Health and Wellness Subcommittee Meeting
Minutes for May 6, 2016
1:30 pm – 2:30 pm
Apprenticeship Building 4, Room 018

Present: Charlene Gima, Chulee Grove, Clara Iwata, Mario Mediate, Lianne Nagano, Derek Otsuji, Guy Shibayama, Shioko Yonezawa

Guests: Nadine Leong-Kurio

A. Minutes
Minutes for March and April were approved. Clara will post the minutes to Laulima and check with Kyle about posting minutes to the website.

B. Health and Wellness News of Interest from the Star-Advertiser (Clara)
Articles that were read were:
- Plant-Based Beverages Lack Same Benefits as Cow’s Milk
- Ice Cream Cons Aren’t Tasty, So Watch the ‘e’ in Silicone by Rick Brill
- Death of Partner Raises Risk of Irregular Heartbeat
- Heart Disease, Stroke Linked with Loneliness
Please see Clara if you would like to read the articles.

C. Posting Photos (Kyle and Clara)
Clara will post March and April photos in Laulima. She will check with Kyle about posting the photos to our website.

D. Health Center Updates (Lorri)
Clara reported for Lorri:
- 4/7/16 Blood Drive Update – 36 units of blood was collected, exceeding the goal of 31 pints. Evaluations were favorable. The plan is to continue to use Bldg. 2, Rm 201 instead of the Mobile because it is more comfortable, it has the ability to take walk-ins, the space is air-conditioned.
- Next Blood Drives: 9/15/16 and 11/10/16

E. International Education Events (Bed, Charlene, Derek, Shioko)
Bed will present a report at the next meeting.

F. Proposal to Do Something in October for Wo (Connie, Lauren)
Clara will see if they will be able to attend the next meeting. At the last meeting they were looking for ideas to celebrate WO week sometime in October.

G. Report on Chairing of Committee (Clara)
Discussion will continue in the summer. Co-chairs Clara and Derek are willing to continue.

I. Activities
Planning – Safe and Practical Uses of Various Small Hand Tools (Lianne)
Guy Fo will do the workshop in the fall semester. Suggestions are to have the workshop in September or November. Lianne will check if use of the carpentry shop might be needed.

Planning – Kimo’s Home Tour (Lorri)
Update at the next meeting.

Planning - Ukulele Making (Guy)
Guy will plan the workshop sometime in July.

Planning – Longevity Research (Beng Poh, Charlene, Derek)
Update at next meeting.

Planning – How to Make Stress Your Friend (Derek)
A suggestion was to have the workshop in September.

Planning - Genealogy/Finding Your Roots (Derek, Clara)
Prisilla Otsuji (Derek’s mother) is interested sharing her experiences with gathering stories of family members in Japan. It was suggested that the title be changed to better reflect the topic to be covered. The workshop will be scheduled in June/July.

Planning - Down-to-Earth Cooking (Clara)
Clara will ask Mama T/Jordan more details on what is included in the $10 fee and if they can make variety of things.

Planning – Pacific Aviation Museum Tour (Lianne)
Lianne will coordinate a tour with Jerry Cerny during the Fall semester.

Planning – Fire Museum Tour (Lianne)
A possible Saturday date will be scheduled for the Fall semester.

Announcements:

Visiting Researchers from Japan – Shioko informed us that there will be 2 researchers visiting 1-2 years and that she would like them to attend our meetings and events.

Fall Prevention Show – Nadine shared the following information as a follow-up to past Caregiving sessions:
Saturday, May 7 on KHON at 5:30pm Special on Fall Prevention

Clara presented Lianne with a signed card and rose plant on behalf of the committee for her service.

Adjournment: 2:45 p.m.

Next Meeting: Friday, June 3, 2016, 1:30pm to 2:30pm, 4-018 (since Kamehameha Day is on the second Friday)