Minutes
Health and Wellness Subcommittee Meeting
October 8, 2008
2:05 p.m. – 3:15 p.m.
Apprenticeship, Bldg 4, Rm 18

Agenda

I. Website Update: (Varouny, Kyle, Nadine, and Wayne)
   - Sections we might include:
     - Membership List
     - Calendar
     - Workshop Notes
     - Agenda and Meeting Minutes
     - Assessment
     - Healthy Tips?
     - Walking Path – Printable walking path and chart (form-fillable) on website
     - Various links to reputable websites.
     - New idea

II. Membership
   - Finalized roster of members will be reflected on wellness-l list serv.

III. Review of pending activities. See our latest Calendar with activities (attachment)
   - Activities
     - Updates on Status of Activities
       - Line Dancing (Guy) – Review of September 26th activity and additional updates, if any.
       - Walking, (Charles) – Update on new walking path and chart (for website).
       - Basic Home Safety and Simple Repairs by Allen Tateishi (Lorri ) re: Oct. 17 update
       - Healthy Appetizers by Carolyn Antonio (Kathy) re: Nov 19 update
       - “Ask Walter (Electrical)” by Walter Furuyama (Kathy) December 3, time and place pending
       - Chocolate Candy-Making by Janet Garcia– (Nadine) February 11 11am-12:30pm, Bldg 4-23B $3 to sign-up. Check on max participation and any other needs.
       - Car Care by Bert Shimabukuro (Kathy) January 2009. Need more details.
       - Great Aloha Run (Guy or Sharon Isa) – February 2009 – Update of 9/18/08 GAR meeting.
       - “Relaxation Techniques” by Jennifer Higa-King (Wayne) re: status of workshop for Spring 2009; She’s willing to do something on stress and not relaxing instead. Meditation?
       - “Surgical Weight Loss” Talk Story (Kathy) re: status date, time, etc.
       - Kaiser-Permanente workshop topics and times (Kyle) – New activities thru Fall 2008 added to calendar.
       - Smoothies? Summer 2009 If interested, shall we propose to ask Staff Development to co-sponsor?
       - July 2009 -- Shall we adopt Relay for Life as an activity? In what capacity? Anyone interested in helping out and in what area? Some areas that we’re thinking of that Janet and Dee might need help with in some way, shape or form are (need to confirm with Janet first but these are thoughts. Prioritize items to include in calendar.
         - Fundraising (Soliciting fundraising ideas and sales) – Better to start in Spring to capture 9 month faculty and staff.
         - Finance/Accounting (of monies coming in and going out)
         - Creativity (helping Dee in preparing with theme for the year with tent decorations, etc.)
         - Event Day/Night/Morning:
           - Set-up Tent & Decorations
           - Be there to Participate & support
           - Walkers Very Much Needed! (PTK, Student Govt., our group or ???)
           - Clean-up

IV. Other Concerns or Initiatives for Committee to Adopt
   - Charter – Anyone interested in helping draft a charter for Health and Wellness Subcommittee?

V. Fall semester meetings 2nd Wednesday of each month at Apprenticeship (Bldg 4, Rm 18) at 2:00 pm.
   - Next meeting – Wednesday, November 12.

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Minutes

Unable to Attend: Kimberley Gallant, Lianne Nagano, Chris Hacskaylo, Danny Aiu, Earl Nakahara, Femar Lee, Ina Miller-Cabasug, and Varouny Syboumny.

Agenda was circulated. Minutes of the last meeting was distributed via email to committee members for comment and corrections. No corrections to minutes of last meeting received

I. Website (Varouny, Kyle, Nadine and Wayne)
   Varouny had been on vacation and committee did not meet since last meeting.
   New suggestions on website were as follows:
   - Take advantage of library database subscriptions (the Library pays for this) that might provide added resource to our website.
   - Members like receiving “Top Health” newsletter. Per Clara, she just renewed subscription for another year (ends October 2009). Perhaps we can have a copy placed in Library for interested parties to read. Nadine willing to use her copy to do this.
   - Nice to start with putting up Agenda and Minutes of our meetings and Calendar.
   - Lorri has Lianne’s CD with documents on it that we might use to post minutes, etc. from the previous year.

II. Membership
   - We will be finalizing our wellness-l list-serv according to who has indicated their interest in staying on as a member. For those individuals who have time conflicts with when our meetings are held, we welcome your input and comments and contributions in helping us move forward in the areas of website ideas, fundraising ideas, etc. that you can do on your own time. Contact Lorri or Kyle should you be interested in continuing as a member and helping us in our efforts!

III. Review of pending activities: Activities
   - Updates on Status of Activities
     - Line Dancing (Guy) – Review of September 26th activity and additional updates, if any.
       - 5 people attended last session. Because of smaller number, held at Apprenticeship. Session was followed by potluck dinner. Beginners welcome! Contact Guy (x247) for details.
     - Walking, (Charles) – Update on new walking path and chart (for website).
       - Per Charles, the new walking path continues to be worked on by both he and Varouny.
       - It was suggested that we mention this to our new Chancellor as an FYI out of courtesy since Ramsey, our retired Chancellor gave us his blessings last Fall 2007.
     - Campus Art Tour by Marcia Roberts-Deutsch (Kathy) re: Oct. 3, Review of activity.
       - Those who attended really enjoyed the campus art tour. At the last minute, EMC was able to videotape it. Can go to Library to view VHS tape. Remark that conflicts in schedule made it difficult for others to attend (5 attended).
       - EMC willing to videotape our activities. Need request and VHS tape.
       - It was suggested that Health and Wellness help to wash down some of the pieces that were soiled with bird droppings, etc. Although this sounds like a project we could undertake, we would need to check more into this so we do not damage any art pieces in the process.
     - Basic Home Safety and Simple Repairs by Allen Tateishi (Lorri) re: Oct. 17 update
       - 11:30am to 12:30pm in Bldg 2, Rm 214.
     - Healthy Appetizers by Carolyn Antonio (Kathy) re: Nov 19 update
       - Excited and ready to do this! Will be using pumpkin (kabocha) and zucchini.
     - “Ask Walter (Electrical)” by Walter Furuyama (Kathy) December 3, time and place pending
       - Kathy will be checking with Walter re: details.
     - Chocolate Candy-Making by Janet Garcia (Nadine) February 11 11am-12:30pm, Bldg 4-23B $3 to sign-up.
       - Nadine will be checking with Janet re: max # of participants and any other needs.
     - Car Care by Bert Shimabukuro (Kathy) January 2009. Need more details.
       - Kathy said that Bert is trying to work out something with one of the Automotive instructors to do another Car Care workshop in the Spring. They will likely integrate that into their curriculum and thus date & time dependent on their class schedules.
Great Aloha Run otherwise known as GAR (Guy or Sharon Isa) – February 2009 – Update of 9/18/08 GAR meeting.

- HCC is officially participating as a “100 club” in the GAR.
- HCC GAR Committee recently met. Members are Sharon and Guy who attended the official GAR meeting on September 18, 2008. Other members include: Kyle Higa, Emily Kukulies, Dee Akiu, Steven Chu, Ken Kato, and Lorri Taniguchi.
- “47” is HCC’s assigned “100 club” code. Encourage all to participate.
- Cost savings to sign up as a “100 club” participant - $30 versus $35 for individual participant fee.
- First 120 members to get official HCC GAR t-shirt
- After run get-together is being coordinated by Guy.
- Those not able or wanting to do the GAR are encouraged to sponsor a student or students.
- Submit applications/payments to Guy or Sharon. Dee Akiu will be assisting with matching up sponsors and participants. Internal deadline for early sign-up will be 11/26/08.
- On Salad Day, Oct. 28, speaker will be Dr. Christiane Christ, who will talk on “Get a Move On”.
- Looking at recruiting “singers” to sing our own HCC GAR song at Salad Day. Stay tuned for practice session.
- Guy will check with Ken about consent forms (if need to use separate ones or can consolidate into 1 form).

“Relaxation Techniques” by Jennifer Higa-King (Wayne) re: status of workshop for Spring 2009; She’s willing to do something on stress and not relaxing instead. Members suggested having a dual workshop where we first talk about the “Effects of Stress” followed by a session on massage done by Jess Aki. Prospective dates being looked at are February 6, March 20, and April 3. Clara will check with Jess about her availability.

“Surgical Weight Loss” Talk Story (Kathy) re: status date, time, etc. Possible consideration of merging this workshop with “Healthy Appetizers” in November.

Kaiser-Permanente workshop topics and times (Kyle) – New activities thru Fall 2008 added to calendar. Volunteers to help with sign-in table are still needed for the Social Security Retirement workshops.

Smoothies? Summer 2009 If interested, shall we propose to ask Staff Development to co-sponsor? Question raised on whether we should have this versus another type of non-food activity. To be discussed more later.

Relay for Life – Concerns noted in agenda discussed and feedback solicited from attendees on whether this was an event that committee or individuals were interested in supporting. To be discussed more later.

IV. Other Concerns or Initiatives for Committee to Adopt

- Thank you letters – A comment was made that it would be very appropriate for the subcommittee to send letters of thanks to all who volunteer to do presentations for us.
- Charter – An observation raised was whether the subcommittee would benefit from having a committee charter that might help the group to define the role of this committee and other related details that might influence how we might operate. Currently, a member usually “adopts” and takes the lead on activities they are interested in having as an activity. This has worked out well so far for workshop, however, decisions on acting collectively as a committee in support of larger activities such as Relay for Life and GAR have been more challenging as they might be more involved. We appreciate what work gets done by members already and don’t want to place the burden on those who have regularly coordinated workshops, however, it would be nice to share the workload to make it easier on everyone. Libby volunteered to assist with researching and possibly developing a committee charter that might help us with goals, mission, membership, and how our committee operates. Any input should be forwarded to Libby.

V. Fall semester meetings 2nd Wednesday of each month at Apprenticeship (Bldg 4, Rm 18) at 2:00 pm.

Next meeting – Wednesday, November 12. (Later postponed to Tuesday, November 18 due to scheduling conflict with Staff Development and Financial Aid’s workshop on “Passion, Discipline & Determination”