Health & Wellness Subcommittee Meeting
Minutes for 9/12/14 – 1:30 p.m. to 3:00 p.m.
Apprenticeship Building, Rm. 18

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

A. **Minutes**
July and August minutes approved.

B. **Welcoming New Members**
Eric Lagrimas and Mario Mediati were welcomed as members. Eric is a lecturer in our MELE program, and Mario Mediati is in PCATT.

C. **Update on Website (Nadine)**
Nadine explained that for now, with the recent update of the HCC web, we cannot make changes to the Health & Wellness Intranet site. Clara will continue to post meetings, pictures, and other materials on Laulima.

D. **Health Office Updates (Lorri)**
Lorri will let us know if she needs any help with the following scheduled Blood Drive and Flu Shot Clinic. The Flu Shot for the first time will be held on: Wed., Sept. 24, 2014 and Thursday, Sept. 25, 2014 from 11am to 2pm. The Health Office student workers have been trying to advertise the event around the neighborhood on the makai side of Dillingham and as far as Sack-n-Save shopping center and at bus stops. Lorri also passed out brochure advertising the upcoming "Making Strides Against Breast Cancer" event. This 3 mile fundraising walk will take place on Saturday, October 4, 2014 at Richardson Field/Ford Island. See Lorri or Guy for more information.

E. **Letter to Faculty/Staff Who May Be Interested Joining the Health & Wellness Subcommittee (Lianne, Derek)**
Derek emailed letters to interested members. He will give us results at our next meeting.

F. **Planning/Update/Report**

   **Update - Family Caregiving Small Group (Nadine/Lianne/Derek/Clara)**
Everything is set up for the workshop "Falling is Not a Form of Exercise" by David Nakamaejo. Workshop is scheduled for Friday, September 19, 2014 from 12 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. Clara will be in charge of the sign-up sheet.
Report -  **Yoga Relaxation Class (Friday, 12 p.m. to 1 p.m.; 72A Center Area) (Lianne)**
We had about 3 to 5 participants in each of the Friday Yoga classes. Some Friday classes were cancelled. Lianne will be sending out email when we have classes.

Planning -  **Aromatherapy (Lianne)**
Jessie Aki said the best time for her to do this workshop would be Spring 2015. Lianne will be keeping in touch with Jessie.

Planning -  **Rose Garden (Lianne)**
Rose tour is scheduled for February 7 at UH Urban Garden Center.

Planning -  **Down to Earth Cooking Demo by Mama T. Gonsalves, (Friday, September 12, 2014; 12 p.m. to 1 p.m.) (Clara)**
Mama T. Gonsalves and Jordan made Raw Kelp Noodle Pesto Primavera and Protein Smoothie. It was so delicious and healthy that many went back for seconds and said that they were going to make it. We collected $3.00 from the participants, but returned the $3.00 back to them since Mama T. gave the demonstration for free because it was our first demonstration. Future demonstrations will cost $5.00. The participants asked that we invite Mama T. and Jordan back to do another cooking demonstration. Clara will ask Mama T. and Jordan for day and time that they will be available. As a thank you to Mama T. and Jordan, two HCC cups were given to them from the Health and Wellness Subcommittee.

G.  **Sharing Time**
Carol brought up the idea of a workshop on using recycled materials for our Christmas workshop. She will be looking into this.

Next Meeting:  Friday, October 10, 2014
1:30 p.m. – 2:30 p.m.