



Senior Services Committee Fact Sheet 2019

The Empowerment Congress (EC)

The Empowerment Congress, a distinctive and deliberate national model of civic engagement built on the core principles of participatory democracy, reciprocal accountability, and intentional civility, is a dynamic partnership among neighborhood groups, residents, nonprofit organizations, businesses, religious institutions, and community leaders within the diverse communities of Los Angeles County's Second Supervisorial District. The Empowerment Congress' mission is to educate, engage, and empower communities by fostering leadership, capacity building, and impacting public policy.

The EC Senior Services Committee

The EC Senior Services Committee is comprised of senior service providers and stakeholders who will work to engage senior constituents within the LA County Second Supervisorial District (SD2) through empowerment and education. The Committee efforts will provide a platform to ensure seniors are engaged in discussions and sharing ideas and interests that will ultimately impact their quality of life. Senior participants will be encouraged to attend to avoid isolation and to remain socially connected to peers.

Goals

1. To provide seniors information and education on issues that directly impact their lives.
2. To allow seniors to voice their concerns and find solutions.
3. To allow seniors to make recommendations and suggestions on identified issues.
4. To provide information to assist seniors in accessing government resources.
5. To promote, educate and mobilize seniors on matters of SD2.
6. To promote multicultural awareness, understanding and interaction.

Issues

- Promoting healthy eating to effectively combat chronic medical conditions
- Promoting the importance of exercising and remaining active to improve the quality of the aging process (i.e. Day of Fitness events)
- Providing Fall Prevention workshops to promote safety precautions for seniors
- Providing updated information on Health Care Coverage (i.e. changes associated with the Affordable Care Act and other health plans)
- Provide seniors with tools to avoid being victims of scams

Committee Meetings (check the website for any changes)

3rd Wednesday of each month (3:30pm – 5pm)
Florence-Firestone Constituent Service Center
7807 S. Compton Ave., Los Angeles, CA 90001

For more information:

Please contact the Senior Services Committee at seniorservices@empowermentcongress.org or (213) 346-3247.



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