Agenda for Del Rey Neighborhood Council

HEALTH & WELLNESS SUB-COMMITTEE
Thursday, November 6th, 2014 6:30-8:00pm
1st Thursdays of the Month
MOA Wellness Center (310) 574-9900
4533 S. Centinela Avenue, Del Rey, California, 90066
The public is welcome – no charge & free parking available

“To a Neighborhood that THRIVES”

Mission Statement: Increase citizen participation and make government more responsible for local needs by measuring what matters to improve the quality of life through campaigns that focus on happiness & wellbeing of our residents, business/property owners and community stakeholders so that we can Transform our Neighborhood to THRIVE!

1. Call to Order and Introduction – 2 minutes each (max)
2. Public Comment - the public will have 3 minutes to speak on any subject not on the agenda
3. Announcements -
   a. Board meeting recap (motion to become a Compassionate Neighborhood and approval of the Wellbeing Index) & general comments
   b. Del Rey Day recap (# recruited, wellbeing index taken to date)
   c. Walk the Talk (2nd Saturday of the Month @ 10:00 am) & Social @ Six (3rd Fridays of the Month @ 6:00 pm)
4. Old Business – summary of previous meeting and approval of previous minutes, available at www.delreync.org/minutes
5. New Business- “All agenda items could be discussion and possible actions items”
   a. Ground Rules for Effective Committee Meetings: review the ground rules for effective committee meetings
   b. Accountability for Area Chairs: review the roles and responsibilities of Area Chairs for Health & Wellness
   c. Board Meeting Updates: discussion on three (3) items to include as update to the board on a monthly basis
   d. Standing Committee: discussion on making Health & Wellness to become a standing committee
   e. Compassionate Del Rey: approval on the Compassionate Del Rey document
   f. Quality of Life Assessment in Del Rey: discussion on strategic planning for community engagement
      1. Goal - outreach to obtain 125 respondents per Area (A thru H) x 8 = 1,000
      2. Collaboration – attend other Del Rey Committees for support (Education, Outreach, Land Use & Planning, Ethics, Budget & Finance, etc.)
g. Live Work Play [HAPPY] in Del Rey: discussion on programming for the event on Friday, March 20th (5pm – 7pm) and Saturday, March 21st (11am – 3pm)
   1. Budget – Food Purchase $1,000, Paper Goods & Water: $250, Educational Activities: $500, Health & Wellness Activities: $500, Miscellaneous (printing, advertising, etc): $250
   2. Programming –
      Friday, March 20th (5pm – 7pm)
      • Cultural Festivities: Music and Arts (Mariachi Band from Casa Sanchez, Arts & Culture)
      • Food at Farmer’s Market: Relocate Stands to Open Space (Coordinate with Del Rey Famers Market)
      • Physical Activities: Exercise at the Park (Fitness Evolution, Curves, Equinox, etc)
      • Screening Tests: Blood Pressure, Cholesterol, Stress Level, Body Mass Index, etc. (Kaiser Permanente Community Events, One Community)
      Saturday, March 20th (11am – 3pm)
      • 11am – 12pm: Yoga/Meditation (Orchid Cameron)
      • 12pm – 1pm: Lunch & Wellbeing Index
      • 1pm – 2pm: Education Session 1, Financial Wellbeing (Speaker: TBD)
      • 2pm – 3pm: Education Session 2, Diet & Nutrition (Speaker: TBD)
   h. New Meeting Locations: discussion on rotating meeting locations to various Areas throughout Del Rey

6. Chair Report
   a. Area Chair Updates: status on recruitment of area champion(s)
   b. Social @ Six Updates: status
   c. Let’s Move! Del Rey Updates: status (Denise)

7. Motion to Adjourn

The public is requested to fill out a speaker card to address the Sub-Committee on any item on the agenda. Comments from the public on agenda items will be heard when that item is being considered. Comments from the public on matters not on the agenda but within the Sub-Committee’s subject matter jurisdiction, will be heard during Public Comments. Public Comment is limited to three minutes per speaker, unless waived by the presiding officer of the Sub-Committee.

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