

**REGULAR MEETING  
BOARD OF DIRECTORS  
BEACH CITIES HEALTH DISTRICT  
October 27, 2010**

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 6:45 p.m.

Members Present: Marie Corr  
Joanne Edgerton  
Dr. Robert Grossman  
Vanessa Poster

Members Absent: Dr. Noel Chun

Legal Counsel Present: Robert Lundy  
Staff Present: Susan Burden, CEO

<b>AGENDA ITEM</b>	<b>DISCUSSION</b>	<b>ACTION OR FOLLOW-UP</b>
<b>Call to Order</b>	Ms. Poster opened the meeting and led the salute to the flag.	
<b>Public Discussion</b>	Ms. Poster asked if any member of the public would like to address the Board on any issue not on the agenda. No one from the public stepped forward.	
<b>Beach Cities Health District Staff Recognition</b>  <b>Ten Year Anniversary:</b>  <b>Frances Mitoma, Center for Health &amp; Fitness</b>	Ms. Poster invited Dr. Lisa Santora, Chief Medical Officer, to the podium.  Dr. Santora presented an overview of Ms. Frances Mitoma's job responsibilities as Billing Specialist for the Center for Health and Fitness and commended her for integrity and loyalty to the District during her ten years of service.  Ms. Mitoma stated that she feels very fortunate for the opportunity to work at the District.  Ms. Burden expressed her appreciation to Ms. Mitoma for exemplifying the District's Core Value, Accountability.	
<b>Review and Approval of the Minutes of the September 29, 2010 Regular Meeting</b>	The Board reviewed the minutes of the September 29, 2010 Regular Meeting.	After review, it was <b>Moved and Seconded</b> (Grossman/Edgerton) to approve the minutes of the

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<p><b>Review and Approval of the Minutes of the October 11, 2010 Special Meeting</b></p>	<p>The Board reviewed the minutes of the October 11, 2010 Special Meeting.</p>	<p>September 29, 2010 Regular Meeting. Ms. Corr, Ms. Edgerton, Dr. Grossman and Ms. Poster voted yes. Dr. Chun was not in attendance. <b>Motion Carried</b></p> <p>After review, it was <b>Moved and Seconded</b> (Grossman/Corr) to approve the October 11, 2010 Special Meeting. Ms. Corr, Ms. Edgerton Dr. Grossman and Ms. Poster voted yes. Dr. Chun was not in attendance. <b>Motion Carried</b></p>
<p><b>Staff Reports</b></p> <p><b>Chief Medical Officer</b></p> <p><b>WellBeing Program Update</b></p> <p><b>Vitality City Update</b></p>	<p>Ms. Poster invited Dr. Lisa Santora, Chief Medical Officer, to the podium.</p> <p>Dr. Santora presented an overview of WellBeing, a lifestyle\weight management program that embodies fitness, nutrition and behavioral change.</p> <p>Dr. Santora invited Ms. Winy Chen, Registered Dietitian, to the podium.</p> <p>Ms. Chen presented an overview of each of the core concepts of the WellBeing program: Nutrition, Fitness/Exercise, Behavior Modification and Group Support. Ms. Chen reported that as of September 30, 2010 there was a total weight reduction of 323.8 pounds of the 30 active members of the program.</p> <p>Ms. Corr commended Ms. Chen on her efforts in developing the WellBeing program.</p> <p>Ms. Poster invited Dr. Santora to the podium.</p> <p>Dr. Santora introduced Ms. Lauren Nakano, Senior Manager for the Center for Health Connection.</p> <p>Dr. Santora reported that since the Collaborative Relationship Agreement with American Healthways Services, Inc. was signed on</p>	

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<p><b>Chief Executive Officer</b></p>	<p>October 19, 2010, she and Ms. Nakano have been working very aggressively with the Vitality City team in developing a blueprint for the project.</p> <p>Ms. Nakano reported that she has met with city planning, public works, engineering departments, police and fire departments of the three beach cities to brief them on the Vitality City project.</p> <p>Ms. Burden expressed her appreciation to the Board for their effective leadership and support for the Vitality City project.</p> <p>Ms. Burden reported that Healthways, Inc. is hiring for local positions for the Vitality City project and is posting the positions on their website, <a href="http://www.healthways.com">www.healthways.com</a>.</p> <p>Ms. Burden presented an overview of Silverado Senior Living's expansion plans for the 1<sup>st</sup> Floor of the 514 N. Prospect Avenue building that were approved by the Redondo Beach City Planning Commission.</p> <p>Ms. Burden reported that Ms. Kelly Olin, Senior Manager, Real Estate Services, has been working with the water, gas and electric companies to develop a long term capital plan to determine ways we can save money on energy and be greener.</p> <p>Ms. Burden reported that Ms. Joanne Edgerton, will be accompanying her to the Grand Opening of the Aquatics Center at Redondo Union High School on November 5, 2010. Ms. Edgerton, on behalf of Beach Cities Health District, will be presenting an award to the Redondo Unified School District commending them on their commitment to the whole child.</p> <p>Ms. Burden reported that she had the honor of being invited to speak at the Candlelight Vigil to honor victims of domestic violence.</p> <p>Ms. Burden stated that she and Dr. Robert Grossman have been working with the Association of California Healthcare Districts regarding the increase in the annual dues from \$5,000.00 to \$11,000.00. Ms. Burden reported</p>	

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	that she will put this matter for discussion on the Agenda for the November 17, 2010 Board of Directors meeting.	
<b>Legal Counsel</b>	Mr. Lundy had no report.	
<b>Community Health Committee</b>	Dr. Grossman reported that the Community Health Committee met on October 12, 2010. The committee was updated on the Vitality City project and discussed how the District will address our programs to deal with environmental health.	
<b>Finance Committee Treasurer's Report</b>  <b>Approve Checks No. 49704 through 49961 totaling \$574,496.11 for Accounts Payable for the Month of September 2010</b>	Ms. Joanne Edgerton reported that the Finance Committee did not meet.  Ms. Edgerton reported that on November 11, 2010, Ms. Burden and Mr. Steve Groom, Chief Financial Officer, will be meeting with Ms. Nancy Jones, Senior Managing Director, and Ms. Sarah Meacham, Senior Managing Consultant, of Public Financial Management (PFM), to review PFM's recommendations for the District's Investment Policy.	It was <b>Moved and Seconded</b> (Edgerton/Corr) to approve Checks No. 49704 through 49961 totaling \$574,496.11 for Accounts Payable for the Month of September 2010. Dr. Grossman, Ms. Corr, Ms. Edgerton and Ms. Poster voted yes. Dr. Chun was not in attendance. <b>Motion Carried</b>
<b>Policy Committee</b>	Ms. Corr reported that a meeting of the Policy Committee is being planned for November 3, 2010 at 6:30 p.m. in the 3 <sup>rd</sup> Floor Board Room.	
<b>Properties Committee</b>	Dr. Grossman, in Dr. Chun's absence, presented an update on the Properties Committee meeting that was held on October 12, 2010. The committee discussed the development of the Campus Concept plan and the various potential leasing negotiations in progress for the 514 N. Prospect Avenue building.  Ms. Burden reported there was a second site visit by UCLA regarding the possibility of their being an anchor tenant within the Campus Concept plan.	

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<b>Strategic Planning Committee</b>	Ms. Poster reported that the Strategic Planning Retreat will be held on Friday November 19, 2010, at the Alta Vista Community Center from 8:30 a.m. to 12:30 p.m. and the Vitality City team will be participating in the meeting	
<b>Old Business</b>	There were no reports.	
<b>New Business</b>	There were no reports.	
<b>Board Member Reports</b>	<p>Dr. Grossman reported that he attended the following meetings/events:</p> <ul style="list-style-type: none"> <li>◆Manhattan Beach City Council meeting in support of the Vitality City project</li> <li>◆Redondo Beach Union High School event where Ms. Susan Burden was honored as Education Advocate of the Year</li> </ul> <p>Ms. Corr had no report.</p> <p>Ms. Poster reported that she attended the following meetings/events:</p> <ul style="list-style-type: none"> <li>◆Manhattan Beach City Council meeting in support of the Vitality City project</li> <li>◆A family member represented her at the Redondo Beach Union High School event where Ms. Susan Burden was honored as Education Advocate of the Year</li> <li>◆South Bay Family Health Care Excellence in Healthcare Gala Honoring Jane Harman</li> </ul> <p>Ms. Edgerton reported that she attended the following meetings/events:</p> <ul style="list-style-type: none"> <li>◆Redondo Beach Union High School event where Ms. Susan Burden was honored as Education Advocate of the Year</li> <li>◆South Bay Family Health Care Excellence in Healthcare Gala Honoring Jane Harman</li> </ul>	
<b>Announcements/ Questions and Referrals to Staff</b>	Ms. Burden announced that the Binational Mayors Conference is on October 29, 2010. The event is being hosted by Redondo Beach and Ms. Poster will be participating on a panel regarding the environment and health.	
<b>Adjournment</b>	Ms. Poster moved to adjourn the meeting in memory of the late State Senator Jenny Oropeza.	There being no further business, Ms. Poster <b>Moved</b> to adjourn the meeting. Meeting adjourned at 7:40 p.m.

The next Regular Meeting of the Beach Cities Health District Board of Directors is scheduled for Wednesday, November 17, 2010 at 6:30 p.m. in the Beach Cities Room of the Beach Cities Health Center, located at 514 N. Prospect Avenue, Redondo Beach, California