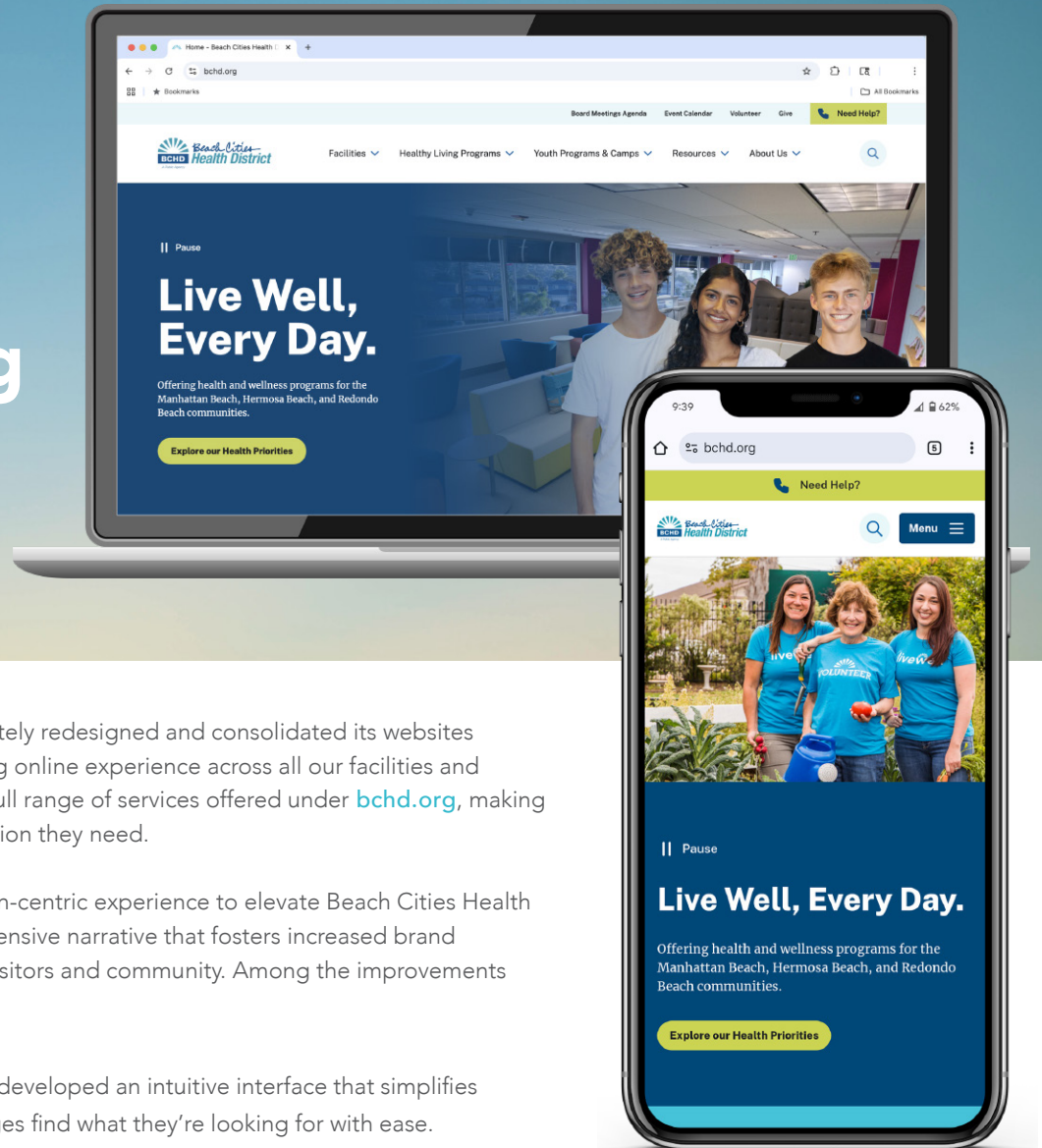
"This place gives everybody a chance," John explains. "If there was a place like this when I was younger, it could have changed the trajectory of my life."



And that's why allcove Beach Cities needs support. The demand is growing, and the resources need to keep up. Every dollar donated goes toward ensuring that young people have access to the care they need on their terms, without barriers.

John's story is one of resilience, but not everyone finds their way by themselves. allcove Beach Cities exists to make sure they don't have to. To contribute or learn more, visit [allcove.org/beach-cities](https://allcove.org/beach-cities). 🌈

# BCHD Overhauls its bchd.org Website



Beach Cities Health District has completely redesigned and consolidated its websites to create a more cohesive and engaging online experience across all our facilities and programs. Our aim is to showcase the full range of services offered under [bchd.org](https://bchd.org), making it easier for users to access the information they need.

The Project will provide a unified, design-centric experience to elevate Beach Cities Health District's brands and convey a comprehensive narrative that fosters increased brand awareness and trust amongst BCHD's visitors and community. Among the improvements to the website are:

- **User-Friendly Interface:** We've developed an intuitive interface that simplifies navigation, helping visitors of all ages find what they're looking for with ease.
- **Streamlined Navigation:** Our navigation system has been consolidated to enhance usability. Now, you can locate specific information about our programs and services more quickly and efficiently.
- **Live Chat Support:** Connect with a real person through our live chat feature for immediate assistance. This service provides personalized support, ensuring you can find a local health resource near you.
- **Comprehensive Event Calendar:** Stay up-to-date with our new BCHD event calendar, which highlights upcoming health programs, workshops, and community events. This feature encourages active participation in initiatives that promote health and wellness.
- **Intuitive Search Function:** Our enhanced search functionality allows users to find relevant content by entering keywords. This makes locating information fast and straightforward, saving visitors to BCHD.org valuable time.
- **Resource Hub:** The website now includes a variety of resources, such as health-related resources, CHF and AdventurePlex schedules, and information for adults and families. Whether you're looking for mental health services or housing within the South Bay and Greater Los Angeles area, you'll find a comprehensive list of resources at your fingertips.
- **Revamped Blog:** Our blog has been updated with a fresh design. It features articles on current health topics, community initiatives, and expert advice, making it a valuable source for health and wellness insights.

These enhancements reflect our commitment to health by providing an outstanding online experience that meets the needs of our community. We encourage you to explore the new [bchd.org](https://bchd.org) and discover the wealth of programs, services and resources available to you!

VISIT NOW: [bchd.org](https://bchd.org) 





# Help Build the Future Home of allcove Beach Cities

**Break stigma. Break barriers.  
Break ground.**

allcove Beach Cities is the first building of Beach Cities Health District's planned revitalization of its 11-acre campus, known as the Healthy Living Campus project. The new standalone facility will allow young people to better access services and get the help they need, on their own terms. By supporting our young people, we support their families and our larger community together.

## allcove Facility Guiding Principles:

- Designed for a moment of pause
- Space as therapy
- People are the experience
- Options are essential

For questions about capital giving, please contact Ali Steward, Chief Partnerships & Innovation Officer, at [Ali.Steward@bchd.org](mailto:Ali.Steward@bchd.org).



**Total Project Cost:**

**\$13,300,000**

**Total Capital Raised thus far:**

**\$7,300,000**

**Total Capital Campaign Goal:**

**\$6,000,000**

## Donate by Mail:

Donations are also accepted via check. Please [download this form](#). Checks can be made payable to "Beach Cities Health District" and mailed to:

**Beach Cities Health District**  
**Attn: Finance**  
**1200 Del Amo Street**  
**Redondo Beach, CA 90277**

Beach Cities Health District is a government agency. Donations are tax-deductible within the guidelines of the law. Federal Tax ID: #95-1914553

## Donate Online:

Scan the QR code below or visit [bchd.org/give](https://bchd.org/give) for more information and giving opportunities.



## Donate to allcove Beach Cities

No matter how much you give, **100% of your donation supports youth well-being**. Donations go towards allcove Beach Cities, including mental health services, family coaching, program supplies, client transportation, operations and more. We are on a mission to support the health and well-being of young people and find innovative solutions to the youth mental health crisis. We can't do it alone. Join us.

## How your donation makes a difference

- \$50** – allows a young person transportation to and from their appointment
- \$100** – provides supplies for a workshop series or creative event in "the cove"
- \$500** – covers the cost of five sessions with a mental health service provider
- \$2,000** – provides ten family coaching sessions



## More about allcove Beach Cities

allcove Beach Cities is part of an innovative network of integrated youth mental health centers designed with, by and for youth that reduce stigma, embrace mental wellness, increase community connection and provide access to culturally responsive services. allcove centers welcome young people ages 12 to 25 with mild to moderate needs, providing a unique space for them to access services, with resources and support for friends, family and the larger community. The centers are embedded within the community they serve and reflect the unique needs of local youth.

Anchored in a model of care that considers the holistic needs of young people, allcove centers are a place for them to take a moment of pause and access a range of services that include:

- **Mental health**
- **Physical health**
- **Substance use**
- **Peer support**
- **Family support**
- **Supported education and employment**

Everything about allcove is designed with, by and for young people. From the look and feel, to the options youth have to engage in center activities, young people are co-creators and champions.

Since allcove Beach Cities opened in a temporary location on BCHD's campus in November 2022, there have been more than 13,000 visits by young people ages 12-25.



Have a question before donating? Contact Ali Steward, Chief Partnerships & Innovation Officer at [Ali.Steward@bchd.org](mailto:Ali.Steward@bchd.org).



# Beach Cities SUMMER FREE FITNESS IS BACK!

**JUNE 2 – AUGUST 25, 2025**

**Mondays 6:30 – 7:30 p.m.**



## Yoga on the Beach

Hermosa Beach:

**June 2, 9, 23\* and 30**

Manhattan Beach:

**July 7, 14, 21\* and 28**

 **\*allcove night**

## Zumba in the Park

Redondo Beach:

**August 4, 11\*, 18 and 25**

#BeachCitiesFreeFitness

Register online at [bchd.org/freefitness](https://bchd.org/freefitness)

SCAN TO  
REGISTER







# Beach Cities Volunteer Day 2025

## Thursday, August 14

**8:30 a.m.** Check-in and instructions  
**9:30 – 11:30 a.m.** Volunteer in the school gardens

Register online at [bchd.org/volunteerday](https://bchd.org/volunteerday)

Beach Cities Health District (BCHD) invites you to be part of our annual Volunteer Day, a community-wide effort to promote health and wellness through service. Local businesses, organizations and residents will come together with one shared goal... to help create a healthy beach community.

### How Can You Get Involved?

**Volunteer:** Support the LiveWell Kids Garden and Nutrition Programs by helping prepare elementary school gardens in Hermosa Beach, Manhattan Beach and Redondo Beach for the upcoming school year. Your efforts will directly benefit students' health, learning and access to hands-on nutrition education.

**Become a Sponsor:** Help us grow this event by becoming a sponsor. Your support helps fund the LiveWell Kids program and gives your business the opportunity to give back to the community in a meaningful way.

To sign up to volunteer or for sponsorship details, please click on the QR code or visit [bchd.org/volunteerday](https://bchd.org/volunteerday)



BCHD  
*Volunteers*  
are *Winners*



**2022 BCHD Volunteer Compassion Core Value Award Winner, Max Kelber,** represented the South Bay Dolphins with excellence at the 2025 Special Olympics Southern California Summer Games—bringing home 2 golds, 1 silver and 1 bronze across 4 events!

One of his proudest wins? Gold in the 25m butterfly—a stroke he taught himself by watching none other than Olympic legend Michael Phelps. Talk about dedication and inspiration!

We're beyond proud of Max and all the athletes who continue to show us the power of perseverance, heart, and teamwork.

Let's celebrate Max and all Special Olympics athletes who slay their goals with courage and joy!

**Questions?** Contact Alejandra Sierra, Volunteer Engagement Supervisor, at (310) 374-3426, x. 8160 or [alejandra.sierra@bchd.org](mailto:alejandra.sierra@bchd.org)



*Beach Cities*  
**Health District**  
A Public Agency



BEACH CITIES HEALTH DISTRICT PRESENTS

# Mental Health and Happiness

Join Beach Cities Health District to elevate mental health in our community!

Mental health matters. By focusing on mental well-being personally, socially and as a community, we can build resilience, deepen our connections and create a culture that values mental health.

Loneliness, a critical public health concern, affects our physical and mental health. It's associated with heart disease, dementia, stroke, depression, anxiety and premature death. Loneliness has become so common, affecting at least half of all adults in the United States, that the U.S. Surgeon General considered it an urgent public health concern, worthy of a government advisory issued in May 2023. Surprisingly, you're not alone — about 60% of U.S. adults feel lonely regularly. The 2023 Gallup Well-Being Index reported nearly 1 in 5 Beach Cities residents having little or no connection to other people.

Let's address this national and local concern together. Developing social skills can reduce loneliness, benefiting both personal and professional relationships. Regardless of our starting point, we can enhance our social skills over time.

**Take action to combat loneliness and boost your mental health and happiness:**



## 1. Practice a Positive Mindset:

Building a positive outlook is more than just thinking happy thoughts, it's about cultivating habits that support mental well-being. These skills help you to cope with life challenges and build a personal practice to support your mental health.

- **Gratitude:** Develop a practice of expressing kindness and appreciation.
- **Resilience:** Discover strategies to bounce back from challenges and manage stress.
- **Purpose:** Find meaning by identifying your values, passions, gifts and talents.



## 2. Build Social Connections:

- **Initiate Conversations:** Push through any hesitation and be open to starting conversations with strangers. A simple smile or friendly greeting can go a long way. Kindness and empathy spark the release of feel-good oxytocin in the brain of everyone involved, including observers. Assume that people like you — they probably do!
  - [What Brings You Joy](#)
  - [People Bingo](#)





### 3. Sense of Belonging:

Cultivate a sense of belonging to increase resilience, better cope with difficult times and have supportive relationships. Volunteering, pursuing hobbies or contributing to a cause can create a feeling of belonging. Seek out clubs, classes or local gatherings related to your interests. Participating in shared activities can lead to new friendships, reduce stress, diminish feelings of loneliness and increase your well-being.

- [Glimmer Jar Activity Guide](#)
- [My Positivity Power Ups](#)
- [Join the Moai Movement](#)
- [Social Connections Resources](#)



### 4. Deepen Relationships:

Actively listen when talking to friends or family. Show genuine interest in their lives and share your own experiences. Allowing others to show they care for us is as important as providing care for someone in need. Let's create a culture of connection and understanding.

- [Gratitude Card](#)
- [Conversation Starters Full List](#)
- [Feelings Wheel](#)



### 5. Transform Our Community:

Transforming our community starts with changing the way we talk about mental health. By engaging individuals to become mental health advocates, fostering open community conversations, and pushing for policy changes, we can create a culture where mental well-being is prioritized.

- **Mental Health Advocates:** Engage our community members to advocate for mental well-being and support those who need help.
- **Community Dialogues:** Encourage community dialogue to elevate mental health and reduce stigma as a collective.
- **Policy Changes:** Prioritize policies that support mental health to create lasting change.

Remember, within our community, there are fellow seekers of connection. Keep reaching out and remember that meaningful bonds evolve gradually. Fulfilling relationships and social connection are key to happiness, health and longevity.

**For more mental health resources, visit [bchd.org](https://bchd.org).**

# BCHD Healthy Living Campus

JUNE 2025



bchdcampus.org

## Beach Cities Health District

Beach Cities Health District (BCHD) has served the people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. Today, BCHD offers more than 40 free community health programs and services that promote health and wellness across the lifespan.

BCHD has been working closely with the community since 2017 to reimagine our medical campus – home to our 65 year-old former hospital building located at 514 North Prospect Avenue. Since May 2017, BCHD has held more than 60 meetings, drawing more than 1,000 comments regarding ways to modernize its property.



## Healthy Living Campus Overview



**11** acres

extending from Diamond to Beryl and Prospect to Flagler



**65** year-old building

and former hospital site faces escalating maintenance costs and is in need of a seismic upgrade



**March 2027**

has been identified as the target date for vacating the 514 building

## Positive Steps Forward

Progress is underway on several components of the Healthy Living Campus Master Plan.



**Diamond Street Bike Path**

Completed in 2023, the bike and pedestrian path project installed a Class I bike path with new lighting, pavement, bicycle traffic signal sensors and landscaping.



**510 N. Prospect + Green Space**

Finalizing plans to retain the 510 building and preserve adjacent green space along Diamond St.—addressing neighbor concerns.



**Center for Health & Fitness Relocation**

A lease has been signed to relocate the Center for Health & Fitness (CHF) to the 510 Building in 2027.



**Program of All-Inclusive Care for the Elderly (PACE)**

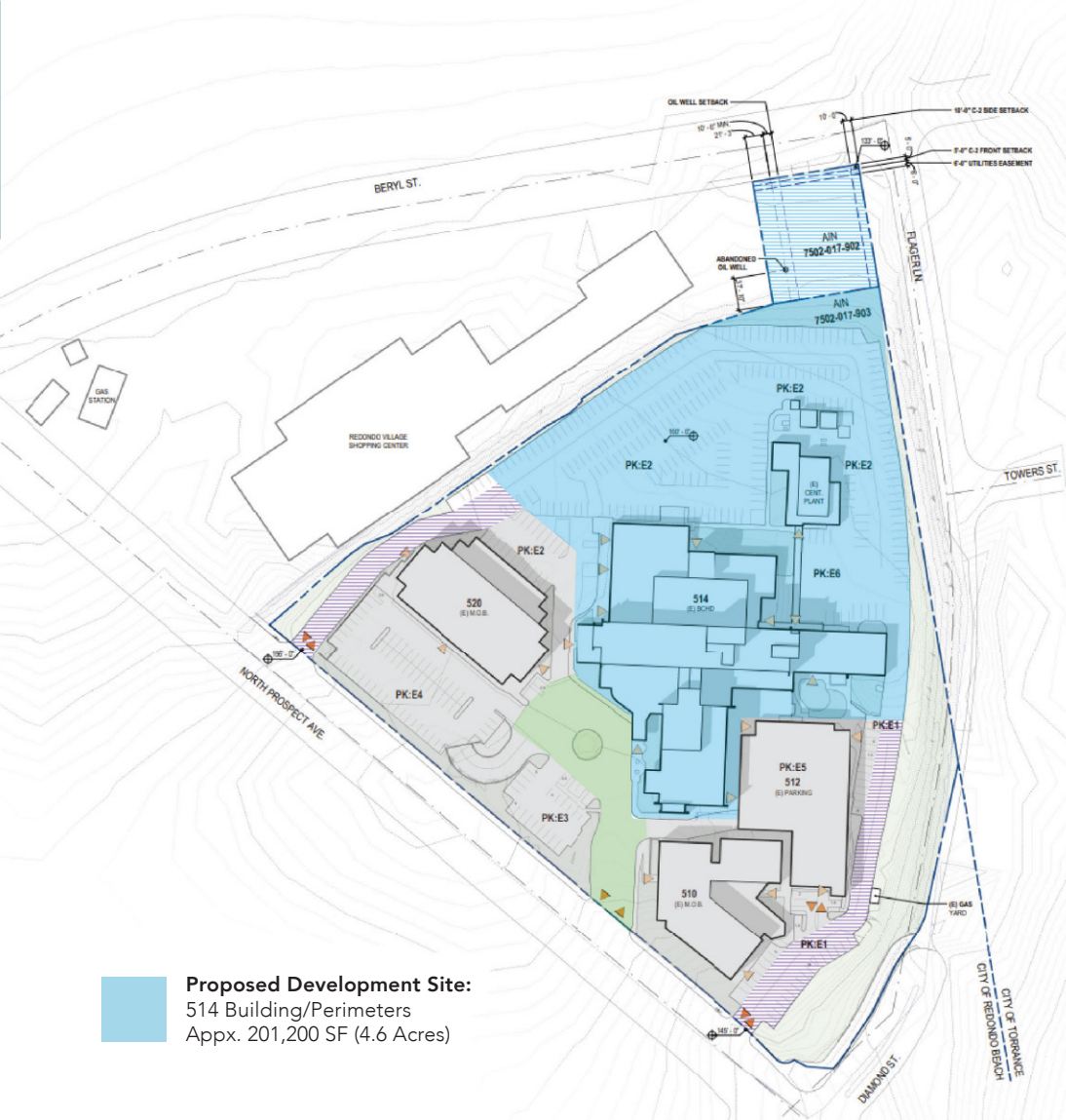
BCHD is working to secure space on the campus for a PACE program, aiming to provide services for older adults and establish a long-term tenant in the 510 Building.



**allcove Beach Cities**

56% of funding secured for construction of a permanent allcove Beach Cities location. Approximately \$6 million remains to be raised to fully fund the project.





## Former South Bay Hospital Redevelopment

Beach Cities Health District (BCHD) is launching a Request for Expressions of Interest (RFEOI) to explore innovative and community-aligned uses for the site.

### Goals:

- Align with BCHD's mission to enhance health and wellness
- Generate sustainable revenue to fund community health programs
- Improve safety by addressing outdated seismic infrastructure
- Reflect community feedback gathered since 2017

### Key RFEOI Dates

The RFEOI was issued June 30, with responses due by August 7. During the selection process, a BCHD Advisory Working Group will evaluate the submissions, including community engagement opportunities for public input. The Advisory Working Group will then deliver its recommendation(s) to the Board for approval and to determine next steps.

### What Could the Site Become?

Potential future uses could include Residential Care for the Elderly (RCFE), affordable senior housing, or medical office and wellness services – all options that align with the scope of services BCHD is authorized to provide under California Healthcare District law.



# Power of Purpose Workshop

## & Social Connections Fair

**Saturday, August 16, 1:30 – 3:30 p.m., check-in at 1:15 p.m.**

**Redondo Beach Center for Spiritual Living**  
907 Knob Hill Ave., Redondo Beach, CA 90277

*Free, pre-registration is requested. Onsite parking is available.*

Join Beach Cities Health District (BCHD) for our **Blue Zones Project® Power of Purpose Workshop**. Purpose is your reason for getting up each morning. Discover how to align your gifts, talents and interests to create purpose in your daily life in our workshop facilitated by Kathleen Terry.

Are you looking to build meaningful relationships with others who share your purpose? Consider joining one of our **Blue Zones Project® Moai Social Groups** to meet people who gather to participate in activities like purpose discussions, potluck meals and walking together around our beautiful Beach Cities.

To learn more, visit [bchd.org/purpose](https://bchd.org/purpose).

For more information, contact **Tiana Rideout-Rosales** at [tiana.rideout-rosales@bchd.org](mailto:tiana.rideout-rosales@bchd.org) or 310-374-3426, ext. 8139

  
[Register Here](#)



<https://app.smartsheet.com/b/form/0197421106de76beb2b33902ca5f5c34>

