Minutes for Del Rey Neighborhood Council
HEALTH & WELLNESS SUB-COMMITTEE
Thursday, October 2, 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 and free parking is available

“Together, we can transform our neighborhood to THRIVE”

Mission Statement: Increase citizen participation and make government more responsible for local needs by measuring what matters to improve the quality of life for residents, business/property owners and stakeholders in Del Rey to transform our neighborhood to THRIVES!

Welcome and Introduction – meeting was called to order by Chair Kim at 6:32 pm – Present: Mika Kim, Chair; Denise Petrulis, Area A Chair; Ron Kato, Area C Chair; Orchid Cameron, Member, Marlene Savage, Member

1. Public Comment – there was no public comment
2. Announcements – H&W Promotional at Del Rey Day on October 19th
3. Old Business – September meeting recap
4. New Business-
   a. Area Representative/Chairs – the roles of the chairs were decided to be the following: 1) attend the monthly H&W meetings (at minimum), 2) lead one initiative for H&W, 3) recruit one additional member in the area. New chairs of the committee include:
      • Orchid Cameron – Area E Chair
      • Marlene Savage – Board CoChair
   b. Member Recruitment – Area Chairs for B, D, F, G & H are still unfilled
   c. Events / Activities – a calendar of events (see attached) was issued for all 2014-15 H&W events. Flyers (see attached) will be distributed at the Del Rey Day to promote for the events.
   d. Del Rey Wellbeing Index – the Quality of Life Assessment in Del Rey is on the 10/9 Board Meeting agenda for approval to adopt as the benchmarking tool to use to evaluate our wellbeing; any comments to the survey to be submitted no later than 10/7, 5:00 PM. Prior to Del Rey Day (the launch of all the H&W events), incentives (e.g. free gym membership give away) to be finalized.
   e. Live Work Play [HAPPY] in Del Rey – in order to maximize attendance for the event, the celebration will occur as a two part series. Day 1 (Friday, March 20th @ 5:00 PM – 7:00 PM): Outdoor celebration at the Del Rey Farmer’s Market (this portion of the event will include food,
cultural activities, entertainment and Let’s Move! Del Rey events). Day 2 (Saturday, March 21st @ 11:00 AM – 3:00 PM): Indoor celebration at the MOA Wellness Center (this portion of the event will include yoga/meditation sessions, energy healing sessions, tranquil green tea ceremony, educational sessions and Del Rey Wellbeing Index surveys offered in paper format; lunch will be included).

f. Health & Wellness – discussions on making the H&W to be its own standing committee will be on the November Board Meeting Agenda to formalize the formation of the committee to be the first Health & Wellness Committee in all Neighborhood Councils in Los Angeles.

5. Next meeting – November 6, 2014, 6:30pm
6. Motion to Adjourn – the meeting was adjourned at 7:55pm

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