

**REGULAR MEETING
BOARD OF DIRECTORS
BEACH CITIES HEALTH DISTRICT
April 25th, 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 6:31 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

AGENDA ITEM	DISCUSSION	ACTION OR FOLLOW-UP
I. Call to Order-Salute to the Flag	Dr. Noel Chun opened the meeting and Asked Mr. Tom Bakaly to lead the salute to the flag.	
II. Public Discussion	Dr. Chun asked if any member of the public would like to address the Board on any issue not on the agenda. Mr. Steve Collins stepped up to the podium. Served on the Board of Directors for the South Bay Bicycle Coalition since 2011. Here representing Bike Share being in the Beach Cities. Bike Share is a bike rental company. San Diego tried Bike Share and city council repealed Bike Share and asked for the removal of it from the coastal areas as it was cannibalizing their existing bike rentals. Bike share is something worth preserving because it's a model that can be geo-fenced and is recommended by experts but hasn't been advanced in the Beach Cities.	
III. CEO Report A. Chief Executive Officer	Dr. Chun Invited Mr. Tom Bakaly, Chief Executive Officer, to address the Board of Directors Mr. Bakaly referred the Board to the written report.	

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	<p>Mr. Bakaly highlighted the following:</p> <ul style="list-style-type: none"> • Spirit of Wellness was a great success with more than 150 people in attendance • Strategic Planning was very helpful in sharing direction of BCHD as we approach the next three-year health priority planning cycle, beginning to solidify the district's identity and hone the project pillars and guiding principles for the healthy Living Campus • Per board direction staff has refined and condensed the guiding principles into three project pillars with two guiding principles under each making it more streamlined and digestible • Teen Mental Health & Substance Use prevention Summit on May 24th with former U.S. congresswoman and substance use prevention advocate Mary Bono will be the keynote speaker • BCHD was awarded \$5,000 grant from the LA County Department of Mental Health to help fund the summit. • More than 400 people, including all three superintendents attended the Families Connected Parent Resource Expo on April 17 • BCHD received an award at the national Blue Zones Summit for helping reduce the smoking rate in the Beach Cities by 36% since 2010 • May is national healthcare district month 	
V. Program and Staff Reports A. Center for Health and Fitness	<p>Mr. Tom Bakaly invited Ms. Cindy Foster, General Manager of Center for Health & Fitness and AdventurePlex, to the Podium</p> <p>Ms. Foster highlighted the following:</p> <ul style="list-style-type: none"> • There are 2,263 Center for Health & Fitness fee-paying members and class participants • We average 13,500 visits each month and more than 6,662 personal training sessions per year • In the month of March, our visits swelled to 14,985 	

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	<ul style="list-style-type: none"> • CHF cares about the older adult population in our community • Silver & Fit and Silver Sneakers programs make up our fastest growing membership demographic and now make up 38% of our membership base • Of our 2,263 current active members, 84% are age 55 or older including 72 members older than 85 and 14 in their 90s • Paul Senior is 73 years old and has weekly Personal Training with Derek and takes group exercise and yoga classes and was the 2016 Spirit of Wellness honoree • We had 285 active Silver members back in January 2013 which amounted to a little less than \$6,000 in revenue that month and has grown to 711 members in February 2018 earning us \$13,764 in revenue • For every swipe of Silver Sneakers members, up to 7 swipes a month we get \$3.00 from Healthways. • With Silver & Fit, its covered by wide variety of insurance programs giving us \$4.00 a month for up to 10 swipes for members • National Senior Health & Fitness Week is happening at the end of May and it's the 25th anniversary • CHF will become California's first and only Certified Medical Fitness Center and we are currently at 75% complete on the guidelines • In partnership with Providence Little Company of Mary we have the Cardiac Exercise Program • Successfully implemented the Medical Exercise Training that includes 6 sessions over a month with 1 hour lecture and 1 hour exercise sessions • Launched the Check. Change. Control program in partnership with American Heart Association and overall it was a positive partnership and we intend to continue pursuing this fall • We stay active in the community by partnering with Blue Zones Events highlighting CHF and promote BCHD's wide array of programs and services • The past few years we participated in 	

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	<p>the free fitness weekends with local fitness centers and we plan to offer the Beach Cities Free Fitness Series again this summer with Mindful Yoga in Manhattan Beach and Zumba in the Park in Redondo Beach.</p> <ul style="list-style-type: none"> • Highlighted a video of Mr. Rick Rasnick, a shining example of the positive spirit that we strive to maintain at CHF 	
B. Worksite Wellness Pilot Program	<p>Mr. Tom Bakaly invited Ms. Lauren Nakano, Director of Blue Zones Project and Ms. Sogia Thach, Purpose and Engagement Coordinator, to the podium.</p> <p>Ms. Nakano and Ms. Thach highlighted the following:</p> <ul style="list-style-type: none"> • We present five reasons to consider employee wellness programs. <ul style="list-style-type: none"> ○ 1. Healthy, active employees incur lower health costs ○ 2. Employees who take advantage of wellness are more productive ○ 3. Physically active employees are healthier ○ 4. Wellness programs inspire important behavior changes ○ 5. Small business owners may be able to take advantage of tax incentives for workplace wellness programs • District began wellness programming in 2006 with “Wellness Wednesdays” – nutrition and fitness • A little over a year ago, we added a wellness platform, powered by CoreHealth that gives the District the ability to scale and expand our wellness program. The features of this online platform allows BCHD to implement and track: bio-metric, HRA-health risk assessment, reporting, year-over-year measurement, and engagement via gamification • Automation has taken our worksite wellness program to the next level. • This year, BCHD was able to test this more comprehensive model with our own employees • The program challenges are designed 	

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	<p>to offer continuous programming and employee engagement over the course of a year with each challenge being 6-8 weeks in length.</p> <ul style="list-style-type: none"> • Because the challenges are created around the elements of well-being and are in support of the District's established health priorities, we have both structure and flexibility. • Gave an overview of the CoreHealth website • The reporting capabilities allow us to track industry-recognized benchmarks of success such as: Participation rates and Year-after-year Health Risk Assessment results • Went over examples of Winter challenge and upcoming Spring challenge • With this comprehensive model tested with our team ourselves and the infrastructure, like Corehealth, in place we are excited to find a committed partner to pilot this program externally and we are currently in talks with the City of RB. • During the 18-month pilot project period, the District is willing to provide its services without charge, provided its out-of-pocket costs and personnel costs are reimbursed by the City. Phases include: <ul style="list-style-type: none"> ○ Phase 1 - Identify stakeholders, understand organizational structure, understand existing culture (wellness readiness), and understand communication channels. ○ Phase 2 – Establish wellness committee & timeline, Corehealth site setup, communication rollout plan, kickoff strategy. ○ Phase 3 – Program roll-out, staff engagement, results of HRA (aggregate) used in programming, begin 1st challenge. ○ Phase 4 - Implement quarterly challenges – healthy eating, mindfulness, physical & social well-being, and financial well- 	

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	<ul style="list-style-type: none"> ○ being. ○ Phase 5 – Program Measurement and Evaluation – Examine metrics selected by the City (participation, HRA results, pre-post evaluation, culture survey). 	
C. Legal Council	Mr. Hatch reported that there was nothing to report.	
VI. Activity Break/Mindfulness	<p>Dr. Chun called for a break.</p> <p>Ms. Ali Steward, Director of Youth Services led the group in a mindfulness activity break.</p>	
VII. Committee Reports		
A. Community Health Committee	Dr. Bholat reported that the Community Health Committee has not met. The committee chairs will be polled for the next meeting in June 2018	
B. Finance Committee/Treasurer's Report	Ms. Diehl reported that the Finance Committee has not met. The next scheduled meeting is set for Monday, May 14 th , 2018 at 6:00pm at 1200 Del Amo St.	
C. Policy Committee	<p>Mr. Chatterji reported that The Policy Committee met on Tuesday, April 3rd at 2:00pm at 1200 Del Amo St. The following items were on the Agenda:</p> <ul style="list-style-type: none"> • Discussion and potential action item: Revised Policy Number 2100 for: Board Meeting Conduct • Discussion Item: Consideration of advocacy letter to AQMD regarding the use of modified hydrofluoric acid in local refineries <p>The Committee recommended bringing the Revised Policy Number 2100 for: Board Conduct and the Advocacy letter to AQMD regarding the use of modified hydrofluoric acid in local refineries to the board for approval</p> <p>Public Comment was made in regards to an issue with Los Angeles West Vector Control District. Staff was asked to contact the local representatives of the LA West Vector Control</p>	

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<p>1. Discussion and potential action item: Recommend approval of revised policy number 2100 for: Board meeting Conduct</p>	<p>District to ask for an update on mosquito abatement. Staff was also asked to put info on the mosquito issues on the website and in the Live Well Magazine</p> <p>Mr. Chatterji highlighted the following:</p> <ul style="list-style-type: none"> The policy change regards to how to contain time during meetings while not limiting free speech, the public's right to comment, how best to maintain decorum and limiting the conversation if it's not directly within and related to the District's jurisdiction <p>Dr. Chun asked what the consensus was with managing the time to which Mr. Chatterji replied that it is up to the board member that asked the question to manage that time.</p> <p>Dr. Bholat added that in many public boards one does not engage in conversation or ask questions, but listen and reply with the CEO or staff will follow up with you.</p> <p>Ms. Poster added that we need to be careful not to deliberate on items not on the agenda. She agreed with Dr. Bholat about saying thank you and refer to staff to follow up.</p> <p>Mr. Chatterji recommended the approval of revised policy number 2100 for: Board Meeting Conduct.</p> <p>Ms. Diehl asked if we can get a legal opinion on how this is under the Brown Act. Mr. Hatch stated that the important thing is to stick to what's on the agenda and not deliberate on items not on the agenda. He continued that asking for clarification is ok without starting a discussion or starting a deliberation</p> <p>Mr. Chatterji asked Ms. Jacqueline Sun, Community Policy Analyst up to the podium to speak on the advocacy letter:</p> <p>Ms. Sun highlighted the following:</p> <ul style="list-style-type: none"> Letter for Advocacy opposing the use of MHF at the Torrance Refinery In 2015 there was an explosion at the 	<p>Upon Board discussion it was recommended to staff to get legal review before bringing back to the Board for approval.</p>

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<p>Recommend approval of letter of support to the AQMD Board of Directors opposing the use of MHA at the Torrance refinery</p>	<p>Torrance Refinery where a large piece of debris missed hitting a tank filled with Modified Hydrofluoric Acid</p> <ul style="list-style-type: none"> • It's used to refined crude oil into high octane gasoline which can be highly volatile • The health impact it can burn the skin, do into deep layers of tissues and damage bone and if inhaled it can damage lung tissues. Significant exposure can be lethal • Has gone to the LA County of Supervisors where Dr. Barbara Ferrer testified that there were significant environmental and health impacts • Upon accidental release of MHA at the Torrance Refinery, it could affect up to 250,000 residents of a radius of 3.2 miles of serious health impact. • There are 2 refineries in the state that use MHA. • The Board of AQMD has undergone a rule making process called Proposed Rule 1410 would be looking at modified Hydrofluoric acid and put together a working group to look into this • The recommendations from staff to AQMD board is unknown to us but it's assumed that it's a combination of banning of phase out of MHA use or increasing safety. • All three Beach City councils passed writing a letter in support of banning MHA <p>Dr. Chun stated that he understands there are concerns but could not find any civilian injuries while conducting research. Ms. Sun stated that there have been leaks in South Korea in 2015 where it killed 5 people and 3,000 were sent to the hospital. In the 1980's in Texas there were over 1,000 people sent to the hospital from an exposure, but there were no fatalities. Dr. Chun continued that he feels we do not know enough about this to take an advocacy position and it is in Torrance, not in the Beach Cities. Dr. Chun asked if we knew how the City of Torrance felt about this issue to which Ms. Sun replied that Torrance decided not to support a ban but to increase mitigation and safety procedures and follow what the working group is recommending.</p>	

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	<p>Mr. David Poster stated that accidents do happen and gave the example of Deepwater Horizon. He continues that the local unions are in danger. There were millions spent on safety measures and it still occurred. He is asking the Board to consider signing the support of the letter opposing MHF at the Torrance refinery.</p> <p>Mr. Chatterji stated that we need to look at what is being used in the refinery because when it spills it spreads and does not stop at the boarder of Redondo Beach, which should be something of concern as it's a risk that has been identified at a city and state level.</p> <p>Ms. Poster reminded everyone that this is a supermajority vote and requires 4 out of 5 votes from the Board for approval.</p> <p>Dr. Chun added that this is not our issue, it's not in the Beach Cities, we do not know much about the refinery business, it will cost the refinery about 100 million dollars and thousands of truckloads of sulfuric acid to replace and there may be mitigation issues short of banning it and we can burn up political capital.</p> <p>Dr. Bholat stated that her biggest concern is that she wants to be clear that we send out the right message and agrees with Dr. Chun that we do not know enough of this issue. She continued that she is in support of this, but when we send out messages like this, we should manage this correctly with the use of wording. Dr. Bholat asked if we can read into the record the transcript of what Dr. Barbara Ferrer said to the Board of Supervisors.</p> <p>Dr. Ferrer's transcript:</p> <p>Again depending upon the exposure, it comes into contact, either you can inhale it, you can ingest it, or it can come into exposure with your skin. Acute symptoms could include irritation to your eyes, your skin, your nose, your throat. You could get pulmonary edema. You could get burns. Skin burns. You could get bronchitis. You could have severe pulmonary reactions and if it was released in a community</p>	

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	<p>accidentally, you would have significant environmental and health impacts and again the level of exposure would determine how serious those were. But just because it's modified hydrofluoric acid doesn't change the toxicity once a person comes into contact with either hydrofluoric acid or modified hydrofluoric acid.</p> <p>Ms. Diehl stated that she is not an expert on the subject nor does she know what experts would say, but mitigation can be a possibility.</p> <p>Dr. Bholat read the last line of the letter of support and is concerned with the wording. She states that she is in support of this but we need to be careful of the wording. She recommended taking the word "gravely" out. Ms. Poster also asked to correct the typo in the last sentence and for the letter to come from the President Pro Tem and not the President.</p> <p>Ms. Poster recommended the approval of letter of support with 3 corrected changes to the AQMD Board of Directors opposing the use of MHF at the Torrance refinery.</p> <p>Mr. Chatterji also added that there was a discussion on the West Vector Control. Mr. Bakaly added that staff was asked for a report to the board from the West Vector Control and they will be coming in June for an update.</p>	<p>It was Moved and Seconded (Poster/Diehl) to approve letter of support with 3 corrected changes to the AQMD Board of Directors opposing the use of MHF at the Torrance refinery.</p> <p>Dr. Bholat, Ms. Diehl, Ms. Poster and Mr. Chatterji voted yes. Dr. Chun voted no.</p> <p>Motion Carried</p>
D. Properties Committee	<p>The Properties Committee has not met. The committee meets on an as needed basis.</p> <p>Mr. Bakaly spoke to both committee chairs about the following agenda item:</p> <ul style="list-style-type: none"> • Approval to award a contract to diversified Thermal Services, Inc., the lowest bidder under CUPCCAA bid process in the amount of \$111,379 for 	

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	<p>upgrades to the air conditioning system at 1200 Del Amo St., Redondo Beach</p> <p>Both committee chairs recommended bringing the contract for Board consideration and approval.</p> <p>Dr. Chun asked Mr. Leslie Dickey, Executive Director of Real Estate, up to the podium.</p> <p>Mr. Dickey highlighted the following:</p> <ul style="list-style-type: none"> • Staff obtained bids under CUPCCAA to upgrade the air conditioning system at 1200 Del Amo St offices • Staff seeks approval to award it to the lowest bidder, Diversified Thermal Services, Inc. in the amount of \$111,379 for this work • He construction includes the installation of five split system heat pumps, associated electrical system upgrades and changes to the existing duct work • Under the lease agreements we are responsible for these upgrades • The money is already allocated and the board is just approving <p>Dr. Chun recommended approval to award a contract to diversified Thermal Services, Inc., the lowest bidder under CUPCCAA bid process in the amount of \$111,379 for upgrades to the air conditioning system at 1200 Del Amo St., Redondo Beach</p>	<p>It was Moved and Seconded (Diehl/Bholat) approval to award a contract to diversified Thermal Services, Inc., the lowest bidder under CUPCCAA bid process in the amount of \$111,379 for upgrades to the air conditioning system at 1200 Del Amo St., Redondo Beach</p> <p>Dr. Bholat, Ms. Diehl, Dr. Chun Ms. Poster and Mr. Chatterji voted yes.</p> <p>Motion Carried</p>
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	Ms. Diehl reported that The Strategic Planning Committee has not met. The Chairs will be	

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	polled for a committee meeting in June 2018.	
IX. Consent Items <ol style="list-style-type: none"> 1. Discussion and potential action item: Approval of minutes of the March 28th, 2018 Regular Meeting 2. Discussion and potential action item: Approve checks No. 70347 through 70522 totaling \$397,986.84 for accounts payable for the month of March 2018 3. Receive and File: Minutes of the February 13th 2018, Policy Committee Meeting 	<p>The Board reviewed the Minutes of the March 28th, 2018 Regular Meeting, Checks No. 70347 through No. 70522, totaling \$397,984.84 for Accounts Payable for the month of March 2018 and filing the minutes of the February 13th, 2018 Policy Committee meeting.</p>	<p>It was Moved and Seconded (Bholat/Chatterji) to approve the Minutes of the March 28th, 2018 Regular Meeting, Checks No. 70347 through No. 70522, totaling \$397,984.84 for Accounts Payable for the month of March 2018 and filing the minutes of the February 13th, 2018 Policy Committee meeting. Dr. Bholat, Ms. Diehl, Dr. Chun Ms. Poster and Mr. Chatterji voted yes. Motion Carried</p>
X. Old Business	There was no old business.	
XI. New Business	There was no New Business	
XII. Board Member Reports	<p>Mr. Chatterji reported that she attended:</p> <ul style="list-style-type: none"> • Strategic planning half-day • Policy committee • 1:1 with Tom • Silverado meeting <p>Ms. Poster reported that she attended:</p> <ul style="list-style-type: none"> • Redondo Beach Round Table • Policy Committee Meeting • Strategic Planning Half-Day • ACHD committee • Redondo Beach Leadership • Spirit or Wellness 	

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	<ul style="list-style-type: none"> • Read poem at Redondo Beach Library <p>Dr. Bholat reported that she attended:</p> <ul style="list-style-type: none"> • Strategic Planning Half-Day • 1:1 with Tom • ACHD meetings • American heart Association Meeting • Medical Board of CA Meeting <p>Ms. Diehl reported that she attended:</p> <ul style="list-style-type: none"> • Redondo Beach Round Table • Strategic Planning Half-Day • Spirit of Wellness • American Heart Association Event • Volunteer Brunch 	
XIII. Announcements/ Questions and Referrals to Staff	There was no Announcements/Questions and Referrals to staff.	
XIV. Adjournment	Dr. Chun moved to adjourn the meeting.	There being no further business, Dr. Chun Moved to adjourn the meeting. Meeting adjourned at 8:31 p.m.

The next Regular Meeting of the Beach Cities Health District Board of Directors is scheduled for Wednesday, May 23rd, 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