Health & Wellness Subcommittee Meeting
Minutes for 5/16/12 – 2 p.m. to 3 p.m.
Apprenticeship Building, Rm. 18

Members in Attendance: Clara Iwata, Nadine Leong-Kurio, Arlene Lewis, Charles Miller, Guy Shibayama, Lorri Taniguchi

A. New Co-Chair
Derek has agreed to take Marilynn’s place as co-chair. Clara will coordinate with Derek to schedule a regular meeting time and day for each month.

B. Update on Website (Nadine) and APPLE (Clara)
Nadine filled in and sent in the form for website permission about a month ago. It is now at UH waiting for approval.

Because the Apple Store at Ala Moana Center could not suggest a way in which it would be possible to input pictures in a way that both the Mac and Dell users could access the pictures, Lianne, Nadine, and Clara decided to go the route of Laulima until a better way is found. We met with Ross who did an excellent job of showing the three of us how to input pictures and made things easy to understand.

C. HCC Bulletin Board
The article “Shipshape Employees” and “Zippy’s Dishes out Wellness” are about companies that took actions to help their employees live a better lifestyle and thus perform better at their jobs. This article will be put on a HCC campus bulletin board that Emily will be selecting for us to use for everyone to read. The group also suggested posting pictures showing the negative effects of drinking, smoking, and taking alcohol, etc. which are not considered good for us.

D. Snack and Food Choices
Three places we thought we could check to promote the availability of healthy food products being sold were the Hut, the HCC Cafeteria, and the vending machines on campus.

The Hut owners are interested in carrying more healthy products. Clara will get in touch with the owners on this.

Because the HCC cafeteria is bound by restrictions placed by the UH System, it would be too difficult to try to get more healthy foods introduced there.

The vending machine already carries some healthy selection (Pop Chips and Veggie Sticks). As long as the vendor carries the item that we want, they are willing to put them in the vending machines.
E. **CPR Session for Health & Wellness People**
The group decided that we consider making available CPR or First Aid classes. Lorri will talk to Preshess about the possibility of these classes being processed through the non-credit program. More information will be provided at the next meeting.

F. **Report on Past and Future Activities**

Past - **Ergonomics Workshop by Chulee Grove, Friday, April 27, 2012**
Nineteen people signed up, but due to other activities and workshops that were scheduled, only 8 people showed up. Chulee’s workshop was easy to follow since a handout was passed out ahead of class. The workshop was informative and fun. Since many have asked if we are planning another Ergonomics Workshop, Chulee has agreed to do another workshop later. Chulee has also agreed to go to individual workstations to give suggestions. Because so many missed the workshop, another workshop may be scheduled at a later date.

Planned - **Kale Chips and Kale Soup Demo by Derek Otsuji, Wednesday, June 20, 2012 from 12:00 p.m. to 1:00 p.m. in 7-320**
The maximum participant is set at 20. The cost for each participant will be $4.00. Derek and Clara decided that taking vegetable orders ahead of time and having the vegetables delivered on the same day as the demo was not such a good idea. Clara will work with Derek in selecting the best time for taking orders.

Planned - **Sharing Your Culture Talent Day Potluck, Friday, September 14, 2012**
It was decided to hold the Sharing Your Culture Talent Day Potluck on Friday, September 14 from 4:30 p.m. to 6:30 p.m. in Apprenticeship Bldg. 4-23B. People can bring whatever they want. Paper goods and utensils will be provided by the Staff Development Committee. Clara will email or contact Dean Crowell, Charlene Gima, Heidi Green, Sharon Isa, Lorna Mount, Scotty Rhode, Jeannie Shaw, Fumiko Takasugi, and Shioko Yonezawa to see if they are willing to perform for us.

Planned – **Flu Shot, September 19, 2012**
After Lorri receives information about insurance, she will notify Clara to email Health & Wellness Subcommittee members for help with the flu shot day.

Planned – **Library’s Database for Health Information to the Committee**
Computers are ready to go. Nadine will give us time and date.

Reschedule - **Fish Demo by Peter Haliniak, Friday, July 13, 2012**
Peter is ok with July 13 from 11:00 a.m. to 12:00 p.m. in Apprenticeship Bldg. 4-23B. The cost will be $10.00. Lianne will ask Stephanie if it is ok. Clara will invite Peter to look at the room to see if it is ok, ask if he needs any supplies and if one hour is enough time.
Idea – **Christmas Craft with Miro-fiber Dessert**
Micro-Fiber made into desert shape.

Next Meeting:  Wednesday, June 20
2 p.m. – 3 p.m.
Apprenticeship Building Rm. 18