

Beach Cities Health District (BCHD)

Community Services Programs:

Care Management: Older adults (60+) and disabled Beach cities residents can meet one-on-one with one of BCHD's dedicated team of social workers to discuss available BCHD programs and services, staying in your home as you age, and helpful community resources. Evidence based services are specifically designed and delivered to keep older/disabled adults living safely and independently in their homes.

Conversation Companion: Volunteer Program through Care Management where volunteers are matched with care management clients to spend an hour or so per week socializing in the client's home

Errand Assistance: Volunteer Program through Care Management where volunteers are matched with care management clients that are in need of assisting getting around town to complete various tasks

MoveWell in-home exercise: Volunteer Program through Care Management where volunteers are matched with care management clients to guide through gentle exercises in the home

Brain Buddies: Volunteer Program through Care Management where volunteers are matched with care management clients to spend an hour or so per week in the client's home participating in activities and games that will sharpen and strengthen cognitive processes.

Information & Referrals: General information about BCHD programming and services, as well as referrals to local community partner organizations and resources both within the Beach Cities, and the larger Los Angeles Area

Covered California Enrollment: BCHD is a certified enrollment entity for Covered California, with 2 certified enrollment counselors available to assist with enrolling in both Covered CA insurance plans, and MediCal insurance. Appointments can be scheduled with the officer of the day at (310) 374-3426 ext. 256

Adaptive Mobility: Weekly support group session for people who have had a stroke or a related disorder and wish to meet with others for social and recreational activities. The class is ongoing and free to attend and is located in Redondo Beach.

Healthy Mind Initiative: Beach Cities Health District (BCHD) has finalized a three-year partnership with award-winning neurologists Drs. Dean and Ayesha Sherzai for the "Healthy Minds Initiative," a study that will look at 1,700 Beach Cities residents 65 years and older and the effects active and passive lifestyle changes have on cognitive and psychological health. In other words, how factors such as a proper diet and lifestyle can prevent brain disease and promote long-term brain health.

How seniors can get involved - Interested in contributing to emergent and innovative research related to dementia and brain health? One of the greatest ways to help move this critical research forward is by participating in the Healthy Minds Initiative. Seniors (65+) who currently live in Hermosa Beach, Manhattan Beach or Redondo Beach are encouraged to volunteer by calling BCHD at (310) 374-3426, ext. 256. All participants will be screened by BCHD staff to ensure they meet environmental and health-related requirements for the three-year research study, which is urgently seeking 1,700 senior participants in the Beach Cities.

Beach Cities Health District (BCHD)

Community Services Programs:

Brain Health Workshops: BCHD is teaming with acclaimed neurologists Drs. Ayesha & Dean Sherzai for free workshops on how to promote long term brain health and reduce the risk of dementia

Dementia Education Consortium: An association of organizations, including BCHD, united in empowering families through dementia education. Quarterly speaker series are held on various topics related to dementia such as spirituality and caregiving. These events are free of charge.

Nutrition Classes: Three-week workshops presented by Dianne Stasso (RD) on a variety of topics ranging from senior healthy eating habits to nutrition and immunity to fight off the cold and flu season – classes take place at local Beach Cities Senior Centers. Sessions include education and cooking demonstrations.

Mindfulness, Meditation, & Aging: Free 5-week class exploring how mindfulness can help you learn and grow through the aging process. Beginners and experienced individuals are welcome.

Mindful Meditation: Monthly 30-minute mindful meditation drop in session focused on downshifting and mindfulness techniques. Sessions are held on the first Wednesday of each month, at 5:30 in the Beach Cities Room in the BCHD Campus.

Caregiver Support Group: Support group for caregivers who are emotionally exhausted, lost, and in need of techniques for dealing with the stresses of caring for a loved one. The group is facilitated by a Community Service's social worker.

Powerful Tools for Caregivers: This evidence-based six-week self-care program is for caregivers who are currently involved with providing care to an older person or loved one. The program provides participants tools and strategies, such as stress reduction, communication with family and healthcare providers and dealing with difficult emotions, to better handle the unique caregiving challenges they face. BCHD partners with OPICA Adult Day Care Services to provide this free series to the community.

Memory Club: Memory Club is a program specifically designed for individuals diagnosed with Mild Cognitive Impairment (MCI) or early Alzheimer's disease and their care partners. It is a 2-hour peer group that meets for 8 weeks and provides participants the knowledge, skills, and support they need to tackle the challenges of MCI or early Alzheimer's disease. Each session includes an interactive educational presentation on a relevant topic, followed by parallel support groups in which participants with cognitive impairment and their care partners meet separately to share common experiences and concerns. BCHD partners with Always Best Care senior services to provide this free series to the community.

Graduate Club: Memory Club graduates who are interested in continuing with monthly support are welcomed to join the Graduate Club support group.

Ask A Care Manager: Older adults and adults with disabilities can meet one-on-one with BCHD Care Managers at their local senior centers to discuss information and resources. Available in both Manhattan Beach and Redondo Beach.