Minutes for Del Rey Neighborhood Council

HEALTH & WELLNESS SUB-COMMITTEE
Thursday, August 7, 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.

“To put NEIGHBOR back into NEIGHBORHOOD”

Mission Statement: Measure what matters to improve the quality of life for residents, business/property owners and stakeholders in Del Rey to create a neighborhood that thrives!

1. Welcome and Introduction – meeting was called to order by Chair Kim at 6:32 pm – Present: Mika Kim, Chair; Denise Petrulis, Co-Chair; Martha Hall, member and Frances Sotcher, member.

2. Public Comment – there was no public comment.

3. New Business-
   a. Recurring Monthly Meetings - monthly meetings will occur on the 1st Thursdays of the month (6:30pm – 8pm)
   b. Health & Wellness Sub-Committee Strategic Plan – the development of the Health & Wellness for DRNC was created out of the need to better understand the current state of wellbeing in Del Rey. The benefits being three-fold: 1) to liven community engagement, 2) use the data to prioritize the budget spending and 3) develop a metric to measure the performance outcomes through the use of an open-source, low/no cost surveys with the highest privacy measure as the benchmarking tool.

1. Core values & guiding principles – based on the collective work of other Health & Wellness related projects such as the Beach Cities Blue Zones project, Plan for a Healthy LA and the Wellbeing project in Santa Monica, the members of the committee will adopt strategies from each to form the core values and guiding principles of Health & Wellness in Del Rey.

2. Quality of life in Del Rey – the framework of Dr. Seligman’s PERMA (Positive emotion, Engagement, Relationships, Meaning and Accomplishment) will be used as the framework of how Quality of Life is defined in Del Rey in combination with the philosophies from the Gross National Happiness Index.
3. Area map study – the meeting requires recruitment of participants from Areas B, D, G & E so that each of the eight (8) areas in Del Rey are represented at each meeting.

4. Strategic partners & alliances -

5. Live Work Play [HAPPY] – International Day of Happiness, Friday, March 20th, 2015 – see item C for more information

c. Sub-Committee Budget Proposal – Chair Kim proposed for a $2,500 allocation in the NC budget for fiscal year 2014 for the planning of the “Live Work Play [HAPPY] in Del Rey” community event (currently proposed to take place on March 20th, 2015) to gather all residents, stakeholders and property/business owners to participate in the Happiness & Wellbeing Index in Del Rey. The event is planned to invite speakers to educate the community on Health & Wellness issues in the categories that include Live, Work and Play.

4. Next meeting – September 4, 2014, 6:30pm

5. Motion to Adjourn – the meeting was adjourned at 7:45pm

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