Health & Wellness Subcommittee Meeting
Agenda, 3/15/14 – 1 p.m. to 2:20 p.m.
Apprenticeship Building, Rm. 18

Attendees: Chulee Grove, Carol Hasegawa, Kyle Higa, Clara Iwata, Nadine Leong-Kurio, Charles Miller, Derek Otsuji, Guy Shibayama, Lorri Taniguchii, Shioko Yonezawa

A. Minutes
Clara apologized for not having the February minutes ready to be approved. The minutes will be emailed to the Health & Wellness Subcommittee members. If no one email any changes, the minutes will be considered approved.

B. Update on Website (Nadine)
Nadine added all the activities on the web. Clara will email her the minutes that are missing so she can input them on the web. Clara will collect pictures of all our 2014 activities and put them on the intranet.

C. HCC Bulletin Board (Clara)
Until we are assigned a bulletin board, current articles of interest will be announced or passed around during the meeting.

D. GAR (Guy)
Due to rain, the picnic was moved from the Apprenticeship Bldg. to the Student Life Lounge.

E. National Kidney Foundation Screening (Kyle)
(Thursday, February 27, 2014, 9 a.m. to 1 p.m., Bldg. 2, Rm. 201)
On Thursday, February 27, 2014, Honolulu Community College, in our partnership with the National Kidney Foundation of Hawaii held a successful Kidney Early Detection Screening (KS). Fifty-three students, faculty, staff, and neighbors attended. Seventeen of the participants were identified to have risk factors and forty-three of the participants had family risk factors.

In addition to the initial screening, four follow-up workshops are scheduled during the month of March. The topics covered include:
- Kidney disease, risks, and medication
- Nutrition with a cooking demo
- Exercise
- Shopping healthier

March is Kidney Month. The next KEDS will be held at the Ala Moana Hotel (Garden Lanai) on March 21, 2014. You may pre-register with Kim Oyama,
F. HST Goes Wild (Kyle, Charles, Derek) 
(Friday, March 7, 2014 – Saturday, March 8, 2014)
It was suggested by Beng Poh that we enter something that represents the Health and Wellness Subcommittee in this year’s HST Goes Wild. A few of us felt that it was too short a time to prepare something this year, but we could do one for next year. Since Kyle, Charles, and Derek attended this event, they were asked to give the committee their impression of this event.

Kyle:
The first Friday in March is reserved for Excellence in Ed Day activities. This year, workshops were offered by Achieving the Dream and WO Learning Champions at Windward Community College.

For HCC staff members who elected not to attend the workshops at Windward CC, the SSEC hosted an “Indoor Drive-In” in 2-201. This was envisioned as an opportunity or HCC staff to come together and interact in novel way in the absence of more staff-oriented workshops at Windward CC.

Steve Shigemoto, SSEC Chair, thanked all the hardworking people who made this activity possible. He also sent out a survey as part of the SSEC’s interest in assessing the event itself and to determine what other kinds of activities staff might be interested in. Please complete the survey by going to: https://www.surveymonkey.com/s/KKGL_3MP.

Charles:
Thought that the Wild was great just like the ones in the old days. He hopes it will continue.

Derek:
Thought HST Goes Wild was great! He got materials that he could use for his classes. To see what teaching technique excited Derek and the committee members, please email him at dotsuji@hawaii.edu. The Health and Wellness committee members were very impressed with Derek’s presentation that he was suggested as the person to represent us on Mental Health (suggested by Chulee) for next year’s workshops if we do participate.

G. Cultural World Movement (Shioko, Derek) 
(Thursday, March 20, 2014, Cafeteria, 9:30 a.m. to 1:00 p.m.)
They will be 4 workshops presented: Flower Arrangement (Ikebana), Persian and Japanese Calligraphy, K-Drama Discussion, and Dance Demonstration and Workshops. Japanese, Mediterranean Spanish and Mexican refreshment will be served at different times. 80% of the work is done (contacts, banners, posters, handouts etc.) Guy and Derek will take
care of the cafeteria set up. Shioko’s students will help her transport equipment and supplies.

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

**Report - Family Caregiving Brown Bag**  
(Friday, February 21, 2014, 12:00 p.m. to 1:00 p.m., Apprenticeship Bldg., Rm. 18) (Nadine)  
Toni and Sherry presented a personal style lecture/discussion, which everyone enjoyed. Approximately 15 people attended this workshop. According to the questions that were sent out by Nadine, most would be interested in meeting in small groups. Clara and Nadine will help the group get started. “The Graying of Hawaii” DVD will be made available to borrow from HCC Library for those who are interested.

**Report - Tradition Hawaiian Well-Being** (Thursday, February 27, 2014 2:30 p.m. to 4:00 p.m., Hawaiian Rm.) (Shioko)  
Alapaki filled all 20 participants’ minds with statistics, history, cooking tips on Taro. The highlight of his talk is when we got to taste the delicious poi which he prepared and he says was 6 months in the refrigerator. We also were given sweet potato and taro to take home if we wanted. We all went home appreciating poi and the Hawaiian culture. Clara will be collecting and posting pictures of this event on Laulima soon.

**Update - Reflexology** (Thursday, April 10, 2014, 12 p.m. to 1 pm.) (Lianne)  
Lianne will confirm date, time, and place with Jessica and send out email to campus.

**Update - Yoga Relaxation Class** (Friday, July 11, 2014, 12:00 p.m. to 1:00 p.m., Bldg. 72A) (Beng Poh)  
Brenda Kwon has agreed to conduct the Yoga Relaxation Class. She has given Beng Poh a brief description of the class - “Yoga nidra is a sleep-based relaxation practice that users breath and visualization to clear the mind calm the nervous system, increase concentration, and rejuvenate the body. The session includes very gentle movement followed by the yoga nidra practice, so please wear loose, comfortable clothing and bring your mat. It’s best to be warm and comfortable, so additional layers or a blanket is highly encouraged, as is something to cover your eyes (a washcloth or banana is fine).

Next Meeting:  Friday, April 11, 2014  
1 p.m. – 2 p.m.  
Apprenticeship Building Rm. 18