Minutes
Health and Wellness Subcommittee Meeting
July 23, 2008
2:00 p.m. – 3:00 p.m.
College Skills Center

Members Present: Guy Shibayama, Nadine Leong-Kurio, Kathy Langaman, Wayne Sunahara, Varouny Sybounmy, Kyle Higa, and Lorri Taniguchi

I. Website
   a. Feedback?
      Lianne provided content on a CD given to Lorri
      Need to keep ADA/508 accessibility in mind e.g. screen reader friendly
      Need to identify target audience e.g. visitors, the subcommittee, etc
   b. Formation of a group of members to assist Varouny with this project.
      Kyle, Nadine and Wayne volunteered

II. Volunteers Needed for Emeritus Class Check-In (see attachment)
    Identified volunteers for all of the summer Emeritus activities
    Briefly went over volunteer role and responsibilities

III. Finalize our Activity Schedule (Calendar) (see attachment)
    a. Ongoing Activities? Line Dancing (Guy), Walking, and ?
    b. July/August – Repeat Walter Toilet workshop (Walter Furuyama) – Kathy checking
    c. August 7 – Ice Cream Social (co-sponsored with Staff Development)
    d. Smoothies?
    e. September ? – Art Tour (Marcia Roberts-Deutsch) – Kathy checking availability/date/time
    f. October ? - ?“Keeping our Major Appliances Healthy and Energy Efficient” (Allen Tateishi) Lorri checking date/time/topic
    g. December Chocolate candymaking (Janet Garcia) – Lorri checking with date/time/topic
    h. Spring semester – Ask Walter Electrical workshop (Walter Furuyama) – Kathy checking
    i. Relaxation Technique (Jennifer Higa-King) – Wayne checking date/time/topic/availability
    j. ?HMSA workshop
    k. ?request for a specific workshop from Kaiser Permanente
    l. ?Session on supporting those undergoing medical weight loss treatments

Finalized or narrowed down when an activity will take place (see updated calendar).
Wanted more information on a few of the activities. Ice Cream Social –window shopping by Femar, Clara, Varouny and Wayne. Headcount will be given to group from Staff Development. Flyer for event will go out soon. Kyle will check with HMSA on workshop with laughter/humor. Guy will check on Line Dancing facility, etc.
Added Great Aloha Run & Charity Walk as events for members to be aware of and prepare for (not an officially endorsed committee event).
Await to get more specific information on sessions and times for Kaiser-Permanente workshops.
Other activities will be included in our calendar at a later date

IV. Other Concerns or Initiatives for Committee to Adopt
    Relay for Life for July 2009 – Will invite Janet to an upcoming meeting to share more information on what the committee can help with.

V. Adopt an Initiative
    Discussion on members taking ownership of an activity or initiative.

VI. *Bring your calendar to plan Upcoming Meeting Times for the Fall Semester*
    Meetings will be the 2nd Wednesday of each month at Apprenticeship at 2:00 pm.