

**REGULAR MEETING
BOARD OF DIRECTORS
BEACH CITIES HEALTH DISTRICT
February 28th, 2018**

A Regular Meeting of the Board of Directors of the Beach Cities Health District was called to order in the Beach Cities Room of the Beach Cities Health Center at 6:29 p.m.

Members Present: Dr. Michelle Bholat
Dr. Noel Chun
Jane Diehl
Vish Chatterji

Members Not Present: Vanessa Poster

Legal Counsel Present: Robert Lundy, Hooper, Lundy & Bookman
Staff Present: Tom Bakaly, CEO

AGENDA ITEM	DISCUSSION	ACTION OR FOLLOW-UP
I. Call to Order-Salute to the Flag	Dr. Noel Chun opened the meeting and led the salute to the flag.	
II. Public Discussion	<p>Dr. Chun asked if any member of the public would like to address the Board on any issue not on the agenda.</p> <p>Mr. Geoff Gilbert stepped up to the podium and stated that he is concerned with the initial drawings of the campus that includes the loss of the green space next to the hospital and will be replaced with a large structure. He continued that he does not want to have a large building or parking lot built in front of his home. He is concerned about the discussion of turning Diamond Street into a service road. He hopes that designers will take the concerns and restructure it to keep the green space the way it is.</p> <p>Ms. Mary Drummer stepped up to the podium and stated that she is here to add to the letter submitted to the board last month regarding the lack of transparency and cooperation from LA County West Vector Control District. Her main mission is to educate on why this matters. She stated that they have trained extensively for over a year to participate with several LA Vector Control Agencies for the mosquito problems that have been reported. Her vision was to aid and bring in services and resources</p>	

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	<p>to the South Bay. She was repeatedly told this was not possible because Mr. Saviskas does not cooperate with anyone else in the state and because of the independent nature of his district, he only answers to his board.</p> <p>Surveying the West Vector Website reveals that they do not timely post the date, time and location of upcoming board meetings and there is no functioning link to the agenda or minutes of previous Board Meetings. She continued that they post the same agenda for every single meeting and this is a violation of the Brown Act. She is asking BCHD to assist in bringing awareness and resources to the South Bay.</p> <p>Ms. Rebecca James stepped up to the podium and stated that she would like the first guiding principle that states include a community for older adults to be omitted from the list. She feels strongly that this is not needed in the community and that the Board needs to be responsive to the voters. She believes that there are other 21st century solutions that can support aging in place. She is asking to please consider the request to take out the first guiding principle and consider other options besides building a community for older adults.</p>	
<p>III. Appointment of Board Members to BCHD Committees</p>	<p>Dr. Chun announced the following appointments of Board Members to the BCHD Community Health Committee: Vish Chatterji as chair and Dr. Michelle Bholat as second chair.</p> <p>Dr. Bholat and Mr. Chatterji concurred their appointments</p> <p>Dr. Chun announced the following appointments of Board Members to the BCHD Finance Committee: Jane Diehl as chair and himself as second chair.</p> <p>Ms. Diehl and Dr. Chun concurred their appointments</p> <p>Dr. Chun announced the following appointments of Board Members to the BCHD Policy Committee: Vish Chatterji as chair and</p>	<p>Ms. Chatterji concurred his appointment as chair and Dr. Bholat concurred her appointment as second chair to the Community Health Committee.</p> <p>Ms. Diehl concurred her appointment as chair and Dr. Chun concurred his appointment as second chair to the Finance Committee.</p> <p>Mr. Chatterji concurred his appointment as chair and Ms. Poster previously</p>

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	<p>Ms. Vanessa Poster as second chair.</p> <p>Mr. Chatterji concurred his appointments. Ms. Poster had previously concurred her appointment</p> <p>Dr. Chun announced the following appointments of Board Members to the BCHD Properties Committee: Himself as chair and Ms. Jane Diehl as second chair.</p> <p>Dr. Chun and Ms. Diehl concurred their appointments</p> <p>Dr. Chun announced the following appointments of Board Members to the BCHD Strategic Planning Committee: Ms. Jane Diehl as chair and Ms. Vanessa Poster as second chair.</p> <p>Ms. Jane Diehl concurred her appointment. Ms. Poster had previously concurred her appointment.</p> <p>Dr. Chun announced the following appointments of Board Members to the BCHD Ad-Hoc Mind Health Committee: Himself as char and Dr. Michelle Bholat as second chair.</p> <p>Dr. Chun and Dr. Bholat concurred their appointments</p>	<p>concurred her appointment as second chair to the Policy Committee.</p> <p>Dr. Chun concurred his appointment as chair and Ms. Diehl concurred her appointment as second chair to the Properties Committee.</p> <p>Ms. Diehl concurred her appointment as chair and Ms. Poster previously concurred her appointment as second chair to the Strategic Planning Committee.</p> <p>Dr. Chun concurred his appointment as chair and Dr. Bholat concurred her appointment as second chair to the Ad-Hoc Mind Health Committee</p> <p>It was Moved and Seconded (Chatterji/Bholat) to approve appointment of committee members. Dr. Bholat, Ms. Diehl, Dr. Chun and Mr. Chatterji voted yes. Ms. Poster was not present. Motion Carried</p>

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<p>IV. CEO Report</p> <p>A. Chief Executive Officer</p>	<p>Dr. Chun Invited Mr. Tom Bakaly, Chief Executive Officer, to address the Board of Directors</p> <p>Mr. Bakaly referred the Board to the written report.</p> <p>Mr. Bakaly highlighted the following:</p> <ul style="list-style-type: none"> • Recommending the board amend the guiding principles to reflect the evolution of the project • Launching study circles on specific topics like intergenerational programming and creating community gathering places • Reconvening the Community Working Group to help us take a broader look at the campus • Convened student mental health task force for the first time with roughly 45 community partners in attendance • Held two Families Connected Speaker Series events in partnership with three school districts and South Bay Families Connected with more than 600 people in attendance • Next speaker series event is on March 20th at Hermosa Valley High School • Honored to have Mr. Dan Witters here to share the 2017 findings from our bi-annual Well-Being Index survey in the Beach Cities • Nearing the launch date for our Healthy Minds Initiative and just awaiting approval from the Loma Linda University Medical Center Institutional Review Board • Special thanks to Ms. Kerianne Lawson and Ms. Melissa Andrizzi-Sobel and their staff for all their hard work on this initiative • Working on the 15 year financial plan and building a financial model the board will be able to look at to apply scenarios regarding different scenarios 	

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<p data-bbox="154 138 448 201">V. Program and Staff Reports</p> <p data-bbox="203 237 472 338">A. Gallup Poll Well Being Index (WBI)</p>	<p data-bbox="524 237 1117 300">Ms. Lauren Nakano. Director of Blue Zones Project, Invited Mr. Dan Witters to the Podium</p> <p data-bbox="524 338 1008 369">Ms. Nakano highlighted the following:</p> <ul data-bbox="574 373 1138 575" style="list-style-type: none"> • Enjoy having Mr. Witters come to speak since 2010/2011 • He is the Chief Science Officer for Gallup • Excited to hear about the results and to listen to his presentation <p data-bbox="524 646 997 678">Mr. Witters highlighted the following:</p> <ul data-bbox="574 682 1143 1887" style="list-style-type: none"> • Been with Gallup for 27 years • The Well-being index <ul style="list-style-type: none"> ○ High well-being means a life well-lived – all the things that are important to each of us, what we think about and how we experience our lives ○ Well-being is comprised of five interrelated and complimentary elements: Purpose, Social, Financial, Community and Physical • Methodology <ul style="list-style-type: none"> ○ 1,200 total completed surveys across the state of California ○ All outbound phone surveys, English and Spanish ○ 96%+ coverage of adult populations and geography confirmed by self-reported zip code • Beach Cities 2017 at a glance <ul style="list-style-type: none"> ○ Overall well-being unchanged; remains high ○ Obesity levels steady and less than half of the U.S. average ○ Depression is steady and low at 13.7% ○ High blood pressure and high cholesterol both statically significantly down and low ○ Purpose Well-being weakest link across all elements ○ Satisfaction with physical appearance remains below national levels 	

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	<ul style="list-style-type: none"> • Since 2010, Beach Cities has significantly outperformed the U.S. across 17 metrics • Beach Cities is strong across all elements except Purpose • Overall change in Beach Cities since 2015 mirrors U.S. • All 3 communities statistically unchanged since 2015 in well-being index score • California among 21 states to officially decline in Well-being index score in 2017 • Manhattan beach maintains edge in overall well-being; stress across all five elements • The Blue zones project nears or exceeds critical improvement benchmarks in the Beach Cities • Ease of movement – Biking/walking vs public transportation <ul style="list-style-type: none"> ○ Nearly one in five report improvement in ease of biking/walking since 2010 ○ One in six report improvement in ease of public transportation since 2010 • Big range in frequency of troubled sleeping – Manhattan Beach High and Hermosa half the rate • Unhealthy food consumption to deal with stress and difficult feelings highest in Hermosa • Smoking and alcohol consumption to deal with stress and difficult feelings highest in Hermosa • Desire to live and age in current community high across Beach Cities • Recommended areas for improvement in 2018-2019 include: Stress management, daily healthy eating • Setting and reaching goals, leaders engendering enthusiasm for the future, more accountability partners encouraging good health of one another, positive energy from family and friends, and impactful volunteerism <p>Ms. Diehl asked how difficult it was to get samples from the Beach Cities, to which Mr. Witters replied that it's harder than a national sample as it's harder to zero in on specific</p>	

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	<p>areas.</p> <p>Ms. Jackie Berling asked if there was any way of finding out what the sources of stress are, to which Mr. Witters responded that they model around it with other well-being metrics. He continued that they find that exercise, healthy eating and positive relationships are inversely related to stress.</p> <p>Dr. Bholat asked if we can choose one item to look at and focus on what it would be. Mr. Witters stated that he would choose having leaders deliver these messages: (1) well-being is important and part of our culture and will never ever go away, (2) have all of our leaders describe well-being with a consistent definition, (3) have leaders set policies inside the organizations on what food is being catered from, what expectations are in volunteerism and community events, (4) make people feel like they authentically care about their well-being, and (5) holistic well-being</p> <p>Ms. Rebecca James asked how they will differentiate between smokers of tobacco and smokers of marijuana, to which Mr. Witters stated that the Well-Bing index does not poll for this specifically, but does ask if people smoke.</p>	
B. Legal Council	Mr. Lundy reported that there was nothing to report.	
Healthy Living Campus Update	<p>Mr. Tom Bakaly highlighted the following:</p> <ul style="list-style-type: none"> • In the Study Session in January, we provided an update and the Board gave direction on staff taking a broader program look • One item discussed was the guiding principles • Staff suggested that based on what we were hearing from the community and experience over the last year, we suggested adding some which include: <ul style="list-style-type: none"> ○ Incorporate intergenerational programs and broad community benefits ○ Voluntarily and proactively mitigate structural risks ○ Pursue community partnerships ○ Integrate campus with surrounding community 	

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	<ul style="list-style-type: none"> ○ 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 <ul style="list-style-type: none"> • Staff feels these would be appropriate principles for the Board to consider <p>Mr. Bakaly invited Ms. Kerianne Lawson, Director of Life Span Services up to the podium to speak about how community services programming relates to the Healthy Living Campus and its goals.</p> <p>Ms. Lawson highlighted the following:</p> <ul style="list-style-type: none"> • In the Community Services department we have social workers and do assessments of seniors and senior adults across the three communities, and develop a care plan to support them in their home • Our care Managers are able to walk with people as their needs change over time • Average length of stay tends to be about 3-4 years but there are people who have been with us for 15 years • We see about 430 unduplicated people in any given month • We are concerned about the growing need in the community and our bandwidth to support that need <p>Dr. Chun commented that he liked the principle stating 'grow continuum of services to help older adults age at home' but it's something we would need to work on a little more. He continued that it's important to emphasize that what we are trying to develop is a center of excellence for older adults.</p> <p>Mr. Chatterji stated that we should think of grouping them into 3-5 principles at a higher level. Mr. Chun suggested having the Working Group work or Strategic Planning committee work on this.</p> <p>Mr. Geoff Gilbert stated that affordability is something that is not being heard in the</p>	

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	<p>discussion on the project and it's something that should be brought up.</p> <p>Ms. Rosanne Taylor stated that the last time the board met there was conversation about earthquake retrofit and how it could change the project, and now it comes back that this project is going to be built and she wants to clarify if this that is what is happening. Mr. Bakaly responded that we are looking at this in a very broad level and no decision has been made on what we will be moving forward with. Through the Community Working Group we will have several options on what this campus could be that will be brought back to the Board and to the community. Ms. Taylor wanted to clarify her question and ask if a new assisted living building would be built. Mr. Bakaly stated that this decision has not been made and we are working on a taking broader look at the project.</p> <p>Mr. Chun stated that with our Guiding Principles we are looking at redeveloping our campus. We have done preliminary investigations to retrofit the building and it is not financially viable since we would have to repair all systems for heating, plumbing, and HVAC while having the building occupied. We are probably going to do a multi-stage redevelopment because the campus needs to be redeveloped since it is not sustainable the way it is. Mr. Chatterji added that part of the reason to slow the project down is to take a look at what our 15 year outlook is and how do we continue to provide services to continue the mission. We are slowing down to take a much deeper look through a financial viewpoint, a community needs assessment viewpoint and local requests from community members. He continued that we are considering it all, so there are multiple options on the table.</p> <p>Dr. Chun added that not doing anything is not an option since it's not in sustainable and functional shape. Mr. Bakaly added that we will demonstrate the impacts of that and make sure the Board has that information from a financial standpoint. Ms. Diehl added that the questions will be answered with the 15 year financial plan because we need to be sustainable and Ms. Poster previously has said that we are looking at doing something that will hopefully last for</p>	

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	<p>another 50 years. She added that sometimes it's difficult for people to remember that without the money we cannot provide services, so we have to look forward on how it all fits together so we can continue to provide services because that is our mission.</p> <p>Ms. Rebecca James stated that in the last meeting, information was given about a possible earthquake retrofit and it sounds like now it is not possible to retrofit this building. At the last meeting it was stated that there was going to be a report from the engineers and asked if this report been received and considered by the board. Dr. Chun stated that we are working on the financial model which is something we will need if we do a stage-development of this property and how it will affect cash flow, what the cost would be and how we will stage that without having a significant impairment in our ability to provide services. Mr. Bakaly added that this is something we will be showing when we provide all the options to the Board that will connect to the financials. He continued that we are hopeful that we can bring all the options with financial costs in the next 6 to 9 months. Ms. James added that with conversations with state level employees, a LAFCO review could be requested if there is a plan to serve anyone outside of the boundaries of the district. She continued that those that are opposed would ask for a LAFCO review if they think this is going to happen.</p> <p>Mr. Bakaly stated regarding LAFCO, we can provide more information regarding this and invite a member from there to hear directly from them if needed.</p> <p>Dr. Bholat added that the next time we present anything regarding the project to the Board, we should have financials and options so people can see it. Dr. Chun agreed.</p>	
VII. Activity Break/Mindfulness	<p>Dr. Chun called for a break.</p> <p>Mr. Chatterji led the group in a mindfulness activity break.</p>	
VIII. Committee Reports		

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<p>3. Discussion and potential action item: Approval of new policy number 2070 for: Board Meeting Adjournment</p>	<p>Mr. Chatterji highlighted the following changes to the policy:</p> <ul style="list-style-type: none"> • Adjourning Board Meeting in honor or memory of someone and how it can be requested, its approval process and the creation of the certificate • It is something we have always done but now made a policy to for it <p>Ms. Mary Drummer stated that regarding the appointment of high school students they have been a real asset to the Community Health Committee. She added that it should be open to more student and to not limited to those already appointed. Mr. Chatterji stated that the policy just gives the possibility to reappoint to give the committee chairs the flexibility.</p> <p>Mr. Fred Manna stated that we meet 4 times a year and if a student misses because they are busy with personal or school related things, it may not be enough time spent in the committee, so this addition to the policy is not a bad thing.</p> <p>Dr. Chun stated that we can have a queue of potential students so the chairs can make a decision based on attendance, participation and if they want to reappoint or get someone new.</p> <p>Dr. Chun asked for the approval of revised Policy number 4050 for Micro-Enrichment grants, revised policy number 2220 for appointment of high school students for an additional year and new policy 2070 for Board meeting adjournment.</p>	<p>It was Moved and Seconded (Chun/Diehl) to approve revised Policy number 4050 for Micro-Enrichment grants, revised policy number 2220 for appointment of high school students for an additional year and new policy 2070 for Board meeting adjournment. Dr. Bholat, Ms. Diehl, Dr. Chun and Mr. Chatterji voted yes. Ms. Poster was not present. Motion Carried</p>

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	<p>Mr. Chatterji added that another discussed item was an advocacy request from Rod Uyeda, former Manhattan Beach Policy Chief, asking for support for social host policy in Redondo Beach. He invited Ms. Lawson to the podium to speak more on this request.</p> <p>Ms. Lawson highlighted the following:</p> <ul style="list-style-type: none"> • In our area there is a council formed by the LA County called the Prevention Community Council and they focus on policy issues. • We worked with them on social host ordinance that included local PTA's • Ms. Ali Steward, Director of Youth Programs sits on the committee • We are active is continuing the conversation and helping to frame effective ways to educate the community on pubic issues and possibilities so people can make informed choices • Both Manhattan and Hermosa Beach have Social Host Ordinances. Redondo Beach does not have one in place <p>Mr. Chatterji added that Ms. Uyeda was asking for support and felt that we are already in this conversation.</p>	
D. Properties Committee	Ms. Diehl reported that the properties committee has not met. The committee meets on an as needed basis.	
E. Ad-Hoc Mind Health Committee	Dr. Chun reported that The Ad-Hoc Mind Health Committee has not met. The committee meets on an as needed basis.	
F. Strategic Planning Committee	<p>Ms. Diehl reported that The Strategic Planning Committee has not met. The committee meets on a quarterly basis. The committee is scheduled to meet on Monday, March 5th, 2018 at 6pm at the 1200 Del Amo St Large Conference room.</p> <p>Mr. Bakaly Added that the strategic Development Half-Day will be on April 6th. At 8:30am.</p>	

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<p>IX. Consent Items</p> <p>1. Discussion and potential action item: Approval of minutes of the January 24th, 2018 Regular Meeting</p> <p>2. Discussion and potential action item: Approval of minutes of the January 24th, 2018 Special Meeting – Study Session</p> <p>3. Discussion and potential action item: Approve checks No. 69941 through 70197 totaling \$491,750.61 for accounts payable for the month of January 2018</p> <p>4. Receive and File: Minutes of the September 20th, 2017 Policy Committee Meeting</p>	<p>The Board reviewed the Minutes of the January 24th, 2018 Regular Meeting, minutes of the January 24th, 2018 special meeting – Study Session, and Checks No. 69941 through No. 70197, totaling \$491,750.61 for Accounts Payable for the month of January 2018 and the minutes of the September 20th, 2017 Policy Committee meeting.</p>	<p>It was Moved and Seconded (Diehl/Chatterji) to approve the Minutes of the January 24th, 2018 Regular Meeting, minutes of the January 24th, 2018 special meeting – Study Session, and Checks No. 69941 through No. 70197, totaling \$491,750.61 for Accounts Payable for the month of January 2018. Dr. Bholat, Ms. Diehl, Dr. Chun and Mr. Chatterji voted yes. Ms. Poster was not present. Motion Carried</p>
<p>X. Old Business</p>	<p>There was no old business.</p>	
<p>XI. New Business</p>	<p>There was no new business.</p>	
<p>XII. Board Member Reports</p>	<p>Mr. Chatterji reported that she attended:</p> <ul style="list-style-type: none"> • ACHD Leadership Event • Meeting with legislators 	

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	<ul style="list-style-type: none"> • Two nutrition trainings • Super Bowl judging • Ran the 5k • Policy Committee meeting • Redondo Beach State of the City • 1:1 with Tom <p>Ms. Poster was not in attendance.</p> <p>Dr. Bholat reported that she attended:</p> <ul style="list-style-type: none"> • ACHD Leadership Event • American Heart Association Meeting • UCLA Presentation <p>Dr. Chun reported that he attended:</p> <ul style="list-style-type: none"> • Policy Committee Meeting • 1:1 with Tom <p>Ms. Diehl reported that she attended:</p> <ul style="list-style-type: none"> • Judge for Super Bowl Contest • Redondo Beach State of the City • Manhattan Beach State of the City • Ethics Class training 	
XIII. Announcements/ Questions and Referrals to Staff	There were no announcements/questions and referrals to staff	
XIV. Adjournment	Dr. Chun moved to adjourn the meeting in the memory of Lester Silverman.	There being no further business, Dr. Chun Moved to adjourn the meeting in the memory of Lester Silverman. Meeting adjourned at 8:40 p.m.

The next Regular Meeting of the Beach Cities Health District Board of Directors is scheduled for Wednesday, March 28th, 2018 at 6:30 p.m. in the Beach Cities Room of the Beach Cities Health District, located at 514 N. Prospect Avenue, Redondo Beach, California