Health & Wellness Subcommittee Meeting
Minutes for 10/12/14 – 1:30 p.m. to 3:00 p.m.
Apprenticeship Building, Rm. 18

Members present: Carol Hasegawa, Kyle Higa, Clara Iwata, Nadine Leong-Kurio, Mario Mediati, Lianne Nagano, Derek Otsuji, Guy Shibayama, Lorri Taniguchi, Shioko Yonezawa, Beng Poh Yoshikawa

A. Welcoming New Members
No new members attended this meeting.

B. Minutes
September minutes approved.

C. Update on Website (Nadine)
Intranet side we personally cannot touch. Until the CAS login is back, Nadine will be giving minutes and other materials that we want posted to Todd.

D. Health and Wellness News Update (Clara)
To help you make your mind up whether to get an operation, some hospitals are showing videos showing the effects of the operation.
An 8-year old boy who lives on the eight floor of Salt Lake Manor is hoisted back up by a fire hose sent down by Dan Kaetsu, a Red Hill counselor that lives on the same floor, after falling head-first in the trash chute and landing in the trash that had piled up to the second floor. The boy is ok.

E. Health Office Updates (Lorri)
Blood drive is scheduled for 11/6/14, Publicizing events has been a challenge because there are fewer bulletin boards and notices are taken down sometimes too soon. There have been some postings in the restrooms and elevators. Postings can also be made through the HCC website.

F. Response to Letter to Faculty/Staff Who May Be Interested Joining the Health & Wellness Subcommittee (Lianne, Derek)
Derek will give us a report on the responses received at our next meeting.

G. Making Strides Against Breast Cancer (Lorri)
$3500 raised and checks can still be accepted. A debriefing meeting was held today with an evaluation. Through December 31 donations can be received. It was a relatively easy event to organize. If the date can be saved earlier, there may be more participants. Next year maybe

H. GAR (Guy)
Kick off luncheon for President’s Club is October 27. Lorri and Guy will attend. There will be a November recruitment. Guy will be checking with the Chancellor to sponsor t-shirts. There will be a picnic.
I. **Our Hokolea Our Ambassador to the World, (Thursday, February 19, 2015)**
   *(Derek/Shioko)*
Derek is writing a proposal for a grant. It will be a cultural presentation of the places visited by the Hokolea. A poetry contest is also planned.

J. **Planning/Update/Report**

   **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.

   **Report - Down to Earth Cooking Demo by Mama T. Gonsalves, (Friday, September 12, 2014; 12 p.m. to 1 p.m.) (Clara)**
   Clara went to Mama T’s Saturday cooking class at Down to Earth and handed her a copy of the evaluation of the demonstration she did on Raw Kelp Noodle Pesto Primavera and Protein Smoothie. A handwritten thank you note was written on the back. She was thrilled with the results of the evaluation (all positive, one even added an extra number in the rating) and will show it to her boss. She and Jordan both liked our group and answered “yes” to doing another demonstration.

   **Report - Family Caregiving Small Group (Nadine/Lianne/Derek/Clara)**
   Evaluations were either excellent or above average. Some topics that were suggested for future workshops were Tai Chi, Medicare/Medicaid, Vegetarian/Vegan Cooking. Some comments that were written were fun & memorable, great workshop! easy to relate to.

   Katherine Borja a licensed Sales Representative of United Health Care or someone else will be able to come to talk to us on Medicare and Medicaid. Clara will set up for the speaker to come in March 2015.

   **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 - Pacific Aviation Museum Pearl Harbor (Nadine)**
   Tabled but if we have a month in mine, Nadine will get contact them.

   **Planning - Using Recycled Materials for Christmas (Carol)**
Carol visited Reem Bassous Art 101 class and brought back samples of articles we can use for the holidays made from recycled materials. Reem is willing to do a workshop on how to use recycled materials. The date for this workshop is set for Friday, November 21, 12:00 p.m. to 1:00 p.m., 4-23.

K. **Sharing Time**
Clara met a former trainer of 24-Hr Fitness who was willing to give a talk on the using medical marijuana. Since it’s such a controversial subject, the group decided not to follow through on it.

Lianne shared information from the nutritional workshop - be careful of sugar intake and portion size.

Next Meeting: Friday, November 14, 2014
Apprentice Bldg. 4, Rm. 18
1:30 p.m. – 2:30 p.m.