Health and Wellness Subcommittee Meeting
Minutes for June 3, 2016
1:30 pm – 2:30 pm
Apprenticeship Building 4, Room 018

Present: Charlene Gima, Kyle Higa, Clara Iwata (co-chair), Nadine Leong-Kurio, Connie Montero, Lianne Nagano (recorder), Derek Otsuji (co-chair), Guy Shibayama, Lorri Taniguchi, Shioko Yonezawa, Beng Poh Yoshikawa

Guests: Ippei Machida, Uka Machida

A. Minutes
Minutes for 5/6/16 were approved. Clara will post the minutes to Laulima, and Kyle will post to the website.

B. Health and Wellness News of Interest from the Star-Advertiser (Clara)
Articles shared by Clara:
- Supercentenarian Was World’s Oldest Person/Italian Woman Named World’s Oldest Person
- Researchers Create Clear Film to Cover Signs of Age
- Restaurant Chains Prepare to Place Calories on Menus
- A Few Steps Can Add Up to Better Health
- Edible Petals Pack Nutrients
- Grocery Stores Employing Dieticians

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

C. Posting Photos (Clara)
Clara will check on social media workshops offered on campus and check on the possibility of using Flickr or Instagram to post Health and Wellness activities. The H&W Laulima site has photos taken of activities, but they are all separate and it takes time to click in and out to view them. Links to Flickr sent by Billie and others to the campus allow the viewer to see many photos of an activity at one time which would be a better alternative for posting photos. Possible contacts are Billie and Celia on what options might be available.

D. Report on Chairing the Committee (Clara) – Deferred to next meeting

E. 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.

F. Health Center Updates (Lorri)
- Regarding updating of supplies in first aid kits, a method is being worked on to order supplies online which will result in quicker replacement of items.
- To support community, Blood Bank drives will continue on campus. Lorri is working with Atina Pascua (Coordinator of Community and Civic Engagement at UH Manoa)
for input to improve outreach. Blood Drives for the Fall (9/15/16 and 11/10/16) are being planned in the Loui Center (2/201).

A concern/issue for the Blood Bank to address: The current cots are very high and could be a safety issue.

- Health Office is collecting data and preparing its program review.
- A question was raised if the campus had Automated External Defibrillators (AEDs). AEDs are located in the Security Office on the Security carts, Health Office, and Administration. In an emergency, Security is the first number people should call and AEDs will be taken to the scene of the emergency. In addition, Security will make the appropriate calls to the Nurse, Mental Health Counselor or other support staff. A concern was raised that recently, sometimes the call goes to voicemail or to contract security (usually hired when no day shift Security on duty). Is contract security responsible and aware of what to do in an emergency like to bring AED/medical first aid kit or to follow various protocols for other emergencies? There were other concerns re: whether contract security is knowledgeable of what to do in an emergency and it was suggested by members that this concern should be conveyed to the VCAS of the need to have adequately trained staffed as this is a health and safety issue.

G. International Education Events (Derek)
This coming year’s event to be held in Spring 2017 is “Land of Fire, Ice and Salted Fish” which will feature the Scandinavian countries. The group is in the beginning stages with plans to secure funds from the Honda International Education Fund. All are invited to provide ideas. Nadine will check with Library staff on ways they may support the event.

H. Health and Wellness 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:

Yoga – Brenda Kwon
Tai Chi – Uka Machida
Databases which provide “good” information – Nadine will check with Library staff.

Safe and Practical Uses of Various Small Hand Tools – Lianne will check with Guy Fo.
How to Make Stress Your Friend – Derek Otsuji
Cooking Demos on Friday (10/14)
- Guy Shibayama
- Derek Otsuji – beet soup or kale
- Chulee – Thai dish

I. Activities

Planning – Safe and Practical Uses of Various Small Hand Tools (Lianne)
Lianne will check with Guy on a day and time during the Wo Health and Wellness Week.

Planning – Kimo (Lorri)
Instead of a tour of his residence, Kimo is thinking of some other activity.
Planning - Ukulele Making (Guy)
Guy is planning a show-and-tell with a powerpoint presentation for Friday, August 5.

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

Planning – How to Make Stress Your Friend (Derek)
This could be presented at the Wo Health and Wellness Week.

Planning - Genealogy/Finding Your Roots (Derek)
Derek’s mother will present the workshop sometime in July.

Planning - Down-to-Earth Cooking (Clara)
Mama T. has left Down-to-Earth, so Jordan will be demonstrating.
When: Friday, July 29
Time: 11 – 12 pm
Menu: Raw Cevihe (a type of vegetarian poke
Sweet and Spicy Pineapple Salad
No Bake Mocha Brownie
Cost: $10
Suggestion: Include in the announcement the number of participants needed to run the workshop.

Planning – Pacific Aviation Museum Tour (Lianne)
Lianne will secure a date in September for the workshop. Doing the completion report last year made it easier to do the activity for this year.
Cost: $15 from 9:00-11:30am

Planning – Fire Museum Tour (Lianne)
The tour will be planned for Spring 2017.

Announcements:
Shioko introduced Professor Ippei Machida from Meiji University who is researching the logistics of marketing. His wife Uka and family will be here for 2 years.

Chronic Kidney Disease – June 29, 5:30-7:00 pm at Queen’s Conference Center, phone: 691-7117 – Contact: Beng Poh

Biggest Little Air Show at the Pacific Aviation Museum ($5) is being held this Saturday and Sunday – Nadine

Webinar on Workplace Wellness – Contact: Nadine

Adjournment: 2:45 p.m.

Next Meeting: Friday, July 8, 2016, 1:30pm to 2:30pm, 4-018