Minutes
Health and Wellness Subcommittee Meeting
September 10, 2008
2:00pm-3:00pm
Apprenticeship, Bldg 4, Rm 18

Members Present: Kyle Higa, Clara Iwata, Kathy Langaman, Femar Lee, Nadine Leong-Kurio, Charles Miller, Ina Miller-Cabasug, Guy Shibayama, Wayne Sunahara

Website
- Varouny will be out of the office until the end of the September 2008.
- The Website first draft has been completed but in Mac format. Needs to be adjusted so it will be viewable on the PC.
- Need to add walking map to website – Charles to work on this (will also be working on a form fillable chart.
- If there are any more additions or comments regarding the website, see the subcommittee comprised of Kyle, Nadine, Varouny, and Wayne

Group Membership
- Kyle will follow up regarding the committee membership – if all that is listed wants to continue to be on the committee.

Review of Pending Activities

Line Dancing:
Every 4th Friday in Building 14, Room 210 @ 5:00 pm
Potluck to follow.

Walking:
Charles will be working on form fillable chart to monitor walking distances.
**Map to be completed by Friday, September 19th.**

Art Tour:
Tentatively slated for October 3rd. Time and location TBA.

Ask Walter:
December 3rd. Topic will be in relation to electrical (brown bag activity).

Chocolate Candy Making:
February 11, 2009 from 11:00-12:30 in Bldg 4, Room 23B
Cost is $3 per participant

Great Aloha Run:
Kyle had asked Sharon to come to the meeting to discuss. At this point in time, it will not be a HCC sanctioned event.
Relaxation:
Spring 2009.
Jennifer Higa King (Psychology professor) agreed to discuss the impact of stress and the importance of relaxing.
May want to connect this with Stella from COSM (massage). Clara will be checking with Stella to see if this is a possibility.

Car Care:
January 2009.
Kathy spoke with Bert regarding potential activities.

Humor: Table this activity at this time. HMSA workshops do not meet our criteria.

Talk Story:
Surgical Weight Loss.
Sharing one’s experience who went through the gastric by-pass surgery. Including complications, impact on her health and medications. Suggestion was made to invite family members to share how it impacted their family unit.

Kaiser Permanente Workshops
From October 2008
One Friday a month – Preventative Health and Aging

Smoothy Day
Tentatively schedule for Summer 2009

Other Topics
Relay for Life – Is this something the wellness committee would like to assist with? In previous years, Janet and Dee managed this by themselves.

Great Aloha Run meeting with Sonya Mendez on September 18.

Next Meeting
October 8, 2008
Bldg. 4-18 @ 2:00