Health & Wellness Subcommittee Meeting
Minutes for 7/18/12 – 2 p.m. to 3 p.m.
Apprenticeship Building, Rm. 18

Members in Attendance: Monir Hodges, Clara Iwata, Nadine Leong-Kurio, Arlene Lewis, Derek Otsuji, Kathleen Saiki, Guy Shibayama

A. Minutes
Members’ approval of 7/18/12 minutes. For the month of August, Clara will continue to input and organize minutes and update member list on Laulima.

B. Update on Website
At the last meeting, Monir mentioned that creation of a mobile app for our committee might be something we may want to consider. She usually obtains permission from Billie Lueder for HCC mobile apps. If this is something we would like to pursue she can ask Billie. We can bring possible ideas for mobile apps to the next meeting.

Nadine reported that most of the information from the former Health and Wellness website has been moved to the Intranet. For example, our Charter, the walking map, wellness resources, workshop notes, and recipes are now available on the Intranet. The information has been redone as pdf documents.

To reach Health and Wellness on the Intranet:
Start at the Intranet home page:
*http://programs.honolulu.hawaii.edu/intranet/*

On the right side of the screen, click on *Committees*

On the page of committees, select *Health and Wellness Subcommittee*

There's our page! Select any of the *Documents*.

The "*Health & Wellness Committee Information*" link is a good place to start because it connects to most of our documents.

Another way to reach Health and Wellness on the Intranet:
Go to
*http://programs.honolulu.hawaii.edu/intranet/comm/134*
and bookmark it.

C. HCC Bulletin Board
Student helper, Hillary has designated the bulletin board between the entrance of the library and the public telephone as a health bulletin board. It will carry our
posters as well as other health posters for about a month, from the 16th to the 15th. At the end of the month old posters will be taken down and new posters will be put up by student life. The walking posters which were submitted by us will be put up on the 16th of August and will be up till about the 13th of September. From the 14th of September till about the 15th of October, our smoking posters will be up. Eating poster will be up from 16th of October till about the 15th of November. Hillary plans to put up a picture of the new food pyramid at this time. The board will be reserved for Safe Sex and World Aids Day from the 16th of November till December. The actually World Aids Day is December 1, 2012. Hillary will laminate the posters so that they can be rotated every six months. Submit posters that you want on the board at the Health & Wellness monthly meeting for approval and Clara will submit to Student Life.

D. Snack and Food Choices
Couple of months ago, Clara spoke with Liane one of the workers at The Hub. She mentioned that the two owners would be very much interested in carrying some healthy selection. This week Clara spoke with Ashley of The Hub ((808-489-7222), who mentioned that beginning from August, The Hub will be again carrying pastries. Healthy alternatives bought from Down to Earth were sampled today with the results of the samplings emailed to Andrea and Kim (islandbrew@hotmail.com), the two social workers who run The Hub. The Health and Wellness Subcommittee has approved the sale of the sample items from Down to Earth. Clara will give Andrea and Kim the contact person from Down to Earth.

E. Report on Past and Future Activities

Cancelled - Paleo Bread Making by Heidi Green, Friday, July 13, 2012, 12:00 p.m. to 1:00 p.m.
Because of her full schedule in July, Heidi cancelled Paleo Bread Making session. No new date has been set?

Planned – Ordering of Otsuji Farm Products
Since Derek’s Kale demo on chips, soup, and salad, Clara has been getting request for Kale and other vegetables. Derek will let Clara know when we can begin taking orders.

Planned - Sharing Your Talent Day Potluck, Friday, September 14, 2012, 4:30 p.m. to 6:30 p.m., Apprenticeship Bldg. 4-23B.
Since we are not sure of the amount of people who will be attending, the Health and Wellness Subcommittee decided to keep the room reservation made for apprenticeship room 4-23B. Clara will also reserve 27-111/116 just in case 4-23B is not large enough. Before the next meeting, email will be sent out to faculty and staff to see how many staff and faculty would be interested in attending so we can assign 4-23B or 27-111/116. At the next meeting, the help committee and performers and their talents will be set. Set performers: Erica Balbag-Gerard (candle dance), Heidi Green (reading), Derek Otsuji (poetry), Eric Shaw (jokes), Jeannie Shaw (hula), Fumiko Takasugi (shamisen). Faculty/Staff who
we will contact before our next meeting, Scotty Rode, Eric Shaffer, and Chris Hacskaylo.

Planned -  Flu Shot, September 19, 2012, 10 a.m. to 1p.m. in 4-18
No changes. It will be held the same day as the Health & Wellness Fair. Info forthcoming from the company regarding the various medical insurances that will cover flu shot cost. Volunteers will be solicited when we get more information.

Planned –  Library’s Database for Health Information to the Committee
This has been tabled.

Planned –  “Truths and Lies About What We Eat” Workshop
With so many different information sources, this workshop given by Dr. Marlene Merritt is designed to help us distinguish the truth and lies of the food that we eat. The only cost to bring Dr. Merritt down would be for her and her husband’s airfare, which would probably be about $1,200 - $1,400. Monir will see if Faculty Development, Staff Development, and Student Life would be willing to pay for the airfare. Monir will also talk to Brian Furuto and Billie Lueder. Clara will take care of the room reservations. Workshop will be open to the entire campus, including students. We were thinking about charging $5 for faculty and staff for workshop materials, students will be free. Out of the three dates that were given to Monir from Dr. Merritt, Friday, April 26, 2013 was chosen as the day of the event. We can have a morning session and an afternoon session. Starting from 9 a.m. and finishing at 3 p.m. Monir will be in touch with Dr. Merritt.

Next Meeting:  Wednesday, August 15, 2012
2 p.m. – 3 p.m.
Apprenticeship Building Rm. 18