Minutes  
Health and Wellness Subcommittee Meeting  
August 13, 2008  
2:00pm-3:15pm  
Apprenticeship, Bldg 4, Rm 18  

Members Present: Guy Shibayama, Nadine Leong-Kurio, Kathy Langaman, Kyle Higa, and Lorri Taniguchi  
Guests: Dee Akiu and Janet Garcia  

Order of agenda that was circulated was adjusted to accommodate guests so that they could do their presentation.  

I. Relay for Life (Janet Garcia and Dee Akiu)  
- Premier event to American Cancer Society (ACS) They have a track for walking with carnival-like atmosphere with food booths, etc.. This year there were 103 teams.  
- Next year’s dates are July 11-12, 2009. Annually held in mid-July from Saturday 7pm to Sunday 7am.  
- Held at Magic Island. Limited parking there, most reserved for vendors and survivors. Suggest shuttle from Convention Center.  
- Shared photos and past experiences in doing Relay for Life since 2002 except last year (2007)  
- 12 x 12 campsite is purchased ($100). Tent cost was $200 thru vendor but can bring own tent (Janet has 2 tents).  
- $100 minimum donation per team member  
- Fundraising to pay for various things: campsite cost, offset tent, food, water, decorations, campus contribution. Ways you can make money: sell items that night from your tent, silent auction items at centralized auction, pre-sale type fundraisers. Some folks sell baked goods out of their tents, others sell massages and haircuts, etc.  
- This year, on-line contributions were accepted directly through ACS.  
- Onsite food booths proceeds go to ACS  
- Committee is considering assisting in some way to lessen burden on Dee and Janet and their families and a few other HCC folks who come to support them during event. When they first started they had about 20 members and now down to about 3. This year Made $2948. Year before last made $5000. Did not participate last year. We will consider how Health and Wellness can support them by:  
  1. Identifying different ways the committee might want to support this worthy event such as: fundraising, pre-activity preparations (Dee usually works on decorations/costumes/theme, etc.), purchasing healthy food snacks and water for the night, on the day of the event (setup tent and decorations, chairs, clean-up, and walkers)  
  2. Guy willing to be liaison between Apprenticeship in helping with Relay for Life  
  3. It was discussed that it would be nice to have liaison member representing Health and Wellness that would also be a part of the Relay for Life HCC Committee. This would facilitate communication and information between these two committees should we decide to help with this event.  

II. Website (Varouny, Kyle, Nadine and Wayne)  
Goal is to make website PC friendly. Everyone should look for things that can be put on website. Nice to have links to other noteworthy websites. Lorri has Lianne’s CD with documents on it that we might use to post minutes, etc. from the previous year.  

III. Membership – We are currently working on figuring out who will be continuing on our subcommittee. New member is Kimberley Gallant who was unable to make meeting. Kyle and Lorri thanked members for their commitment and assistance and solicit everyone’s participation especially since meeting times might conflict with one’s schedule. We encourage folks who want to take and work
individually on topics of interest to come forward so we can capture other untapped talents as well as other topics of interest to explore.

IV. Volunteers for Emeritus Class Check-In – special thanks to Wayne, Libby, Kyle, Guy and Kathy for helping out sign-ins. We are awaiting new Fall information from Adrienne before soliciting volunteers to help us with check-ins for those sessions.

V. Review of our Activity Schedule
   - Activities
     1. Ice Cream Social August 7 (Clara, Femar, Wayne, Varouny, Chris, Charles, Guy)
        Special thanks for a job well done. Everyone enjoyed. Reimbursements to Clara will be processed by Lorri through Staff Development’s UH Foundation account. Donations amounted to $900 and will be given to Nida for processing. Scoopers: Mark Silliman, Nida Chock, Ralph Kam, and Joe Kwok.

     2. Updates on Status of Activities Being Researched (see updated Calendar for latest information)

        1. Line Dancing (Guy)
           Per Guy, 4th Friday of the month will be set aside for Line Dancing. This will be from 5pm to 8pm Bldg 14, Rm 210 with Sharon Isa as instructor. Bring workout clothes as there is no air conditioning (but a lot of room!). Potluck to follow.

        2. Walking, (Charles) – Per Lorri, Charles and committee were asked to look into visible markers/signage (to denote amount walked) as well as different walking routes for variety and also possible update walking map to accompany these new requested items.

        3. September – Campus Art Tour by Marcia Roberts-Deutsch–(Kathy)
           Per Kathy, tour date will be changed from Sept 26 to October 3 instead. Will check on time and where to meet.

        4. October – “Keeping our Major Appliances Healthy and Energy Efficient” by Allen Tateishi (Lorri) Friday, Oct. 17 at 11:30am, Bldg 2-214

        5. November – “Healthy Appetizers by Carolyn Antonio (Kathy)
           Per Kathy, this will be held on November 19, Wednesday at 11:30am at Apprenticeship. Plans include using kabocha, zucchini and asparagus and ground turkey.

        6. December – “Ask Walter (Electrical)” by Walter Furuyama (Kathy) re: date, time, place – Walter has not be in and Kathy will follow-up with him once he gets back.

        7. February – “Chocolate Candy-Making” by Janet Garcia – (Nadine) re: date, time, place Nadine is working with Janet and will select a date likely before Valentine’s Day to do session. Most likely to be in Apprenticeship, if available, due to need to use refrigerator, etc.

        8. February – “Great Aloha Run” (Guy)
           According to Guy, Sharon Isa has contacted and left messages for GAR folks that HCC may be interested in participating, however, she has not gotten a call back from them yet.

        9. “Relaxation Techniques” by Jennifer Higa-King (Wayne) re: status of workshop for Spring 2009. Per Wayne, he has not seen her on campus and will contact her when she returns in the Fall to ask her if she’d be willing to do a class like this.

       10. “Car Care” by Bert Shimabukuro (Kathy) re: status of workshop for Spring 2009
           Per Kathy, Bert has not returned any of her calls or emails. She will continue to follow-up.
   Kyle is in contact with HMSA and they will provide him with various options of classes we
   might have them do.

12. Talk Story about Personal experience with surgical weight loss treatment (Kathy) re: status
date, time, etc.
   Per Kathy, Carolyn Antonio willing to do this in a small, intimate and informal session. She
   will work with Carolyn in figuring out a day and time to do this.

13. Kaiser-Permanente (Emeritus College Anniversary series) workshop topics and times (Lorri)
   Per Lorri, Adrienne is still awaiting information on these classes.

14. Smoothies? Something to still consider partnering with Staff Development.

VI. Other Concerns or Initiatives for Committee to Adopt
(see notes above in membership)

VII. Adopt an Initiative
   We continue to encourage members to assist in upcoming events/activities. Sharing the load
   (workload) makes it much easier for us to put on activities

VIII. Meetings will be the 2nd Wednesday of each month at Apprenticeship at 2:00 pm. Next meeting,
   Wednesday, September 10 at 2pm in Bldg 4, Rm 18.

   As a gesture of thanks from Staff Development for the Health and Wellness Committee’s assistance
   with the successful Ice Cream Day activity, those attending partook in ice cream and toppings from the
   recent Ice Cream Day