



Center for Health & Fitness

Member Working Group - Summary Report

August 26, 2024

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1. Introduction

Beach Cities Health District (BCHD) has developed a Member Working Group (MWG) to engage local participants in planning for the relocation of its Center for Health & Fitness (CHF). The MWG is an informal, voluntary group of CHF members who represent a broad range of interests and ideas focused on the center's continued success as a fitness and preventive health resource for the community, and participation is by invitation and recommendation from the BCHD board and staff.

This report summarizes recent MWG activities and feedback received at the first MWG meeting.

1.1 Purpose of Member Working Group

Community Working Groups such as this provide a forum for integrating member input. MWG participants represent the interest of various areas of the CHF membership and serve as an ambassador of these interests. Working Groups such as this are limited in scope to the planning the relocation of CHF, are not a formal voting body and are organized to enhance input into the planning process.

2. MWG MEETING NO. 1 – AUGUST 20, 2024

2.1 Overview

The first MWG meeting for the CHF convened in the Café at 514 N. Prospect in Redondo Beach. The attendee list, made up of involved CHF members from the three Beach Cities communities, was developed by staff.

Five members attended this meeting, and four members were unable to attend. The format provided opportunities for participants to actively engage in meaningful discussion and share valuable information, insights and feedback with the staff and project team members.

The meeting, facilitated by Cristan Mueller, Chief Health Operations & Communications Officer for BCHD, began with introductions of MWG members and an overview of the meeting agenda. She provided an overview of the District's history and explained the role of the MWG via a PowerPoint presentation, including the roles and responsibilities of each member.

Tom Bakaly, BCHD CEO, provided a summary of the current physical state of the 514 Building, plans for its future demolition and how the demolition of the building fits into BCHD's overall plans for its HLC project. He also shared with the group the financial situation of the District, as well as the desire to continue operations at CHF, and ensure its relocation has the least possible impact on members.

Cindy Foster, Health & Fitness General Manager; Bernadette Johnson, Member Services Manager; and Julie Lumbao, Programs Manager; provided information regarding the center's current membership make-up and programming.

Also in attendance were Dan Smith, Director of Communications; and Geoff Maleman, of Maleman Ink Public Relations.

Cristan facilitated a discussion with the group in which each member was asked to introduce themselves and provide their input about what they have heard in the community about the future of the CHF and their reaction to future plans for the center. The feedback is summarized below in Section 2.2, Summary of Participation. Throughout the meeting, MWG members were encouraged to contribute feedback.

2.2 Summary of Participation

MWG Participants

Name	City of Residence	Attended
John Bunn	Torrance	No
Georgette Gantner	Redondo Beach	Yes
Nikki Hoffman	Redondo Beach	Yes
Fred Lukin	Redondo Beach	No
Carol Newton	Redondo Beach	Yes
Dennis McLean	Redondo Beach	No
Laurie McLean	Redondo Beach	Yes
Chantal Saltzman	Redondo Beach	No
Ron Werner	Manhattan Beach	Yes

Reminder e-mails were distributed to MWG members on Aug. 19. These e-mails provided MWG members with information about the August 20 meeting. Following the meeting, thank you emails were distributed to attendees and those who were unable to attend.

2.3 Summary of Feedback:

Feedback was solicited during the discussion portion of the meeting, and input from the Member Working Group is summarized below.

Misinformation

- The CHF is closing
- allcove is in significant debt

Status of CHF

- The center is a critical resource in the community
- Many seniors use this as their only affordable, easy-to-access fitness option
- CHF has more than 3,000 members, with 77% of them “Silver” members, paid by the individual’s health insurance.

Comments from the MWG

- Classes are difficult to schedule because they are in such high demand/not enough space
- The center provides a fitness option for those who are uncomfortable and sometimes intimidated by working out among a younger demographic

Considerations

- Disruption of the center must be kept to a minimum during the move
- The relocation of fitness classes should be done incrementally
- The center should remain in operation at its current location as long as possible before the relocation of heavy equipment
- Communication with the membership and signage/updates throughout the center is critical
- A new CHF will undoubtedly attract younger people looking for a good gym, so consider timing programming so that older gym users still feel comfortable

Questions and Other Discussion

- When will the gym close?
- How long will CHF be closed when the move takes place?
- Would it be possible to do a seismic retrofit of the building instead?
- Will the new location be bigger or smaller than the current site?
- The CHF is being relocated to somewhere off the BCHD campus
-



Center for Health & Fitness Relocation
Member Working Group
August 20, 2024

Why We're Here

Beach Cities Health District (BCHD) is planning to upgrade its 11-acre campus into a Healthy Living Campus, including the relocation of the Center for Health & Fitness (CHF)

The Member Working Group serves as a key resource to BCHD staff and the Board of Directors throughout the planning process and disseminate information about the relocation

Meeting Agenda

Introduce Beach Cities Health District

Explain the Role of the Member Working Group

Provide an overview of the Healthy Living Campus Project (including CHF location)

Questions & Answers



Staff Introductions

Tom Bakaly – CEO

Cristan Mueller – Chief Health Operations & Communications Officer

Cindy Foster – Health & Fitness General Manager

Dan Smith – Director of Communications

Bernadette Johnson – Member Services Manager

Julie Lumbao, Programs Manager



Who We Are & What We Do

Mission

To optimize health of our Beach Cities community through innovative and inclusive programs, partnerships and spaces.

Vision

A healthy beach community.

About Us

BCHD has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955

Governed by a publicly-elected board of directors





Your Local Health Resource for 60+ Years

1955	Community votes to fund South Bay Hospital
1960	South Bay Hospital opened
1984	Building leased to outside management (Tenet)
1998	Tenet leaves and BCHD focuses on preventive health
2010	The Beach Cities are chosen for the Blue Zones Project
2022	allcove Beach Cities opens
TODAY	BCHD delivers 40+ programs and services in the community

Resources to Improve Health

District Funding Trend

	2022-2023		2018-2019	
Leases	4,735,000	32%	5,326,000	36%
Property Tax	4,751,000	32%	3,793,000	26%
User Fees (Health & Fitness Operations)	1,701,000	12%	2,826,000	19%
Partnership	1,825,000	12%	2,071,000	14%
Interest	498,000	3%	570,000	4%
Other (Grants, Donations, etc.)	1,311,000	9%	106,000	1%
Total Revenue	14,821,000		14,692,000	



Health Priorities 2022-25



Mental Health &
Substance Use



Physical &
Brain Health



Public Health
& Safety





40+ Preventive Health & Wellness Programs, Services and Facilities for the Community



\$182 Million

Saved in healthcare expenses annually



Member Working Group:

What it is and How it Operates



Member Working Group: Overview & Purpose

Purpose

- Provide insight and feedback
- Receive updates and information
- Disseminate CHF relocation information to members

Members are:

- An important resource for BCHD staff
- Invited to participate
- Voluntary contributors
- Ambassadors between the relocation and members



Member Working Group: Roles & Responsibilities

- Work within the established guiding principles of Healthy Living Campus and future of CHF
- Provide input on:
 - Best methods to reach and engage respective constituencies
 - Perceptions and feedback received from broader constituencies/ members
- Consider the interests of members
- Participate in open communications
- Help move the planning process forward in the spirit of cooperation
- Regularly participate in Member Working Group meetings (August – December 2024, meeting monthly, unless project dictates more frequent meetings)
- Understand the role of BCHD as a public organization and its regulatory obligations



A group of people, including a young girl in a pink tank top, a woman in a blue shirt, and an older woman with grey curly hair in a pink tank top, are practicing yoga in a park. They are sitting on mats, with their hands in a mudra position. The background is a lush green park with trees and grass. A semi-transparent blue box is overlaid on the right side of the image, containing white text.

Welcome to
Beach Cities Health District's
New Campus



The Healthy Living Campus: A new community space for health, well-being and healthy living in the Beach Cities



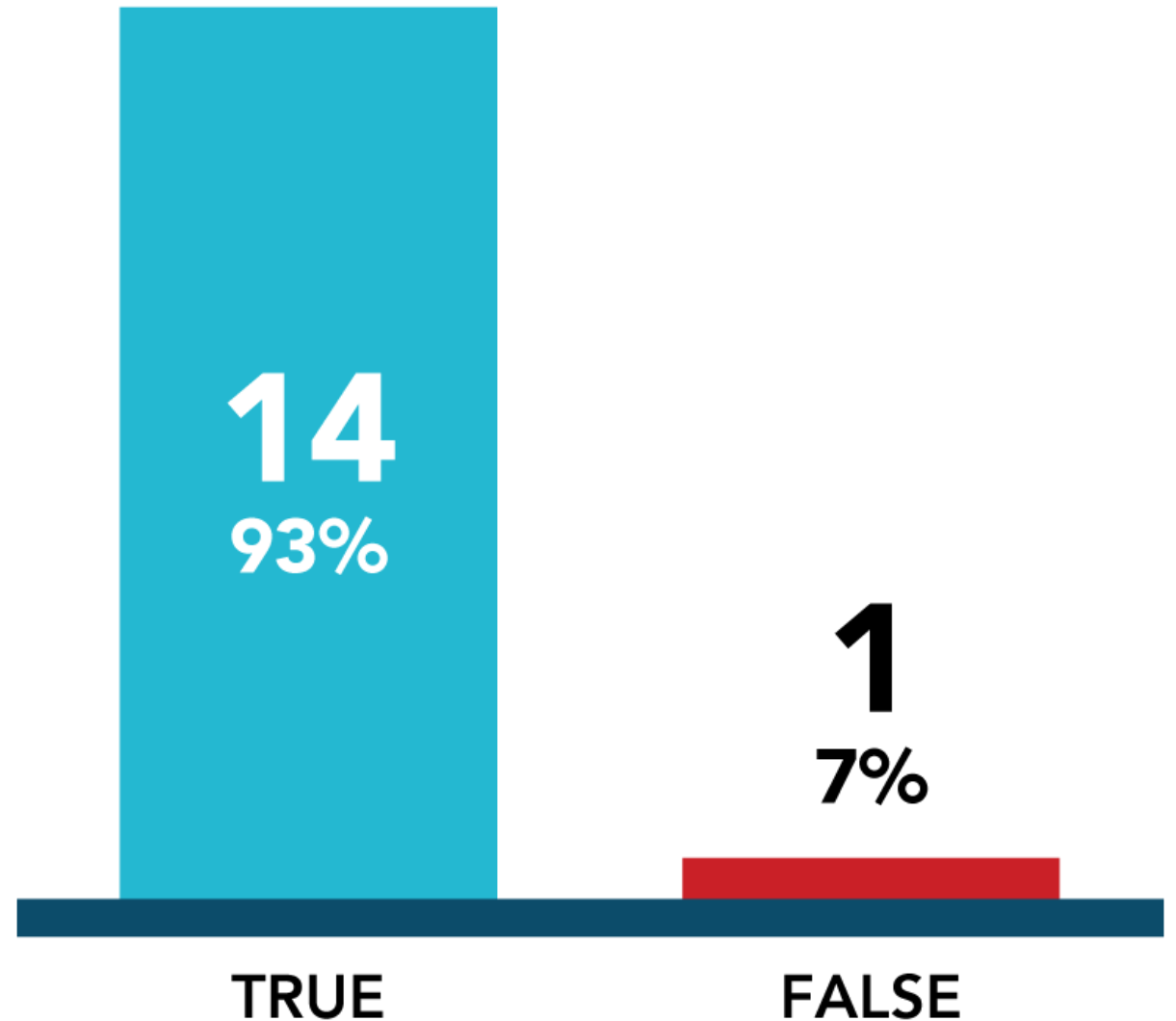
Timeline

MAY 2017	Formed Community Working Group (CWG)
SEP 2017	Developed Initial Concept
OCT 2017	Hosted Community Open House
JAN 2018	Received Board Direction to Take Broader Approach
JUN 2018	Hosted Intergenerational Study Circle
AUG 2018	Hosted Gathering Spaces Study Circle
SEP 2018	Hosted Center of Excellence Study Circle
JAN 2019	Presented Master Plan to CWG and Board
MAR 2021	Released Draft EIR Report (90-day review and public comment period)

SEP 2021	Board voted to certify the Final EIR
AUG 2022	Board Selects WRC PMB Redondo Beach as Developer/Operator for HLC
DEC 2022	Board Approves A141 Design-Build Agreement with Suffolk/CallisonRTKL
NOV 2023	BCHD completes Redondo Beach portion of Diamond Street Bike Path
APR 2024	Board Selects Menemsha and Aedis Architects for allcove Design-Build



Q: The Master Plan optimally accomplishes all or the majority of the Healthy Living Campus Project Pillars and Principles.



Current Campus

520 Building
Ground Lease Expires 2064

510 Building
Ground Lease Expires 2030



Master Plan Phase 1



Phase 1

- BCHD Programs & Services
 - **allcove Youth Wellness Center**
 - Care Management
 - Information & Referrals
 - Residential Care for the Elderly
- Program of All-Inclusive Care for the Elderly
- Active Open Green Space
- Parking

Phase 2

- Community Wellness Pavilion
- Aquatics
- Center for Health & Fitness
- Parking

Fewer Units: Reducing RCFE units from 420 to 217

Smaller Building Sizes: 426,000 sf to 253,700 sf

Less Construction Time: From nine to five years in two phases (instead of three phases)

Overview of Proposed Plans

Planning has been a multi-year endeavor. The proposed project has undergone several revisions based on community feedback and input from expert structural and financial consultants.



2017 Initial Concept



2019 Master Plan Concept

allcove Beach Cities youth wellness center project



Current Campus

520 Building
Ground Lease Expires 2064

510 Building
Ground Lease Expires 2030





A Beach Cities Health District Program

Creating a Healthy Beach Community at the Center for Health & Fitness

Medical Advisory Committee

**CHF is overseen by a Medical Advisory Committee
comprised of physicians and health care professionals.**

The committee is led by Beach Cities Health District
Chief Medical Advisor, William Kim, MD.



*William E. Kim, MD
Chief Medical
Advisor for BCHD*



*Bruce Jackson, MD
Cardiology*



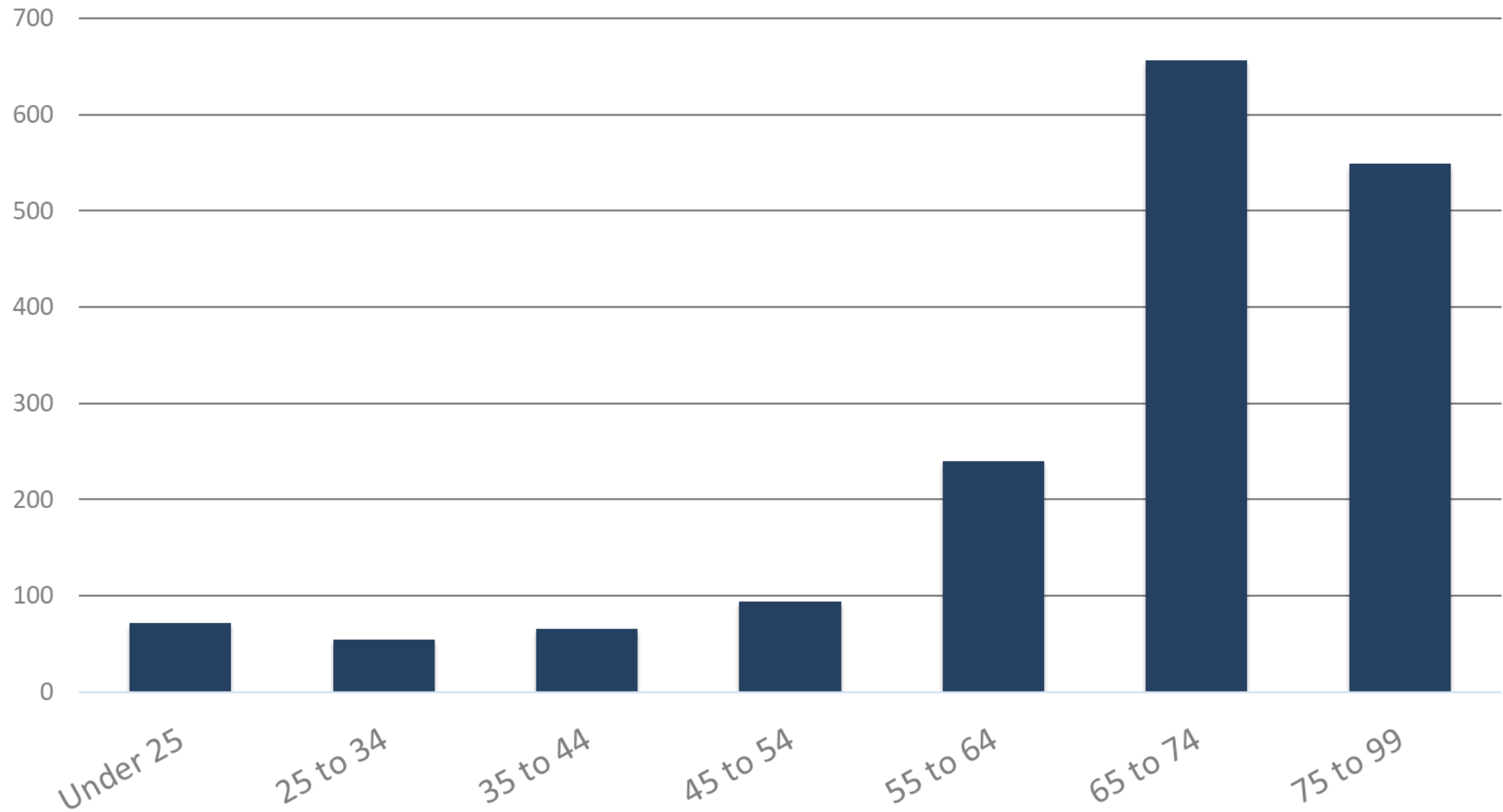
*Brenda Shen, MD
Family Medicine*



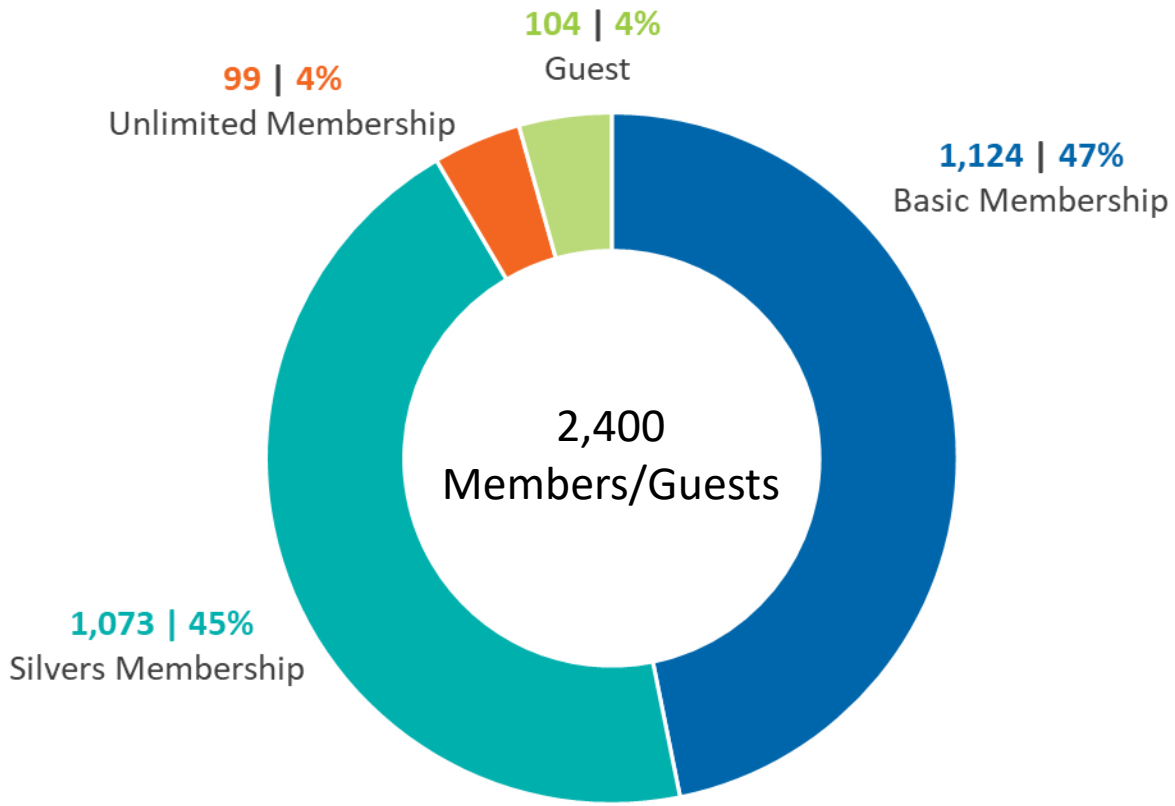
*John G. Wallace, Jr., MD
Emergency Medicine*

Learn more at beachcitiesgym.org/mfa

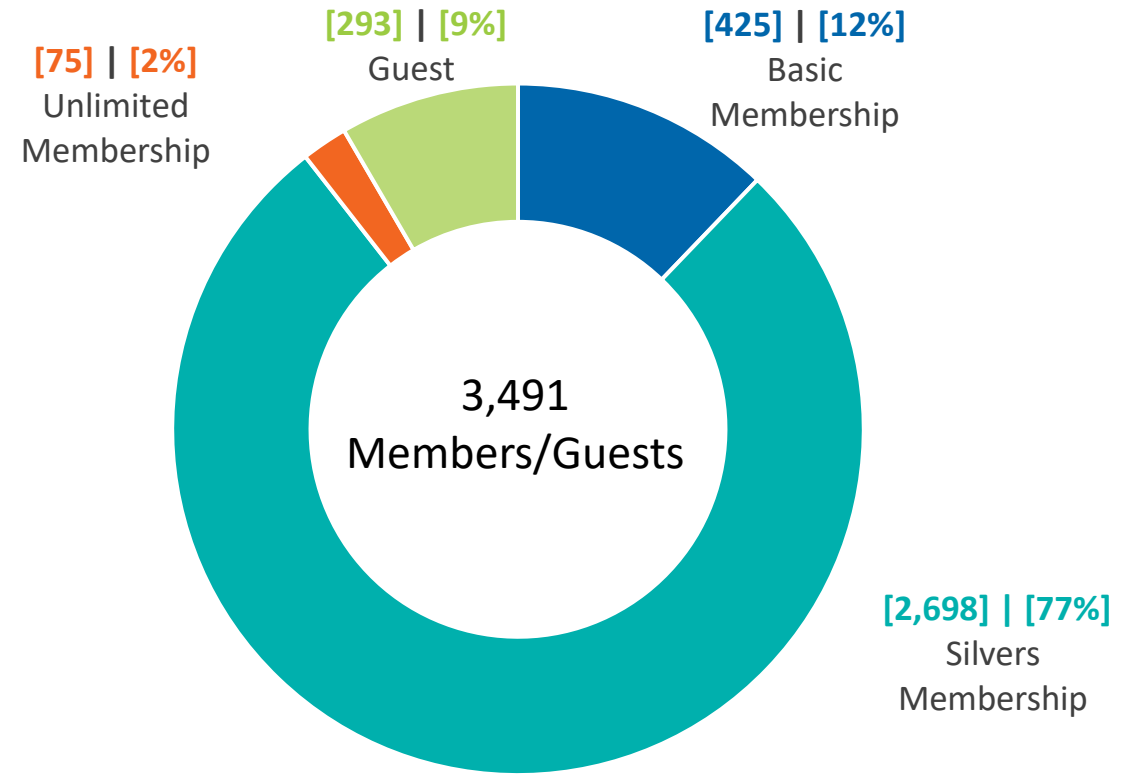
Member Age Breakdown



2019 Membership



2024 Current Membership





Questions & Answers



Center for Health & Fitness Member Working Group

OVERVIEW

Beach Cities Health District (BCHD) 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. We offer an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and wellness throughout the lifespan.

BCHD has been planning the development of the Healthy Living Campus, located at 514 N. Prospect Ave. in Redondo Beach. A Community Working Group focused the campus met from 2017 to 2020 to help develop the plan. Our goal continues to be methodical, cost efficient and community focused as we move forward with these efforts.

Now that plans are moving forward with Phase I of the Campus with allcove Beach Cities set to break ground this fall, BCHD is developing a Center for Health & Fitness (CHF) Member Working Group to function as a member guidepost and sounding board as we work toward the future. The group will be comprised of members. The group is designed to be small, with the intent of engaging in constructive collaboration related to the planning process and assisting in distributing information to the community and member base.

The Member Working Group is an informal, voluntary group of CHF members representing member interests that serves as a resource to BCHD staff and the board. While the Member Working Group is not a formal voting body, it will be organized to deepen community input into the campus planning process. The Member Working Group will be a resource to BCHD throughout the process as we seek feedback, discussion, and recommendations.

PURPOSE

The Member Working Group will serve as a community sounding board during the planning process as BCHD plans for the future of the Center for Health & Fitness:

- Serving as a resource for BCHD project staff and the board
- Working within the established parameters of the project and the BCHD organization
- Receiving updates and information from project staff
- Providing important insight and feedback to project staff during the preparation of the Healthy Living Campus and the relocation of the Center for Health & Fitness
- Disseminating information about the program and public meetings to their constituencies.

RESPONSIBILITIES

The Member Working Group will provide input on:

- Refinements to the relocation of the Center for Health & Fitness
- Best methods to reach and engage their constituency groups
- Perceptions and feedback received from their broader constituencies

Member Working Group members are asked to do the following:

- Be ambassadors of their respective organizations to BCHD and vice versa
- Consider and report on the interests of their local and wider community
- Participate in open and productive communication among differing interests with a positive and cooperative attitude
- Help move the planning process forward in the spirit of cooperation
- Regularly participate in Member Working Group meetings as scheduled and deemed necessary. (For planning purposes, the Member Working Group is expected to meet on a monthly basis throughout the planning process, which is anticipated to take about six months. However, meeting frequency and duration may be modified, as needed, to match the program schedule and reflect the interests of the Working Group.)
- Understand the role of BCHD as a public organization and its regulatory obligations
- Work within the established parameters of the project and the BCHD organization