Agenda for Del Rey Neighborhood Council

**HEALTH & WELLNESS COMMITTEE**
Thursday, February 5th, 2014 6:30-8:00pm
1st Thursdays of the Month
Mar Vista Family Center
5075 S Slauson Ave, (Del Rey) Culver City, CA 90230
The public is welcome – no charge

"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: Budget for table, chairs and tent to be approved [Ellie]
   b. Upcoming Events: Walk the Talk → Happiness Walk (Del Rey Outreach Walk: 2nd Saturday of the Month @ 10:00 am), Social @ Six → Compassionate Del Rey (Del Rey Dialogue: 3rd Fridays of the Month @ 6:00 pm) [Mika & Denise], and MOA Anniversary (March 21st @ 1-3pm)
   c. Health & Wellness as a Standing Committee: Ethics Committee meeting update [Ellie]
   d. New Meeting Locations (Beginning February 2015):
      January 1st – No Meeting
      February 5th (Area E) – Mar Vista Family Center (5075 S Slauson Ave, Culver City, CA 90230) [Presenter: Let’s Move West LA]
      March 5th (Area B) – JVS Marina Del Rey Work Source Center (13160 Mindanano Way, Suite 240 Marina Del Rey, CA 90292) [Presenter: LA Bicycle Coalition; To be confirmed]
      April 2nd (Area F) – Del Rey Square (11976 Culver Boulevard Del Rey, CA 90066) [Presenter: TBD]
      May 7th (Area B) – Marina Del Rey Hospital (4650 Lincoln Blvd, Marina del Rey, CA 90292) [Presenter: TBD]
      June 4th (Area H) – Broadway Gymnastics School (5433 Beethoven St, Los Angeles, CA 90066) [Presenter: TBD]
      July 2nd (Area A; Matt) – TBD [Presenter: TBD]
      August 6th (Area D; Lorena) – TBD [Presenter: TBD]
      September 3rd (Area G) – TBD [Presenter: TBD]
   **Meeting from August to December have been in Area C**

4. Old Business – summary of previous meeting and approval of previous minutes, available at [http://delreync.org/minutes](http://delreync.org/minutes)
5. New Business - **All agenda items could be discussion and possible actions items**
   a. Health & Wellness Business Partnerships in Del Rey: DRNC Health & Wellness plans to partner with local Del Rey businesses to develop partnerships to provide incentives for Del Rey to participate in the Del Rey Well-Being Index. DRNC H&W would be able to gather more user data and businesses would get more business from local residences/employees/visitors in Del Rey (is the contribution tax-deductible?)
b. Board Meeting Updates: discussion on three (3) items to include as update to the board on a monthly basis

General Update: Invitation to Area Directors at the Rotating Meetings

Update 1: Del Rey Well-Being Index Update (See 5c for more information)

Update 2: “Compassionate Del Rey”: What is Compassionate Del Rey? (Booth at Farmer’s Market with 2 laptops for the Del Rey Well-Being Index, mailing list, Vine Video “Hi, my name is...Compassionate Del Rey is...#CompassionateDelRey”) and “Happiness Walk”: What can you be doing to improve your well-being? (Walk path varies from month-to-month from area-to-area)

Update 3: Event Planning Update (See 5c for more information)

c. Proposed Events: discussion on committee participation on – 1) LA Big 5K @ Dodger Stadium (Saturday, March 14th at 8am) and 2) CicLAvia West LA (Sunday, August 9th at 9am), and 3) Compassionate Del Rey (September 11th thru 21st)

d. Live Work Play [HAPPY] in Del Rey: discussion of revising the event from a “festival” type to a “town hall” meeting type. Inviting all community stakeholders for free food and drinks to conduct: 1) Office Hours with the DRNC Board, 2) booths set up for people to take the Well-Being Index, and 3) stakeholder input on what a Compassionate Del Rey is –

   - 60 Minutes: Check-in and Food/Drinks (Time to have attendees take the Well-Being Index) [2 + 1 Volunteers]
   - 30 Minutes: Compassionate CA Presentation [Speaker: Sande Hart?]
   - 60 Minutes: Interactive Activity on “What is Compassionate Del Rey”? [3 Volunteers]

*Throughout – DRNC Office Hours [2 Volunteers]
**Raffle draw give-away at the end for those that take the Del Rey Well-Being Index (items to be determined) [1 Volunteer]
***Photographer – volunteer dedicated to documenting the event [1 Volunteer]

Total: [10 Volunteers]

Goals 1: Del Rey Well-Being Index (25 Respondents x 8 Areas = 200 Total Respondents)

\[
\frac{N}{(1 + N\sigma^2)}
\]

+/− 5 % (95% Confidence Level)
= 35,000 / (1 + 35,000 *0.05²)
= 35,000 / 88.5
= 395.48

+/− 10 % (90% Confidence Level)
= 35,000 / (1 + 35,000 *0.1²)
= 35,000 / 351
= 99.72


As of 1/17/2015:

| Area A | 3 |
| Area B | 1 |
| Area C | 10 |
| Area D | 1 |
| Area E | 1 |
| Area F | 6 |
| Area G | 0 |
| Area H | 3 |
| **TOTAL** | **25** |

**Goals 2:** What is Compassionate Del Rey? Stakeholder input on what initiatives to focus on for 2015

*Compassion Action Week in September*

**Goal 3:** DRNC Board Office Hours

- Location – Microsoft (during business hours only), The Reserve Outdoor Space, Del Rey Square, Playa Del Rey Elementary, MOA Wellness, JVS Marina Del Rey WorkSource Center, Mar Vista Family Center, Broadway Gymnastics School
- Date/Time – TBD
- Budget – Food/drinks and possible give away prizes
- Attendance Goal – 250

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 Committee.**

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and upon request, will provide reasonable accommodations to ensure equal access to its programs, services, and activities. Sign language interpreters, assistive listening devices or other aids and/or services may be provided upon request.

To ensure availability of services, please make your request at least 3 business days prior to the meeting you wish to attend by contacting Jonathon Neumann, jonathon.neumann@delreync.org. In compliance with Government Code section 54957.5, non-exempt writings that are distributed to a majority or all of the Board in advance of a meeting, may be viewed at www.delreync.org