

Healthy Living Campus

Community Working Group No. 2 Summary Report

June 19, 2017



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1 INTRODUCTION

Beach Cities Health District (BCHD) has developed a Community Working Group (CWG) to engage local participants in planning for its Healthy Living Campus (HLC). The CWG is an informal, voluntary group of stakeholders from each of the three Beach Cities who 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 CWG activities and feedback received at the second CWG meeting.

1.1 Purpose of Community Working Groups (CWG)

Community Working Groups (CWG) provide a forum for integrating local input into the design of projects like the HLC. CWG participants represent the interests of a community group, service, agency or organization and serve as an ambassador of these interests. CWGs 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 CWG MEETING NO. 2 – JUNE 19, 2017

2.1 Overview

The second CWG meeting for the HLC convened in the Beach Cities Room at 514 N. Prospect in Redondo Beach and included a walking tour of the campus whereby the small group could provide constructive collaboration pertaining to the project's planning and design phase. The attendee list, made up of involved community members and diverse BCHD stakeholders from all three communities, was developed by staff and reviewed by the Board.

Thirteen members attended this meeting, and 5 members were unable to attend. The CWG 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.

The meeting was facilitated by Valerie Martinez of VMA Communications, and began with a brief review of the CWG's purpose, scope and guiding principles. The PowerPoint presentation provided an overview of the challenges and opportunities presented on the current campus and how the proposed project elements relate to the guiding principles established by the board. The PowerPoint was presented by Leslie Dickey, Executive Director of Real Estate. (Appendix A).

Following the presentation, Leslie led a tour of the campus. CWG members were provided a campus map to utilize as a guide during the 45-minute walk. Key areas were visited to highlight the challenges and discuss the opportunities for improvement.

After the tour, members reconvened in the Beach Cities room to participate in a collaborative planning session. The interactive session included CWG members ranking possible campus features in order of preference.

2.2 Summary of Materials and Participation

The following materials were provided to attendees at the CWG meeting:

- Campus Map (Appendix B.1)
- Campus Features Worksheet (Appendix B.2)

- Comment Card

CWG Participants

No.	Name	Organization	City of Residence
1	Craig Cadwallader	Surfrider Foundation	Manhattan Beach
2	Kambria Vint	Hermosa Beach Senior Center	Hermosa Beach
3	Lisa Nichols (unable to attend)	Hermosa Beach Senior Center	Hermosa Beach
4	Cindy Schaben	Retired	Redondo Beach
5	Sue Allard	Parks and Recreation Department, Older Adults	Manhattan Beach
6	Jan Buike (unable to attend)	Older Adult Services	Manhattan Beach
7	Darryl Kim	Older Adult Services	Redondo Beach
8	Patrick Flannery	Neighboring Resident	Redondo Beach
9	Jean Lucio	BCHD Volunteer & Gym Member	Redondo Beach
10	Pat Dreizler (unable to attend)	BCHD Volunteer	Redondo Beach
11	George Schmeltzer	Blue Zones Power 9 and Livability Committee	Hermosa Beach
12	Pat Aust	Retired, Volunteer	Redondo Beach
13	Jim Light (unable to attend)	Building a Better Redondo	Redondo Beach
14	Walter Dougher	BCHD Power 9 Committee	Manhattan Beach
15	Mark Nelson	Neighboring Resident	Redondo Beach
16	Dency Nelson	Environmental Activist	Hermosa Beach
17	Jenny Attanasio (unable to attend)	American Martyrs Church, Senior Services	Manhattan Beach
18	Justin Pioletti	Redondo Beach High School Student	Redondo Beach
19	Laurie Glover (unable to attend)	Silverado Memory Care	Redondo Beach

Reminder e-mails were distributed to CWG members on June 14 (Appendix C.1). These e-mails provided CWG members with information about the next meeting and a link to the project website address. Following the meeting, thank you emails were distributed to

the those who attended the meeting (Appendix C.2) and those who were unable to attend (Appendix C.3).

2.3 Summary of Feedback

This meeting of the CWG was designed to familiarize attendees with the campus, demonstrate the elements of the project that have been proposed thus far and garner input on possible important features to the community. Feedback was solicited throughout the meeting, during the tour, in an interactive ranking activity and via written comment cards, and is summarized below.

Campus Overview

- Patrick F. asked when the project would be started and/or completed, and Leslie explained that it is too early in the process to tell. However, Leslie reassured the group that schedule and timeline information will be shared as it becomes available.

Campus Tour

Diamond Street

- Pat A. shared that Diamond Street originally went through from Prospect to Flagler, but residents along Diamond complained about traffic. Eventually, a ballot initiative in the late 1980's determined the street would be closed.
- Patrick F. noted that the Diamond Street entrance off of Prospect is not marked as a dead end, adding to the misleading appearance that it is a through street.

Parking

- Cindy S. was concerned about the parking situation. She asked how many spaces would be lost when the existing parking structure on the southeast portion of the campus is demolished and when the other parking spaces are converted into green spaces. She also asked if the parking on Flagler would be for employees, residents, or campus visitors. She expressed concerns that gym members would have a harder time accessing the gym if they had to park in a structure on Beryl and Flagler. Further, she noted that many seniors who have mobility difficulties would need assistance to get from parking to other places on campus. Electric carts were briefly discussed as a solution.
- Dency N. asked how many levels the parking structure would need to be. Leslie explained that it will depend on how many parking spots the city requires.

Central Plant

- Mark N. commented that the Central Plant was built for old technology that will be obsolete in the future and suggested looking at modernizing the facility as part of the HLC project.

Residential Units

- Patrick F. asked how many independent living vs. assisted living units would be contained in the proposed buildings. Leslie explained that the exact numbers would be determined by a number of factors, including the recommendation of the selected operator.

Planning Session

- Pat A. expressed that removing the iron fence from the property perimeter along Diamond might have the unintended consequence of attracting homeless individuals, which would be upsetting to the residents in that area.
- Dency N. stressed that it's important to understand this campus will be for the entire community, not just for the residents of the older adult community.

- George S. shared that he was most interested in upholding and advocating for the guiding principles, but was less interested in the specific features of the campus. He also indicated he would prefer subterranean parking.
- Craig C. clarified that the campus design was intended to draw people from throughout the three Beach cities to a destination of health and wellness.

During the planning session, feedback from CWG members was also collected during an interactive activity wherein attendees ranked potential campus features by their order of preference. Each attendee was given five dot stickers to place next to items on a list of possible features, with no more than 3 stickers for any one item. Members were also encouraged to add to the list as they wished. At the conclusion of the activity, the pre-printed list of features was marked as follows:

Pedestrian path/track- 11
 Connectivity/accessibility- 10
 Green space- 9
 Outdoor meeting space- 6
 Bike lane/paths- 5
 Outdoor stairs- 2
 Outdoor gardens- 1
 Outdoor exercise equipment- 1
 Community meeting room- 1

Members added and ranked additional features as follows:

Social Focal Point- 7
 Swimming Pool/Water Exercise Feature- 2
 Ocean-friendly gardens, storm water capture reuse, graywater/irrigation, recycled water (eventually potable reuse)- 1
 Guiding Principles- 1
 Underground Parking- 1
 Incorporate Living Streets principles into design- 1

Additionally, meeting attendees were encouraged to submit suggestions and feedback in writing on comment cards provided. Six comment cards were submitted (Appendix D), with the feedback summarized as follows:

Parking & Traffic

Provide electric carts or van shuttle every 10 minutes from Flagler parking lot to campus buildings
 How many parking spots that exist now will be eliminated?
 Close Prospect entrance and have all traffic enter/exit on Flagler
 Focus parking in Flagler lot; combined multi-level and underground

Campus Features

Set aside space for a community garden that grows vegetables and fruit
 Include a meeting space that would accommodate concerts
 Eateries with healthy options and outdoor dining
 Outdoor stairs/escalator to shopping center
 Community meeting spaces for **social** gatherings
 Emphasize pedestrian paths and access to the park around the perimeter
 Include meandering paths with exercise opportunities as well as gardens with rest and meditation spots along the way

Avoid stairs; consider meandering paths or an outdoor elevator
Include lap pool or swimming pool

HLC Programs

Outdoor exercise programs

Nighttime activities such as classes (indoor and outdoor)

Organized socialization for various ages

Assistance getting groceries from shopping center to residences

Construction/Operations

Support LEED Platinum

Aim for zero net energy

1 GENERAL COMMUNITY FEEDBACK

In addition to the Community Working Group input, three Beach Cities residents completed online comment cards at bchd.org/healthylivingcampus and one resident submitted feedback on the project via email. Their comments are listed below.

- **Joan Riley, Redondo Beach** – *I think this is so needed...I would love to participate and contribute ideas or feedback if you are looking for interested 60-year-olds. I have a lot to contribute from my studies. Happy to help.*
- **Lois Foley, Hermosa Beach** – *I'm a 74 yr. old woman who has lived in Hermosa & Redondo beach cities for over 20 yrs. Finding Senior housing is impossible! I'm on a waiting list at Seasons, very long list there's over 300 people in front of me on the list. I'm now put in the position to wait for 2-3 more years to retire and hope that by then there will be an opening for me. I imagine moving at 77 or 80 won't be very easy. I'm sure you've heard this story from other seniors. It's really a shame that more housing isn't built for seniors. Rents are sky rocketing, pushing seniors out and away from safe and affordable housing. As a senior woman I need to feel safe in my neighborhood, as well as having a reasonably priced rent. I hope that you'll hear my plea and all the many seniors in this horrible situation. Thanking you for your time. Best regards, Lois Foley.*
- **Mark Nelson, Redondo Beach** – *Having reviewed the market study, I am generally concerned that this development by BCHD is too, too far upscale, since even the hosting zip code will require the participation of adult children for affordability. This project should be rethought and downscaled from state-of-the-art to affordable on average for the zip codes of BCHD.*
- **Julie E., Redondo Beach** – *Hello. That is a nice article Jeff wrote in the Livewell magazine. A couple of things I'd like to add to your plans:
1) you have a section marked prevention and I see a carrot, so I know you are planning on tending to 'Nutrition'. I'd like to suggest you have a smoothie bar, juice bar and also have those options available on menus throughout the facility.
2) Prevention includes nutrition supplements. With pharmaceuticals like antibiotics, you can't really say you are offering prevention, without enforcing and offering probiotics. The same is true for Statins and CoQ10. We know that so many people are nutrient deficient and the elderly have poor absorption. If you truly want to be cutting edge and offer the best services, you really need to offer supplements and the kind that a) work and b) are easy for this population to*

digest and absorb. Not just the ones you can buy at costco or cvs - those don't count

3) wifi - such a nice service this is and what a great new age advantage we all have - but let's be real, it is the EMF's that are magnifying everyone's health problems at an exponential rate. The facts are there. Research has been done. It is true. So, you need to offer a Vastu service to the facility or a non WiFi area, where people can get sunshine and earth energy, without the harmful EMF waves

4) Last and definitely not least - air quality. If we breathe in toxic air all day long, well guess what, the elderly are going to end up with clogged lymph and kidneys and this will speed up their demise. If you really, truly want them to enjoy the end of their lives, please do not pump the air with scented anything. No plug ins. No scented candles. No fake air like in Las Vegas. My mom lives in an assisted living facility in North Carolina and although I haven't been sick in 15 years, I was sick after living there for 2 days. There is no clean air when that's all you breathe. Many elderly have full days they do not go outside. It's appalling.

I'm happy to advise on any of the above and offer my services to help this very cool community that you plan to build.

APPENDIX A: POWERPOINT PRESENTATION



CWG Meeting #2: Agenda

- Brief Review
- Campus Overview
- Walking Field Trip: Campus Tour
- Prioritizing Possible Campus Features



Project Staff Introductions

Planning

- Leslie Dickey, Executive Director of Real Estate

Community Outreach

- Eric Garner, Communications Manager

Health Programming & Services

- Kerianne Lawson, Director of Lifespan Services



Community Working Group: Purpose

Purpose:

- Provide insight and feedback
- Receive updates and information
- Disseminate project and public meeting information to constituencies

Members are:

- An important resource for BCHD staff/board
- Invited to participate
- Voluntary contributors
- Representatives of key community stakeholder groups
- Ambassadors between the project and respective groups



Healthy Living Campus Project: Guiding Principles

- Develop community for older adults
- Create integrated hub of well-being
- Incorporate Blue Zones Project concepts
- Focus on emerging technologies and innovation
- Grow the enterprise to support the mission
- Actively engage community/stakeholders
- Prioritize environmental sustainability and accessibility
- Create open/green space by shifting parking to the perimeter

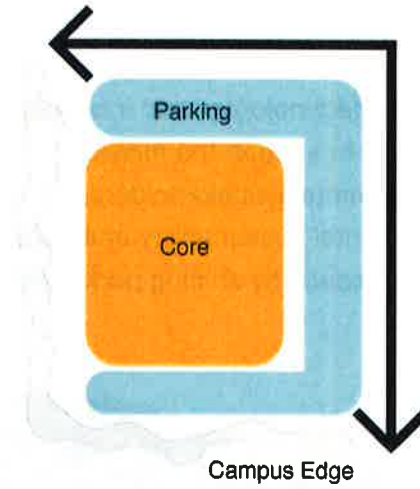


Campus Layout: Challenges and Opportunities



Healthy Living Campus Parking Approach

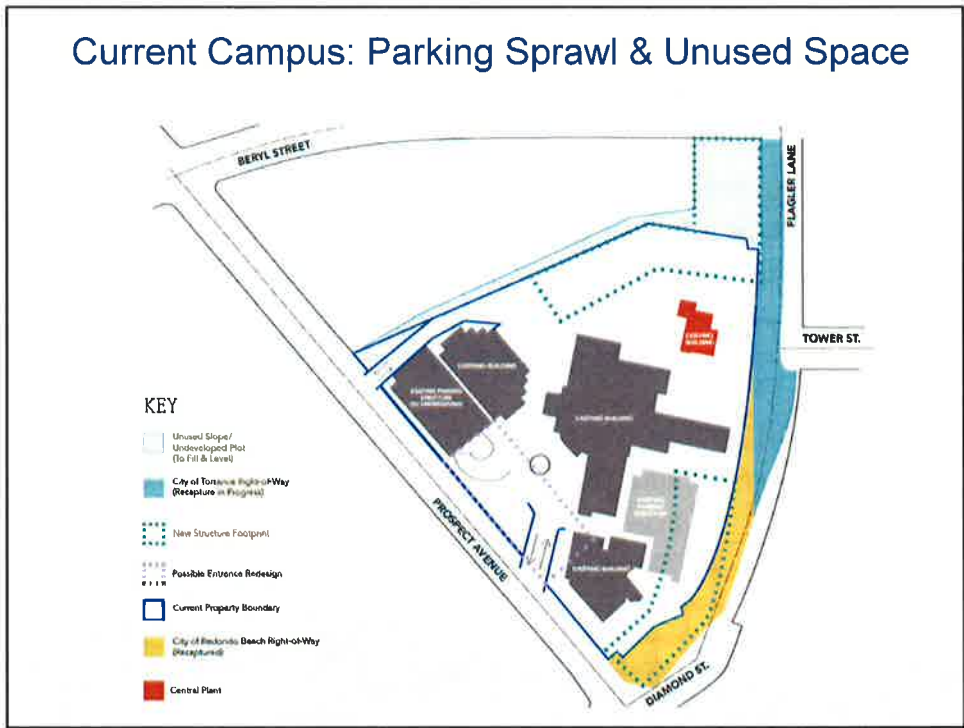
CONCEPT



Healthy Living Campus Project: Regulatory Framework

Project is subject to regulations from:

- BCHD Board of Directors
- City of Redondo Beach
- California Environmental Quality Act
- Taxpayers
- Other local, county, and state entities



Healthy Living Campus Project: Upholding Guiding Principles

Community for Older Adults & Growing Enterprise to Support the Mission:

- Market demand is *up to* 400 units
 - Helps address community need
 - Mixed independent/assisted living allows for continuum of care
 - Represents realistic market capture rate
 - Ensures the return on investment needed in order to sustain operation

Healthy Living Campus Project: Upholding Guiding Principles

Hub of Well-Being, Blue Zones Project Concepts, Accessibility, Green Spaces

- Consolidating Parking, Moving it to Perimeter
 - Allows redesign of existing concrete surfaces into green spaces
 - Provides new access points to the campus, alleviating traffic on Prospect Ave

Emerging Technologies and Innovations

- Parking Structure Design
 - Opportunity to plan for a less car-dependent future
 - Possibility of lowering number of spaces required by City



Healthy Living Campus Project: Guided Tour



Healthy Living Campus Project: Prioritizing Possibilities



Healthy Living Campus Project: Prioritizing Activity

Step One:

- Mark features you prioritize the highest
 - Max of 5 marks
 - Max of 3 marks for any one feature

Step Two:

- Mark the hanging list with your dot stickers
 - Use your marked list as a guide
 - Max of 3 stickers for any one feature










Contact Information

HLCinfo@bchd.org
bchd.org/HealthyLivingCampus

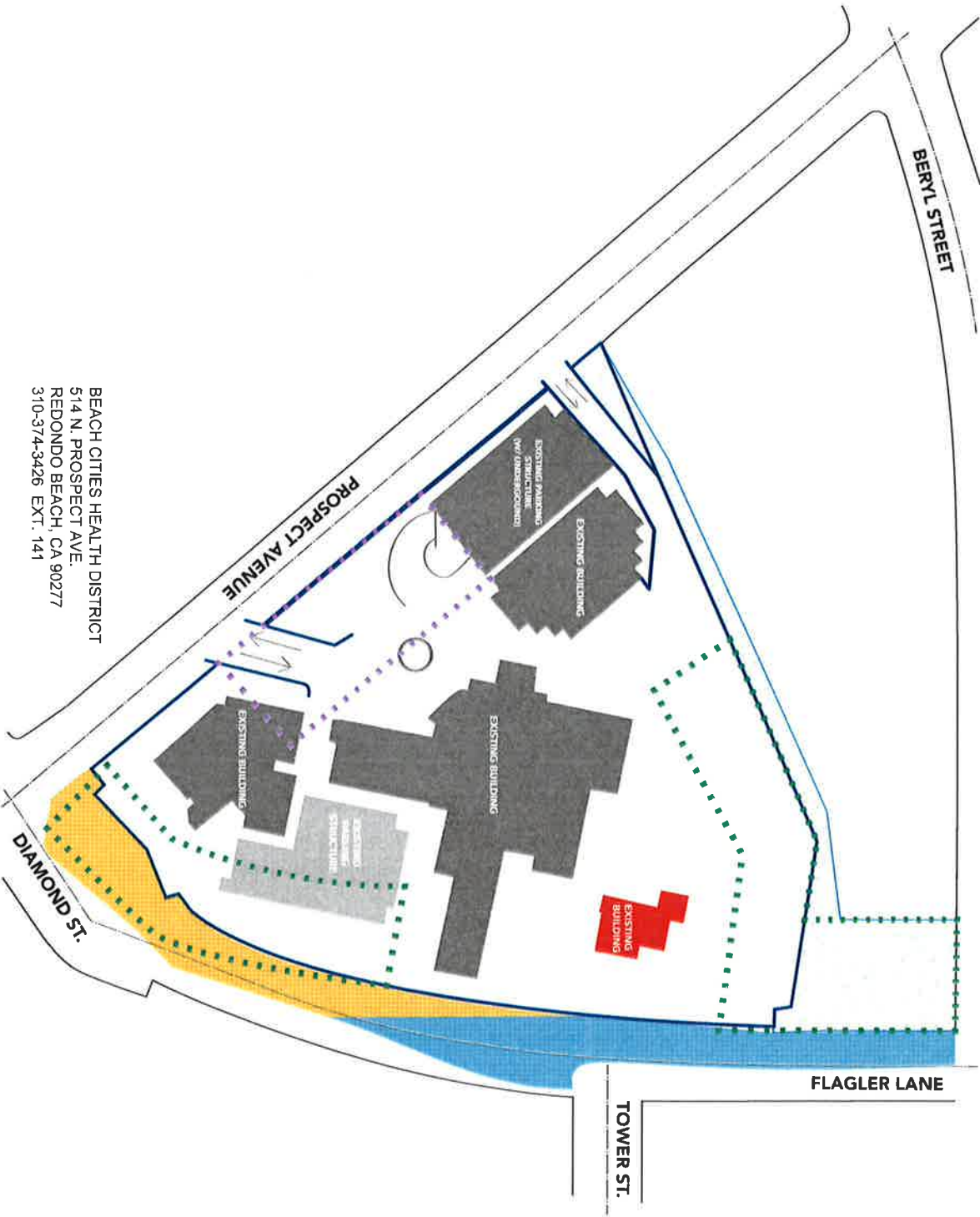


APPENDIX B.1: CAMPUS MAP

KEY

-  Unused Slope/
Undeveloped Plot
(To Fill & Level)
-  City of Torrance Right-of-Way
(Recapture in Progress)
-  New Structure Footprint
-  Possible Entrance Redesign
-  Current Property Boundary
-  City of Redondo Beach Right-of-Way
(Recaptured)
-  Central Plant

Notes



BEACH CITIES HEALTH DISTRICT
 514 N. PROSPECT AVE.
 REDONDO BEACH, CA 90277
 310-374-3426 EXT. 141

APPENDIX B.2: CAMPUS FEATURES WORKSHEET

Healthy Living Campus

June 19, 2017

Campus Features

- Pedestrian path/track
- Bike lanes/paths
- Outdoor meeting space
- Outdoor gardens
- Outdoor exercise equipment
- Connectivity/accessibility
- Green space
- Outdoor stairs
- Community meeting room

1. _____
2. _____
3. _____
4. _____
5. _____

APPENDIX C.1: MEETING REMINDER EBlast



Dear Cristan,

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

Monday, June 19, 2017

6:00-7:30 pm

Beach Cities Room
514 N. Prospect Ave.
Redondo Beach

(Please wear comfortable shoes for our walking tour of the campus.)

We will provide a pre-tour presentation of the campus' existing challenges and opportunities, followed by a walking tour of the property. Following the tour, we will reconvene in the Beach Cities room for a collaborative planning session regarding possible campus features. ***Please be advised that a group photo of CWG members will be taken at this meeting for the website.***

If you have any questions, please contact Eric Garner at (310) 374-3426 x156.

Thank you for your ongoing participation and service to our community as we progress towards developing the Healthy Living Campus.

In health,

Eric Garner

Communications Manager
Beach Cities Health District
Ph: 310-374-3426, x156
Fax: 310-376-4738
www.bchd.org
www.facebook.com/beachcitieshealth/

Creating a healthy beach community.



APPENDIX C.2: MEETING THANK-YOU EBLAST - ATTENDEES



HEALTHY LIVING CAMPUS PROJECT

Dear Cristan,

Thank you for your attendance and participation at the June Community Working Group (CWG) meeting for the Beach Cities Health District's Healthy Living Campus.

We have compiled a Summary Report for the BCHD Board of Directors (link below). The input provided during this past meeting is proving helpful in establishing guidance as we work with our planners to develop initial drawings that we can share with you at our next meeting. The CWG meetings are one component of our broader engagement efforts, which contribute directly to our planning process. A copy of the PowerPoint presentation from the meeting and an online comment form are available on our website at www.bchd.org/healthylivingcampus.

As discussed during our Monday meeting, our next CWG get-together will be **Monday, July 31, 2017 at 6 p.m.**

We look forward to our continued collaboration throughout this process. Please contact us with any questions or concerns.

Sincerely,

Eric Garner
Communications Manager
Beach Cities Health District
(310) 374-3426 x156
eric.garner@bchd.org

APPENDIX C.3: MEETING THANK-YOU EBLAST - DID NOT ATTEND



HEALTHY LIVING CAMPUS PROJECT

Dear Cristan,

We missed seeing you at our June 19 Community Working Group (CWG) meeting for the Beach Cities Health District's Healthy Living Campus, but hope you will be able to join us for our next meeting.

The participants were given a presentation about the challenges and opportunities of the current campus and took a tour of the property to discuss further. Members also contributed in an interactive planning session to prioritize various campus features, and many participants submitted written comments with their feedback as well.

The input provided during this past meeting is proving helpful in providing guidance as we work with our planners to develop initial drawings that we can share with you at our next meeting. The CWG meetings are one component of our broader engagement efforts, which contribute directly to our planning process. A copy of the PowerPoint presentation from the meeting, a copy of the Summary Report and an online comment form are available on our website at www.bchd.org/healthylivingcampus.

Our next CWG meeting will be **Monday, July 31, 2017 at 6 pm**.

We look forward to our continued collaboration throughout this process. Please contact us with any questions or concerns.

Sincerely,

Eric Garner
Communications Manager
Beach Cities Health District
(310) 374-3426 x156
eric.garner@bchd.org

APPENDIX D: COMMENT CARDS RECEIVED



Healthy Living Campus

Comment Card

Name: Denny Nelson Date: 6/19/2017

Address: 2415 Silverbrook Ave City: HR Zip: _____

Email: DN@2Beuron.net Phone: 310-710-3189

Comments:

- Focus parking in that N.E. corner. Combined multi-level/underground
- As we started talking about making the campus open to the community, emphasize pedestrian paths/access to the "park" around the perimeter.
- Pedestrian paths / meandering paths / ~~stages~~ exercise opportunities along the way (P.A. courses) ... Gardens w/ rest/meditation spots along the way.
- Accessibility: Avoid stairs - consider the "meandering paths"; outdoor elevator? And... although there would be considerable additional expenses, how about a "lap pool" if not a full blown swimming pool,



Healthy Living Campus

Comment Card

Name: Patrick Flannery Date: _____

Address: _____ City: _____ Zip: _____

Email: _____ Phone: _____

Comments:
Close entrance to property from the Prospect Ave side. Have all traffic funnelled thru Flannery side.



Healthy Living Campus

Comment Card

Name: _____

Ane Wilson

Date: _____

Address: _____

City: _____

Zip: _____

Email: _____

Phone: _____

Comments:

*Outdoor stairs-escalator to shopping center →
Community meeting spaces- for social
gatherings —
people may need help carrying "groceries, goods"*



Healthy Living Campus

Comment Card

Name: Mark Nelson Date: _____

Address: _____ City: _____ Zip: _____

Email: Focus on Future 3 City Area Residents, Tenants Not Just

Comments: Like others, tonight didn't seem to have much input.
Topics/Features I support:
1) LEED Platinum
2) Zero Net Energy
3) Night time activities - inside & out, such as classes
4) Organized socialization for various ages
5) Outdoor exercise programs
6) Healthy outdoor food



Healthy Living Campus

Comment Card

Name: Yann Luvio Date: _____

Address: _____ City: _____ Zip: _____

Email: _____ Phone: _____

Comments:

- ① Set up laside space for community garden - vegies + fruit. space can be limited.
- ② meeting space - concerts



Healthy Living Campus

Comment Card

Name:

Emily Schabert

Date:

6/19/17

Address:

City:

Zip:

Email:

eschabert@citymb.info

Phone:

Comments:

- ① Flagler Parking Bldg - accessibility to campus bldgs via elec carts or van shuttle every 15 min
- ② how many parking spots will be eliminated that report shows