Meeting called to order at 1:00pm by meeting co-chair Clara Iwata.

Members in Attendance
Stella Akamine, Carol Hasegawa, Kyle Higa, Monir Hodges, Marilynn Ito-Won, Clara Iwata (Co-Chair), Carol Kagimoto, Nadine Leong-Kurio, Lianne Nagano, Derek Otsuji (Co-Chair), Guy Shibayama, Lorri Taniguchi, Shioko Yonezawa

Table Etiquette – 1:00 PM
Carol Kagimoto gave a short presentation and passed out handouts on formal and informal place setting and Dining Etiquette. Things to remember: Start using utensils from outside, leave dropped silverware on floor and ask for new one, when finished place utensils in the center of the plate, place folded napkin to the left of plate when finished.

A. Minutes
August minutes were approved.

B. Update on Website (Nadine)
Nadine added our planned 9/21/13 dinner at KCC and she will be adding Tai Chi/GiGong (10/16/13) and Extension Southeast Asian Cooking (11/06/13) on the intranet. Clara added and organized the minutes in the Laulima. Next, Clara will be working on the pictures that were taken of the activities that were held.

C. HCC Bulletin Board (Clara)
Emily reported that they have started to work on the bulletin board layout. The topic is on Nutrition. She is waiting to see what the situation is on the renovation of Building 7.

D. Great Aloha Run (GAR) (Guy)
GAR is held on Presidents Day, Monday, February 17, 2014 from 7:00am. Early registration cost $30. The race is from Aloha Tower to Aloha Stadium. You can register on-line (greataloharun.com) but put HCC’s Club 100 number 47 on. As soon as Guy receives information from his contact Dawn, he will distribute the announcement flyers and the chart of participation. For those who would like to get in shape, a walking map is available on the intranet. This year we can still look forward to the delicious food (thanks Guy) after the walk at the apprenticeship building and those who register early will be getting a free HCC GAR tee shirt.

E. Flu Shot & Blood Drive (Lorri)
Flu
Date: Wednesday, September 18, 2013   Time: 10:00am – 1:00pm.
Place: HCC Cafeteria – Mauka Section Near Stage
Who: HCC Students, Employees, Neighbors, and Friends
Cost: If no insurance, $30 (check, charge, or exact cash accepted)
Lorri mentioned that long lines are expected at the beginning; call 284-1140 for checking wait time, valid government issued picture ID is required and you will be asked to sign and compete a Pharmacare Hawaii form which will be made available at the clinic or on-line. If you can volunteer, sign up with Lorri.

**Blood Drive**
Date:    Thursday, October 17, 2013, 8:00am – 1:00pm
        Wednesday, November 13, 2013, 8:00am – 1:30pm
Place:  Bloodmobile will be parked on the Mall near Bldg. 2

Lorri mentioned that appointments are strongly encouraged. Call 845-9282 for more information. Donated refreshment to be served on the November 13 day donors.

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

**Update** -  **Ka‘Ikena Restaurant at Kapiolani Community College, 9/21/13 (Kyle)**
Kyle has set up everything for the Saturday (9/21) buffet dinner at the Ka‘Ikena Restaurant which begins at 6:00pm. There will be 6 round tables which can seat 10 people each. There will be about 51 people attending. Music from Mele (CD) will be provided (Kyle will take care of this). Clara and Derek will be in charge of registration by face (list will be provided by Kyle) and the taking of photos.

**Update** -  **Tai Chi and Gi Gong, 10/16/13 (Beng Poh)**
The date (10/16/13), time (12pm – 1pm) and place (Apprenticeship 18) have been set. Beng Poh will be back on September 23rd at which time Clara will get together with her to send out advertisement to hcc-adm. Beng Poh will give us more information at our next meeting.

**Update** -  **Extension Southeast Asian Cooking, 11/06/13 (Lianne)**
Rose Saito of University Extension Service will show us how to make sandwiches on Wednesday, November 6, 2013 from 12pm – 1pm in the Apprenticeship Bldg. Rm. 18. Cost will be determined later. It will probably be between $5 to $8.

**Planning** -  **Caregiving, Spring 2014 (Nadine and Derek)**
Nadine mentioned the documentary “The Graying of Hawaii” which was on public television. “The State of Hawaii has one of the fastest growing aging populations. The long-term care crisis is already here, with a shortage of nursing home beds and a lack of services enabling senior citizens to ‘age-in-place at home.’” This documentary questions statewide planning and government’s responses to the changing demographics. See Nadine if you would like to view it.

Derek updated us about his contact with 84 yr. old Evangeline Dunbar and Randall Takashima for a future session.
Suggested - Skin Care, Spring 2014 (Stella)
Sometime next year.

Suggested - Lunch/Dinner at Greens & Vines: Raw Vegan Gourmet
(Derek and Clara)
This will be brought up at the next meeting.

G. **Sharing Time**
Sharing time will be a short time at the end of the meeting to discuss new
health items that come up and need to have feedback from any of the
members who know something about the health item.

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I. **Blue Light**
Guy mentioned that we have six blue light boxes which are located in
various spots on campus. They can be pressed when you need help. The
lights are hooked up to HCC’s security guard. The map with the location of
the blue lights will be put on the intranet soon next to our walking map.
Stella told of her experience where she could have used the blue light.

J. **Charter**
Lianne will get together with few members to compare our Health and
Wellness Charter that is posted on the intranet and what is on the Laulima.

Next Meeting: Friday, October 11, 2013
1 p.m. – 2 p.m.
Apprenticeship Building Rm. 18