



A Public Agency

Beach Cities
Health District

HEALTHY LIVING CAMPUS

Community Working Group No. 10

**Summary Report
August 20, 2018**



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1. INTRODUCTION

Beach Cities Health District (BCHD) developed a Community Working Group to engage local participants in planning for its Healthy Living Campus. The Community Working Group is an informal, voluntary group of stakeholders from each of the three Beach Cities that represent a broad range of local interests. The group is comprised of leaders from local businesses, civic organizations, older adult services, the Blue Zones Project and neighboring residents, and participation is by invitation and recommendation from the BCHD board and staff.

This report summarizes recent Community Working Group activities and feedback received at the tenth Community Working Group meeting.

1.1 Purpose of Community Working Groups

Community Working Groups provide a forum for integrating local input into the design of projects like the Healthy Living Campus. Community Working Group participants represent the interests of a community group, service, agency or organization and serve as an ambassador of these interests. Community Working Groups are limited in scope to the planning and design of the project, are not a formal voting body and are organized to enhance local input into the planning process.

2. COMMUNITY WORKING GROUP MEETING NO. 10 – AUGUST 20, 2018

2.1 Overview

The tenth Community Working Group meeting for the Healthy Living Campus convened in the Beach Cities Room at 514 N. Prospect in Redondo Beach. The attendee list, made up of involved community members and diverse stakeholders from all three communities, was developed by staff and reviewed by the Board.

Twelve (12) members attended this meeting, and twelve (10) members were unable to attend. The Community Working Group meeting room was arranged in a U-shaped configuration that faced a presentation screen. The format provided opportunities for participants to actively engage in meaningful discussion and share valuable information, insight and feedback with the staff and project team members. Throughout the meeting, Community Working Group members were encouraged to contribute their feedback verbally and also in writing on the comment cards provided.

The meeting included a PowerPoint Presentation (Appendix A). Presenters included Tom Bakaly, BCHD CEO, Eric Garner, BCHD Communications Manager and staff from design firm LPA Inc.

Mr. Garner opened the meeting and welcomed the CWG members in attendance, provided an overview of the agenda and introduced LPA staff.

LPA presented a case study that provided information on the creation of an innovative Wellness Pavilion at Mount Saint Mary's University and how it relates to the Healthy Living Campus project. The presentation touched on the importance of creating a wellness facility that embodies sustainability, safety, open spaces, indoor and outdoor recreational activity spaces and other health and wellness-related components. The presentation also showcased somewhat related facilities planned and designed in West Hollywood and Laguna Beach.

CWG members provided comments and expressed concerns in regards to certain elements of the case study design and effectiveness. LPA staff shared that non-traditional wellness elements like sleep pods have been very successful, particularly with younger populations. A question was also posed about water conservation and how the facility can maintain an aesthetically pleasing landscape while being mindful of water use. LPA staff shared information about drought tolerant plants and how its planned wellness facility is designed to capture and reuse rain water and condensation.

Following the LPA presentation, Mr. Garner provided an update on potential campus improvements on the southwest corner of the property near the intersection of Diamond Street and Prospect Avenue. He discussed that the possible improvements were based on feedback received from residents, namely those along Diamond Street. The refinements being considered include:

- Relocating a potential building from the corner of the property
- Preserving green space between Diamond Street residents and campus buildings
- Adding demonstration garden boxes to the site
- Relocating a planned access road from Diamond Street

Mr. Bakaly added that more detailed planning and design for that section of the campus would begin to materialize in the coming months as part of the overall Healthy Living Campus project. He reiterated that BCHD is continuing to actively gather valuable input from residents, experts, staff and board members that will help shape the community project. Mr. Bakaly said BCHD plans to use information gathered during the past 18 months to develop 3-5 revised project concepts for the community and board to consider in early 2019.

Mr. Garner provided an overview of the Aug. 1 Study Circle that focused on Creating Community Gathering Spaces. The meeting featured a presentation by Paul Murdoch, president of Paul Murdoch Architects. More than 55 attendees participated, shared perspectives and helped identify opportunities. Participants represented a wide variety of local interests and viewpoints, and included city officials/staff, local leaders and residents, members of civic organizations, older adult services, school districts, BCHD committees and the Healthy Living Campus Community Working Group. Information gathered will be shared with the public and the BCHD Board and will help guide campus planning and design.

The CWG was invited to attend the Sept. 5 study circle on Creating a Center of Excellence, which will continue the conversation from the Creating Community Gathering Spaces and Intergenerational Study Circles. Members were thanked for their ongoing participation and reminded that the CWG is a great resource for BCHD as it moves forward in the planning process for creating a community-focused Healthy Living Campus.

Participating CWG members at the August meeting are noted in Section 2.2, Summary of Participation.

2.2 Summary of Participation

CWG Participants

NO.	NAME	ORGANIZATION	CITY OF RESIDENCE
1	Craig Cadwallader (unable to attend)	Surfrider Foundation	Manhattan Beach
2	Kambria Vint	City of HB Community Resources	Hermosa Beach
3	Cindy Schaben	Anderson Park Senior Center	Redondo Beach
4	Sue Allard	Manhattan Beach Joslyn Center	Manhattan Beach
5	Jan Buike	City of MB Older Adult Program Manager	Manhattan Beach
6	Darryl Kim (unable to attend)	City of RB Senior & Family Services	Redondo Beach
7	Patrick Flannery (unable to attend)	Neighboring Resident	Redondo Beach
8	Jean Lucio (unable to attend)	Center for Health & Fitness	Redondo Beach
9	Pat Dreizler (unable to attend)	RB Roundtable & Former BCHD Board Member	Redondo Beach
10	George Schmeltzer	BCHD Livability Committee & Former HB Mayor	Hermosa Beach
11	Pat Aust (unable to attend)	Former BCHD Board Member & Retired RB Fire Chief	Redondo Beach
12	Jim Light (unable to attend)	Building a Better Redondo & South Bay Parkland Conservancy	Redondo Beach
13	Walter Dougher	Former MB Mayor & Former BCHD Board Member	Manhattan Beach
14	Mark Nelson	Neighboring Resident	Redondo Beach
15	Dency Nelson	Environmental Activist	Hermosa Beach
16	Justin Pioletti (unable to attend)	Redondo Union High School	Redondo Beach
17	Joanne Sturges	Retired Executive Officer/ Board of Supervisors at L.A. County	Manhattan Beach
18	Bruce Steele	Neighboring Resident	Torrance
19	Pete Vlahakis	Redondo Pacific Towers HOA	Redondo Beach
20	Geoff Gilbert (unable to attend)	Neighboring Resident	Redondo Beach
21	Rosann Taylor (unable to attend)	Neighboring Resident	Redondo Beach
22	Jeanne Soto	Center for Health & Fitness	Redondo Beach

Reminder e-mails were distributed to Community Working Group members on August 8. These e-mails provided members with information about the August 20 meeting and a link to the project website address. Following the meeting, thank you emails were distributed to those who attended the meeting and those who were unable to attend.

2.3 Summary of Feedback

Throughout the meeting, Community Working Group members were encouraged to contribute their feedback verbally and also in writing on the comment cards provided. Input from the Community Working Group is summarized below.

LPA Presentation on Mount St. Mary's University (Paraphrased)

The following is a list of comments received by CWG members:

- What is the effectiveness of the sleeping pods?
- Why are there no competitive sports on campus?
- Is the campus limited to students?
- How do you conserve water?
- How do you ensure safety in the design of the campus? Looks very open.
- Is the building earthquake tolerant?
- What is the size of the building?

Center of Excellence (Paraphrased)

The following is a list of comments voiced by a CWG member:

- We don't want to lose assisted living as an element of the Healthy Living Campus

WRITTEN COMMENTS SUBMITTED

The following comment was submitted online by a CWG member following the Aug. 20 meeting:

"I am a member of the Community Working Group and a participant in the HLC Intergenerational Study Circle. First, I would like to commend BCHD staff for their efforts of involving both the community and the immediate neighbors in this important process. Whatever action is taken to modify the campus in the next few years will likely last for 50 years or more, as the initial 514 building has. These are important decisions.

I am very interested in preserving our initial work toward providing housing for beach cities residents (Hermosa, Manhattan, Redondo) who are unable to age in place at their homes. I believe this is the next best use for the site following South Bay Hospital which also served the local, underserved cities. As such, while I am also a participant in the Study Circle, I recommend that the primary mission of the campus be to support aging, with both housing and services, and that the intergenerational campus support be a secondary function that is viewed as a support to the aforementioned primary mission.

I believe viewing the intergenerational study circle process through a lens of support for aging through residential and other services will yield a better product and focus for the remaining study circle."

Mark N., Resident and Neighbor, Director of Planning, SCE

APPENDIX A: BCHD PowerPoint Presentation



CWG Meeting #10: Agenda

- Recap Community Gathering Spaces Study Circle
- Case Study Presentation – LPA Architectural Firm
- Planned Campus Improvements on Diamond St.
- Next Steps for Healthy Living Campus Project



Healthy Living Campus: Project Pillars

Health

- Build a center of excellence focusing on wellness, prevention & research
- Leverage the campus to expand community health programs & services

Livability

- Focus on emerging technologies, innovation & accessibility
- Create an intergenerational hub of well-being, using Blue Zones Project principles

Community

- Actively engage the community & pursue partnerships
- Grow a continuum of programs, services & facilities to help older adults age in their community



Community Gathering Spaces Study Circle





Overview:

- 56 attendees shared perspectives & opportunities
- Best practices presentation by acclaimed architect Paul Murdoch
- Information will help guide campus planning and design

Stakeholder Groups:

- City of Redondo Beach
- City of Hermosa Beach
- City of Manhattan Beach
- Redondo Beach Planning Commission
- SBCCOG
- Redondo Beach GPAC
- Building a Better Redondo
- RB Public Works Commission
- Community Working Group
- Behavioral Health Services
- Girls Scouts of America
- Kiwanis
- Surfrider Foundation
- Access Hermosa Beach
- El Camino College





Q1: How should a Healthy Living Campus feel?

- Accessible
- Welcoming
- Peaceful
- Restorative
- Inclusive
- Intergenerational

Q2: What activities would you find on a HLC?

- Multi-use community gathering spaces (e.g., amphitheater)
- Outdoor exercise
- Restorative activities
- Intergenerational programs & opportunities





Q3: How should a Healthy Living Campus connect to its community?

- Maximize rooftop spaces
- Ensure access for all ages & abilities
- Design to be walkable



Next:

***Building a
Center of
Excellence***

Sept. 5th at 6 p.m.
R.B. Main Library

LPA: Case Study



Campus Improvements on Diamond St.



What We Heard:

- Too big
- Too close to homes/street
- No buffer
- Impacts neighbors
- Remove access road



Changes Based on Feedback:

- Removed structure from corner
- Relocated access road
- Preserved green space buffer
- Demonstration gardens
- More trees
- Small sitting area
- Accessible walking paths



What's Next?



Contact Information

HLInfo@bchd.org

bchd.org/HealthyLivingCampus



APPENDIX B: LPA Design Firm PowerPoint Presentation



Changing Lives by Design™

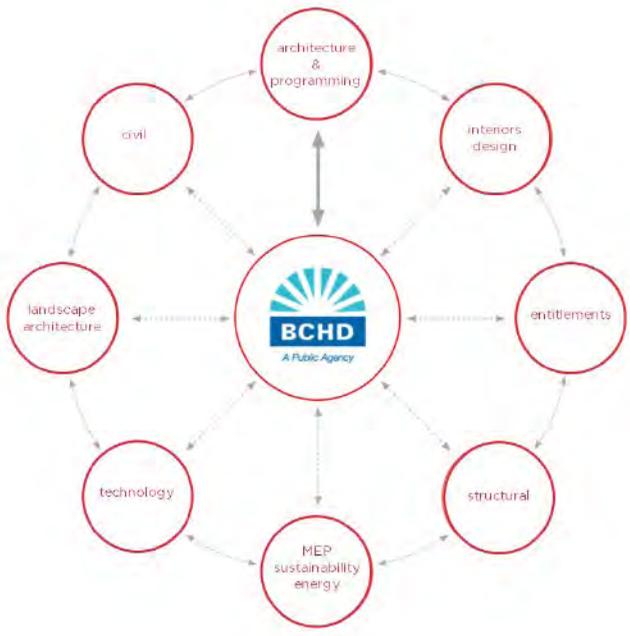




- HEALTH CARE
- K-12
- HIGHER EDUCATION
- CIVIC
- CORPORATE
- TARGETED DEVELOPER

integrated design

- a **holistic approach** to problem solving
- multidisciplinary team** of specialists
- client-centered**
- enables all stake-holders to **actively participate**
- fosters **communication, collaboration and cooperation**



inside-out

case study



The Wellness Pavilion



founded in 1925

a Catholic university primarily for women (90%)

emphasis on building leadership skills, liberal arts and sciences

diverse student body

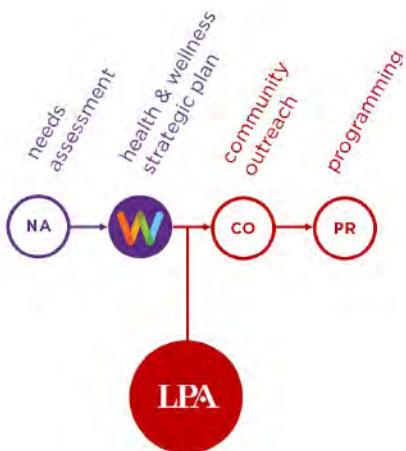
3,200 students, two campuses



process

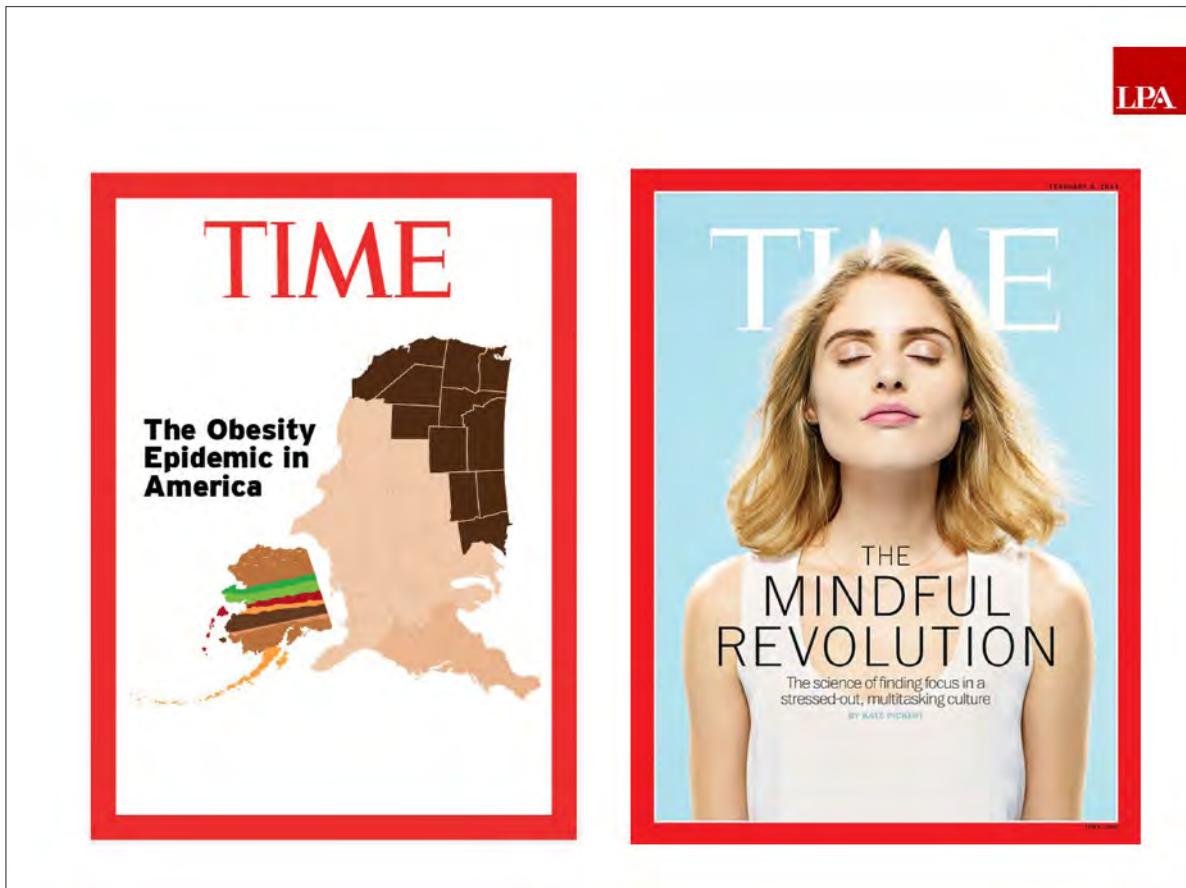
process / outline

LPA



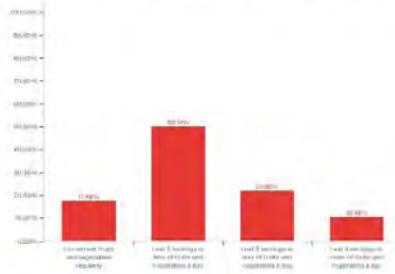
- Led by Mount Saint Mary's University
- Led by LPA
- Agency process

health & wellness needs assessment



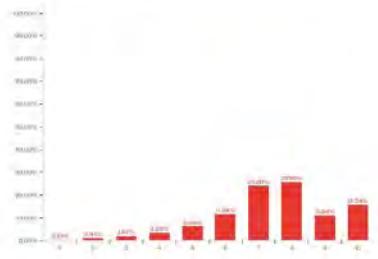
EAT GREEN

Q2 - Fruits and Vegetables. Select the statement that best describes your current intake of fruits and vegetables. A serving is defined as 1/2 cup or the size of a computer mouse.



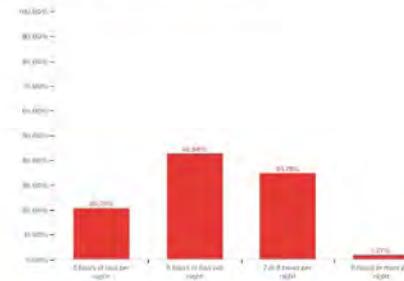
DE-STRESS

Q11 - Stress. Over the past 6 months, how stressed have you felt on a daily basis? 1 = no stress, 10 = maximum stress.



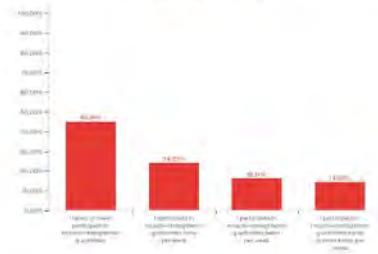
SLEEP WELL

Q9 - Sleep. Over the last 6 months, on average I sleep:



MOVE MORE

Q8 - Current Muscle-Strengthening Activity Level. On average, how often do you participate in muscle-strengthening activities that work all major muscle groups? Examples of these activities include lifting weights, working with resistance bands, yoga, push ups/sit ups, or heavy gardening (i.e. digging, shoveling)



health & wellness strategic plan



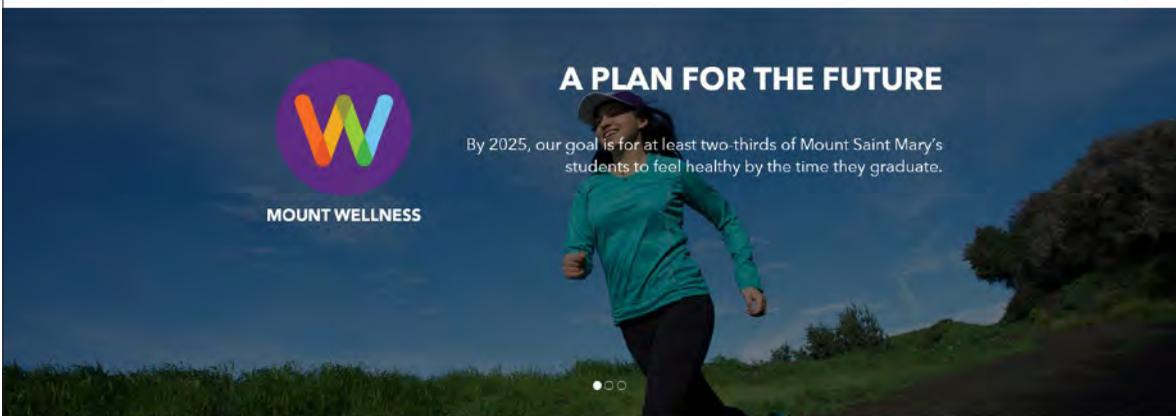
Mount Saint Mary's University, Los Angeles is the first women's university in the United States to join Partnerships for Healthier America, an organization chaired by Michelle Obama.

[Read More about the partnership](#)



comprehensive wellness initiative centered on the principles of **inclusion, empowerment, and personal well-being**

goal: create a robust, **positive culture of health and wellness**



MOUNT WELLNESS

A PLAN FOR THE FUTURE

By 2025, our goal is for at least two-thirds of Mount Saint Mary's students to feel healthy by the time they graduate.



Wellness Task Force made up of more than 20 faculty, staff, and student representatives

peer advocates system

wellness events

4 Elements, 1 Goal: Wellness

EAT GREEN

Eat Green is a campus-wide campaign centered on healthy nutrition. In addition to encouraging our community to increase its consumption of fruits and vegetables, this initiative also advocates for foods that are sustainably-sourced and farm-to-table.

DE-STRESS

De-Stress is a critical part of our wellness movement that seeks to address a common problem in our society: rising stress levels. Through personalized training in mindfulness and meditation, this initiative aims to provide healthier alternatives for dealing with stress.



MOUNT WELLNESS

SLEEP WELL

Sleep Well is an initiative devoted to encouraging all members of our community to get the recommended amount of sleep each night. Through workshops in proper sleep hygiene, and by referencing cutting-edge research and technology, this program aims to maximize the many well-documented health benefits of sleep.

MOVE MORE

Move More is a concerted effort to inspire all members of our community to be physically active. Through offerings that include group fitness, yoga, walks and marathon training to name a few, there are opportunities to meet every activity level.

community outreach

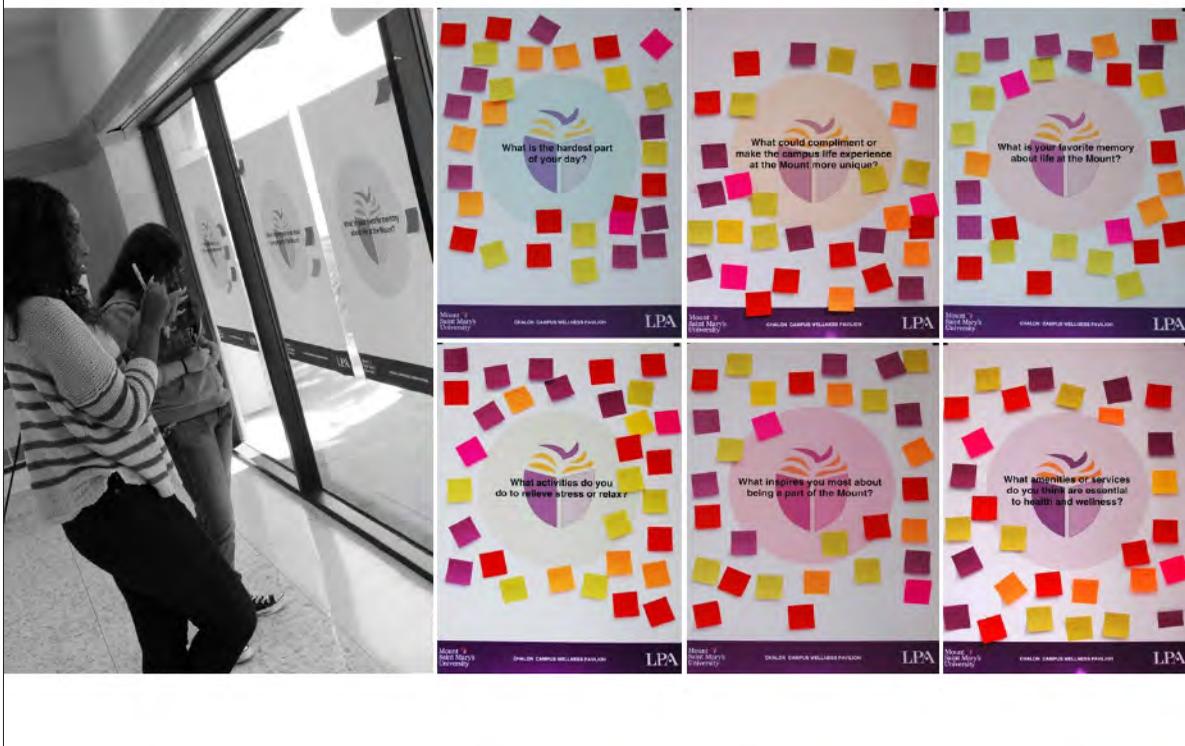
community outreach / visual imagery

LPA

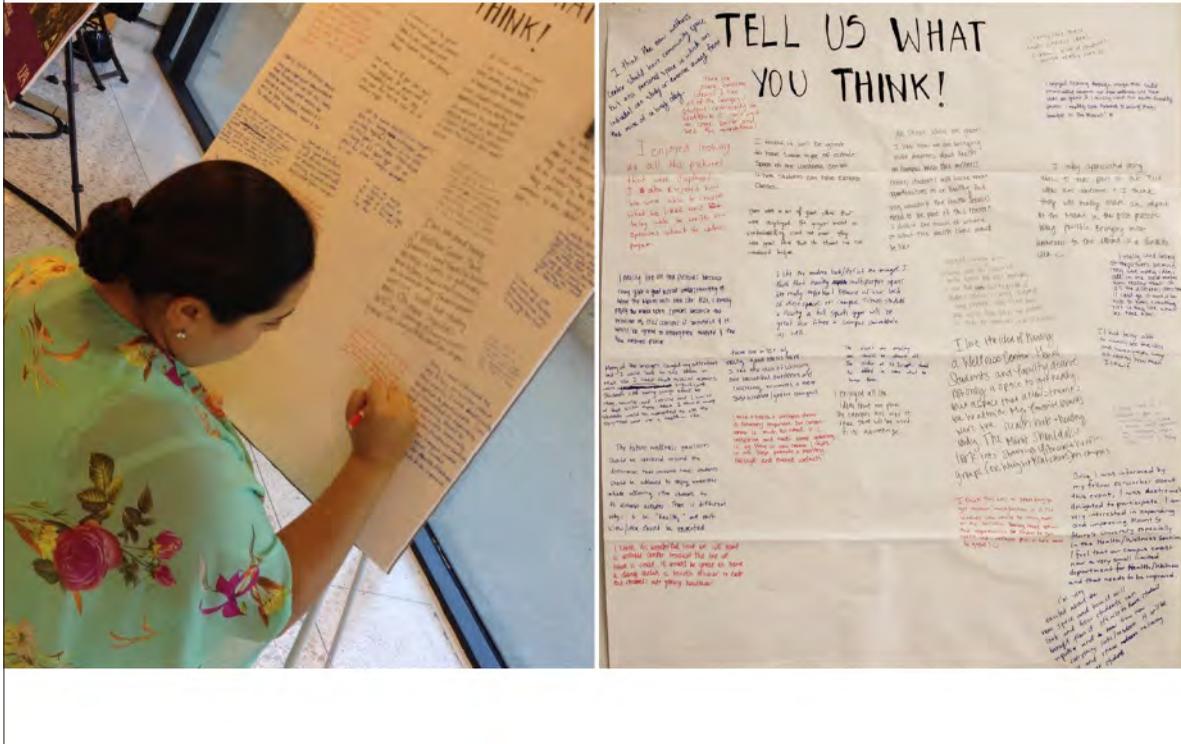


community outreach / thought starters

LPA



community outreach / message boards



community outreach / driving themes

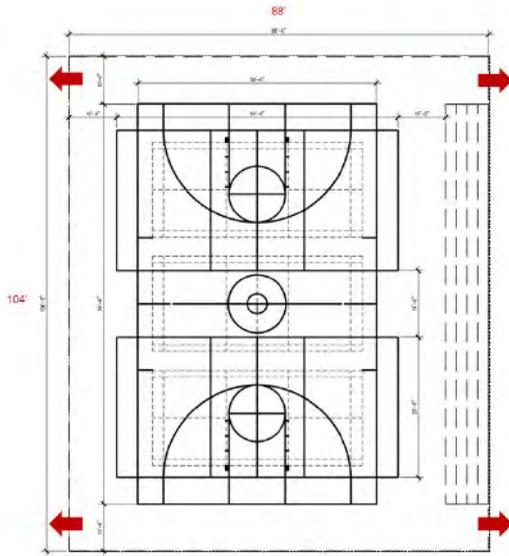


- hub of activity
- a model to share
- fitness + sports**
- marketing + branding
- affecting habits + culture**
- resource for all
- high use
- spiritual/ physical/ emotional**
- on time
- accessible during construction
- quiet spaces to meditate and relax**
- teaching + learning opportunities
- holistic approach
- more space, more programs**
- beautiful + functional
- visually inviting + inclusive
- outdoor spaces**
- both group + individual spaces
- delighted to participate
- outside fitness space
- stress relieving activities**
- sustainable + green campus
- promote awareness
- finding time for myself**
- opportunities
- introduce nature/open spaces**
- more places to do stuff
- maximize views
- a valuable resource for students
- a place for health + fitness**
- inspire
- diversity + respect
- better/healthier food**
- motivation to exercise

program / qualitative



	Qty	ASF	Subtotal	Notes
FITNESS				
Gymnasium	1	9,200	9,200	50'x84' basketball court with 2 volleyball cross courts and 3 badminton courts; fold out spectator seating (approx. 175 seats)
Gym Storage	1	300	300	Not identified in program
		Subtotal	9,500	



program / qualitative



Lobby/ Main Entry	1	1,000	1,000	Not identified in program; adjacent to help desk
Help Desk/Equipment Checkout	1	150	150	Not identified in program; assistance, supervision, access control, equip- staffing?
Equipment Checkout Storage	1	150	150	Not identified in program; equip check-out, towels, retail, etc.
Social & Lounge Space	1	1,000	1,000	Not identified in program; adjacent to main entry and distributed throughout?
Health Hub	1	500	500	Centrally located to bridge "Mind + Body" spaces? Multi-purpose functions and resources; what staffing and support need to be adjacent for support?



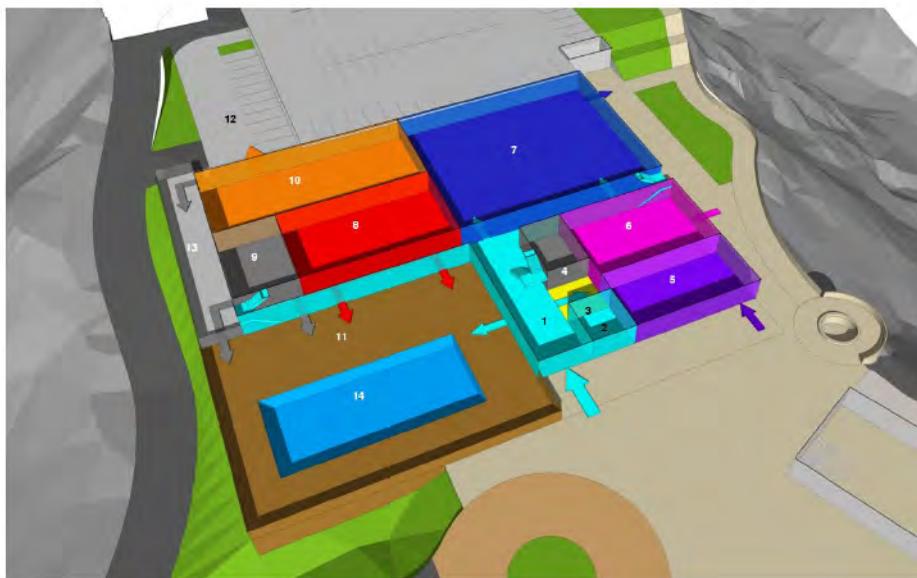
design

design / 3D program on site

LPA

- 1 lobby / circulation
- 2 front desk / information
- 3 equipment checkout
- 4 hub / social space
- 5 counseling
- 6 health clinic
- 7 gym
- 8 lockers / support
- 9 pool support
- 10 facilities and maintenance
- 11 pool deck
- 12 service yard
- 13 service access
- 14 pool

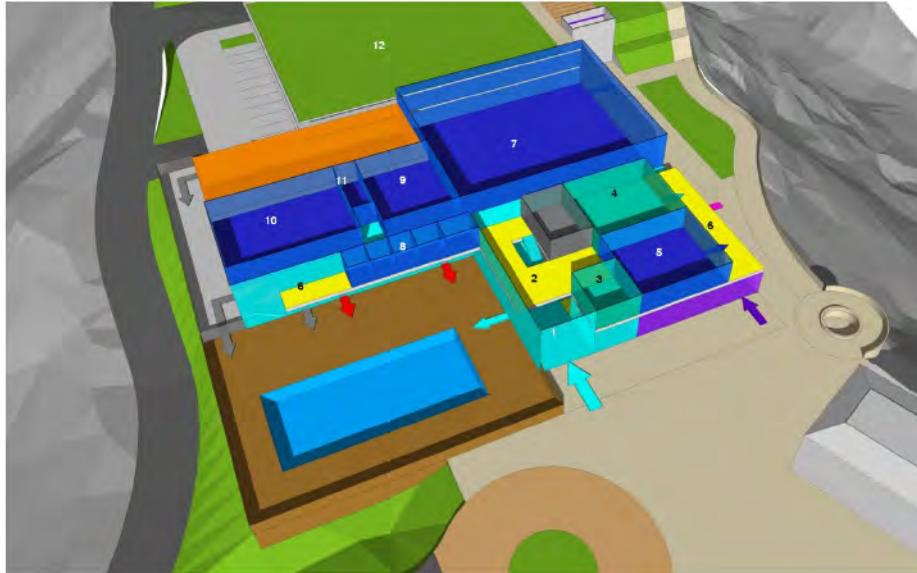
Level 1



design / 3D adjacencies on site



- 1 lobby / circulation
- 2 social space
- 3 small classroom
- 4 large classroom
- 5 exercise area
- 6 view deck / social space
- 7 gym (open to below)
- 8 offices
- 9 small studio
- 10 large studio
- 11 storage
- 12 parking structure field



Level 2

design / conceptual site plan



design / conceptual floor plans

LPA



THE PAVILION'S CONNECTION TO THE 4 PRIMARY WELLNESS COMPONENTS:

MOVE MORE: Gym, physical therapy lab, aerobic studio, cycling studio, fitness studio, aquatic center

EAT GREEN: Hydration centers, vending, wellness courtyard, food cart

SLEEP WELL: Sleep studio

DE-STRESS: Low-impact studio, multipurpose room (workshops), outdoor studio (yoga, etc.), social lounges (promote social cohesion), and see MOVE MORE areas (as physical activity reduces stress).

All Areas: multi-purpose room, wellness hub, media wall, wellness pockets, offices (support the peer wellness advocates' work with their clients).

design / interior spaces

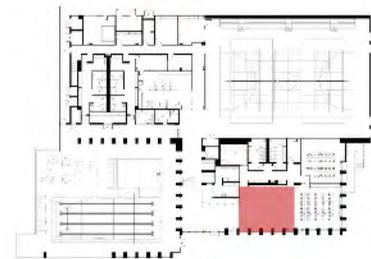
LPA



lobby & reception

design / interior spaces

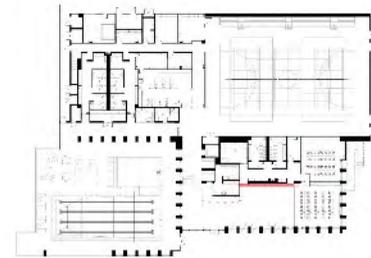
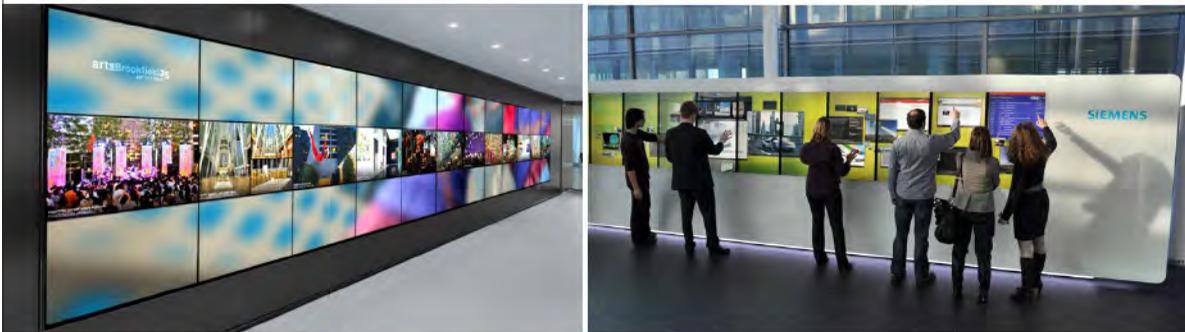
LPA



wellness hub

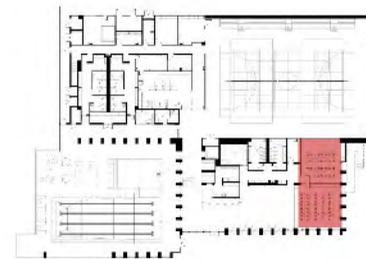
design / interior spaces

LPA



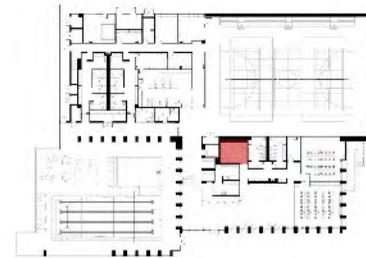
media wall

design / interior spaces



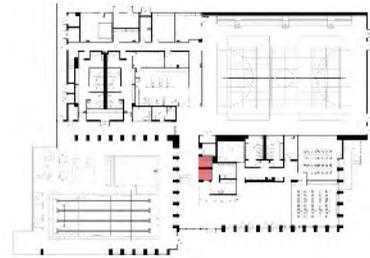
multi purpose rooms

design / interior spaces



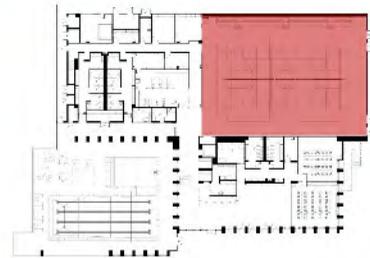
quiet rooms

design / interior spaces



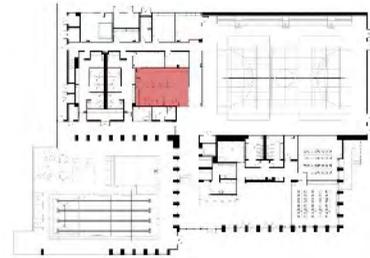
wellness pockets

design / interior spaces



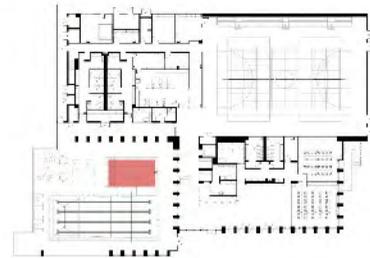
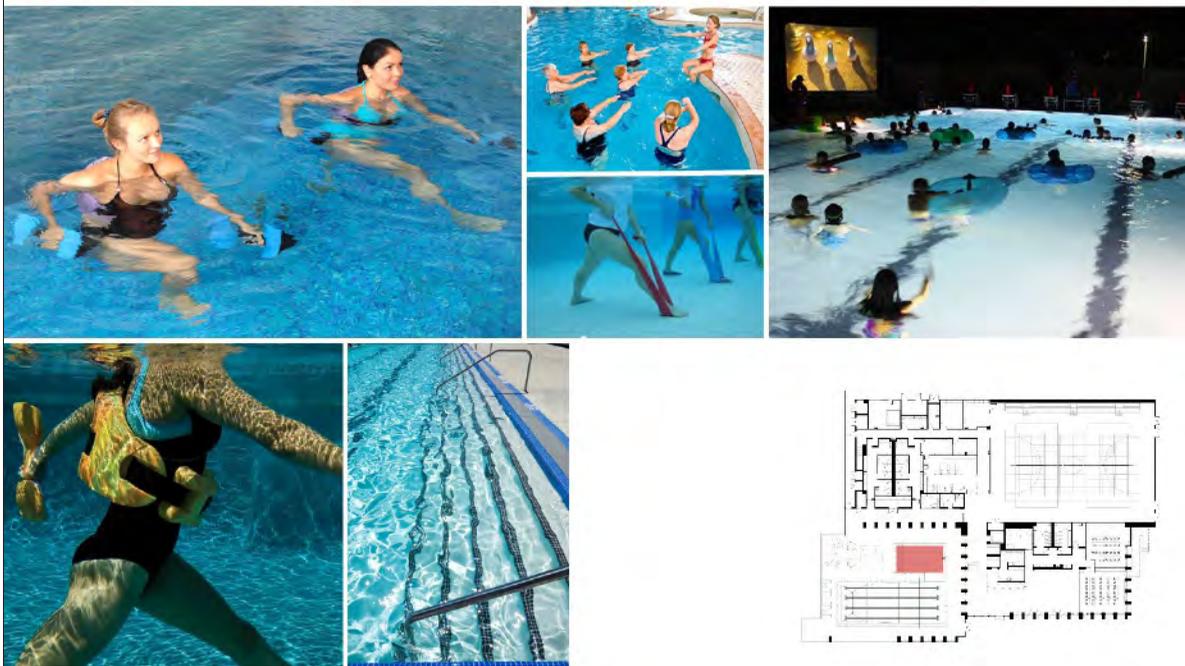
multipurpose gym

design / interior spaces



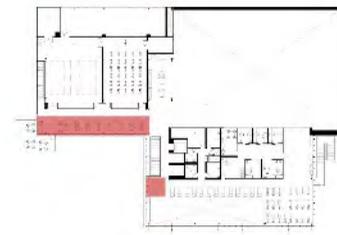
advanced training lab

design / pool



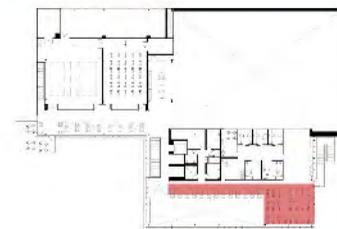
wellness and therapy pool

design / interior spaces

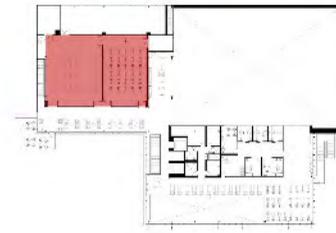


social spaces and lounge areas

design / interior spaces

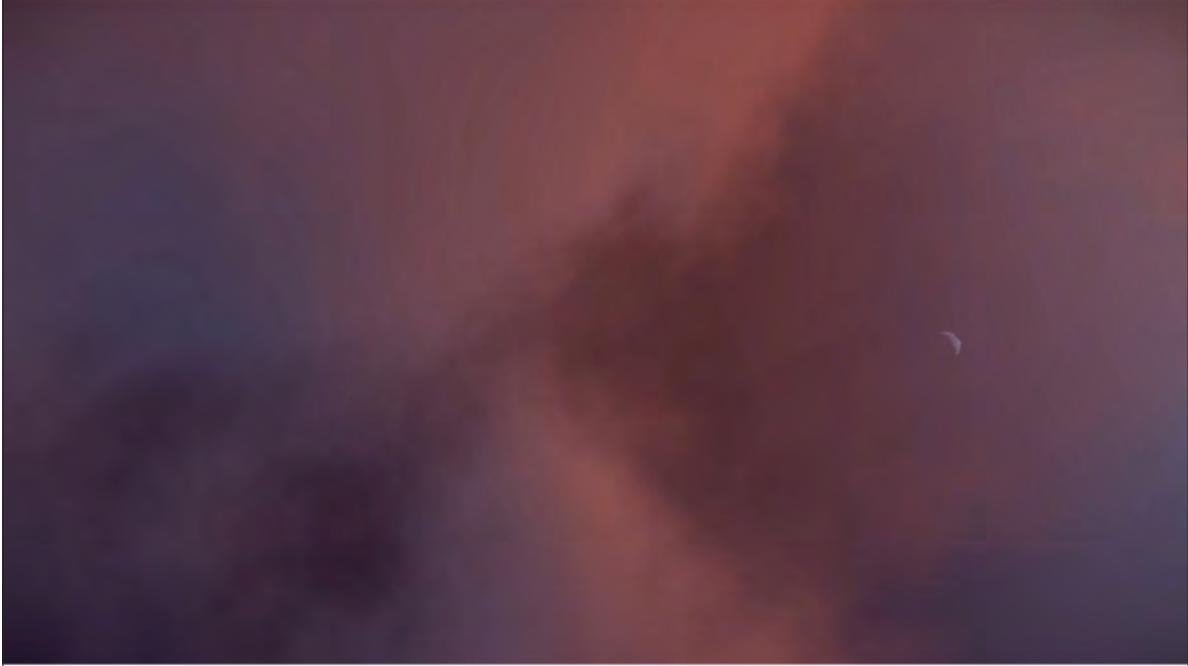


cardio areas



studios

fundraising



fundraising

outside-in

tarbut v'torah / playground re-imagination

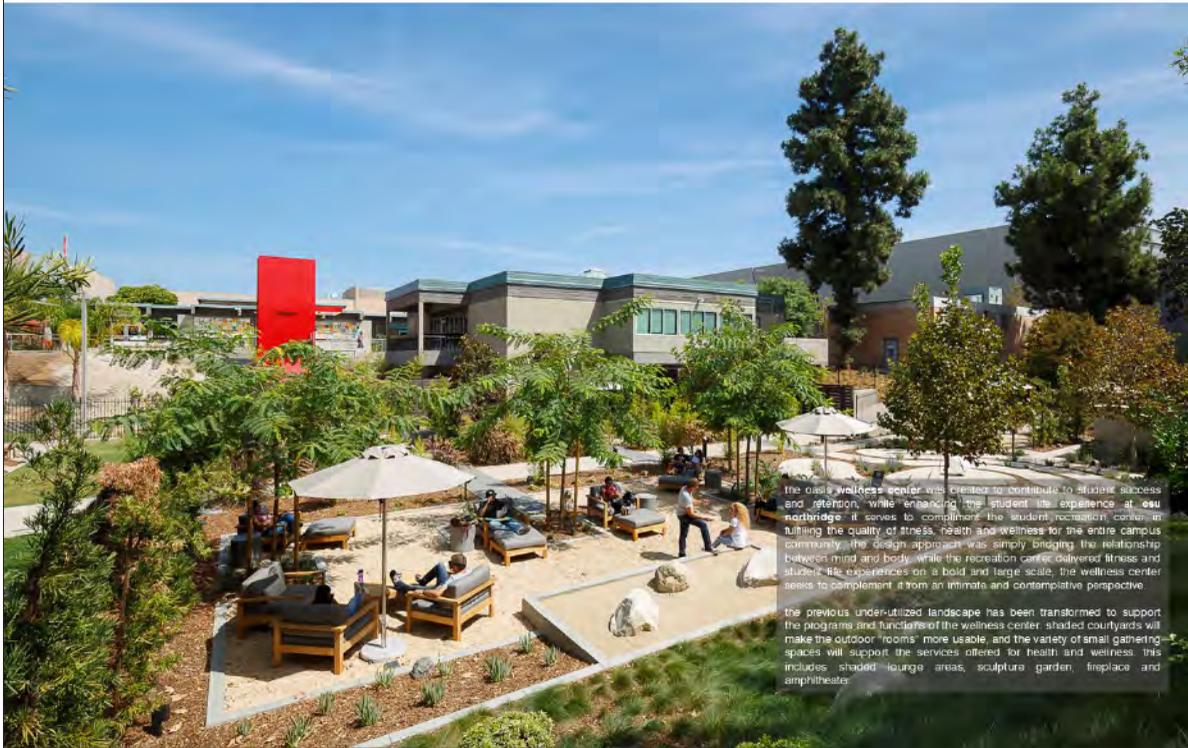
LPA



The school recently completed a renovation of their existing playground into an interactive learning environment. By expanding the function of the classroom outdoors, the campus gained an additional 7,000 sq. ft. of programmable space inclusive of a new amphitheater, growing gardens and farm, outdoor art space, interactive creek and all new play structures selected to promote health and learning. The playground also incorporates teaching elements such as writable surfaces, an outdoor classroom and reading lists set in the landscape. With an inspiration from nature, the playground utilizes materials such as boulders to form seating areas, synthetic turf for the audience at the play equipment and plants native to the region. Each of the outdoor learning and activity zones were incorporated into the site with the goals of promoting the use of the outdoors as a seamless extension of the learning spaces.











the vine / campus courtyard



The courtyard is an example of effectively optimizing previously underutilized space.

Formerly a passive outdoor space that was difficult to program, the newly envisioned vine incorporates social, collaborative and event opportunities, designed as an extension of the work environments within university research park. The vine combines landscape, outdoor meeting and social spaces, shade structures and amenities with the flexibility to accommodate large scale corporate events. Many of the existing trees were retained and incorporated into the newly envisioned space. The design aesthetically contrasts with the simplicity of adjacent offices and the stimulating outdoor environment was invited indoors to adjacent tenants via large glass roll up doors.





life sciences corporate park / campus connectivity



the bioscience firm specializes in the design, manufacturing and marketing of tissue heart valves and related repair products.

the project includes two 30,000 gallon tanks, one of the largest rainwater harvesting tanks in orange county and the first in the city of irvine. the tanks capture all of the stormwater on-site for reuse as landscape irrigation. in order to gain the greatest benefit for the rainwater harvesting system a beneficial combination of rain water/clogged filter and materials has been chosen for the landscape palette with an efficient irrigation system complete with state of the art "smart" controllers. the LPA landscape design requires 50% less water than a typical "code" based design which reduces the time that the rainwater harvesting system will be used. the site design also includes bio-retention planters that collect and naturally clean the water before it enters the storm drain system.

the campus environment is a three phase development where the first phase of the project added a 1200 car parking structure complete with a 4,000 sq ft living wall, a 500 kw pv system, 16 charging stations and two bioswales that are part of the overall sustainable site development. The garage forms the single drop for future campus green areas will be covered with a living wall that extends the park space back into the shared outdoor campus area.









west hollywood / city hall & community service building

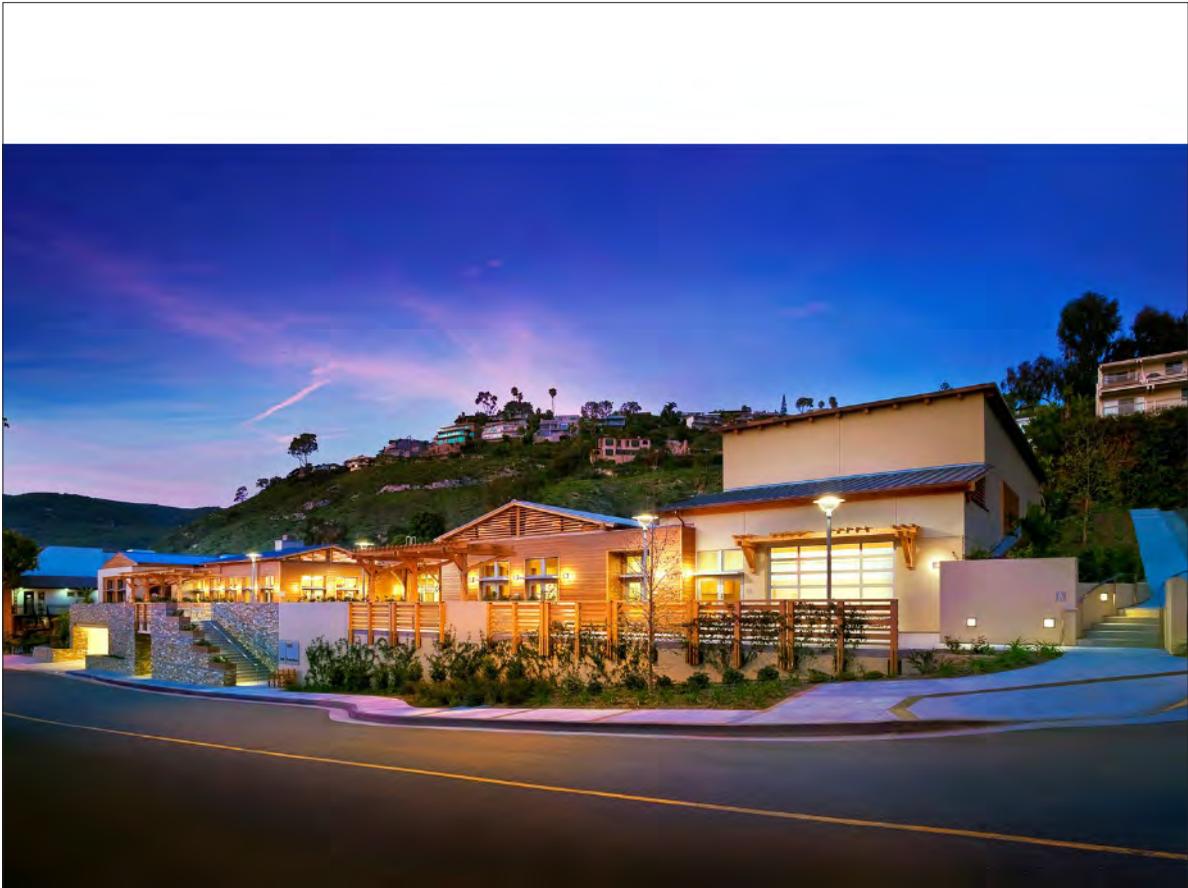
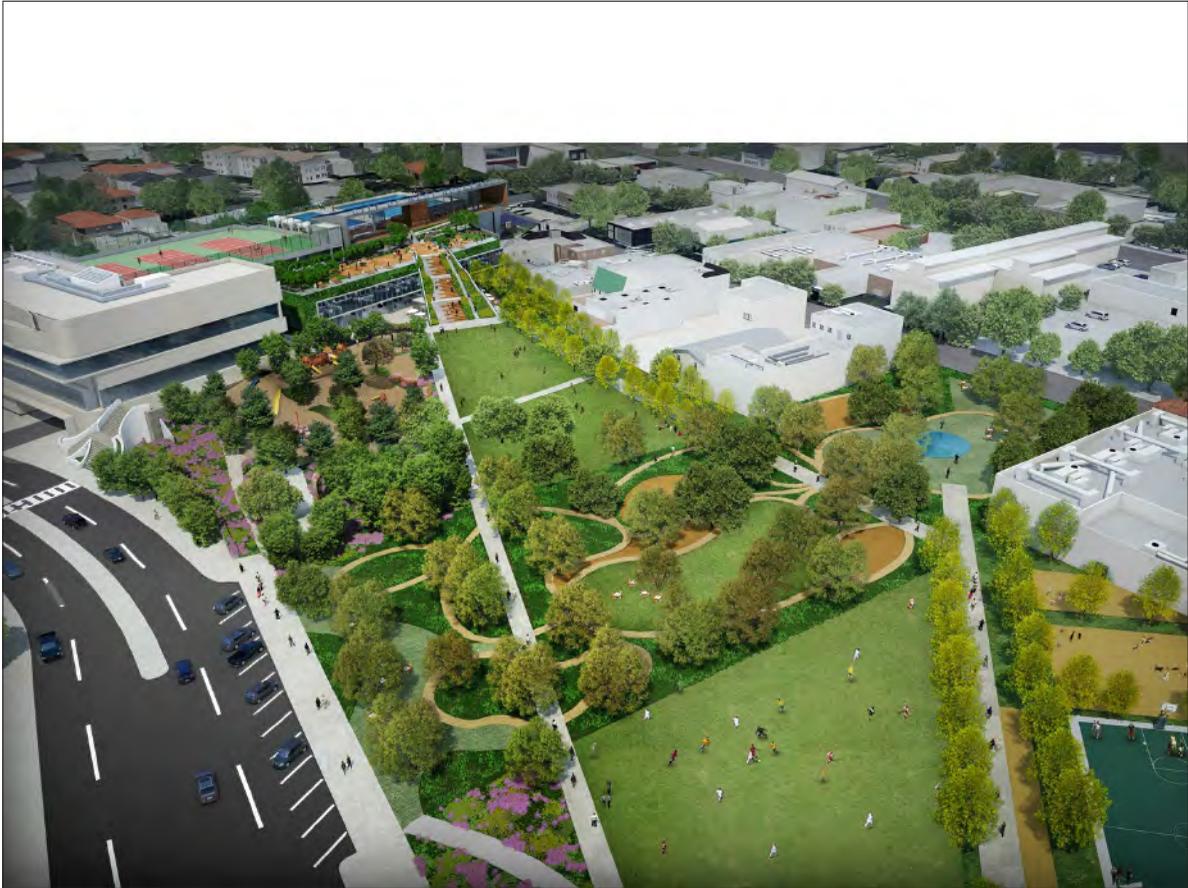


In addition to providing approximately 200 parking spaces serving city hall, surrounding businesses and residences, the automated garage and community plaza project will also feature a 3250 square foot community events center.

The plaza will provide an appropriate civic front door for city hall as well as a new public venue for community and civic events. The plaza will also serve as a sustainable demonstration garden which will feature California native landscape, water conservation technologies and sustainable materials and construction. The building itself will also incorporate many environmental features including a solar panel array, as well as a dramatic public art component by artist Ned Kohn.

Additionally, the garage will provide much safer access and egress for visitors, service vehicles and emergency vehicles as well as motorcycle parking and bicycle parking. The design of the site and structure will strive to bridge the commercial aspects of Santa Monica Boulevard and the residential aspects of the adjacent neighborhood through the use of increased open space and landscape as well as appropriate lighting and an organic palette of materials.







thank you!
q&a

Appendix C: Sign-In Sheets

Sign-in Sheet

Healthy Living Campus Working Group



Name	Signature
Sue Allard	<i>Sue Allard</i>
Pat Aust	
Jan Buike	<i>here Jan Buike</i>
Craig Cadwallader	
Walt Dougher	<i>Walt Dougher</i>
Pat Dreizler	
Patrick Flannery	
Jacqueline Folkert	
Geoff Gilbert	
Laurie Glover	
Darryl Kim	
Jim Light	
Jean Lucio	
Dency Nelson	<i>Dency Nelson</i>
Mark Nelson	
Lisa Nichols	
Justin Pioletti	
Cindy Schaben	<i>Cindy Schaben</i>
George Schmeltzer	<i>George Schmeltzer</i>
Bruce Steele	<i>Bruce Steele</i>
Joanne Sturges	<i>Joanne Sturges</i>
Rosann Taylor	
Kambria Vint	<i>here</i>
Pete Vlahakis	<i>Pete Vlahakis</i>

Jeannie *509*

Appendix D: Meeting Reminder



Dear Mark,

Please join us for the next Healthy Living Campus CWG Meeting:

Monday, August 20, 2018

6 - 7:30 p.m.

**Beach Cities Room
514 N. Prospect Ave.
Redondo Beach**

Our meeting will include:

- A recap of our recent community study circle on creating community gathering spaces, including key themes and feedback.
- A case study, presented by staff from acclaimed design firm LPA Inc., on the creation of an innovative Wellness Pavilion at Mount Saint Mary's University and how it relates to our Healthy Living Campus project.
- A look ahead at what's next in the Healthy Living Campus planning process, including our September 5th study circle on building a center of excellence.

If you have any questions, please contact Eric Garner at (310) 374-3426 x156 or eric.garner@bchd.org

Look forward to seeing you there.

Sincerely,

Eric Garner
Communications Manager
Beach Cities Health District
Ph: 310-374-3426, x156
Fax: 310-376-4738

Creating a healthy beach community.