

**REGULAR MEETING  
BOARD OF DIRECTORS  
BEACH CITIES HEALTH DISTRICT  
June 27<sup>th</sup>, 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 6:34 p.m.

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

Members Not Present:

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

<b>AGENDA ITEM</b>	<b>DISCUSSION</b>	<b>ACTION OR FOLLOW-UP</b>
<b>I. Call to Order-Salute to the Flag</b>	Dr. Noel Chun opened the meeting and led the flag salute	
<b>II. Public Discussion</b>	Dr. Chun asked if any member of the public would like to address the Board on any issue not on the agenda.	
<b>III. BCHD Award Presentations</b>	<p>Ms. Ali Steward, Youth Services Director, highlighted the following:</p> <ul style="list-style-type: none"> <li>• Over the past year we convened a youth advisory council and some of the students are here tonight</li> <li>• These students have been active serving as advisors on health topics</li> </ul> <p>Ms. Steward invited Ms. Briana Baker up to the podium.</p> <p>Ms. Baker highlighted the following:</p> <ul style="list-style-type: none"> <li>• Thanks Ali and Shana for assisting in achieving health and wellness goals</li> <li>• Created a club called Stress Less at school helping students managing stress in daily lives</li> <li>• Created a speaker night titled “Are We There Yet” talking about the vagueness of the future and not knowing what college and future would be like</li> </ul>	

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	<p>Ms. Steward invited Ms. Claire Haddad up to the podium.</p> <p>Ms. Haddad highlighted the following:</p> <ul style="list-style-type: none"> <li>• Thank BCHD for the opportunity being on the Youth Advisory Council</li> <li>• Spoke about how social media takes a major impact on teen lives</li> <li>• Spoke about the topics of marijuana and drugs and also touched on the topic of stress</li> </ul> <p>Ms. Steward added that she is looking forward to many great things to come from this group of teens.</p>	
<b>Adjournment</b>	<p>This item was taken out of order.</p> <p>Dr. Chun stated that since we have the Ms. Gila Katz, wife of Mr. Julian Katz present, we would read a memorial honoring the memory of Mr. Julian Katz.</p> <p>Ms. Katz highlighted the following:</p> <ul style="list-style-type: none"> <li>• Julian was very special man</li> <li>• Thank BCHD for honoring him as he really loved and appreciated BCHD</li> <li>• Was very dedicated in educating kids and people on Bike safety</li> <li>• He bicycled everywhere</li> </ul> <p>Ms. Poster stated that the first time he met Mr. Kats was because he had an item connected to his glasses. She continued that he was always an advocate and was always on duty and he was a fixture at the gym and the committees.</p>	
<p><b>IV. Beach Cities Health District Staff Recognition</b></p> <p><b>Five Year Anniversaries:</b></p> <p><b>Mishell Balzer, Youth Services</b></p>	<p>Ms. Ali Steward highlighted the following:</p> <ul style="list-style-type: none"> <li>• Great Example of creating a healthy beach community</li> <li>• Mentored the garden angels</li> <li>• Awarded Integrity Award this past spring</li> </ul>	



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	<ul style="list-style-type: none"> <li>• Mosquito life cycle spans 7 days from egg to larva to pupa to an adult</li> <li>• Integrated Vector Management includes: <ul style="list-style-type: none"> <li>○ Source reduction</li> <li>○ Biological Control</li> <li>○ Pesticide Control</li> <li>○ Surveillance</li> <li>○ Education &amp; Outreach</li> </ul> </li> <li>• Mosquito Borne-disease come from sentinel chickens and dead birds</li> <li>• The California Department of Public Health will contact vector control to pick up ant dead birds to submit for testing</li> <li>• Sentinel Chickens can have the West Nile Virus, St. Louis Encephalitis and Western Equine Encephalomyelitis</li> <li>• Wild birds serve as the reservoir hosts for West Nile Virus</li> <li>• Approximately 80% of people who are infected with West Nile Virus will not show symptoms</li> <li>• The 5 D's of defense <ul style="list-style-type: none"> <li>○ Drain – remove standing water on your property</li> <li>○ Deny – install tight-fitting screens on windows and doors</li> <li>○ Dawn &amp; Dusk – avoid spending time outside at dawn &amp; dusk</li> <li>○ Dress – wear long pants and long sleeve shirts</li> <li>○ DEET – use an insect repellent spray</li> </ul> </li> <li>• Look for anything that can hold water for more than 3 days</li> <li>• Zika Virus is a mosquito-borne illness that may be linked to serious birth defects</li> </ul> <p>Ms. Poster asked if our risk is significantly less than the chart shows based on cases of death from the dead birds, to which Mr. Saviskas replied yes, it's significantly less.</p> <p>Mr. Saviskus continued:</p> <ul style="list-style-type: none"> <li>• There are traps we use to trap mosquitos where a fan sucks them into a bag that keeps them alive</li> </ul> <p>Ms. Poster asked if these are distributed into our areas to which Me. Saviskus replied yes, but they do not like to give out the actual site as</p>	

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	<p>they have been vandalized before. He continued that there is one of these traps in each of the 3 Beach Cities and there are weekly reports on each of these that the state gets. Ms. Poster asked if these weekly reports are public documents, to which Mr. Saviskus replied that he's pretty sure they can be requested from the state.</p> <p>Mr. Saviskas continued that they are going through the districts and surveying and expecting the houses to see if they don't have Aedes Mosquitis. Ms. Poster asked how they are conducting the survey to which Mr. Saviskas replied that they have people conducting the survey. Ms. Poster asked is there is a written report anywhere to which Mr. Saviskas replied it is updated on their website every week. He continued that staff goes out to place door-hangers and then go back to collect the surveys and this gets more cooperation from people.</p> <p>Ms. Poster asked how long it takes to survey each section shown on the Presentation and how many staff they have for this. Mr. Saviskas responded that they put aside 2 people that do this every day to place door hangers in the houses.</p> <p>Ms. Poster asked if we can know when they are doing work in these communities because BCHD can help increase awareness and we can potentially assist with getting volunteers help in putting up door hangers.</p> <p>Ms. Diehl asked if they can somehow incorporate the phone number regarding picking up the Dead Birds on the pamphlet as it is not located on it.</p> <p>Dr. Bholat asked when they send in information, how is the state reporting back and its length time, to which Mr. Saviskas replied that they are very good in getting back, getting information back within 4-5 days.</p> <p>Dr. Bholat added that having a report on the methodology on the door hangers and its process should be written down for the people if they have questions on their methodology.</p>	

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	<p>Dr. Chun added that we can potentially add links on the BCHD Website to their site to obtain this information.</p> <p>Ms. Poster added that staff should add a follow up to the policy committee on whether or not to write a letter Redondo Beach and Hermosa Beach encouraging them to appoint people to their board so we can have local representation</p>	<p>Ms. Poster asked that staff should add a follow up to the policy committee on whether or not to write a letter Redondo Beach and Hermosa Beach encouraging them to appoint people to their board so we can have local representation</p>
<p><b>Activity Break/Mindfulness</b></p>	<p>This Item was taken out of order.</p> <p>Ms. Poster asked if we could take this item out of order to have a quick break.</p> <p>Ms. Ali Steward, Director of Youth Services led the group in a mindfulness activity break.</p>	
<p><b>VI. CEO Report</b></p> <p><b>A. Chief Executive Officer</b></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"> <li>• On June 13, BCHD convened more than 60 residents, health experts, students, parents, school representatives and community leaders, representing 18 different community organizations and groups, for a study circle on intergenerational programming ideas related to the Healthy Living Campus project.</li> <li>• Participating organizations ranged from the Office of Senator Ben Allen, the three school districts and three cities to neighboring residents, parents and students.</li> <li>• The board was sent a comprehensive recap of the intergenerational study circle findings and materials. The next</li> </ul>	

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	<p>study circle will be held August 1 on creating community gathering spaces.</p> <ul style="list-style-type: none"> <li>• The input and findings from these study circles will help inform the design concepts that we will be bringing to the board in the coming months.</li> <li>• Tonight, you will be getting a full update on our Youth Services Department</li> <li>• The obesity decline in Redondo Beach elementary schools has been getting a lot of attention in the news and on social media, where the video we showed you at our last meeting has racked up nearly 22,000 views on Facebook.</li> <li>• Happy to report that applications for our community committees hit an all-time high this past round. We received 21 adult applications and 21 youth applications, which is fantastic. All three cities and school districts are well represented in the applicant pool as well.</li> <li>• The agreement with the City of Redondo Beach regarding the pilot project for worksite wellness will be considered by the City Council on July 17, 2018.</li> <li>• We had a productive two-day meeting with Sharecare and Blue Zones. We discussed the nature of our relationship and how we move forward to address mental health and happiness. We will be meeting with them over the next few months as we address our contract with the two of them that expires in October.</li> </ul>	
<p><b>VII. Program and Staff Reports</b></p> <p><b>A. Youth Services</b></p>	<p>Mr. Tom Bakaly invited Ms. Ali Steward, Director of Youth Services, up to the Podium</p> <p>Ms. Steward highlighted the following:</p> <ul style="list-style-type: none"> <li>• Introduced the Youth Services Team</li> <li>• Youth Services priorities include, (1) Nutrition &amp; physical activity, (2) Mindfulness, Social-Emotional Learning &amp; Stress Reduction, (3) Bullying Prevention, (4) Substance Use</li> </ul>	

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	<p>Prevention, and (5) Support of evidence-based tobacco policies</p> <ul style="list-style-type: none"> <li>• BMI trends in RBUSD is at 6.4% where the national rate is at 18.5%</li> <li>• Key indicators for the State of youth Health include Mental Health, Substance use and Bullying</li> <li>• Mental Health: Up to 45% of 11<sup>th</sup> graders reported missing school due to not getting enough sleep in the past 30 days</li> <li>• Alcohol &amp; Drug Use: % of students that report using alcohol or drugs in the past 30 days nearly doubles between 9<sup>th</sup> and 11<sup>th</sup> grade</li> <li>• Bullying: 38% reported experiencing harassment or bullying within the past 12 months</li> <li>• On Walk to School Day, students, principals, elected officials and law enforcement escorted children safely to school. More than 3,000 students across the Beach Cities participated that day.</li> <li>• Save the date for Walk to School Day 2018: Wednesday, Oct. 10.</li> <li>• On Bike to School Day, held each May, we promoted the Streets for All campaign to raise awareness of active transportation and safety.</li> <li>• And this year, thanks to long-time BCHD partner, Beach Cities Cycling Club, a new bicycle safety education program was rolled out at all Redondo Beach elementary schools. More than 4,000 students participated in the bicycle and pedestrian education program this year.</li> <li>• Our garden programs continue to evolve, and grow. Every student in Hermosa Beach is now receiving garden education. New this year, we partnered with Palos Verdes School Gardens to launch the first-ever middle school garden program. The curriculum was hands on, interactive and truly embodied an edible schoolyard.</li> <li>• In Redondo Beach, the LiveWell Kids program continues to thrive.</li> <li>• The programs are supported by more than 400 parent volunteers as well as 20 garden angels who make sure the</li> </ul>	



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	<p>gardens are in tip-top shape, even when school is not in session.</p> <ul style="list-style-type: none"> <li>• The Alliance for a Healthier Generation’s Healthy Schools Program is one of the nation’s largest school-based childhood obesity prevention initiatives. This year, all 12 Redondo Beach schools were recognized for their efforts to create healthier environments for students, staff and families.</li> <li>• We supported more than 100 school health events, including yoga for teachers led by an instructor from the Center for Health &amp; Fitness and the AdventurePlex inflatable for school celebrations.</li> <li>• We know that substance use can sometimes be a symptom of other underlying stress and pressure. We worked with MBMS to bring in 15 local mental health providers to help support substance use prevention education and engagement for every 8<sup>th</sup> grader.</li> <li>• Our partnership with South Bay Families Connected continues to grow. More than 3,000 parents attended the Families Connected Speaker Series &amp; other events.</li> <li>• 180 community leaders came together to have a community conversation on student mental health and well-being at the Student Stress &amp; Substance Use Summit. Students shared their perspectives on stress and pressure.</li> </ul>	
<b>B. Legal Council</b>	Mr. Lundy reported that there was nothing to report.	
<b>VII. Committee Reports</b>		
<b>A. Community Health Committee</b>	<p>Mr. Chatterji reported that the Community Health Committee met on Thursday, June 14<sup>th</sup>, 2018. The following items were on the agenda:</p> <ul style="list-style-type: none"> <li>• Presentation and Discussion Item: Adult Lifespan Focus on Social Emotional Learning, Mindfulness and Stress Reduction Healthy Priority</li> <li>• Presentation and Discussion Item: Community Health Snapshot Implementation Plan 2018</li> </ul>	

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<p>1. <b>Discussion and Potential Action Item:</b>  <b>Reappointment of Community Committee Members to the Community Health Committee</b></p>	<p>Mr. Chatterji asked for a motion to approve the reappointment of community committee members to the community Health Committee.</p>	<p>It was <b>Moved and Seconded</b> (Bholat/Poster) to approve the reappointment of community committee members to the community Health Committee. Dr. Bholat, Ms. Diehl, Dr. Chun Ms. Poster and Mr. Chatterji voted yes.  <b>Motion Carried</b></p>
<p><b>B. Finance Committee/ Treasurer's Report</b></p> <p>1. <b>Discussion and Potential Action Item:</b>  <b>Recommend Approval of BCHD Investment Policy, Policy Number: 6110 Investment Policy</b></p> <p>2. <b>Discussion and Potential Action Item:</b>  <b>Reappointment of Community Committee Members to the Finance Committee</b></p>	<p>Ms. Diehl reported that the Finance Committee has not met. The next scheduled meeting is set for Monday, July 9<sup>th</sup>, 2018 at 6:00pm at 1200 Del Amo st.</p> <p>Ms. Suua highlighted the following:</p> <ul style="list-style-type: none"> <li>• Met last year for this and reviewed in the Finance Committee</li> <li>• One change was updated per government codes and another was edits to improve clarity and consistence</li> </ul> <p>Ms. Diehl asked for a motion to approve BCHD Investment Policy, Policy Number: 6110 Investment Policy.</p> <p>Ms. Diehl asked for a motion to approve the reappointment of community committee members to the Finance Committee.</p>	<p>It was <b>Moved and Seconded</b> (Poster/Bholat) to approve BCHD Investment Policy, Policy Number: 6110 Investment Policy. Dr. Bholat, Ms. Diehl, Dr. Chun Ms. Poster and Mr. Chatterji voted yes.  <b>Motion Carried</b></p> <p>It was <b>Moved and Seconded</b> (Diehl/Poster) to approve the reappointment of community committee members to the Finance Committee. Dr. Bholat, Ms. Diehl, Dr. Chun Ms. Poster and Mr. Chatterji voted yes.  <b>Motion Carried</b></p>

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<b>C. Policy Committee</b>	Mr. Chatterji reported that The Policy Committee has not met. The committee is scheduled to meet on Monday, July 30 <sup>th</sup> , 2018 at 10am at 1200 Del Amo St.	
<b>D. Properties Committee</b>	The Properties Committee has not met. The committee is scheduled to meet on Monday, July 9 <sup>th</sup> , at 5:00pm at 1200 Del Amo St.	
<b>E. Ad-Hoc Mind Health Committee</b>	Dr. Chun reported that The Ad-Hoc Mind Health Committee has not met. We are polling the committee chairs for a July 2018 meeting.	
<b>F. Strategic Planning Committee</b>  <b>1. Discussion and potential Action Item: Reappointment of Community Committee Members to the Strategic Planning Committee</b>	<p>Ms. Diehl reported that The Strategic Planning Committee has not met. The next meeting is scheduled to meet on Monday, August 6<sup>th</sup>, 2018 at 6:00pm at 1200 del Amo St.</p> <p>Ms. Diehl asked for a motion to approve the reappointment of community committee members to the Strategic Planning Committee.</p>	<p>It was <b>Moved and Seconded</b> (Bholat/Chatterji) to approve the reappointment of community committee members to the Strategic Planning Committee. Dr. Bholat, Ms. Diehl, Dr. Chun Ms. Poster and Mr. Chatterji voted yes. <b>Motion Carried</b></p>
<b>IX. Consent Items</b>  <b>1. Discussion and potential action item: Approval of minutes of the May 23<sup>rd</sup>, 2018 Regular Meeting</b>	<p>Ms. Diehl asked that each of these items be voted on separately.</p> <p>The Board reviewed the Minutes of the May 23<sup>rd</sup>, 2018 Regular Meeting.</p> <p>Mr. Chatterji noted a minor typo in the minute. Ms. Poster stated that she noticed and had emailed Mr. Charlie Velasquez, Executive Assistant to the CEO to correct it, prior to the meeting.</p>	<p>It was <b>Moved and Seconded</b> (Poster/Chun) to approve the Minutes of the May 23<sup>rd</sup>, 2018 Regular Meeting. Dr. Bholat, Dr. Chun Ms. Poster and Mr. Chatterji voted yes. Ms. Diehl abstained <b>Motion Carried</b></p> <p>It was <b>Moved and Seconded</b> (Poster/Diehl)</p>

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<p><b>2. Discussion and potential action item:</b>  <b>Approve checks No. 70555 through 70963 totaling \$347,762.71 for accounts payable for the month of May 2018</b></p>	<p>The Board reviewed Checks No. 70555 through No. 70963, totaling \$347,762.71 for Accounts Payable for the month of May 2018</p>	<p>to approve Checks No. 70555 through No. 70963, totaling \$347,762.71 for Accounts Payable for the month of May 2018  Dr. Bholat, Ms. Diehl, Dr. Chun Ms. Poster and Mr. Chatterji voted yes.  <b>Motion Carried</b></p>
<p><b>X. Old Business</b></p>	<p>There was no old business.</p>	
<p><b>XI. New Business</b></p>	<p>There was no New Business</p>	
<p><b>XII. Board Member Reports</b></p>	<p>Mr. Chatterji reported that she attended:</p> <ul style="list-style-type: none"> <li>• Youth summit</li> <li>• Meeting with Tom</li> <li>• Manhattan Beach Wine Option</li> <li>• Meeting with Council Member Todd Lowenstein</li> <li>• Community Health Committee Meeting</li> <li>• Redondo Beach Chamber Dinner</li> <li>• Blue Zones Project Meeting</li> <li>• Son's 5<sup>th</sup> grade promotion</li> </ul> <p>Ms. Poster reported that she attended:</p> <ul style="list-style-type: none"> <li>• ACHD Meetings</li> <li>• Redondo Beach Leadership</li> <li>• Meeting with Tom</li> <li>• Chamber Meeting</li> </ul> <p>Dr. Bholat reported that she attended:</p> <ul style="list-style-type: none"> <li>• Meeting with Tom</li> <li>• Volunteer Brunch</li> <li>• ACHD Group</li> </ul> <p>Ms. Diehl reported that she attended:</p> <ul style="list-style-type: none"> <li>• Redondo Beach Round Table</li> <li>• Chamber Dinner</li> <li>• Meeting with Tom</li> </ul> <p>Dr. Chun reported that he attended:</p> <ul style="list-style-type: none"> <li>• Volunteer Brunch</li> <li>• Finance Committee</li> <li>• Meeting with Tom</li> </ul>	

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<b>XIII. Announcements/ Questions and Referrals to Staff</b>	There was no Announcements/Questions and Referrals to staff.	
<b>XIV. Adjournment</b>	Dr. Chun moved to adjourn the meeting.	There being no further business, Dr. Chun <b>Moved</b> to adjourn the meeting. Meeting adjourned at 9:30 p.m.

The next Regular Meeting of the Beach Cities Health District Board of Directors is scheduled for Wednesday, July 25<sup>th</sup>, 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