



HEALTHY LIVING CAMPUS

## Study Circle #2:

# Creating Community Gathering Spaces

Summary Report - August 1, 2018



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# 1. INTRODUCTION

Beach Cities Health District (BCHD) is taking a holistic approach to creating a Healthy Living Campus that serves the entire lifespan and meets the ever-changing health needs of the community. We are exploring options to renovate and enhance our 11-acre campus by hosting three study circles (small break-out groups): intergenerational programs, creating community gathering spaces and the creation of a “center for excellence.” These group sessions are informal and comprised of diverse stakeholders from the three Beach Cities. Participants are selected by BCHD staff to represent a wide variety of local interests and viewpoints, and include city officials/staff, local leaders and residents, members of civic organizations, older adult services, school districts, BCHD committees, Healthy Living Campus community working group members and community youth.

This report summarizes participation and feedback received at our recent study circle on Community Gathering Spaces.

## 1.1 Purpose of Study Circles

Study circles provide a forum for identifying opportunities by engaging participants who provide their perspectives and experiences that enhance the interests and needs of a community group, service, agency or organization. BCHD is hosting community study circles designed to encourage local input into the planning process for the proposed Healthy Living Campus. Feedback received will be applied to the planning and design of the overall project.



## 2. STUDY CIRCLE ON CREATING COMMUNITY GATHERING SPACES – AUGUST 1, 2018

### 2.1 Overview

BCHD hosted an Aug. 1 Study Circle in the Redondo Beach Main Library (303 N. Pacific Coast Hwy.) focused on Creating Community Gathering Spaces. The attendee list, made up of community members and diverse stakeholders from all three communities, was developed by staff and reviewed by the leadership.

Fifty-six (56) people, including staff, attended this study circle. Each received an invitation packet (Appendix B) prior to the event that included the invitation, agenda, BCHD fact sheet, BCHD Healthy Living Campus Project Pillars overview, a participant guide and three resource materials on wellness communities. The meeting room featured a presentation screen at the front of the room as well as eight tables with eight chairs to accommodate the break-out group discussions. The format provided opportunities for participants to actively engage in meaningful discussion and share valuable information and insights with their group members and facilitator regarding community gathering spaces. Throughout the session, participant comments were posted on an easel pad. Comment cards for written comments were also provided.

The meeting began with an informative presentation by Paul Murdoch, president of Paul Murdoch Architects, the award-winning firm he founded in 1991 in Los Angeles. Murdoch has more than 30 years of experience exploring sustainable architecture for cultural, higher education and public transportation clients (see full bio in appendix B). Additional speakers included Tom Bakaly, BCHD Chief Executive Officer. PowerPoint presentations from the meeting are found in Appendix A.

Murdoch welcomed the participants, provided an overview of the study circle process and best practices, shared a personal story and asked participants to consider the following questions: "What should a healthy living campus or wellness center feel like?", "What type of activities would you expect to find on a healthy living campus?" and "How should a healthy living campus be connected to its community?"

The presentation by Murdoch examined a wide-array of architectural design possibilities that showed how a center of wellness could serve the diverse needs of a community. In addition, the presentation examined Murdoch's experience in developing environmentally sustainable, innovative architecture for a wide variety of clients throughout the U.S. The purpose of the presentation was to provide general information on Murdoch's background as well as to showcase his expertise.

BCHD staff facilitated the group exercises, in which participants at each table were asked to discuss their thoughts on what they would value in community gathering spaces and then share main points with all study circle attendees.

Tom Bakaly concluded the session by explaining that all of the participant comments will help BCHD as it takes a broader look at the campus.

The feedback received from the group exercise is summarized in Section 2.3, Summary of Feedback.

The next study circle, on developing a center of excellence, will be Sept. 5 at the Redondo Beach Main Library.



## 2.2 Summary of Participation

### Creating Community Gathering Spaces Study Circle Participants

NO.	NAME	ORGANIZATION	CITY OF RESIDENCE
1	Bill Kim, MD	BCHD Chief Medical Advisor	Redondo Beach
2	Bob Pinzler	Redondo Beach GPAC	Redondo Beach
3	Bruce Steele	HLC Community Working Group	Torrance
4	Cathy McCurdy	Kiwanis	Redondo Beach
5	Richard McCurdy	Kiwanis	Redondo Beach
6	Chris Conaway	BCHD Livability Committee	Manhattan Beach
7	Craig Cadwallader	HLC Community Working Group	Manhattan Beach
8	Dan Elder	Redondo Beach Planning Commission	Redondo Beach
9	Darryl Kim	City of Redondo Beach Senior Services	Redondo Beach
10	Dean Sherzai	Loma Linda University Medical Center	
11	Dency Nelson	HLC Community Working Group	Hermosa Beach
12	Eugene Solomon	Redondo Beach GPAC	Redondo Beach
13	Florence Speakman	Girl Scouts of America	Redondo Beach
14	Fred Manna	BCHD Livability and Community Health Committee	Manhattan Beach
15	Geoff Hirsch	Access Hermosa	Hermosa Beach
16	George Schmeltzer	HLC Community Working Group	Hermosa Beach
17	Grace Farwell	South Bay Cities Council of Governments	Torrance
18	Hanif Haji	Beach Cities Child Development Center	Redondo Beach
19	Isabel Rodriguez	Hermosa Five-0 Advisory Committee	Hermosa Beach
20	Jan Buike	HLC Community Working Group	Manhattan Beach
21	Jasmine Morales	AdventurePlex	Manhattan Beach
22	Jim Light	Building a Better Redondo	Redondo Beach
23	Jim Hannon	BCHD Livability Committee	Redondo Beach
24	Joanne Sturges	HLC Community Working Group	Manhattan Beach
25	John La Rock	City of Redondo Beach Parks and Rec	Redondo Beach
26	Ken Robertson	City of Hermosa Beach Community Development Director	Hermosa Beach
27	Mark Nelson	HLC Community Working Group	Redondo Beach
28	Mary Jo Ford	BCHD Livability Committee	Manhattan Beach
29	Mickie Robbins	Resident	Manhattan Beach
30	Pat Dreizler	HLC Community Working Group	Redondo Beach
31	Paul Murdoch	Paul Murdoch Architects	
32	Raunda Jones	Prevention Community Council	
33	Scott Kringen	BCHD Strategic Planning Committee	
34	Sheila Lamb	Redondo Beach GPAC	Redondo Beach
35	Steve MacAller	YMCA	
36	Sue Allard	Manhattan Beach Joslyn Center	Manhattan Beach
37	Wendy Lozano	El Camino Community College	

NO.	NAME	ORGANIZATION	CITY OF RESIDENCE
38	Catherine Bustamante	BCHD	
39	Cristan Higa	BCHD	Redondo Beach
40	Diana Garcia	BCHD	
41	Eric Garner	BCHD	Redondo Beach
42	Jackie Berling	BCHD	Redondo Beach
43	Jacqueline Sun	BCHD	
44	Jeff Green	VMA	Redondo Beach
45	Jennefer Hernandez	BCHD	
46	Kerianne Lawson	BCHD	
47	Lauren Nakano	BCHD	Hermosa Beach
48	Leslie Dickey	BCHD	
49	Mark Vidal	VMA	
50	Megan Vixie	BCHD	Redondo Beach
51	Michael Lindsey	BCHD	
52	Mishell Balzer	BCHD	
53	Rosalie Rapas	BCHD	
54	Tom Bakaly	BCHD	Hermosa Beach
55	Valerie Martinez	VMA	
56	Wendy Rosen	BCHD	



## 2.3 Summary of Feedback

During the reporting session, each group shared their main points regarding agreed-upon topics for discussion provided. They were asked the following questions:

1. How should a Healthy Living Campus feel?
2. What activities would you expect to find on a Healthy Living Campus?
3. How should a Healthy Living Campus be connected to its community?

Key themes expressed by all groups are listed below:

### Q1

1. Accessible & Welcoming
2. Peaceful & Restorative
3. Inclusive & Intergenerational

### Q2

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

### Q3

1. Maximize rooftop spaces
2. Ensure access for all ages and abilities
3. Design it to be walkable

Copies of all comments provided by each group are included in Appendix E.

**Table 1: COMMENTS (REPORTED OUT)**

GROUP 1
<p><b>How should a Healthy Living Campus feel?</b></p> <ul style="list-style-type: none"><li>• Regenerative – Leave the campus feeling better than when you came</li><li>• Contains adaptable, multi-use spaces</li><li>• Welcoming and accommodating to surrounding neighborhood</li></ul>
<p><b>What type of activities would you expect to find on a Healthy Living Campus?</b></p> <ul style="list-style-type: none"><li>• Green, outdoor spaces</li><li>• Variety of activities</li><li>• Meditation and fitness spaces</li></ul>
<p><b>How should a Healthy Living Campus be connected to its community?</b></p> <ul style="list-style-type: none"><li>• Pedestrian Access with welcoming entrances</li><li>• Traffic and Parking solutions</li><li>• Visible signage with a list of activities</li></ul>

## GROUP 2

### How should a Healthy Living Campus feel?

- Accessibility for handicapped
- Safe
- Spaces for all ages

### What type of activities would you expect to find on a healthy living campus?

- Walking trails & outdoor fitness options
- Multipurpose outdoor spaces
- Space for relaxation

### How should a Healthy Living Campus be connected to its community?

- Hub for 3 Beach Cities
- Finishing project for community (i.e. art project, garden, mural, etc.)
- GAP assessment
- Music, poetry and concerts

## GROUP 3

### How should a Healthy Living Campus feel?

- Familiar in the hands of the future
- Innovative & extraordinary
- Campus should emit a "special energy"

### What type of activities would you expect to find on a Healthy Living Campus?

- Restorative activities (i.e. Yoga, Mindfulness, etc.)
- Community conversations & perspectives
- Intergenerational activities.

### How should a Healthy Living Campus be connected to its community?

- Integrated walking & biking paths
- Utilize roof view for artwork or gardens
- Permeable boundaries

## GROUP 4

### How should a Healthy Living Campus feel?

- Inviting & welcoming
- Easy to navigate
- Positive Energy

### What type of activities would you expect to find on a Healthy Living Campus?

- Activities that sponsor intergenerational interaction
- Healthy "bar" for social gatherings
- Support Groups
- Swimming/recreational activities, multi-use rec. center

### How should a healthy living campus be connected to its community?

- Promote volunteerism & community involvement
- Transportation hub for healthy activities
- Easily accessible

## GROUP 5

### How should a Healthy Living Campus feel?

- Comfortable for all ages
- Place of refuge
- Natural elements

### What type of activities would you expect to find on a healthy living campus?

- Gardens for all ages and all cultures
- Large group amphitheater
- Intergenerational/multicultural emphasis

### How should a healthy living campus be connected to its community?

- Active education programs across lifespans
- Broad community partnership plan
- Connected programming
- Access to resources

## GROUP 6

### How should a Healthy Living Campus feel?

- Green space
- Inviting & accessible
- Intimate

### What type of activities would you expect to find on a healthy living campus?

- Educational “Ted Talk” style presentations
- Multi-functional spaces for intergenerational activities
- Health related programs and services

### How should a healthy living campus be connected to its community?

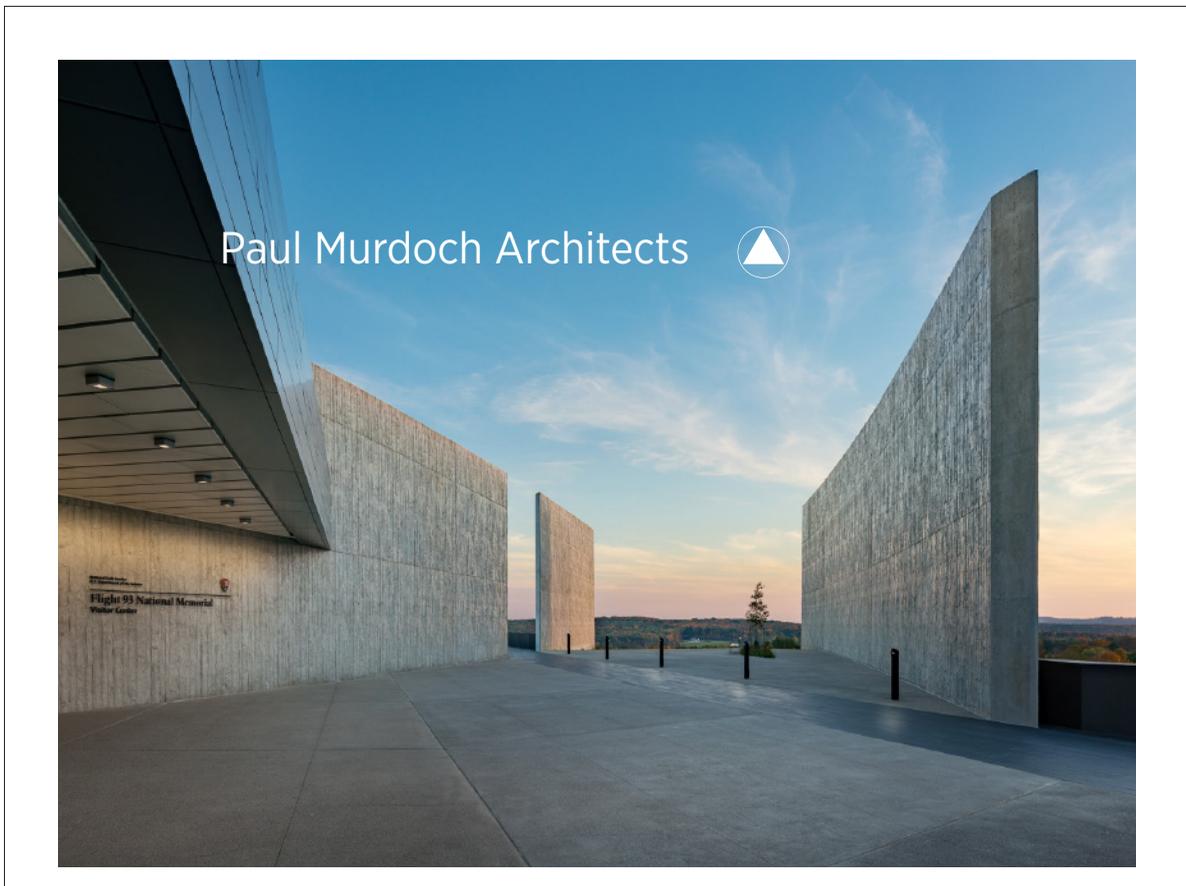
- Effective & desirable programming
- Transit
- Outreach & communication to showcase what programs are available



## WRITTEN COMMENTS SUBMITTED

Six written comments (Appendix E) were received from participants wishing to provide additional comments.

# APPENDIX A: PAUL MURDOCH POWERPOINT PRESENTATION



## What is a “Wellness Community”?

A wellness community seeks to optimize the overall health and quality of life of its residents through conscious and effective land plans and facility designs, complimentary programming, and access to related resources and support services. It is also part of the DNA of the community to place emphasis on connecting people to one another as well as to nature.

## What is a “Healthy Living Campus”?

An arrangement of buildings and shared open spaces proactively developed with the holistic health of its residents, guests, environment – both natural and built – and local community in mind.

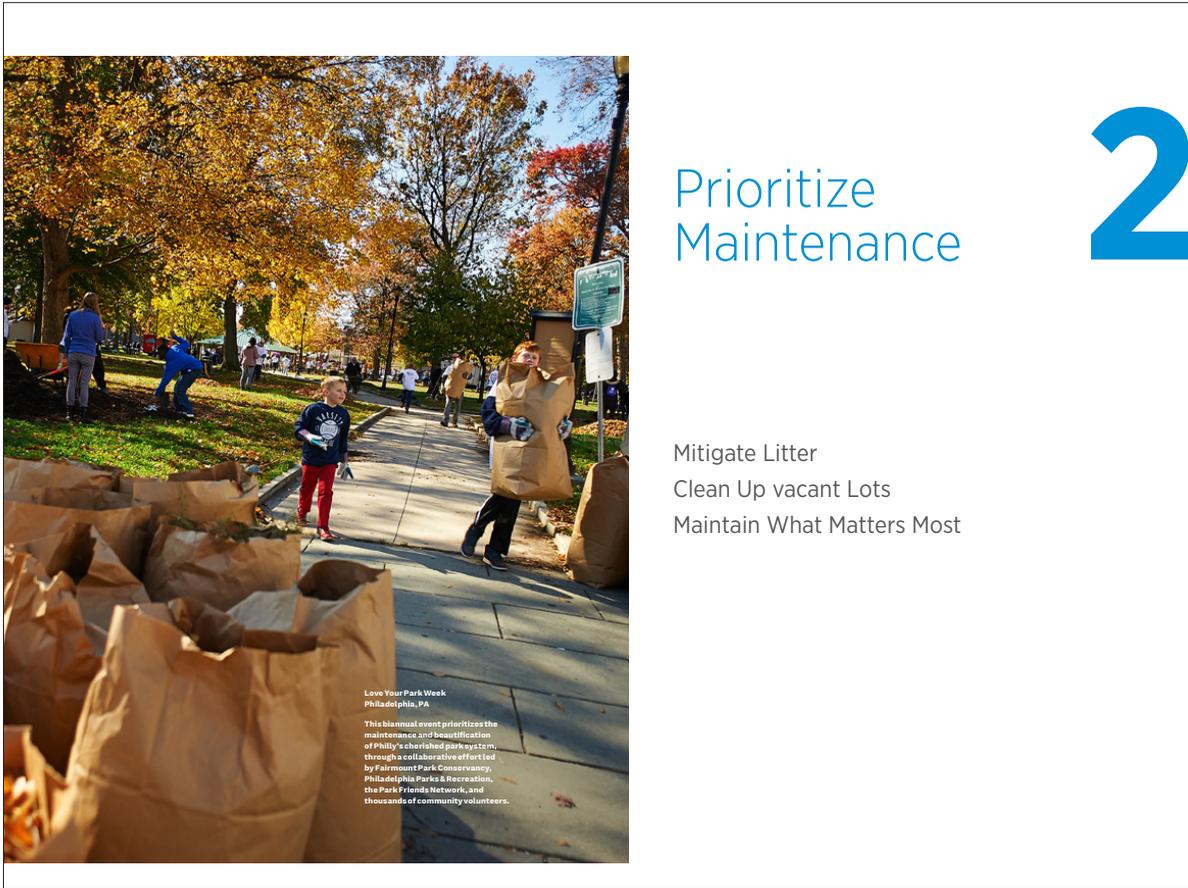
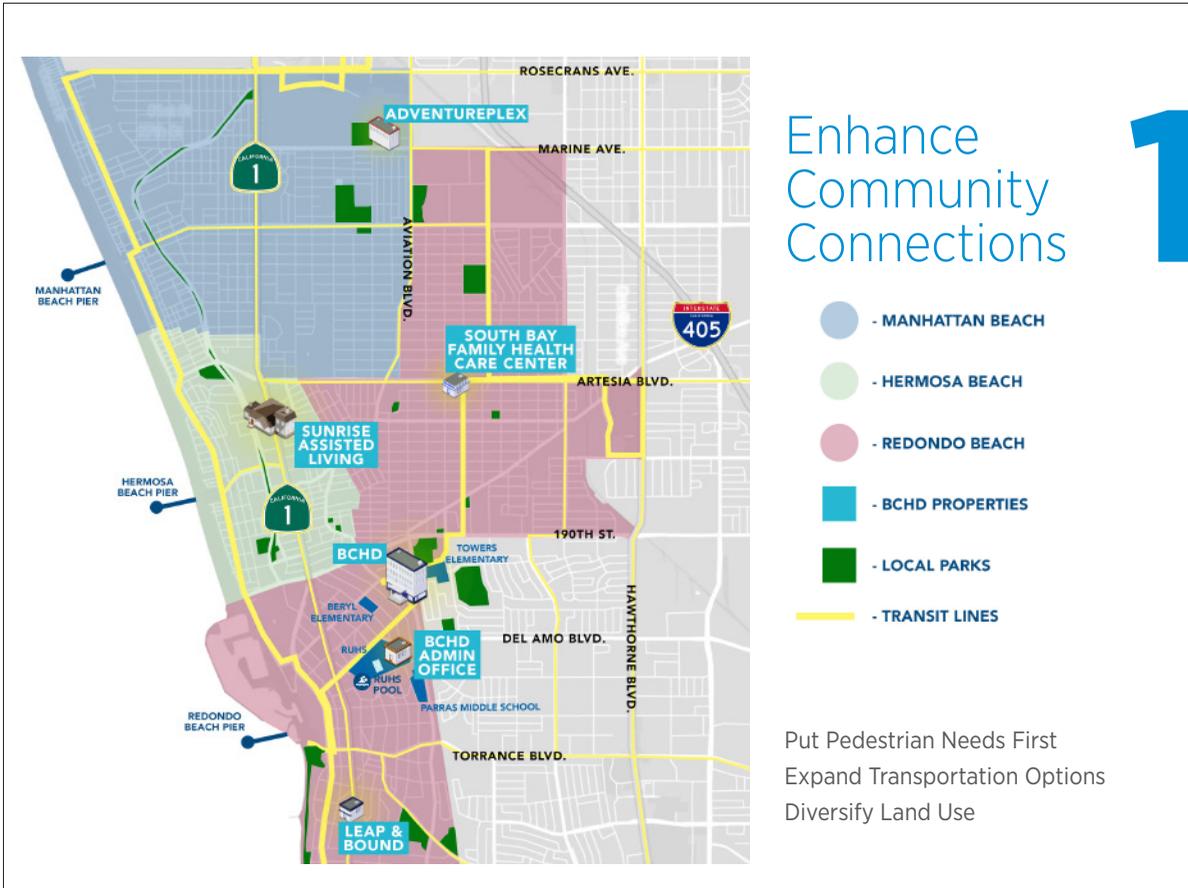


gathering spaces

+

community places







## Incorporate Nature

# 3

- Improve with Trees and Plantings
- Encourage Community Gardening
- Celebrate Unique Natural Assets



## Celebrate Community Identity

# 4

- Use Local Arts to Inspire and Engage
- Connect Diverse Local Cultures
- Preserve and Repurpose Historic Assets
- Showcase Local Food



**Governors Island**  
New York, NY

Visitors to New York's Governors Island easily navigate the park's many attractions via clear and informative wayfinding. Designed by Pentagram Studio, the signage conveys a distinct aesthetic and enhances a sense of place throughout the park.

## Make Public Spaces Welcoming

# 5

- Create Welcoming Entrances
- Use Positive Messaging
- Make Navigation Intuitive



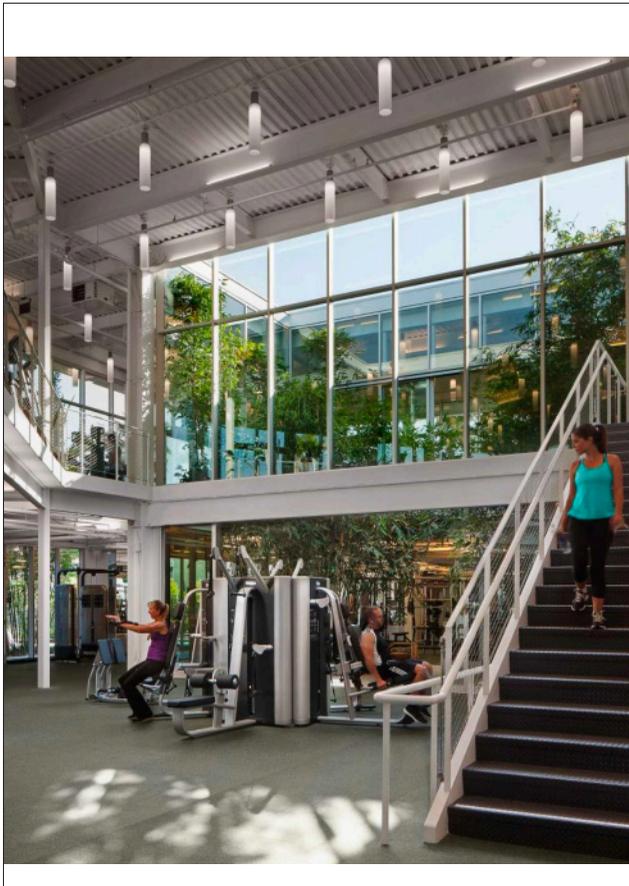
**Rockaway Boardwalk**  
Queens, NY

This rebuilt historic boardwalk provides a continuous esplanade for beach-goers to stroll and bike. Designed by WXY and built to exceed resiliency standards, the boardwalk offers visitors shades of rest, concessions, shade stations, restrooms, water fountains, and retailers.

## Make Public Spaces Comfortable

# 6

- Provide Seating Options
- Illuminate Public Spaces and Buildings
- Provide Water and Restrooms
- Tailor Design to Local Climate



## Make Space For Activity

# 7

Spaces for Programming & Events  
Support Informal Interactions  
Reclaim Underutilized Infrastructure



## Foster Public Engagement

# 8

Improve Access and Awareness  
Increase Access to Community Information  
Elevate Visibility of Local Government  
Support Community-Driven Design Processes

Community  
Connections



Institutional  
Feeling

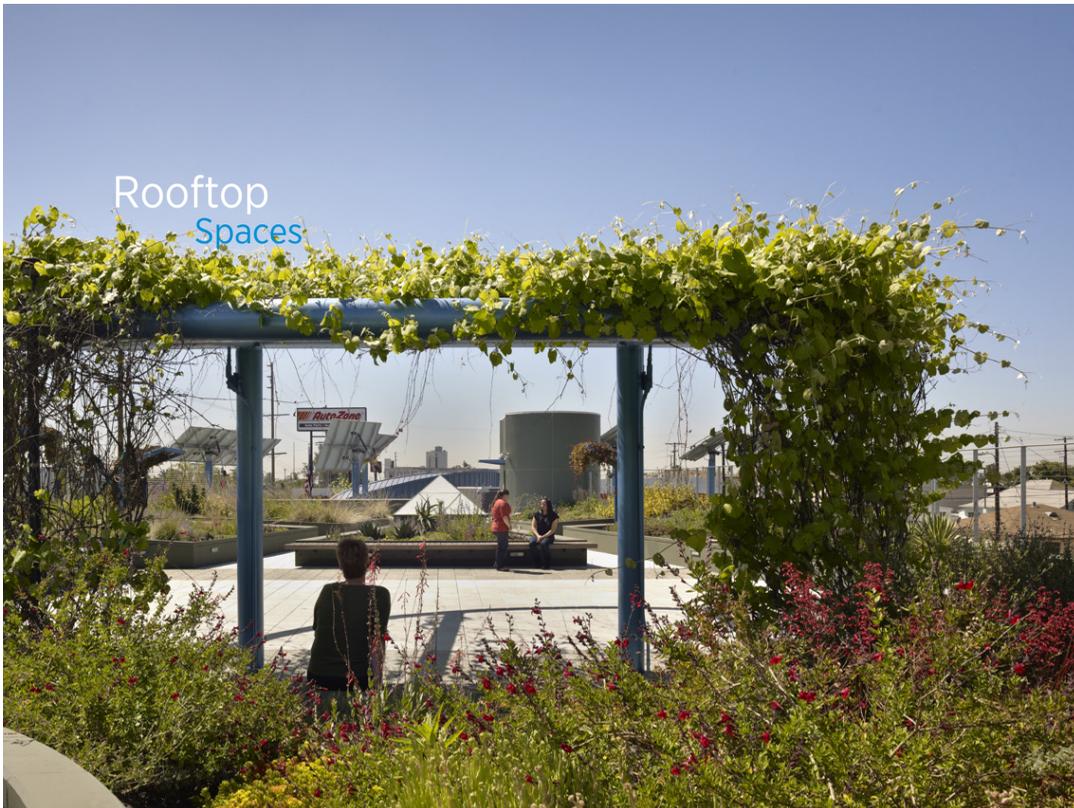


Parking  
and Driveways



Overlook  
Spaces







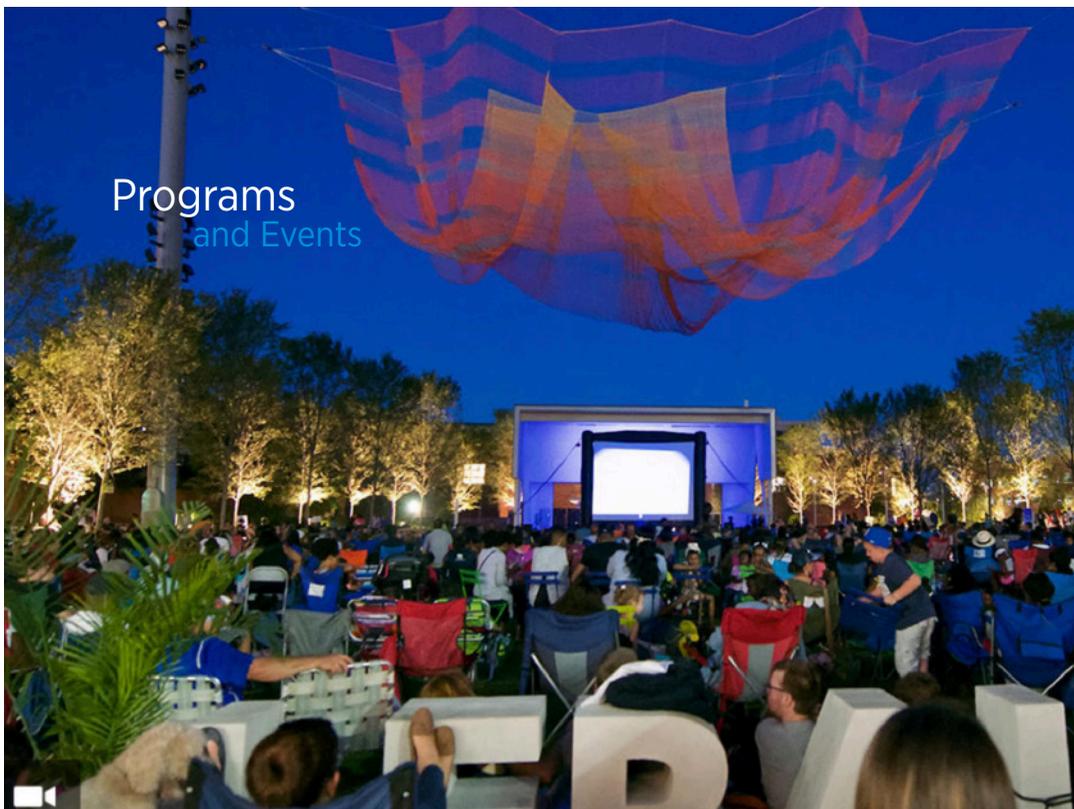


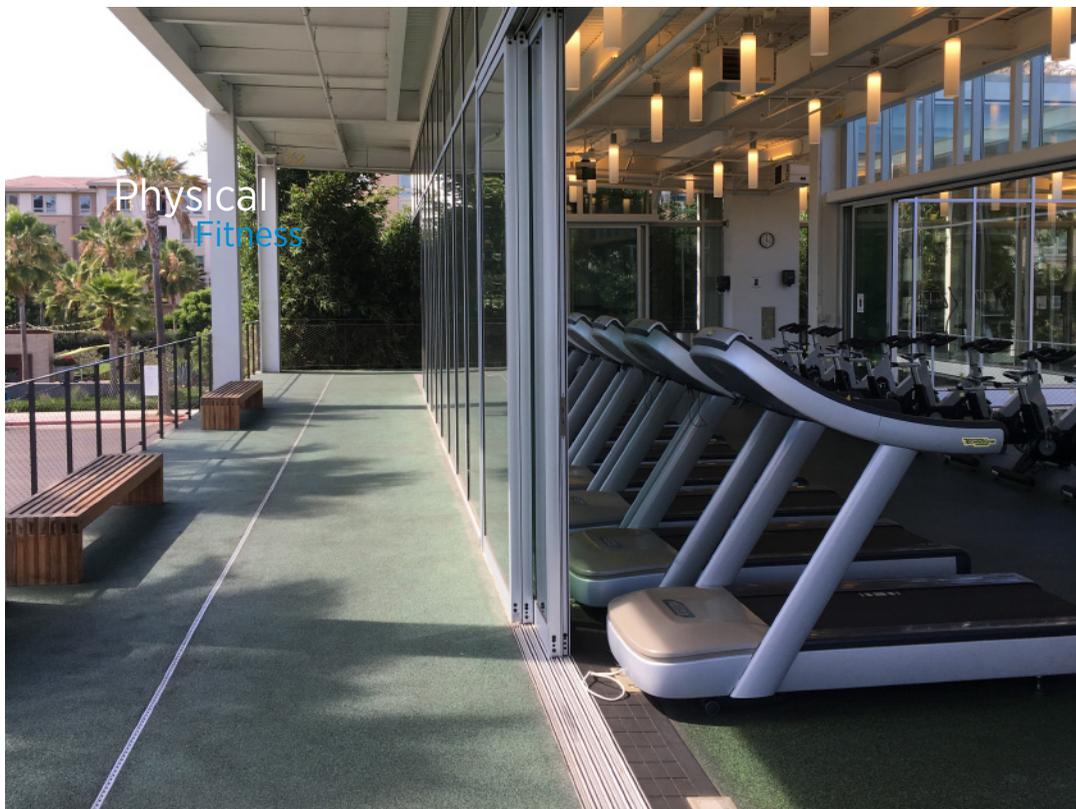
Flexible  
Spaces

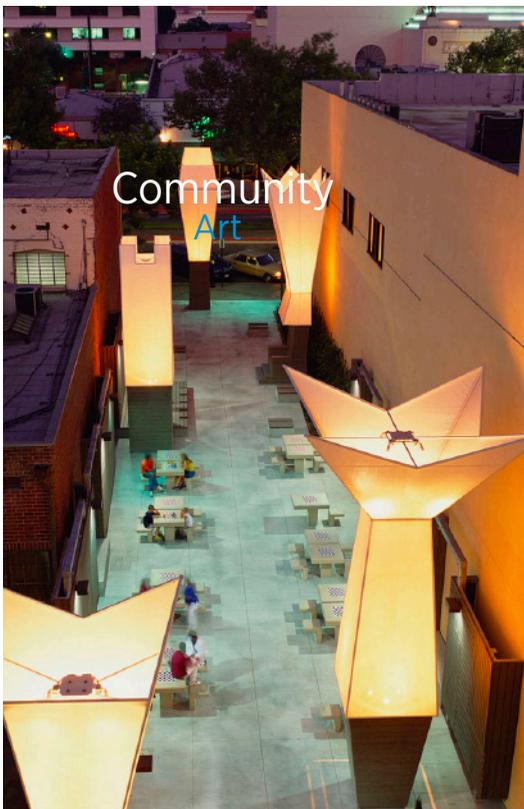


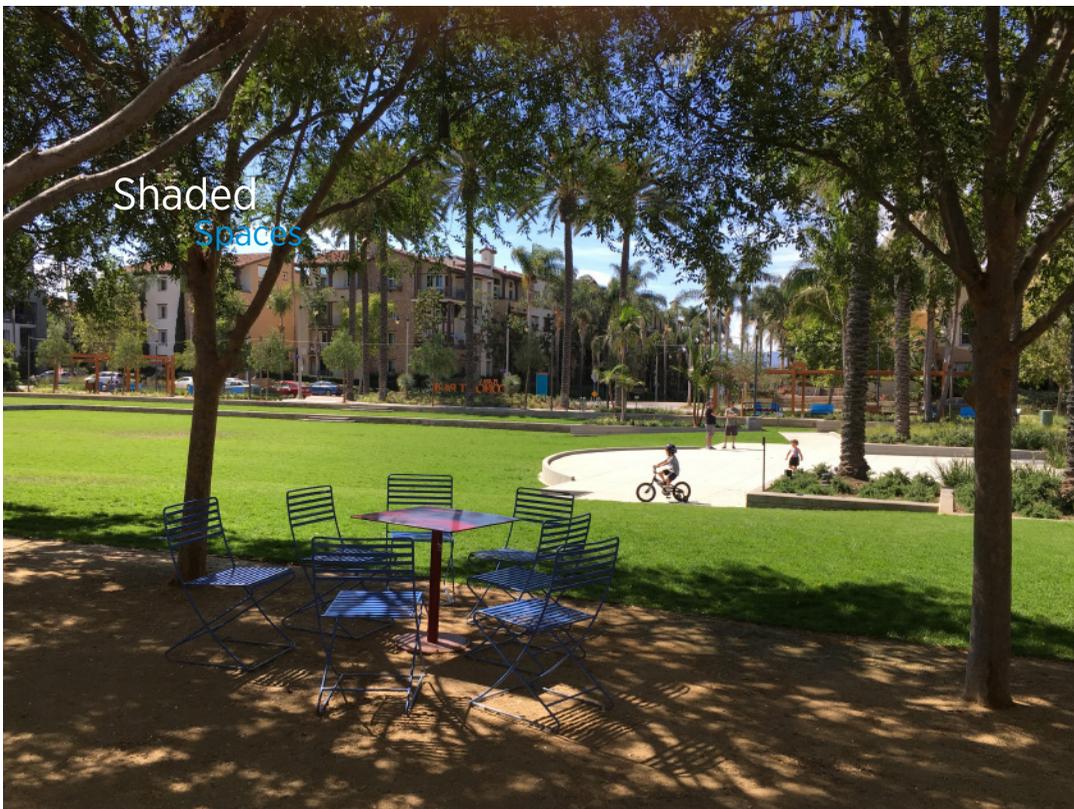
Indoor Outdoor  
Spaces













Shaded  
Spaces

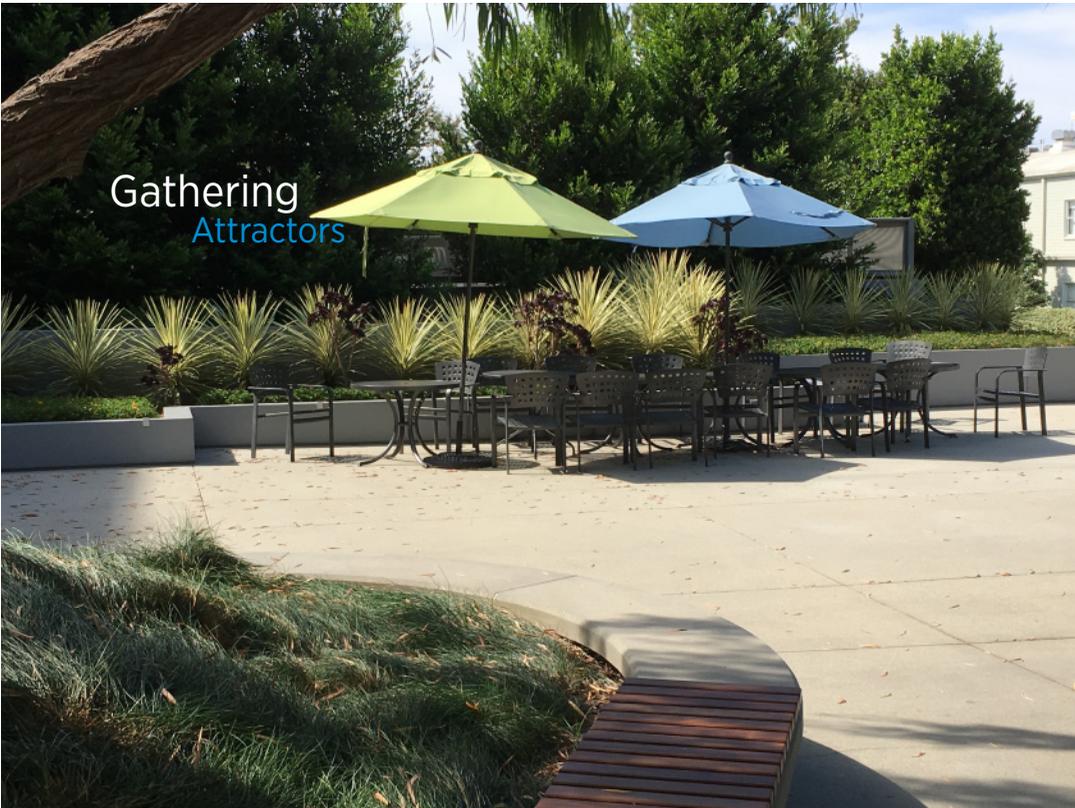


Gathering  
Attractors

Gathering  
Attractors



Gathering  
Attractors



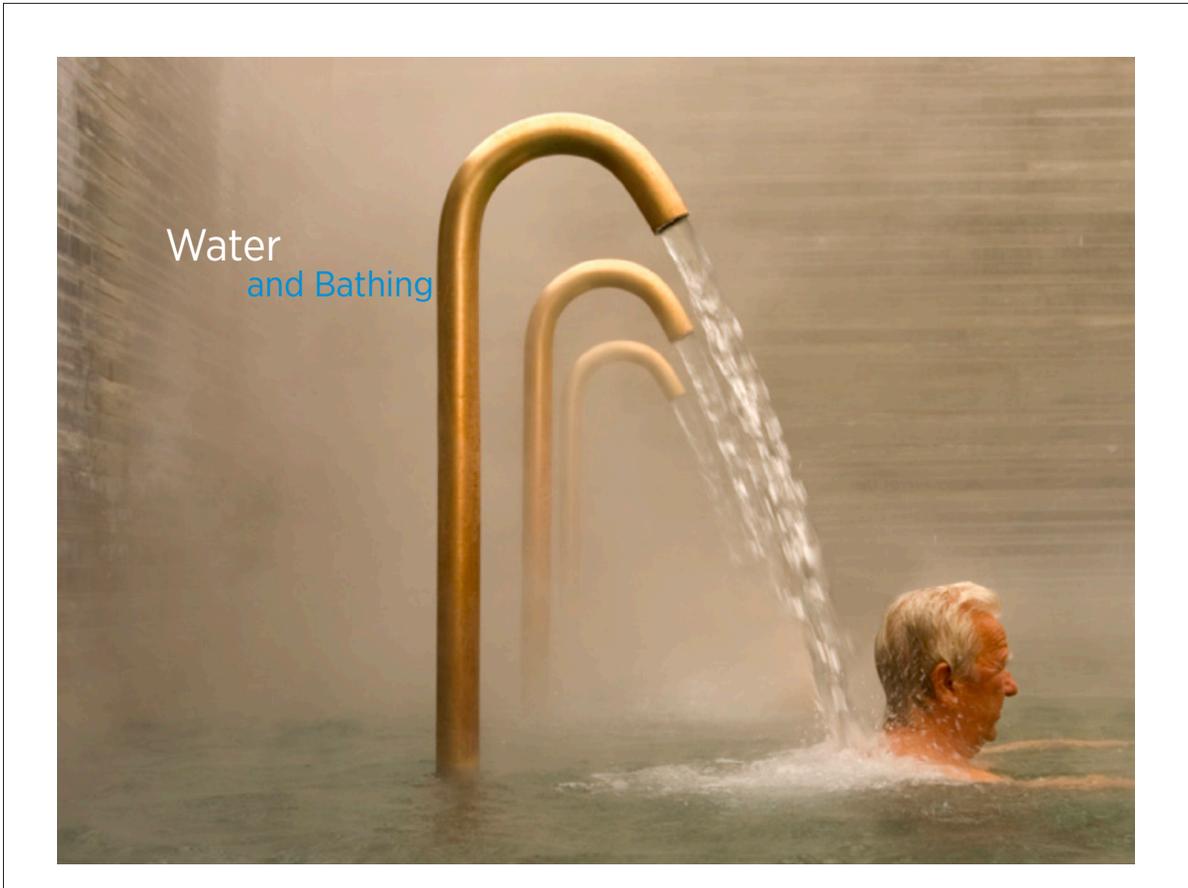
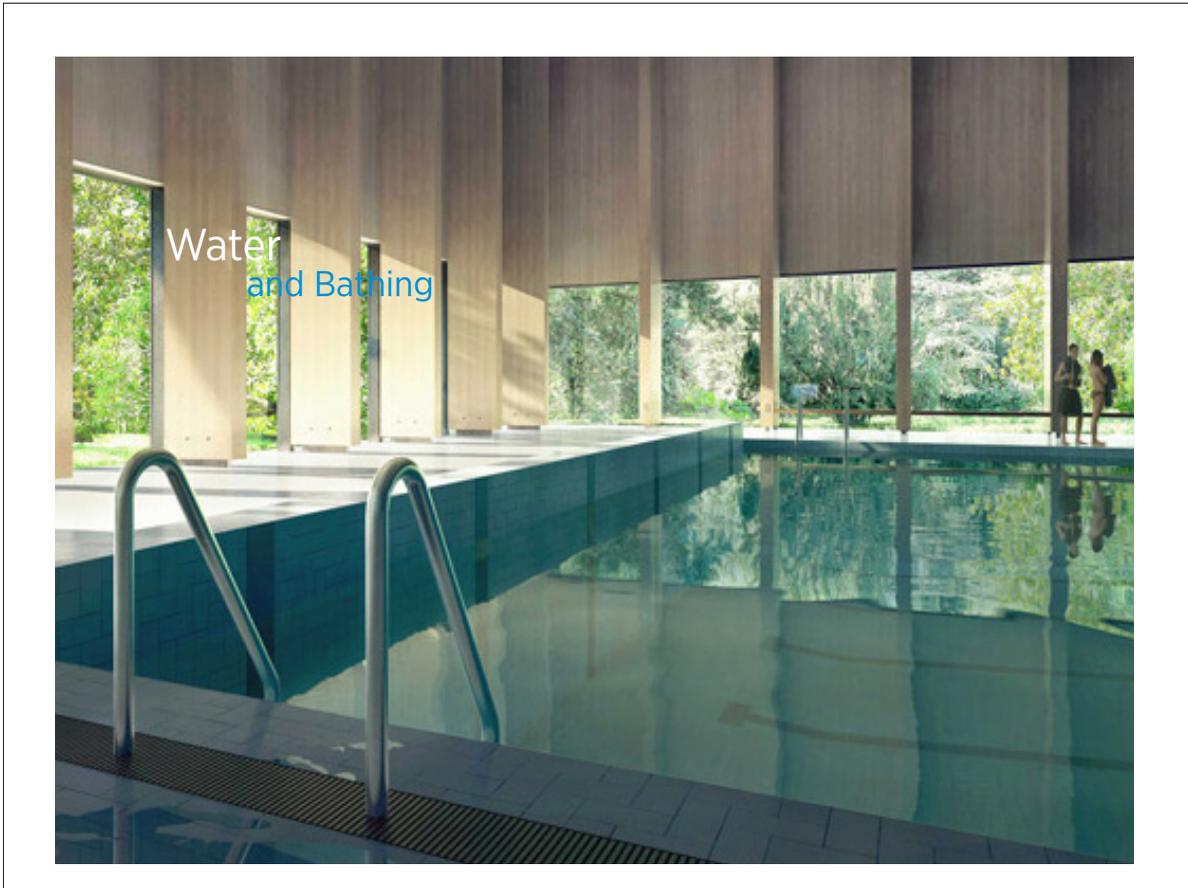


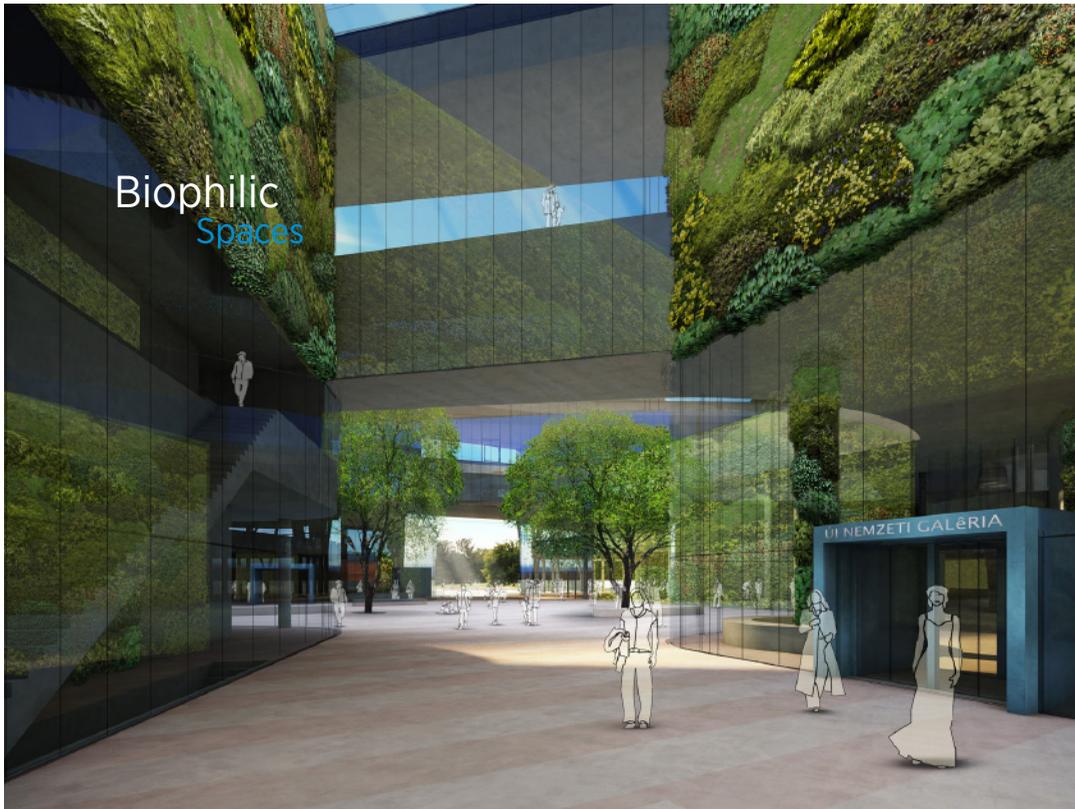
Gathering  
Attractors



Demonstration  
Kitchen







## Focus Group Questions

1. What should a healthy living campus or wellness center feel like?
2. What type of activities would you want to find in a healthy living campus?
3. How should a healthy living campus be connected to its community?

A Study Circle on Intergenerational Programs

# AGENDA

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**Wednesday, August 1, 2018**

6:00 p.m. to 7:30 p.m.

Redondo Beach Main Library (2nd Floor)

303 N. Pacific Coast Hwy., Redondo Beach, CA 90277

Check-In	5:45 – 6:00 p.m.
Welcome and Presentation	6:00 – 6:30 p.m.
Facilitated Break-out Groups	6:30 – 7:30 p.m.
Break-Out Groups Report Out	7:00 – 7:45 p.m.
Closing Remarks	7:45 – 7:50 p.m.



514 N. Prospect Ave., Suite 102, Redondo Beach, CA 90277 • 310-374-3426 • [www.bchd.org](http://www.bchd.org)



**BEACH CITIES HEALTH DISTRICT (BCHD)** is among the largest preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. BCHD offers 40 health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan.

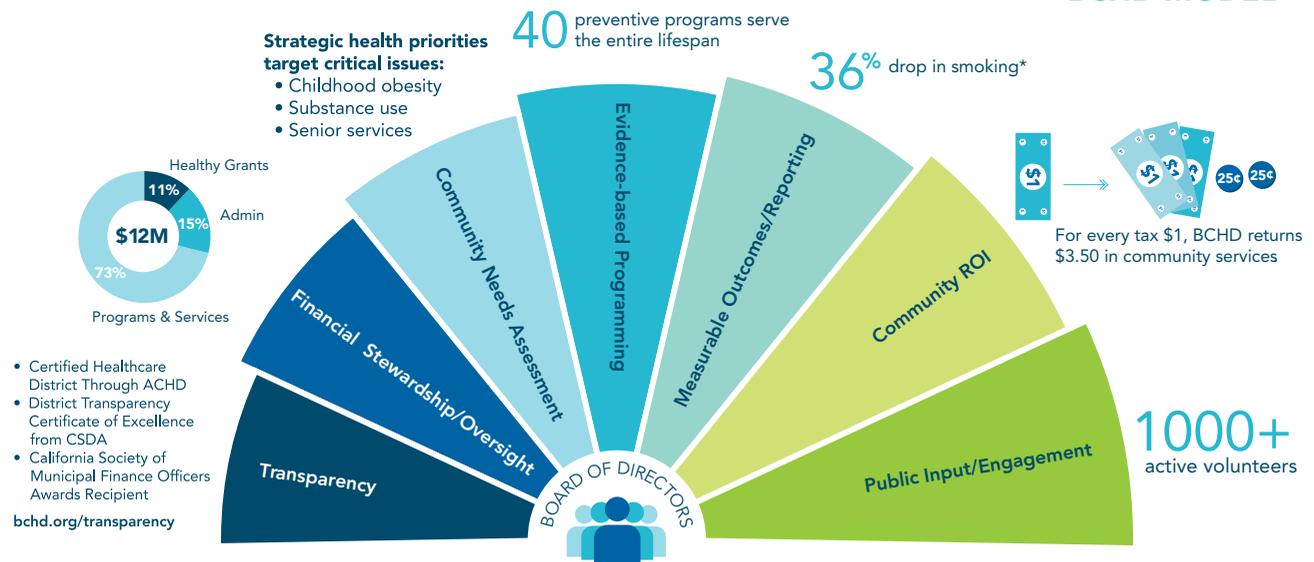
### MISSION

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

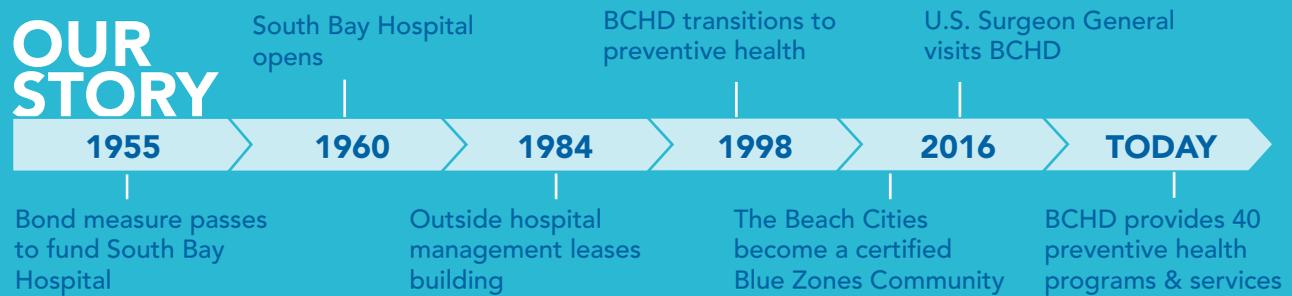
### VISION

A healthy beach community.

### BCHD MODEL



### OUR STORY



**Did you know?** BCHD was highlighted as a model health district by independent state oversight agency The Little Hoover Commission in its 2017 report. View the report at [bchd.org](http://bchd.org)

# 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

**Beach Cities Health District (BCHD)**  
**Study Circle #2 – Creating Community Gathering Spaces**  
**Wednesday, August 1, 2018**  
**Redondo Beach Main Library**  
**303 N. Pacific Coast Hwy., Redondo Beach**

***Participant Guide***

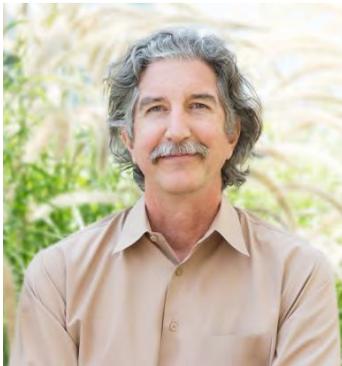
**Overview:**

The Beach Cities Health District (BCHD) continues to take a broad look at the Healthy Living Campus revitalization project. Your participation in this study circle is an opportunity to continue the community discussion from our recent study circle on intergenerational programming ideas related to our Healthy Living Campus and provide feedback on creating community gathering spaces that serve the intergenerational needs of the Beach Cities.

Below you will find information on our expert presenter, the format of the study circle, our group discussion questions for the brainstorm as well as a list of informational articles on best practices related to community gathering spaces and placemaking. Please take time to review this information prior the study circle. Thank you for your participation.

**Presenter:**

The study circle will feature a short presentation on best practices related to building community gathering spaces from award-winning Los Angeles architect Paul Murdoch, who has more than three decades of experience creating environmentally sustainable, innovative architecture for a wide variety of acclaimed institutions. See his full bio below.



**Paul Murdoch** is president of Paul Murdoch Architects, the award-winning firm he founded in 1991. The firm is located in Los Angeles, where Paul has also worked with AIA Gold Medalists Arthur Erickson and Charles Moore. Paul has over thirty years of experience exploring sustainable architecture for cultural, higher education and public transportation clients.

Paul was born in Philadelphia, PA. He graduated from UCLA with a Master of Architecture and from the University of Virginia with a Bachelor of Science in Architecture. Paul has taught architectural design and theory at USC's School of Architecture and has been a guest critic at UCLA and Sci-Arc. He is a registered architect, a member of the American Institute of Architects and a LEED Accredited Professional with the U.S. Green Building Council.

The firm has been recognized as one of the Top 50 in the US and has pioneered some of the first sustainable design initiatives in Los Angeles, receiving commendations from the City "In recognition of outstanding citizenship... demonstrating the cost-effectiveness and feasibility of designing for the environment." As an early adopter of the Architecture 2030 Challenge, the firm is designing the first

Zero Net Energy facilities for UCLA, the California Department of General Services and the City of Los Angeles.

In 2005, his firm, with Nelson Byrd Woltz Landscape Architects, was selected from over 1,100 entries in an international competition to design the Flight 93 National Memorial in Pennsylvania. The first 21st century national park in the US commemorates the forty passengers and crewmembers who sacrificed their lives on September 11, 2001 thwarting a terrorist attack on the U.S. Capital. In 2012, the American Institute of Architects honored Paul and his wife Milena as Architects of Healing for their role as designers of the memorial.

**Group Brainstorm Instructions:**

Please use this document to guide the discussion during the small break-out groups on creating community gathering spaces.

Dovetailing on the pre-read materials provided and today's presentation, please share with your group your insight and/or personal experiences pertaining to the questions on creating community gathering spaces listed on the [Group Discussion Exercise](#) section of this guide. Comments will be captured on flip charts however participants may submit additional comments on Comment Cards.

Participants selected as the group representative should assist the facilitator in capturing comments on a flip chart during the discussion and report out their group's comments to the rest of the study circle participants at the end of the session.

Review, as a group, the main points discussed and agree on the synopsis of the discussion. The representative should choose 2-3 main points from each topic to share with all study circle attendees during the reporting portion of this session.

**Study Circle Values:**

You don't have to be an expert, but do engage at your level of comfort using the pre-reading resource materials provided to guide the discussion.

Self-monitor the amount of time you're speaking to ensure everyone has the opportunity to provide feedback.

Listening is as important as speaking.

Discussion should be positive and constructive.

Seek clarification if you are unclear of a term or concept.

Don't spend too much time problem-solving. Create a list of potential solutions or actions and move on to cover as many topics as possible.

No value judgements on other participants' comments.

A response is not mandatory for each question.

**Group Discussion Exercise:**

Please refer to the following topics focusing on creating community gathering spaces for this exercise.

**Topic 1**

- 1) What should a healthy living campus or wellness center feel like?

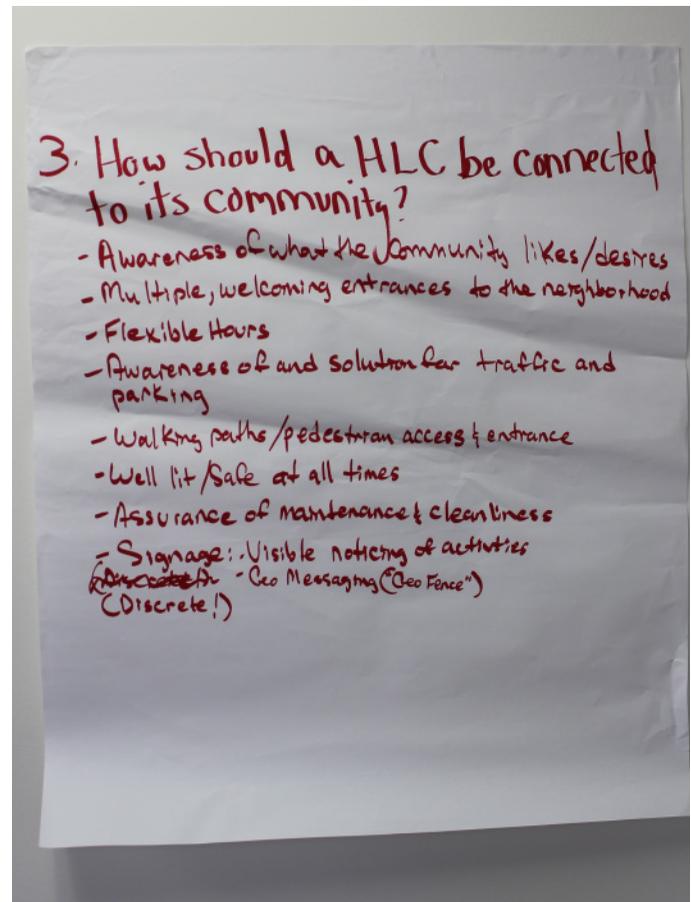
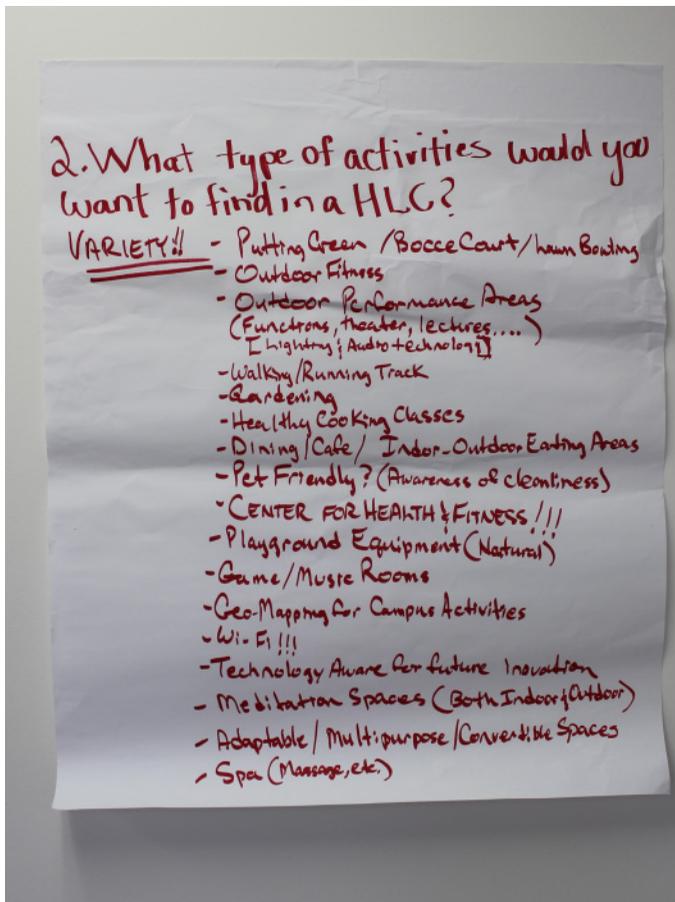
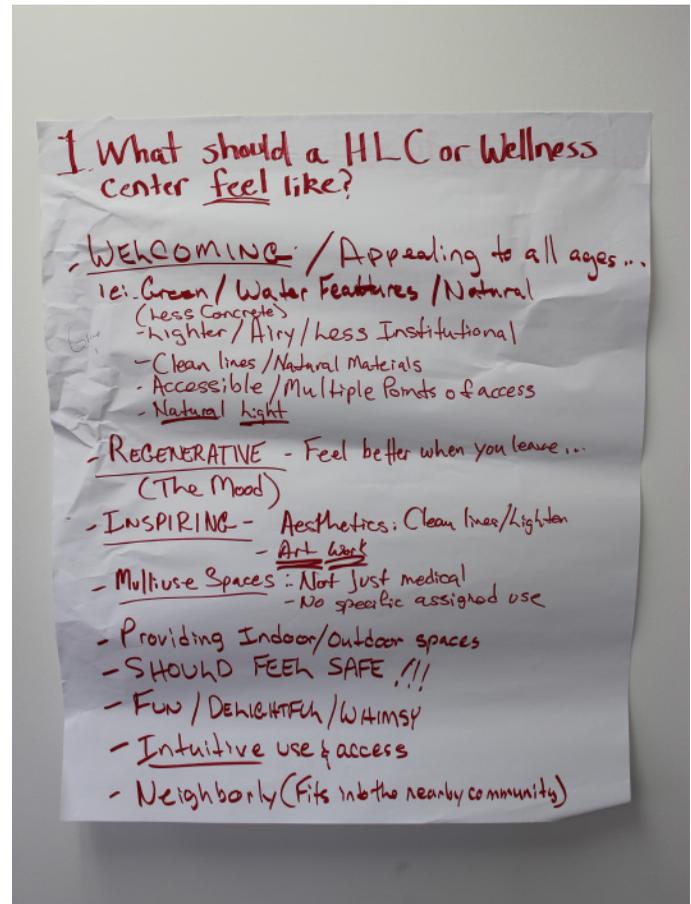
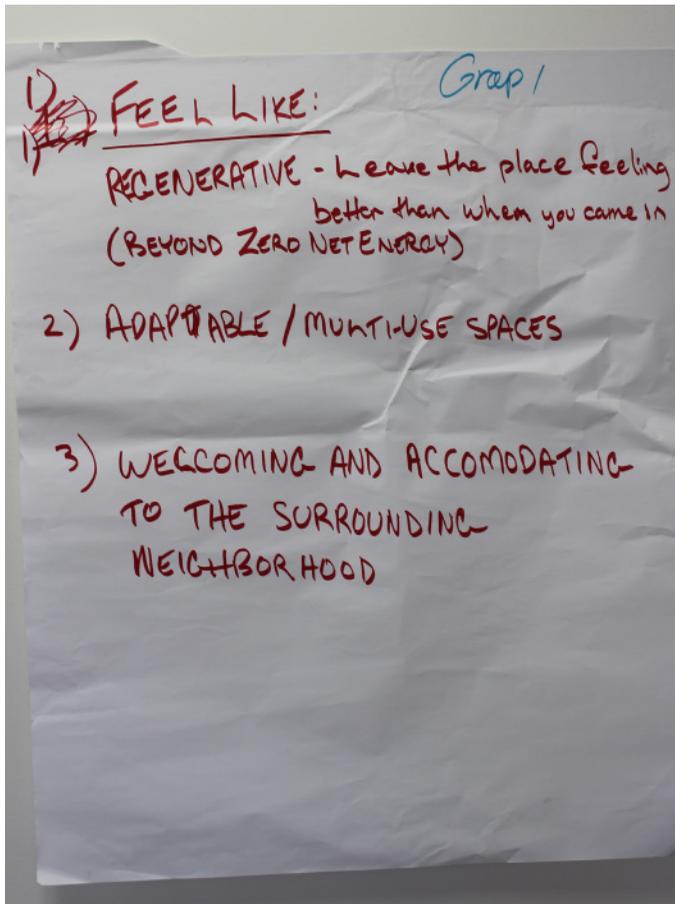
**Topic 2**

- 1) What type of activities would you expect to find on a healthy living campus?

**Topic 3**

- 1) How should a healthy living campus be connected to its community?

## Appendix C: Easel Pad Comments



<sup>Group 2</sup>  
1) What should a healthy living campus or wellness center feel like?

- a. all facilities should be handicap accessible: wheel chairs, strollers, etc.
- b. open campus, welcoming
- c. shaded & safe
- d. pedestrian accessible AND ALL OTHER AGES
- e. bridges & ramps
- f. combine spaces for all ages
- g. touchy-feelies
- Sit & talk under a tree NO space to drink coffee. Relax

- Dimensional Accessibility
- 1) Full sensory Experience all 6 senses
  - 2) Smaller & safe
  - 3) Welcoming / oasis
  - 4) To Feel social

2) What type of Activities would you want to find in a healthy living campus?

- (All Is Important)
- a. Outdoor Gaming
  - b. All outdoor spaces should <sup>be multi-purpose</sup> ~~be~~
    - ie. meditation
    - + Yoga space, ~~meditation~~
    - Emotional & Physical space to include all Ages & Abilities
    - Fitness stations
    - Walking trails with choices - options w/out walking
    - Exercise machine for Disabled
    - Shades, Benches
    - \* Water Fountains
    - Outdoor Dining
    - Sitting space
    - No social media spaces??
    - Chill spaces

3) How should a healthy living campus be connected to its community?

- Business to participate (hold Events) NO spaces to hold
- Create space for community needs Ex Homework area For Youth
- Different spaces
- \* Finishing project for community Ex Art, garden muralist, murals, demonstrations
- 3 City Hubs, Q & R connection what can I learn from the campus to go to the campus
- 3 Brown cities within the campus (Hummer)
- \* Gap Analysis (make an assessment) - what the community offers? with notes in?
- \* Music, Poetry, Concerts
- Multiple opts
- Unique to South Bay
- (Residential) → Healthy ways of Activating
- winning groups, inclusive
- force Bad law
- Bring nature inside

<sup>DIANA G. Group 3</sup>  
1) What should a healthy living campus or wellness center feel like?

- healthy living prevention
- Opposite of a hospital calming at home
- alluring antidote to stress, anger, worry
- Want to go vs. have to go connectedness
- what do I want to do today casual
- Comfortable - plants pretty to look at furniture
- Just feel good
- Vitality integrating natural w/ innovation - familiar in the hands of the future
- What characteristics can we borrow special kind of energy that draws something out of us
- Sense of energy elicit timelessness
- Vibrancy
- drawn to the energy
- Brings out the best in us with its own defining sound
- greenspaces
- Stream spaces
- innovative / creative / extraordinary
- familiarness warm inviting friendly

2) What type of activities would you want to find in a healthy living campus? Diana Garcia GP 3

- large scale checkers: chess
  - play
  - concept of time - better use of time to get to know each other as humans not obstacles
  - passive meditative spaces
  - aromatherapy / flowers
  - yoga
  - sanctuary
  - community garden
  - draw different generations
  - technology - games
  - theater space - live performance
  - cycling without age
  - community conversations / perspectives
  - Beach Cities has talent
- Flow**
- every age has a purpose  
design space for each purpose  
& merging/complement
- play football/  
downshift
- Sharing experiences

3) How should a healthy living campus be connected to its community? Diana Garcia GP 3

- Integrated walk & bike paths - indirect
  - transportation on's through
  - so people can actually go where they want to go
- Connectivity
  - bridge to historical museum/dog park
  - old Redondo to the present
  - offering programs out in the community
- Tap in to the view
  - art work / gardens on the roof
- Demonstration kitchen - direct
- permeable boundaries - indirect
  - interacting with the "nearby" space
  - value added to the neighborhood
  - visual connection see the community community to see the building
- Draw people to it
- Transportation demand
  - Car/bike/scooter share
  - Zip line
  - waterfall/stream/water features

1. What should a healthy living campus or wellness center look like?

- Feel**
- Group 4
  - 1 - safe
    - extension of "home"
    - attractive
    - accessible to all
    - lot's of light, windows
    - balance of nature + trees, sand garden
  - 3 - Easy to navigate
    - knowing when you are
    - Inviting/Welcoming
    - evokes feelings of inspiration
    - equal access for all
    - comforting aesthetic detail
  - 2 - Positive Energy/Inspiring
- Inviting/  
Welcoming

2. What type of activities would you want to find on a healthy living campus?

- Mixed use residential spaus for aging population
- 1 - Activities that sponsor intergenerational interaction
  - ie, Ping Pong, Tennis, Fun games/activities
  - Art classes (for little ones)
  - Pet friendly
- 2 - Healthy dining options / cooking classes
  - Meditation spaces
  - 'Healthy bar' for social gatherings
  - Club house / day care center
  - on-campus transportation + local
  - Support groups (emotional, spiritual) (Mental Health)
  - Garden
- 3 - Swimming / recreational / therapy
  - lots of shade
  - multiuse rec center
  - Library - exchange service / Book Club
  - Movie / entertainment nights

### 3. How should a healthy living campus be connected to its community?

- Seamless interconnectivity / easy access to community
- Day trips to community events / activities
- Ease of access to and from
- Mobile units / take activities to community
- 2 - Transportation hubs for 'healthy' activities
- Regular communication about activities / events
- 'Pop-up' centers around community to engage in activities
- Educational "Pop-ups" on wellness
- Influence local shopping centers to offer more 'healthy services'
- 1 - Promote volunteerism / community involvement
- 'Brains & Heart'

### What should a healthy living campus or wellness center feel like?

- \* Natural elements
  - Take advantage of views, open space
- \* Comfortable to as many as possible
  - inviting & relaxing → older adults
  - serene & safe for diff. age groups → layered approach
  - accommodating to multiple age groups
  - vibrant - activities go on
  - variety of different feelings / vibes (exercise, music, education, etc...)
    - informative, stimulating
    - not feel traffic, noise
- \* "refuge"
  - "make it better than the setting"

Eg. Getty (sun on spaces, terraces, views / overlooks)

- Flow / integration
- Opportunity w/ views
- interact / connect w/ space or activities
- Active, engaging, involved, stimulating

### What type of activities would you want to find in a healthy living campus?

- \* Gardens for all ages - <sup>usable</sup> all abilities Community
- \* Kitchen "culinary medicine"
- Plant-native plants - planting classes
- Living Art
- Arts & music - concerts
- Community Exercises
- \* Amphitheater (lg groups)
  - ↳ musicals
  - ↳ plays
  - ↳ Educational lectures
  - ↳ recreational seating
- Work space, waiting space
- Small group meeting spaces
- Outdoor gardens
- Central space "tent pole"
- recognizable
- playground <sup>intergenerational</sup> equipment
- Swimming - recreational <sup>synergistic</sup>
- Water feature - functional / multipurpose
  - "Boise, Idaho"
  - spring grounds / splash pad
- \* Intergenerational emphasis
  - Multicultural - inclusive of all
  - protection from elements using natural elements
- Bocce ball
- Dine - snacks, restaurant / food
- Reduce isolation, bring people together

### How should a healthy living campus be connected to its community?

- \* Accessible <sup>Group 5</sup> - multimodal
  - ADA
- \* Community leadership → outreach
- \* Education
  - ↳ active education programs
  - ↳ utilize tradus / skills to teach across lifespan <sup>"passing down"</sup>
  - connectivity by connection to school <sup>Cultural, historical, skills, etc."</sup>
- \* Broad Community partnership plan
- Events
- \* Connected programming w/ community partners
- Tie back to history of HB, MB, FS
- History
- Access to resources - on campus or in community
- How to connect / bridge to resources
- Public relations plan - "conduit"

① What should a healthy living campus or wellness center <sup>Group</sup> feel like?

- Inviting - What is the street connection purpose of
- ~~Open~~ - sense of invitation sun etc
- Function over Design
- Accessible → Feels like a community space NOT just RB, HB, MB
- ~~Multi-local~~ <sup>has</sup> multiple uses that are interactive (included intergenerational uses)

- #1 - Activities backed up to one another
- Attractiveness, Sense of going there and there will be something to do
  - A reason to come somewhere
  - Natural, organic, green space
  - A place to go to beat the heat
  - Somewhere functional, educational/
  - Feels social
  - Flexible (not just one purpose)
  - Neighborhood feel
  - Transit can transform a place
  - Different uses to run into different people

② What type of activities would you want to find in a healthy living campus?

- Multi-functional spaces <sup>intergenerational</sup>
  - Rooftop yoga w/ views
  - Ted Talks (gather to learn) <sup>educational</sup>
  - Bring together different age groups (all share details)
  - Attraction, health center
  - Meeting place
  - Small meeting space <sup>not too big like performing arts one</sup> <sup>intimate</sup>
  - "Alcove" may even smaller to people
  - (child) older adult activity
  - Community Garden
  - Students can practice i.e. give talk
- Needs an attraction

Model/Component of public & private-owned combined

- Gathering places for residents
- Reason to go

② Transit - Bring resources to campus so it does like a place people want to gather

- Art classes, seminars and language
- Meet classes
- Masters & minors
- Announcements
- Educational, health classes
- Car's - leisure learning
- Professional teacher
- Speaker Series
- Something w/ health component
- Large space community to see needs in 5-10 years
- Learning / instruction / burden / taking edge
- Healthcare programs
- CME
- Classes specifically for older adults
- Attractive pricing → nice, senior accessible <sup>lower, income</sup>

③ How should a healthy living campus be connected to its community?

- Adventure <sup>space for older kids / young adults</sup> ~~programming~~
- Youth center
- RB teen center?
- Designated teen spot
- ~~Physically transit~~
- Outreach / Communication / branding
- Transportation in the eyes of the younger generation
- Easy to get to
- Great attraction that makes me want to go
- Program can breed
  - For parents, kids, etc.
- Intergenerational
  - Older adults connecting w/ children
- Creating intergenerational interactions

# Appendix D: Sign-In Sheets

## Sign-in Sheet

Gathering Space Study Circle



Name	Signature
Bruce Steele	X
Candace Peterson-Kahn	
Cathy McCurdy	X
Chris Conaway	<i>Chris Conaway</i>
Claire Coignard	
Claire Haddad	
Corinne Brewer	
Craig Cadwallader	<i>Craig Cadwallader</i>
Darryl Kim	X
Dee Prescott	
Dency Nelson	X
Eugene Solomon	<i>Eugene Solomon</i>
Florence Speakman	X
Geoff Hirsch	X
George Schmeltzer	<i>George Schmeltzer</i>
Gila Katz	
Grace Farwell	X
Hanif Haji	X
Heather Longridge	X
Isabel Rodriguez	<i>Isabel Rodriguez</i>
Jan Buike	X
<del>Jenna Sturges</del>	X
Jim Hannon	<i>Jim Hannon</i>
Jim Light	X

# Sign-in Sheet

Gathering Space Study Circle



Name	Signature
Joanne Sturges	X
John La Rock	X
Ken Robertson	<i>[Handwritten Signature]</i>
Leeanne Singleton	
Lisa Nelson	
Mark Nelson	<i>[Handwritten Signature]</i>
Mary Jo Ford	X
Mickie Robbins	<i>[Handwritten Signature]</i>
Pat Dreizler	<i>[Handwritten Signature]</i>
Raunda Jones	X
<del>Raunda Jones</del>	X
Richard McCurdy	X
Scott Kringen	X
Sheila Lamb	X
Steve MacAller	X
Sue Allard	X
Theresa Van Dusen	
Wendy Lozano	X
Don Elder	
Bob Pinzer	
Fred Wamma	

# Sign-in Sheet

Gathering Space Study Circle - **STAFF**



Name	Signature
Catherine Bustamante	here
<del>Claudia Cruz</del> Mark	here
Cristan Higa	here
Dan Withee	
Diana Garcia	here
Eric Garner	here
Eva Goetz	
<del>Francis Villalpando</del>	
Jackie Berling	here
Jacqueline Sun	here
Jasmine Morales	here.
Jeff Green	here
Jennifer Hernandez	
Kari Kikuta	
Kerianne Lawson	here
Leslie Dickey	here
Megan Vixie	here
Michael Lindsey	Here
Mishell Balzer	here
Rick Wood	
Rosalie Rapas	Here
Tom Bakaly	Here
Valerie Martinez	Here
Wendy Rosen	here

Dr. Kim Paul

## Appendix E: Comment Cards Received

### Comment card submitted verbally by Community Working Group member Pat Dreizler

**Move Well Volunteers** – she loves her MW volunteer. Her suggestion is they could also be trained to do a visual space assessment of their client's home and have a few prompt questions that could yield information about client status and/or identify simple assistance devices (e.g., flashlight devices, pick up device, risky rugs on floors) that could make life a little easier for them.

**Study Circle Input** – she loves being part of this process but has a hard time participating because of her hearing. Can you add this to the notes?

- Gathering spaces equate to a need. Create the spaces to address a need.
- If there are small projects related to the campus makeover that we can start with and be successful with, she believes it will be easier for people to accept and support than if we try to do it all as one big project.
- Can someone print the summary reports and send them to her?

		<b>Comment Card</b>
Name: <u>Wendy Lozano</u>	Date: <u>8/1/18</u>	
Address:	City: <u>Torrance</u>	Zip: <u>90506</u>
Email:	Phone:	
<p>Comments: <b>Healthy Series:</b></p> <ul style="list-style-type: none"><li>- Quarterly health fairs</li><li>- Health education<ul style="list-style-type: none"><li>- All ages</li></ul></li><li>- <b>cooking classes</b> - healthy eating<ul style="list-style-type: none"><li>- Using what you can find at local farmers market</li><li>- Grocery store guide to healthy eating</li></ul></li><li>- <b>Fitness classes</b> - walking group<ul style="list-style-type: none"><li>- exercises for older adults</li><li>- Mommy &amp; me</li></ul></li></ul> <p>Have it be a physical directory where individuals can go and talk to someone who can help guide them to local resources.</p>		



# STUDY CIRCLES

CREATING COMMUNITY GATHERING SPACES

## Comment Card

Name: MICKIE ROBBINS Date: 3/1/18

Address: \_\_\_\_\_ City: MAN. BCH. Zip: 90246

Email: \_\_\_\_\_ Phone: 909/500-1300

Comments:  
Please do it!! Include Pets

Name: John LaRoch Date: 8/1/18

Address: \_\_\_\_\_ City: RB Zip: 90778

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: Topic 1: Provide full sensory experiences. Provide stillness and also a sense of motion, feel private, an oasis.

Topic 2: Public art w/ emphasis on interactivity; nature interface pods; bring nature indoors; community gardening; long term art project - by you

Topic 3: Include features not available anywhere else in the community; Don't finish it, let the community help define/accumulate a finished product over time; Use technology to connect within the campus ~~and~~ <sup>simultaneously</sup> the community into the campus.

over

Topic 2. - QR code campus. Use wrist/mobile devices to deliver health & wellness information to campus users.

- expanded schedule of accessibility, nights, overnights, sunrise.

Topic 3. - Gap analysis for social, recreational activities, i.e. ~~patio~~ poetry, film screenings, demographic/immersion mixers.

- as much residential as is desired, but designed architecturally to be in harmony w/ the campus & surrounding area so as not to be a playing piece or a same brand placement.

Name: HANIF HAJJ Date: 2/1/18

Address: \_\_\_\_\_ City: REDONDO BEACH Zip: 90278

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

1. WHAT SHOULD HEALTHY LIVING CAMPUS FEEL LIKE?
  - INSPIRING
  - CALMING
  - ENCOURAGE SOCIALIZATION - FROM YOUNG TO OLD
  - LOTS OF GREENERY & TREES
2. WHAT TYPE OF ACTIVITIES WOULD YOU EXPECT TO FIND?
  - VARIETY & OPTIONS
  - FOR ALL AGES TODDLERS TO SENIORS
  - FOOD OPTIONS
3. ~~Update~~ HOW SHOULD A HEALTHY LIVING CAMPUS BE CONNECTED TO ITS COMMUNITY?
  - ACCESSIBLE TO ALL AGES, BOTH WITH NO MOBILITY RESTRICTIONS & THOSE WITH MOBILITY ISSUES.

P70.

Q2

\*GAP ANALYSIS - SHOULD SO. BEACH WIDE

Q3



# STUDY CIRCLES

CREATING COMMUNITY GATHERING SPACES

Comment Card

Name: Flo Speakman Date: 8/1/18

Address: \_\_\_\_\_ City: RB Zip: 90278

Email: \_\_\_\_\_ Phone \_\_\_\_\_

Comments:



# STUDY CIRCLES

CREATING COMMUNITY GATHERING SPACES

Comment Card

Name: Cathy McCurdy Date: 8/30/18

Address: \_\_\_\_\_ City: RB Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

In reading the 164 pages - Ditem that jumped out was a walking trail sign "PLAY TAG - YOU'RE IT" - So inclusive! - Shade provided for all benches particularly Bus Bench on PROSPECT even if it needs to be added to BCHD Property -