

**REGULAR MEETING
BOARD OF DIRECTORS
BEACH CITIES HEALTH DISTRICT
November 28, 2012**

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 6:40 p.m.

Members Present: Dr. Noel Chun
 Joanne Edgerton
 Dr. Robert Grossman
 Vanessa Poster

Members Absent: Marie Corr

Legal Counsel Present: Robert Lundy, Hooper, Lundy & Bookman
Staff Present: Susan Burden, CEO

AGENDA ITEM	DISCUSSION	ACTION OR FOLLOW-UP
Call to Order	Dr. Robert Grossman opened the meeting and invited Mr. Robert Lundy, Legal Counsel, of Hooper, Lundy & Bookman, to lead the salute to the flag.	
Public Discussion	<p>Dr. Grossman asked if any member of the public would like to address the Board on any issue not on the agenda.</p> <p>Ms. Vanessa Poster, a member of the Beach Cities Health District's Board of Directors, stepped forward. Ms. Poster announced that she is now cancer-free and stated that she deeply appreciated the prayers, love and thoughts that she received from so many people and especially to Ms. Susan Burden, Chief Executive Officer, for being the spokesperson on her behalf. Ms. Poster expressed her appreciation to the Prayer Ministry at St. Cross Episcopal Church for the prayer shawl that gave her such comfort during this time. Ms. Poster reminded everybody to get a mammogram, it saves lives.</p>	
Review and Approval of the Minutes of the October 24, 2012 Regular Meeting	The Board reviewed the minutes of the October 24, 2012, 2012 Regular Meeting.	After review, it was Moved and Seconded (Edgerton/Poster) of the October 24, 2012, Regular Meeting. Ms. Edgerton, Dr. Grossman and Ms. Poster voted yes. Ms. Corr was not in attendance. Dr. Chun did not vote as he was not in

AGENDA ITEM	DISCUSSION	ACTION OR FOLLOW-UP
		attendance at the October 24, 2012 meeting. Motion Carried
<p>Presentation, Discussion, and Potential Action Item For Approval: 2013 Proposed Blue Zones Project Blueprint</p>	<p>Dr. Grossman invited Dr. Lisa Santora, Chief Medical Officer to the podium</p> <p>Dr. Santora reported that the 2013 Proposed Blue Zones Blueprint was presented at a joint meeting of the Community Health and Strategic Planning Committees on November 6, 2012. Dr. Santora introduced Ms. Katrina Worlund, Business Leader, Blue Zones Project, at Healthways, Inc., Ms. Kathrine McClure, Executive Director Community Programs, Blue Zones Project Innovations at Healthways, Inc., and Ms. Lauren Nakano, Director of the Blue Zones Project.</p> <p>Ms. Worlund, Ms. McClure and Ms. Nakano jointly presented an overview of the proposed 2013 Blue Zones Project Blueprint.</p> <p>After review and discussion, Ms. Poster made a motion to approve the 2013 Proposed Blue Zones Project Blueprint.</p> <p>Dr. Grossman asked if any member of the public would like to address the Board on this Agenda item.</p> <p>Mr. Richard Strom, a resident of Manhattan Beach, stepped forward. Mr. Strom referred the Board to a memo he addressed to them that contained what he considered to be the ten most important articles regarding the harmful effects of over-consumption of sugar, high fructose corn syrup and refined carbohydrates can have on obesity, Type II Diabetes, heart, vascular disease and cancer.</p>	<p>After review, it was Moved and Seconded (Poster/Chun) to approve the 2013 Proposed Blue Zones Project Blueprint. Dr. Chun, Dr. Grossman, Ms. Edgerton and Ms. Poster voted yes. Ms. Corr was not in attendance. Motion Carried</p>

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<p>Staff Reports</p> <p>Chief Executive Officer</p>	<p>Ms. Susan Burden, Chief Executive Officer, expressed her appreciation to the Blue Zones Project team for their efforts that went into developing the 2013 Blue Zones Project Blueprint.</p> <p>Ms. Burden announced that at the January 30, 2013 Board of Directors Meeting, Ms. Marie Corr, Dr. Robert Grossman and Ms. Vanessa Poster, will be sworn in to begin their new term on the Board of Directors and there will be a reception prior to the start of the meeting.</p> <p>Ms. Burden announced the following staff promotions:</p> <ul style="list-style-type: none"> ◆Cristan Higa, Communications Manager ◆Cindy Foster, General Manager, AdventurePlex and the Center for Health and Fitness <p>Ms. Burden expressed her appreciation to Mr. Ben Leedle, President and Chief Executive Officer, of Healthways, Inc. and Mr. Dan Buettner, Founder and Chief Executive Officer of Blue Zones, for their presentations at the Strategic Development Day meeting on November 16, 2012 that far exceeded all expectations.</p> <p>Ms. Burden announced that Ms. Marilyn Rafkin, Director of Older Adult Services, and Ms. Kerianne Lawson, Older Adult Services Manager, will present a department update at the January 30, 2013 Board of Directors Meeting.</p>	
<p>Legal Counsel</p>	<p>Mr. Lundy had no report.</p>	
<p>Community Health Committee</p>	<p>Ms. Edgerton reported that the Community Health Committee participated in a joint meeting with the Strategic Planning Committee on Tuesday, November 6, 2012, where they reviewed the draft of the 2013 Blue Zones Project Blueprint and provided feedback and ideas for each section of the proposed plan.</p>	
<p>Finance Committee Treasurer's Report</p>	<p>Dr. Chun reported that the Finance Committee met on Tuesday, November 20, 2012. At the meeting, Ms. Sarah Meacham, Senior Managing Consultant of PFM Asset Management, presented an update on the performance of the Investment Portfolio and the committee reviewed the Revised Investment Policy Number</p>	

AGENDA ITEM	DISCUSSION	ACTION OR FOLLOW-UP
<p>Approve Checks No. 55576 through 55830 totaling \$539,231.64 for Accounts Payable for the Month of October 2012</p> <p>Discussion and Potential Action Item for Approval of BCHD Revised Investment Policy Number 6110</p>	<p>6110 and approved an amended version that is being presented to the board this evening.</p> <p>Dr. Chun made a motion to approve the BCHD Revised Investment Policy Number 6110.</p>	<p>It was Moved and Seconded (Chun/Poster) Approve Checks No. 55576 through 55830 totaling \$539,231.64 for Accounts Payable for the Month of October 2012. Dr. Chun, Dr. Grossman, Ms. Edgerton and Ms. Poster voted yes. Ms. Corr was not in attendance. Motion Carried</p> <p>It was Moved and Seconded (Chun/Poster) to approve the BCHD Revised Investment Policy Number 6110. Dr. Chun, Dr. Grossman, Ms. Edgerton and Ms. Poster voted yes. Ms. Corr was not in attendance. Motion Carried</p>
<p>Policy Committee</p>	<p>Ms. Poster reported that the Policy Committee met on Tuesday, November 27, 2012. The committee reviewed several policies that will be presented to the Board at the January 30, 2013 Board of Directors meeting.</p>	
<p>Properties Committee</p>	<p>Dr. Chun reported that the Properties Committee did not meet.</p>	
<p>Strategic Planning Committee</p>	<p>Ms. Poster reported that the Strategic Planning Committee participated in a joint meeting with the Community Health Committee on Tuesday, November 6, 2012. The committee reviewed the draft of the 2013 Blue Zones Project Blueprint and made recommendations for modifications to the plan. Ms. Poster reported a Strategic Development Day was held on Friday, November 16, 2012. Mr. Dan Buettner, Founder and CEO of Blue Zones, Mr. Ben Leedle, CEO of Healthways, Inc. and Mr. Michel Poulain, gave presentations. There were breakout sessions by sector: Restaurants, Policy, Worksite & Schools to discuss Agreement and Success and Lessons Learned and Implications for 2013 Blueprint and the next steps for the 2013 Blue Zones Blueprint.</p>	

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Old Business	There were no reports.	
New Business	There were no reports.	
Board Member Reports	<p>Ms. Poster reported that she attended a support group at the Cancer Support Community.</p> <p>Dr. Grossman reported that he attended the BCHD Strategic Development Day meeting.</p> <p>Ms. Edgerton reported that she attended the following:</p> <ul style="list-style-type: none"> ◆BCHD Strategic Development Day meeting ◆Torrance Memorial Medical Center Holiday Gala/Fashion Show <p>Dr. Chun reported that he attended the BCHD Strategic Development Day meeting.</p>	
Announcements/ Questions and Referrals to Staff	There were no reports.	
Adjournment	Dr. Grossman moved to adjourn the meeting.	There being no further business, Dr. Grossman Moved 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, January 30, 2013 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