



Mika Kim, Board Chair
Denise Petrulis, Board Co-Chair
Ron Kato, Member Chair

Sub-Committee Strategic Plan for Fiscal Year 2014-2015

Sub-Committee Name: Health & Wellness

The BIG Vision: Putting NEIGHBOR back into NEIGHBORHOOD

The BIG 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 one that THRIVES!

The BIG Goals:

- 1) Establish Del Rey as the first Neighborhood Council in Los Angeles to pilot the Health & Wellness Subcommittee for universal adoption at other NCs
- 2) Conduct the quality of life assessment in Del Rey and generate an executive summary report to provide insights of our current state of wellbeing for the elected board to use as guidelines for making informed decisions for future policies, programs and plans
- 3) Engage the support of **1,000** Del Rey residents, business/property owners and stakeholders to sign the letter of support for the adoption of Health & Wellness as a priority for the City of Los Angeles acknowledged by City Elected Officials

The BIG Solutions:

- 1) Q: Not sure what the H&W Subcommittee does? A: Create a FAQ page for the website that outlines what the subcommittee is empowered to do and how they can assist stakeholders
- 2) Q: We don't know the various H&W organizations in Del Rey? A: Create a list of Del Rey based companies and organizations to foster collaboration among stakeholders
- 3) Q: How can I be a part of a solution? A: List out the opportunities for stakeholders to join the sub-committee, participate in events and other ways that the community can connect and work together

The BIG Budget: Based on the 2014-15 DRNC approved budget, \$2,500 has been allocated for the expenditures for the H&W event in March 2015 within the Outreach section of the budget:

- 1) Food Purchase: \$1,000
- 2) Paper Goods & Water: \$250
- 3) Educational Activities: \$500
- 4) Health & Wellness Activities: \$500
- 5) Miscellaneous: \$250

The BIG Score: H&W will measure the progress with these performance metrics

- 1) Facebook Group – our subcommittee will have **400** members on our Facebook Group
 - <https://www.facebook.com/groups/LWPHappy/>
- 2) Survey Respondents – our subcommittee will have **400** respondents for the surveys for a 95% accuracy / 5% error margin assessment and **1,000** residents, property/business owners and stakeholder's to sign the Letter of Support for the adoption of H&W as a priority for the City of Los Angeles
 - Area A: 50 Respondents & 125 Signatures
 - Area B: 50 Respondents & 125 Signatures
 - Area C: 50 Respondents & 125 Signatures
 - Area D: 50 Respondents & 125 Signatures
 - Area E: 50 Respondents & 125 Signatures
 - Area F: 50 Respondents & 125 Signatures
 - Area G: 50 Respondents & 125 Signatures
 - Area H: 50 Respondents & 125 Signatures
- 3) Chairs – our subcommittee will have **8** chairs to represent each Area of Del Rey
 - Area A: Denise Petrulis
 - Area B: TBD
 - Area C: Ron Kato
 - Area D: TBD
 - Area E: TBD
 - Area F: Mika Kim
 - Area G: TBD
 - Area H: TBD
- 4) Meetings – our subcommittee will conduct **10-12** meetings this year
 - 1st Thursdays of the Month (6:30pm – 8pm) beginning August 2014
- 5) Members – our subcommittee will have at minimum **16** members at each meeting
 - See Area Chairs above
 - Area A Champion: TBD
 - Area B Champion: TBD
 - Area C Champion: TBD
 - Area D Champion: TBD
 - Area E Champion: TBD
 - Area F Champion: TBD
 - Area G Champion: TBD
 - Area H Champion: TBD
- 6) Public Events – our subcommittee will hold at minimum **10-12** public events this year
 - Weekly / Monthly Walking or Biking Groups

- Weekly / Monthly Saturday AM Yoga Sessions
- Weekly / Monthly Wine @ 5 Events

7) Partners – our subcommittee will engage with **10-12** partners this year

- 1) Business - TBD
- 2) Educator - TBD
- 3) Diet & Nutrition - TBD
- 4) Yoga/Meditation - TBD
- 5) Taichi/Spirituality - TBD
- 6) Accupressure/Massage - TBD
- 7) Sports/Athletics - TBD
- 8) Exercise - TBD
- 9) Mental Health - TBD
- 10) Culture & Arts – TBD

8) Request for Action – our subcommittee will file **1** Request for Action to the elected board members of Del Rey this year

- Request to make Health & Wellness a priority in the neighborhood's future growth & development to establish policy framework to make Del Rey a healthier, happier place to live, work and play

9) Collaborations – our subcommittee will collaborate on **1** event with **1** Elected, **1** City Department, **1** Community Organization or Non Profit and **1** School this year

- Event – Live Work Play [HAPPY] in Del Rey
- Elected Official – Mike Bonin
- City Department – LA Department of City Planning, LA County Department of Public Health, the CA
- Community Organizations – TBD
- Schools – TBD

10) Communication – our subcommittee will contact our stakeholders **4** times every year about what's going on with the Health & Wellness subcommittee

- Compassion Games (September 2014)
- Walking / Bike Groups (December 2014)
- Live Work Play [HAPPY] in Del Rey (March 2015)
- Quality of Life Insights: Del Rey (June 2015)