



HEALTHY LIVING CAMPUS

Community Working Group No. 8

Summary Report

March 19, 2018

TABLE OF CONTENTS

1 INTRODUCTION.....	1
1.1 Purpose of Community Working Groups.....	1
2 COMMUNITY WORKING GROUP MEETING NO. 8 – MARCH 19, 2018	1
2.1 Overview	1
2.2 Summary of Participation.....	3
2.3 Summary of Feedback.....	4

APPENDICES

APPENDIX A.1: BCHD POWERPOINT PRESENTATION

APPENDIX A.2: BCHD DRAFT PUBLIC OPINION POLL

APPENDIX B: MEETING REMINDER

APPENDIX C.1: THANK YOU EBLAST - ATTENDED

APPENDIX C.2: THANK YOU EBLAST- DID NOT ATTEND

APPENDIX D: COMMENT CARDS

1 INTRODUCTION

Beach Cities Health District (BCHD) has 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 eighth 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. 8 – MARCH 19, 2018

2.1 Overview

The eighth 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.

Fourteen (14) members attended this meeting, and ten (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.1). Presenters included Tom Bakaly, BCHD CEO, Eric Garner, BCHD communications manager and Valerie Martinez, VMA Communications.

Bakaly began the presentation with an overview of the meeting agenda and shared the next steps for the Healthy Living Campus. He reiterated the delay of the EIR process explaining that BCHD will take a broader view of the campus while continuing to engage community feedback and ensuring BCHD meets program goals. In addition, Bakaly shared the Board's recent approval to amend the Healthy Living Campus project's Guiding Principles and briefly reviewed the added Guiding Principles with the members. Bakaly informed of proposed opportunities for public participation – a potential public opinion poll and study circles focusing on intergenerational programs and gathering spaces. He introduced Garner and Martinez for further discussion on the public opinion poll and study circles.

Martinez provided background on the evolution of the public opinion poll stating a draft has been developed in an effort to find ways to continue to work with Beach Cities residents and collect feedback. Community Working Group members were provided

with a copy of the draft public opinion poll (Appendix A.2) for a group exercise. Garner said the goal of the proposed public opinion poll and study circles is to capture community feedback on desired features and programs to guide the next design phase.

Garner facilitated a group exercise, in which each member was asked to complete the draft public opinion poll and provide comments on functionality, design and content.

To provide an overview of the study circles, Garner reintroduced Martinez with VMA Communications. Martinez explained the purpose of study circles is to provide an opportunity to gain deeper information about intergenerational programs and gathering spaces through discussion in small breakout-groups (approximately 5-8). Study circles will be composed of a diverse collection of knowledgeable participants including experts and community members. Martinez said BCHD anticipates hosting the study circles in the coming months. She asked Community Working Group members to fill out a comment card indicating their interest.

Martinez concluded the meeting by stating that in the next few months, BCHD will continue efforts to get community input as discussed through a proposed public opinion poll, comment cards and study circles. Martinez stated that the public opinion poll will be discussed and evaluated based on the initial feedback from the Community Working Group, which indicated the poll was too long, the scale didn't make sense and some questions were confusing. More information to come. Community Working Group members were asked to keep the monthly scheduled meeting on their calendar, but informed meetings may be postponed as needed. Members were thanked for their participation and were provided the opportunity to continue serving on the Community Working Group.

The feedback received throughout the meeting and during the public opinion poll exercise is summarized below in Section 2.2, Summary of Participation.

2.2 Summary of Participation

CWG Participants

No.	Name	Organization	City of Residence
1	Craig Cadwallader	Surfrider Foundation	Manhattan Beach
2	Kambria Vint (unable to attend)	City of HB Community Resources	Hermosa Beach
3	Cindy Schaben (unable to attend)	Anderson Park Senior Center	Redondo Beach
4	Sue Allard	Manhattan Beach Joslyn Center	Manhattan Beach
5	Jan Buike (unable to attend)	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	Neighboring Resident	Redondo Beach
8	Jean Lucio	Center for Health & Fitness	Redondo Beach
9	Pat Dreizler	RB Roundtable & Former BCHD Board Member	Redondo Beach
10	George Schmeltzer	BCHD Livability Committee & Former HB Mayor	Hermosa Beach
11	Pat Aust	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 (unable to attend)	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 Los Angeles County	Manhattan Beach
18	Laurie Glover (unable to attend)	Silverado Memory Care	Redondo Beach
19	Jacqueline Folkert (unable to attend)	UCLA Health	Redondo Beach
20	Bruce Steele	Neighboring Resident	Torrance
21	Pete Vlahakis (Robert London attended on behalf)	Redondo Pacific Towers HOA	Redondo Beach
22	Geoff Gilbert	Neighboring Resident	Redondo Beach
23	Rosann Taylor	Neighboring Resident	Redondo Beach
24	Lisa Nichols (unable to attend)	Hermosa Five-O Senior Center	Hermosa Beach

Reminder e-mails were distributed to Community Working Group members on March 13 (Appendix B). These e-mails provided members with information about the March 19 meeting and a link to the project website address. Following the meeting, thank you emails were distributed to those who attended the meeting (Appendix C.1) and those who were unable to attend (Appendix C.2)

2.3 Summary of Feedback

Feedback was solicited during the public opinion poll exercise portion of the meeting and via written comment cards. Input from the Community Working Group is summarized below.

Draft Public Opinion Poll (Discussion)

- Rosann Taylor asked if there would be other test groups. She expressed concern this may not be representative of the community. Bakaly answered that the Community Working Group is the only test group. It is not intended to be a representative sample of the community. Garner added that BCHD likes to share information with Community Working Group members first.
- She also suggested to have an option for poll participants to check off what is important to them rather than having questions that ask participants to rate items.
- In addition, she proposed asking if residential living for older adults should be housed at the BCHD Healthy Living Campus or at another location. Garner stated that a similar question was already on the public opinion poll.
- Patrick Flannery stated question number six was too long. He did not like the option to rate 16 items. Cristan Higa, BCHD director of communications, said we want to know what you think, please continue to provide feedback.
- Also, Flannery asked what Gallup study was question #11 referencing and is there a way to measure where the public opinion poll goes out to by communities? Garner said it was the recently released 2017 Gallup Study that was referenced and confirmed there is a way to track the public opinion poll distribution and responses.
- George Schmeltzer stated the public opinion was too long.
- Bruce Steele suggested the introduction be revised/augmented to state BCHD is more than preventive health and should share more well-being elements.
- Jean Lucio suggested to make the public opinion poll shorter.
- Mark Nelson said the scale needs to be clarified. He also asked about the proposed distribution. Garner responded the public opinion poll, if approved to move forward, would be made broadly available online and hard copies would be provided to folks in harder to reach places. Higa added we will work with community groups to make sure it circulates throughout the Beach Cities.
- Geoff Gilbert stated that the public opinion poll is very general and needs to be more focused. It may not illicit the type of answers BCHD needs. He feels more background information on the campus should be added. Martinez shared one of the goals of the public opinion poll is to inform the community that this is an intergenerational campus.
- Additionally, Gilbert asked how many programs are currently housed onsite and asked whether future programs can be housed in other city areas? Garner replied there are a mix of programs, including programs that are housed and

tenants offering services. The goal is to maximize space by providing a multi-use option.

- Pat Aust requested clarity on what the Healthy Living Campus provides and what other services are housed. Martinez responded that perhaps the public opinion poll can be a two-phase process to reflect the level of interest.
- Also, Aust stated that many people may not be familiar with BCHD and language in the public opinion poll should reflect this possibility. Higa shared it is a continuous process to maintain community engagement and bring awareness.
- Dency Nelson shared that Blue Zones has received good coverage, but it took him a while to connect the program with BCHD.
- Bruce Steele stated perhaps Beach Cities can organize to become a true "hub," but still use other facilities.

Draft Public Opinion Poll Exercise (Written Feedback Paraphrased)

**Indicates comment received more than once*

- Question #14 is very confusing
- Too long*
- Break question #4 and #6 into small questions
- Questions #4 and #6: rather than ranking, perhaps ask "How important is each program to you?" (Very --- Not) and "How much do you agree with each feature... (Agree---Disagree)
- Good group discussion and feedback
- Very general questions for specific long-term planning (for a 50-year time scale)
- Was the public opinion poll designed to support the program?
- Questions #4 and #6 are difficult to answer *
- Public may not know about certain physical features or programs presented*
- Ranking system used is confusing and should be edited*
- Not sure a public opinion poll is the best tool
- Does not include question on RCFE
- Focus on what is most important and be specific

Draft Public Opinion Poll Results

14 public opinion polls were completed by Community Working Group members. A quick sampling shows:

Question #2: How supportive are you of updating and modernizing the campus?

- Avg. score (on 1-10 scale): 8.58
 - *Two members declined to respond*

Question #11: How supportive are you of the Healthy Living Campus, including supporting residential care for older adults who can no longer live safely and independently in their own homes?

- Avg. score: 8.08
 - *Two members declined to respond*

514 Building

- Pat Dreizler asked when additional information on the condition of the building will be available? Bakaly shared work is ongoing and information will be shared as BCHD starts looking at the different options.

Other

- Anonymous - Fix it so people on the west side of Prospect Ave. can leave their street, where the majority of traffic exits the campus, without fear from being struck. Folks leaving here think they have right of way at this signal.
- Anonymous - Would prefer projects that do not require extensive excavation that could impact surrounding neighborhoods, dirty air, and require a lot of dirt trucks during construction

WRITTEN COMMENTS SUBMITTED

Three written comment cards (Appendix D) were received at the Community Working Group meeting from members interested in participating in the study circles

APPENDIX A.1: BCHD POWERPOINT PRESENTATION



A Public Agency

Beach Cities
Health District

Healthy Living Campus Project
Community Working Group
March 19, 2018

CWGW Meeting #8: Agenda

- Next Steps: Healthy Living Campus and BCHD Priorities
- Community Input: Public Opinion Poll
- Revised Guiding Principles
- Study Circles: Intergenerational Programs and Gathering Spaces

Next Steps

Healthy Living Campus and BCHD Priorities

Healthy Living Campus and BCHD Priorities

- EIR process delayed until fall or early winter
- Continue to examine preliminary structural and financial findings as well as community input received
- Explore options to renovate and enhance Healthy Living Campus
- Move Mindfully Forward with Guiding Principles as recently amended by Board

Public Opinion Poll

Healthy Living Campus

Guiding Principles

Added Guiding Principles

- **Incorporate intergenerational programs and broad community benefits**
- **Voluntarily and proactively mitigate structural risks**
- **Pursue community partnerships**
- **Integrate campus with surrounding community**
- **Plan campus holistically, considering all district assets**
- **Align campus design with community health snapshot report**
- **Grow continuum of services to help older adults age at home for as long as safely possible**

Study Circles

Intergenerational Programs and Gathering Spaces

Study Circles

- BCHD to host Study Circles to gain deeper information about intergenerational programs and gathering spaces
- Small break-out groups to foster focused discussion
- Diverse collection of knowledgeable participants
- Anticipated for early April and May

Upcoming Meetings

- 3/28/2018: BCHD Board of Directors Meeting
- 4/16/2018: CWG #9

**CWG schedule subject to change*

Contact Information

HLInfo@bchd.org

bchd.org/HealthyLivingCampus

APPENDIX A.2: BCHD DRAFT SURVEY

Beach Cities Health District Public Opinion Poll



Beach Cities Health District (BCHD) is working with residents in Hermosa Beach, Manhattan Beach and Redondo Beach to collect input and explore options to renovate and enhance our 11-acre campus. BCHD believes it can best continue providing preventive health programs and services throughout the lifespan of residents by modernizing the site at 514 N. Prospect in Redondo Beach.

This is your opportunity to provide feedback about the proposed revitalization that BCHD feels “will serve the intergenerational health needs of all Beach Cities residents.” This questionnaire is available until April 30. Please share it with your friends and neighbors.

1. Are you familiar with Beach Cities Health District (BCHD)? Yes No

1a. If yes, have you used BCHD programs and services in the past? Yes No

1aa. If yes, which services?

Youth

- LiveWell Kids Garden/Nutrition
- Walking School Bus
- MindUp
- Families Connected Speaker Series/Parent Chat
- 8-Minute Morning Exercise
- Second Step
- High School Purpose Series

Older Adults

- Social workers/care plans, in-home assistance
- Errand Assistance
- MoveWell: in-home exercise
- Conversation Companion
- Classes & Workshops (Memory Club, Healthier Living, Powerful Tools, Adaptive Mobility)

Insurance Assistance

- Covered CA
- MediCare
- MediCal

Health Resources & Referrals

- Special populations (homeless, veteran, etc.)
- Health
- Emergency
- Legal
- Financial

Blue Zones Project

- Blue Zones Restaurants
- Moai Groups (walking groups, purpose discussions, healthy potlucks)
- Policy (livability, smoking, Streets for All)
- Blue Zones Pledge

Activities

- Mindfulness workshop/Drop-in
- Free Fitness
- Volunteering with BCHD
- Purpose Workshop

Facilities

- Center for Health & Fitness
- AdventurePlex

Other services

- Support groups
- CPR & first aid classes

Other

BCHD is undergoing a process to determine how the campus at 514 N. Prospect can continue to productively serve the community's children, adults and older adults well into the future. Conceived more than six decades ago as a hospital, the aging buildings no longer fulfill BCHD's core mission to provide preventive health services and programs to Beach Cities residents. Accordingly, BCHD is seeking to modernize the campus and integrate intergenerational health programming that aligns with current community health priorities.

2. How supportive are you of updating and modernizing the existing 11-acre campus?

Not Supportive

Very Supportive

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10
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Campus Features

3. What have you heard so far about the proposed Healthy Living Campus?

The proposed Healthy Living Campus will be designed as a true hub of well-being for all Beach Cities residents – an attractive site with environmentally sustainable buildings and grounds that create a community gathering place. The Campus will also reflect who BCHD is as an organization, ranging from incorporating Blue Zones Project principles and livability elements into the design, to providing better access to nearby medical services.

4. The renovation, which seeks to create a viable campus to serve the community for the next generation, may include a variety of physical features. Please rank in order of importance to you (1-10, 10 being the highest):

- Residential care for older adults
- Usable green/open space
- Walking trails and bike paths
- Outdoor workout and recreation areas
- Environmentally sustainable building and grounds
- Incorporation of Blue Zones Project principles
- Community gardens
- Community gathering places/meeting spaces
- Modern Center for Health & Fitness (medically-based community exercise center)
- Therapeutic pool

5. In addition to the “features” listed above, what additional physical features do you think should be included on the Healthy Living Campus?

Campus Programs & Services

6. Programming will be one important aspect of the Healthy Living Campus as it evolves to address current and emerging community health needs. Please rank in order of importance (1-16, 16 being the highest):

- Intergenerational programming (volunteer opportunities, garden programming, local high school opportunities)
- Dementia care
- Geriatric social workers
- Cancer treatment
- Healthy cooking classes/demos
- Social Groups (walking groups, purpose discussions, healthy potlucks, etc.)
- Outdoor exercise classes
- Farmers market
- Support groups (teens, parents, caregivers)
- Preventive health classes/workshops (mindfulness, yoga, nutrition, etc.)
- Health fairs
- Adult daycare for residents who require special care/supervision due to chronic conditions
- Gardening classes
- Bike safety classes (youth & adults)
- Family-oriented outdoor exercise
- Emergency response trainings

7. In addition to the "programming choices" listed above, what other programs & services do you think should be included within the Healthy Living Campus?

BCHD has a dedicated team of social workers that provide care management services to help keep older adults living independently in their homes for as long as safely possible. As part of the Healthy Living Campus Project, BCHD is considering developing onsite supportive residential care to allow Beach Cities older adults who can no longer live safely and independently in their homes to remain connected to their community and social supports as they "age in place." These on-campus residences will increase longevity, quality of life and, most importantly, allow residents to gracefully age in the Beach Cities.

8. Do you have a family member who is currently age 65 or over? Yes No

9. Would you consider utilizing supportive residential care for yourself or a family member? Yes No

10. What other options are you considering for supportive residential care?

11. A recent study by Gallup found that a vast majority of Beach Cities residents want to remain living in their community as they age. To address this issue, how supportive are you of the Healthy Living Campus including supportive residential care for older adults who can no longer live safely and independently in their homes?

Not Supportive

Very Supportive

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10
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Tell us about yourself...

12. Male or Female? Male Female

13. What is your age range? Under 20 21-30 31-40 41-50 51-60 61-70 71-80 81-90
 91 and over Prefer not to answer

14. Please complete the following statement: I am a Beach Cities _____

Check all that apply.

Business Owner

Resident (list your city and address) _____

Other _____

15. What is your zip code? _____

Thank you very much for your time. Your opinions are invaluable as we strive to develop a Healthy Living Campus that positively supports the current and future needs of Beach Cities residents.

Community Working Group feedback:

APPENDIX B: MEETING REMINDER



Greetings!

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

Monday, March 19, 2018

6 - 7:30 p.m.

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

We will be

- Providing an update on next steps for the Healthy Living Campus and BCHD priorities
- Discussing a survey being developed to assess community needs and expectations
- Planning facilitated study circles to gain deeper information from the community about programs and gathering spaces
- Delivering information about the BCHD Snapshot

If you have any questions, please contact Eric Garner at (310) 374-3426 x156 or submit questions/feedback below.

[Questions/Feedback](#)

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

Sincerely,

Eric Garner

Communications Manager

Beach Cities Health District

Ph: 310-374-3426, x156

Fax: 310-376-4738

APPENDIX C.1: THANK YOU EBLAST - ATTENDED



Dear [REDACTED],

Thank you for your attendance and participation at March's Community Working Group (CWG) meeting for Beach Cities Health District's Healthy Living Campus. A copy of the [PowerPoint presentation](#), Summary Report and an [online comment form](#) are available on our website at bchd.org/healthylivingcampus. We appreciate your participation throughout the initial planning process and greatly value the input you have provided as we develop the conceptual plans for our Healthy Living Campus.

Next Meeting
Monday, May 21, 2018 at 6 p.m.

At the next meeting we'll:

- Provide an update on the Public Opinion Poll
- Share feedback received from our intergenerational programs Study Circles
- Discuss additional structural and/or engineering findings

Please contact us at any time to share ideas, concerns and/or to request a presentation to a community group.

We look forward to your continued collaboration throughout this process.

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



APPENDIX C.2: THANK YOU EBLAST- DID NOT ATTEND



Dear [REDACTED],

We missed you at March's Community Working Group (CWG) meeting for Beach Cities Health District's Healthy Living Campus. A copy of the [PowerPoint presentation](#), Summary Report and an [online comment form](#) are available on our website at bchd.org/healthylivingcampus. We hope you are able to join us for the next meeting.

Next Meeting
Monday, May 21, 2018 at 6 p.m.

At the next meeting we'll:

- Provide an update on the Public Opinion Poll
- Share feedback received from our intergenerational programs Study Circles
- Discuss additional structural and/or engineering findings

We appreciate your participation throughout the initial planning process and greatly value the input you have provided as we develop the conceptual plans for our Healthy Living Campus. Please contact us at any time to share ideas, concerns and/or to request a presentation to a community group.

We look forward to your continued collaboration throughout this process.

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

APPENDIX D: COMMENT CARDS



Beach Cities
Health District

Healthy Living Campus

Comment Card

Name: Geoff Gilbert Date: _____
Address: 1406 Diamond St. City: R.B. Zip: 90277
Email: geoffgilbert2248@aol.com Phone: 310-505-4081

Please contact me with information, project updates and event invitations. email only mail only email and mail

Comments:

I'm interested in participating in the study circle for Intergenerational Programs + Gathering Spaces.



Healthy Living Campus

Comment Card

Name: Joanne Sturgis Date: _____

Address: _____ City: _____ Zip: _____

Email: _____ Phone: _____

Comments:

I am very interested in
study circles



Healthy Living Campus

Comment Card

Name: Dorey Nelson Date: 3/19/2018
Address: 2415 S. Lovers Road Ave City: HB Zip: 90284
Email: DLN192@verizon.net Phone: _____

Comments:

Happy to participate on the Study Circles, as time allows. Will do my best...