Health and Wellness Subcommittee Meeting
Minutes for July 8, 2016
1:30 pm – 3:00 pm
Apprenticeship Building 4, Room 018

Present: Clara Iwata (co-chair), Nadine Leong-Kurio, Ippei Machida, Uka Machida, Mario Mediati, Connie Montero, Lianne Nagano (recorder), Derek Otsuji (co-chair), Guy Shibayama, Shioko Yonezawa, Beng Poh Yoshikawa

Guests: Ippei Machida, Uka Machida

A. Minutes
Minutes for 6/3/16 were approved. Clara will post the minutes to Laulima. (Kyle will post the minutes to the website.)

B. Membership Update (Lianne)
Faculty volunteering to serve on the committee are being contacted and several have responded. The wellness-l listserv is also being updated.

C. Health and Wellness News of Interest from the Star-Advertiser (Clara)
Articles shared by Clara:
- Bamboo Ridge No. 108 featuring poems by HCC’s Derek Otsuji and Eric Shafer
- Glass to Help Kids with Autism
- New Device Empties Food From Stomach
- Study Classifies Butter as ‘Neutral Food’
- Floating Piers

If you would like to read the articles, see Clara.

D. Posting Photos (Clara)
Billie will be helping to post photos for us on Flickr. Committee decided to post photos by activity and begin with upcoming events. Clara will collect photos and submit them to Billie.

E. Report on Chairing the Committee (Clara)
Clara will check with Lorri on the status.
From the last meeting, Derek and Clara agreed to co-chair the duties.

F. Safety Meeting (Clara)
Derek will report on past and future activities at the Safety meeting on Thursday, August 18, 10-noon, Bldg. 27/111-116. Clara will submit information to Derek.

G. Health Center Updates
There is a critical need for O+ blood announced by the Blood Bank.

H. International Education Events (Derek)
Derek will be working a grant proposal this summer. Disney movies of Scandinavian tales such as The Little Mermaid and Frozen (Snow Queen) as well as Game of Thrones
and Thor are some possible ideas to be included. Some of the original fables/tales/mythology teach worthy values and lessons. Other ideas include having a “frozen” fashion show and AEC designing frozen structures.

I. Health and Wellness Week in October for Wo (Connie)
The week from October 10-14 is being planned for faculty and staff with +$1000 available in Wo funds. Several activities were mentioned as suggestions:

Confirmed activities:
- How to Make Stress Your Friend – Derek Otsuji – 10/12/16 at 2:30 pm, in 4/18
- Tai Chi – Uka Machida – 10/13/16 at 1:30 pm – Connie will check on a room.

Activities in Planning
- Yoga – Brenda Kwon – Lianne will make contact.
- Safe and Practical Uses of Various Small Hand Tools – Guy Fo, Contact: Lianne
- Mochi Pounding – Contact: Clara
- Terrariums – Sarah Myhre – Contact: Nadine

Cooking Demos on Friday (10/14) – Connie will check on reserving 27/111.
- Guy Shibayama - TBD
- Derek Otsuji – Collard greens
- Chulee – Thai dish - TBD

J. Planned Activities

Kimo (Lorri) – deferred to next meeting

Ukulele Making (Guy)
Guy is planning a show-and-tell with a powerpoint presentation for Friday, August 5 in Room 4/18 at 12:00 pm.

Longevity Research (Beng Poh, Charlene, Derek) Deferred to next meeting.
However, Nadine provided information about a 10-year study concluding that moderate exercise (15 minutes a day) results in 28% fewer deaths for persons over 60 years old.

Genealogy/Finding Your Roots (Derek)
This workshop is being postponed for now.
Nadine shared with the group a free online workshop on genealogy and will provide more information for anyone who is interested.

Pacific Aviation Museum Tour (Lianne)
October 8 has been reserved for a tour led by docent Jerry Cerny (former HCC employee.

Fire Museum Tour (Lianne) – Scheduled for Spring 2017
K. **Completed Activities**

*Down-to-Earth Cooking (Clara)* - This workshop was cancelled because of cost increases and the departure of presenters from Down-to-Earth.

**Announcements:**

Beng Poh shared information on the Mini-Medical School on Healthy Aging. Flyers were distributed with information on how to register.

**Adjournment:** 2:45 p.m.

**Next Meeting:** Friday, August 12, 2016, 1:30pm to 2:30pm, 4-018