Health & Wellness Subcommittee Meeting
Minutes for 4/19/13 – 2 p.m. to 3 p.m.
Apprenticeship Building, Rm. 18

Members present: Kyle Higa, Clara Iwata, Nadine Leong-Kurio, Lianne Nagano
Derek Otsuji, Kathleen Saiki, Guy Shibayama, and Lorri Taniguchi

A. **Minutes**
   Approved by present members

B. **Update on Website (Nadine)**
   No update at the moment

C. **Comments on Evaluation and Marketing of Event**
   Nadine mentioned about changing the questions for the evaluation so we could measure the outcome of our activities. Lorri mentioned what Jerry Saviano mentioned at the workshop about how the programs shows that they have a 98% success rate but evidence shows otherwise.

   Kyle mentioned about adding safety since we’re the Health and Wellness Committee and how we could market the event that we host.

C. **HCC Bulletin Board (Clara)**
   Clara did not ask to have the bulletin board moved to another location since other bulletin boards in that area are less visible. Also, we are not sure where the entrance to the library will be after the renovation. Nadine mentioned that it’s too dark where the bulletin board is now located. Kyle mentioned that we could request for a display light.

E. **GAR Recap (Guy)**
   No news on GAR until the 2014 GAR approaches.

F. **Report/Update/Planned/Suggested Activities**

   **Report - Borscht, Friday, February 22, 12-1 p.m.** (Derek)
   Out of 12 who signed for this workshop, 7 came and 1 was brought the soup to taste. Evaluation feedback were all rated 5 (the highest) except the question, “I plan to make Borscht Soup” which had 3 (5’s), 2 (4’s), and 2 (3’s) with 1 with no answer. Suggestions that were made were (1) video the event and place it on the internet, and (2) hand out recipes ahead of time.

   **Report – Doris Duke’s Shangri La Tour** (Nadine)
   Nadine reported that 25 signed up and 25 showed up; 22 turned in an evaluation and 3 did not. She had to create a report on the
tour for the grant that she got from the “Bridget’s Cultural Muslin Souvenir Grant” and report showed a 98% good. Tours like this should be 1 ½ long (Nadine can you see if I missed anything.

Postponed - Otsuji Farm’s Watercress Tour and Watercress (Derek) Derek will let us know when we are able to go on the watercress tour.

Suggestion - Ka ‘Ikena Restaurant at Kapiolani Community College (Kyle and Kathleen)

Kathleen mentioned that since we were having a lot of things going on at the time, Clara and I decided to postpone it until Fall 2013.

Present members mentioned making reservations on any Friday for dinner from KCC time slot September 10, 2013 thru October 11, 2013. Kathleen mentioned that reservations are only taking 1 month prior to selected date.

Suggestion – Activities/Tours Tai Chi and Gi Gong (Beng Poh can help us get a person for Fall 2013); More tours; Tour of the new FBI building in Kapolei; Healthy eye care; Photography; SSI/Medicare; 10 minutes walking tour with emphasis; Skin Care (Lianne mentioned that she could organize this); More art related type tours

G. Change in Meeting Time for Health and Wellness Meeting

Present members agreed to change our meeting time to 1:00 p.m. to 2:00 p.m.

Next Meeting: Friday, May 17, 2013 1 p.m. – 2 p.m. Apprenticeship Building Rm. 18