Members present: Chulee Grove, Carol Hasegawa, Clara Iwata, Lynnette F. McKay, Nadine Leong-Kurio, Lianne Nagano, Derek Otsuji, Guy Shibayama, Shioko Yonezawa

A. **Minute**
April minutes were emailed and corrections made.

B. **Health and Wellness News Update** (Clara)

Care Home Measure is Deferred – Noboru Kawamoto an his wife of 67 years who are now in separate care homes can not be put in the same care home due to the rule that only one private-pay individual and two Medicaid recipients can reside in the same community foster family home. Keith Ridley Chief of Department of Health’s Office of Health Care Assurance, which licenses long-term care facilities, said, “We’ll still continue to work with legislators as well as the Department of Human Services on how we can make this work.

Getting a second opinion can give a new lease on life – “After years of declining in the elderly, the paper reported, strokes are rising among younger adults. Because they are accustomed to being healthy, younger stroke victims often deny or ignore the symptoms, leading them to miss treatment in he critical hours and days afterward. And, because they look young and healthy, doctors often don’t consider stroke as a cause.” – Washington Post

Smartphones harnessed as powerful medical tools – University of California at Berkeley researcher used a smartphone-run video microscope to measure tiny parasitic worms in a finger-prick of blood. The Cellscope can be used outdoors.

C. **Update on Website** (Nadine emailed to Clara)
Nadine has the April minutes but needs to wait for the March minutes in order to post it on the website. Clara will email her the March minutes – it has a few holes.

D. **Update on Laulima** (Clara/Kyle)
Kyle and Clara decided to put off Lorri’s suggestion that we talk to Billy Lueder about making the pictures come out continuously until we first try to figure it out for ourselves. In the meantime, Clara will add pictures of events to Laulima.

E. **Health Office Update** (Lorri)
No update.

F. **Follow UP - Response to Letter to Faculty/Staff Who May be interested Joining the Health & Wellness Subcommittee** (Derek/Lianne/Chulee)
Lianne will ask Brent to update the Health and Wellness Subcommittee membership for 2014-2015.
G. **International Education Day (Our Hokule‘a: The Ambassador to the World)**  
**Thursday, March 19 HC Cafeteria (Derek/Shioko)**
Derek reported that 170 people attended. If they plan to have it next year, Shioko mentioned that the activities will be cut down because of the red tape to get reimbursed.

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

**Report - Down to Earth Cooking Demo by Mama T. Gonsalves/Jordan**  
(Friday, April 17, 2015, 12:00 p.m. to 1:00 p.m., 4-23B (Clara)
Thank you note to Mama and Jordan along with the evaluation results were delivered. 15 attended and 10 filled out the evaluation form. All except one of the 10 marked 4 (agree) instead of 5 (strongly agree). 8 plan to make either the beet or muffin.

**Likes:** The whole presentation is enjoyable and especially since the presenters are very good speakers and really know their products; Sample; Efficiently executed – positive; Tasting; The food was delicious, chefs were personable; The beets – nice and crunchy; The explanation of ingredients used; Easy recipes; I loved the beets – crunchy and tasty;  
**Suggestions for workshops:** More vegetarian cooking classes, Consequences of not eating healthy, Cooking with vegetables, Cultural food

**Suggestions -** In the future, we have volunteers to help Mama T. and Jordan bring the supplies back to the car.

**Report - Manoa Heritage Center Tour (Saturday, May 2, 1015) (Clara)**
5 people signed up and 4 showed up. Thank you note has been sent to Margo and Aloha. If we do set up another tour, we need to mention that people who have a hard time walking should not attend. Instead of the regular evaluation questions the group was asked to write what their felt about the tour. Shioko’s comments reflect how we all felt about the tour. “As for my evaluation for the tour, I really enjoyed visiting a heiau for the first time in my life. The surrounding garden was very beautiful and well kept as if it protected the heiau in peace. Margo was knowledgeable about the plants and the structure of the heiau. I cannot believe that she did not know anything about the plants until she started working there. It was a nice small group to walk around the garden. The pace was also good. Thanks to generous Cooke family, we could see the heiau, plus the garden. As Margo said, it will be more convenient to have more restrooms there in the future. Also, learning that Japanese people built the mansion and also worked for the house, I have become interested in learning about those builders including the "Tomonori" family. One thing I noticed after visiting the...
place was their address being different from what I was looking for. The website says Manoa Road 2829. Actually, the address of the gate to the entrance being used says 2859. It was not easy to find the location partially probably because of using the different address for the entry. There were two gates there, one of which was closed. 2829 may be used for the closed gate, which was located close to town. Just in case someone wants to visit there.

Clara mentioned that they plan to make an addition in the garden area with a waiting room and more restrooms – right now only one restroom is available for use in the house. They are waiting for homes located around that area to approve the building.

Planning -  Do-Overs Workshop by Jessie Aki (lianne)
Jess Aki mentioned to Lianne it will be better to go the blurb route.

Planning - Hands-on Cooking at Down to Earth (Clara)
Clara will set up a Saturday in July with Mama T. and Jordan.

Invitation - Social Security Workshop, July 23, 2015 (Clara)
Lianne received an email from Adrienne Kamaura asking us if the group is interested in this Social Security Workshop which will be presented by Jane Burigsay – the only person w/Social Security that does public presentations. She may also be willing to help people log-on and access MySocialSecurity Portal. We can also provide suggestions on other appropriate topics to cover.

Next Meeting:  Friday, June 12, 2015, 4-18 1:30 p.m. to 2:30 p.m.