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

A. Minutes
July and August minutes will be approved at the September meeting.

B. Update on Website (Nadine)
The intranet is being redone so Nadine will not be able to post Health & Wellness information such as minutes and upcoming events. We are not sure whether we will be able to put information on the intranet. Clara will post meetings, pictures, and other materials on Laulima.

C. Health Office Updates (Lorri)
Lorri will let us know if she needs any help with the following scheduled Blood and Flu Drive.

- Blood Drive will be on: T, Sept. 9, 2014 and TR., Nov. 6, 2014
- Flu Shot will be on: Wed., Sept, 24, 2014 and TR, Sept. 25, 2014

Lorri passed out a brochure advertising “Making Strides Against Breast Cancer.” This 3 mile fundraising walk ill take place on Saturday, October 4, 2014 at Richardson Field/Ford Island.

D. Health and Wellness Left Over Funds from Activities (Clara)
Lianne will be keeping the left over funds from activities. It will be used to buy supplies or leis/gifts to speakers.

E. Letter to Faculty/Staff Who May Be Interested Joining the Health & Wellness Subcommittee (Beng Poh, Derek, and Clara)
Lianne will give Derek the list of members. Derek will email and keep track of responses.

F. Planning/Update/Report

Update - Family Caregiving Small Group  (Nadine/Lianne/Derek/Clara)
David Nakamaejo agreed to do a workshop. The workshop “Falling is Not a Form of Exercise.” It is schedule for Friday, September 19, 2014 from 1 2 p.m. to 1:00 p.m. in the Apprenticeship Building 4, Rm. 23. Limit of participants is set at 25. Nadine will send out email announcement.

Report - Yoga Relaxation Class (Friday, July 11, 2014; 12 p.m. to 1 p.m.; 72A Center Area) (Beng Poh)
At the end of the Yoga class, Clara passed out a sheet to have participants write anything that they wanted on the sheet. Although only 3 responses came back, those who attended
stayed and talked about how good and relaxed they felt. In the future, the question and answer evaluation will be given out since very few responded with the blank sheet. Many expressed interest in having more sessions. Lianne will look into this. Since Derek wrote is name down, Clara read is response – “I came in with a stiff back and the session early loosened me up. I feel clear, focused – centered.”

Report - **Purslane Cooking Demonstration (Friday, July 18, 2014; 12 p.m. to 1 p.m.; Apprenticeship 23B)** (Derek)
Fourteen responded to the evaluation. All thought that it was worth their time, lived up to their expectations, and was well presented. Eleven would make it. Comments: Many thanked Derek for introducing them to a new vegetable, and for his excellent communication skills. Two persons requested a handout with ingredient.

Planning - **Aromatherapy** (Lianne)
Lianne will contact Jessie Aki to see when would be the best time for her.

Planning - **Rose Garden (Saturday, February 14, 2014)** (Lianne)
The visit to the Rose Garden is planned for Valentine’s Day, Saturday, February 14. Roses may be purchased. More information will be given out later.

Planning - **Down to Earth Cooking Demo by Mama T. Gonsalves, (Friday, September 12, 2014; 12 p.m. to 1 p.m.)** (Clara)
The demo will be held in 4-18, cost will be $3.00 and the limit will be 20 people. Because this is our first demonstration, Mama will not be charging us. The usual cost is $5.00. The money collected will be put in the Health and Wellness pot for future use.

Planning - **Otsuji Farm Tour with Lunch/Dinner** (Lianne)
Because they are no tours on Saturday that can accommodate us, this tour is cancelled.

G. **Sharing Time**
Nadine gave us information about the Pacific Aviation Museum in Pearl Harbor. Nadine thought it would be a nice place to visit and the group agreed. She will find out more information about tours and hours.

Next Meeting: Friday, September 12, 2014 (?)
1 p.m. – 2 p.m.