Minutes  
Health and Wellness Subcommittee Meeting  
July 8, 2008  
2:00 p.m.

Present:  Kyle Higa, Clara Iwata, Femar Lee, Guy Shibayama, Varouny Symbounmy and Lorri Taniguchi

I. **Substitute Co-Chairs** for Lianne for Fall 2008 Sabbatical (Kyle Higa and Lorri Taniguchi)  
   While Lianne is on sabbatical for the Fall semester, Kyle and Lorri will serve as interim co-chairs for the Health and Wellness Subcommittee.

II. **Subcommittee Website Development** (Varouny Symbounmy)  
   Varouny has worked on the committee’s website and is requesting input on content. Please view the website and give feedback. One concern raised was that while we’re at the early stages of construction that we be mindful of ADA accessibility for those who may need to use a screen reader to “read” information (will read lines from left to right). Often, columns, charts, tables, and text placed on various parts of a page may create problems for the screen reader to accurately read text properly.
   - Visit to view version developed on Mac:  
     [http://honolulu.hawaii.edu/intranet/committees/hwc/Site/Welcome.html](http://honolulu.hawaii.edu/intranet/committees/hwc/Site/Welcome.html)
   - Additions/Plans might include:
     - Possible need to reformat on PC
     - Minutes (Lianne passed on electronic copy on CD to Lorri)
     - Other activities
     - Committee members
     - Workshop notes/video clips of sessions and Evaluations
     - Other “healthy” tips
     - Walking Chart
   - Other thoughts or concerns discussed:
     - Purpose of page: Audience? Committee members, campus, ?
     - Perhaps consider “locking” documents with password for documents not for public consumption.
     - Importance on keeping website “current and fresh” so that users will go back for more.
     - Please provide feedback & comments to Varouny or bring to the next meeting.

III. Upcoming Activities

   - Emeritus College -- In celebration the 20th anniversary of the Emeritus College program, they have developed exciting programs to keep you informed, stay young and remain active. The Health and Wellness Committee has offered to provide logistical support these classes. **Volunteers needed to help with check-in of registrants to classes.**  
     (Clarification with Adrienne Kamaura after meeting is that she would appreciate committee’s help with getting the word out and publicizing event to campus. They have already taken care of doing press releases for the community/public. Appreciates help with check-in. Had requested assistance with taking on-campus RSVP’s for attendance and gave names to x296 to minimize the number of calls to x296.

Session offered this morning was excellent according to Kyle and Lorri. Speaker had his Masters in Economics and discussed importance of knowing factors affecting your retirement (inflation, unemployment, interest rates, etc.). Presently due to turbulent
economic times, need to be able to even more informed so safeguard your
investment/future. The next workshop which will be next week will be one that you
won’t want to miss, “Legal Issues—Living and Dying on Your Terms”. Spread the word
to get folks to attend. Signup through the Health Office at x282.

The Emeritus College 20th Anniversary offerings are below:

**Emeritus Summer Lecture Series**
* - call x282 to reserve a seat.
Tuesday mornings for the month of July and August.
Tuesday, July 8, 9:30am to 11am “The Economics of Retirement”
Tuesday, July 15, 9:30am-11:00am “Legal Issues – Living and Dying On Your Terms”
Tuesday, August 5; 9:30am-12:00pm “Active Aging—Eat Healthy and Be Active)”
Tuesday, August 12; 9:30am-12:00pm 12--“Current Events—Political Issues Concerning Seniors”

**kp.org online resources** (Find helpful health information)
Sponsored by Kaiser-Permanente
Dates:  Aug 11, 2008 (Presentation will be repeated on Aug 12, 13 & 14)
Call x296 to reserve a seat.

**Prevention and Healthy Aging Series** (per Adrienne, our committee can make a
suggestion for one of these sessions; It was suggested that it be something that
HMSA does not offer.)
2nd Friday of every month from October 2008 through May 2009.
Sponsored by Kaiser-Permanente
Location: Honolulu Community College

**Subcommittee Activity Planning**
- Goal--Today: Brainstorming of Activities and Events for Upcoming Academic Year; In Two weeks: Decision on Activities (Prospective dates and Volunteers to assist with Activities

- **In addition to supporting Emeritus College’s 20th Anniversary Events, additional Activities/Workshops might include:**
  - **Art Tour** – Marcia Roberts-Deutsch (Kathy emailed Marcia on a possible tour date and we’re awaiting for her reply)
  - **Ask Walter** (Furuyama) **Workshop** – same or another one (Kathy said Walter is looking forward to doing something “electrical”). Discussion: Committee was hoping that we could ask Walter to do a “repeat” of his toilet workshop since many missed that session. ? July or early August for plumbing workshop and Spring semester for electrical workshop)
  - **Car Care Tips or Maximizing Gas Mileage** (Kathy emailed Bert and is awaiting his reply.) Discussion: Another suggestion was even a list of reputable and reliable auto repair shops that perhaps he could provide.
Maximizing Efficiency of your Air Conditioning or Refrigerators—Allen willing to do but would like us to narrow topics down. need to narrow topics or have questions drafted and approximate date requested (not September) – Allen Tateishi (Lorri)

- Discussion: Topic: Keeping our Major Appliances Healthy and Energy Efficient” Possible Date: October 2008.

Self-Relaxation/Breathing (Wayne Sunahara will check with Jennifer Higa-King and approximate date when she thinks would be convenient for her to do this)

HMSA Offerings (check email from Kyle) – select or prioritize focus on what class(es). Perhaps check with Adrienne to prevent duplication of KP offerings through Emeritus College’s 20th Anniversary Celebration.

Discussion: Topics being considered: Microwavable Meals, Men’s Health, All Pumped Up and Nowhere to Go. It was decided that we should review the listing and discuss these offerings and make a decision at the next meeting.

Chocolate Candy Making (Lorri will check with Janet about feasibility to do this since they are short-staffed at this time.) Note: Since meeting, Janet has requested to do this session in early December so people can make these to give away during the holidays.

Line Dancing (Guy) Guy reported that Sharon Isa has been leading a few sessions (lunch hour and after work). Guy willing to discuss this more with Sharon. (1) Find a bigger space preferably open area that does not require moving furniture. Apprenticeship classroom was adequate, however, if popular and more attend, definitely need more space. (2) Consider a more regular scheduling such as once a month (Friday evening after work seemed successful).

Healthy Appetizers/Eats (Kathy checked with Carolyn Antonio and she is requesting a date when we want activity) Discussion: Nice to have this before the holidays. Consider having this is early November 2008.

Smoothies- (HCC Staff Development willing to co-sponsor especially due to being “short-staffed”).

Discussion:
- Every August, Staff Development in the past has adopted a school or has provided the opportunity for donations towards the Grace Ihara Scholarship Fund and linked it up with their Ice Cream Social. One idea was to substitute smoothies for ice cream and solicit assistance from Health and Wellness since it was a bigger committee anyway to partner with the event.
- Suggested that it best to keep Ice Cream Social intact like Soup Day and Salad Day events and just host another Smoothie event as separate event that Staff Development would help sponsor.
- Decision made to help Staff Development with Ice Cream Day and Femar, Varouny and Clara willing to help organize the Ice Cream Social part (purchase of ice cream, toppings, etc.,
serving of ice cream, and clean-up). Lorri will give Clara a list from Staff Development from past Ice Cream Day purchases. Unfortunately, receipts will be required for reimbursement as it has to go through a UH Foundation account.

- Staff Development will take care of the sign-ups and educational entity to support (Elementary School or Grace Ihara’s Scholarship Fund). Guy shared that it takes about $35,000 to create a scholarship endowment. In the past, funds collected went directly towards awarding of scholarships. An endowment would help perpetuate her name and would be able to annually provide scholarships. Staff Development will look into this more.

- Postponing Smoothies to a later date will give us time to get a group together to spearhead this project (i.e. logistics and what to do). Other healthier options can be explored (check Froogies (?) or others as an alternative to smoothies.

- **Walking Activities** (will check with Charles). Consider various markers on route to vary walking routines on campus to help prepare for Charity Walk (May 2009) and Great Aloha Run (GAR) (February 2009). Discussion: Suggested that we spearhead GAR with getting 100 people to sign up. Clara interested but prefers not attending meetings. Guy willing to organize cook-out afterwards. Those interested, contact Clara.

- **Other suggestions:**
  - How to support friends and family trying to lose weight including medically supervised weight-loss/gastric bypass surgery?? Consider either speaker or someone who had the surgery.
  - Members should think of other items to add to our list for future topics/workshops

- **Tentative Calendar for this fiscal year (2008-2009):**
  - **Ongoing to include in calendar if decided upon**—
    - ? Line Dancing on a Friday evening after work
    - ? Regular Walking Group
    - Others?

    **July**
    - 15 – “Legal Issues – Living and Dying On Your Terms”

    **August**
    - 5--“Active Aging—Eat Healthy and Be Active)
    - 7 – Ice Cream Day Social
    - 11,12,13, & 14 – “kp.org online resources”
    - 12--“Current Events—Political Issues Concerning Seniors”

    **September**
    - ?Art Tour (Marcia Roberts-Deutsch)

    **October**
    - 10, Friday—Prevention and Healthy Aging Series by Kaiser Permanente
- “Keeping our Major Appliances Healthy and Energy Efficient”
  (Allen Tateishi)

**November**
- “Healthy Appetizers” (Carolyn Antonio)
- 14, Friday-- Prevention and Healthy Aging Series by Kaiser Permanente

**December**
- Chocolate Candy-making (Janet Garcia)
- 12, Friday-- Prevention and Healthy Aging Series by Kaiser Permanente

***Consider in Spring Semester –
  Relaxation Techniques, Car Care, Ask Walter (Electrical)***

**January 2009**
- 9, Friday-- Prevention and Healthy Aging Series by Kaiser Permanente

**February**
- 13, Friday-- Prevention and Healthy Aging Series by Kaiser Permanente

**March**
- 13, Friday-- Prevention and Healthy Aging Series by Kaiser Permanente

**April**
- 10, Friday-- Prevention and Healthy Aging Series by Kaiser Permanente

**May**
- 9, Friday-- Prevention and Healthy Aging Series by Kaiser Permanente

**June**

IV. **Other Concerns:**  None

V. **Next meeting in 2 weeks** – Members will be polled on their preference of either
   Wednesday, July 23rd or Thursday, July 24th at 2pm.

Tentative Agenda

a. Website – Feedback? Formation of a group of members to assist Varouny with this project.
b. Volunteers Needed for Emeritus Class Check-In
c. Finalize our Activity Schedule (Calendar)
d. Other Concerns or Initiatives for Committee to Adopt
e. Adopt an Initiative
f. Bring your calendar or schedule for upcoming meeting dates/times
### Health & Wellness Subcommittee Volunteer Sign-Up Sheet
To Support Emeritus College’s 20th Anniversary Celebration

*Contact: Lorri Taniguchi to sign-up or if you have questions ([lorri@hcc.hawaii.edu](mailto:lorri@hcc.hawaii.edu) or 845-9282)*

<table>
<thead>
<tr>
<th>Date, Time, Location</th>
<th>Topic</th>
<th>Check-In Volunteer</th>
<th>Back-Up Check In Volunteer</th>
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<td><strong>Emeritus Summer Lecture Series</strong></td>
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| Tuesday, August 5 9:15am-9:45am Location to be announced. | “Active Aging-Eating Healthy & Be Active” | Name:  
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| Monday, August 11 11:15am-11:45am  
Bldg 2, Rm 408 | “Online resources at kp.org” | Name:  
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| Tuesday, August 12 9:15am –9:45am Location to be announced. | “Current Events-Political Issues Concerning Seniors” | Name:  
Email:  
Ext:  | Name:  
Email:  
Ext:  |
| Tuesday, August 12 11:15am to 11:45am  
Bldg 2, Rm 408 | “Online resources at kp.org” | Name:  
Email:  
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| Wednesday, August 13 11:15am to 11:45am  
Bldg 2, Rm 408 | “Online resources at kp.org” | Name:  
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| Thursday, August 14 11:15am to 11:45am,  
Bldg 2, Rm 408 | “Online resources at kp.org” | Name:  
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| **Prevention & Healthy Aging Series** | (Time, Location & Topic to be announced): | | |
| Friday, October 10 | | Name:  
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| Friday, November 14 | | Name:  
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| Friday, December 12 | | Name:  
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| Friday, March 13 | | Name:  
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| Friday, April 10 | | Name:  
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| Friday, May 8 | | Name:  
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