



We appreciate your phone call for class registrations so that we can support our presenters with their preparations. We also might need to notify you if a program is cancelled or rescheduled.

MAHALO • 885-6777

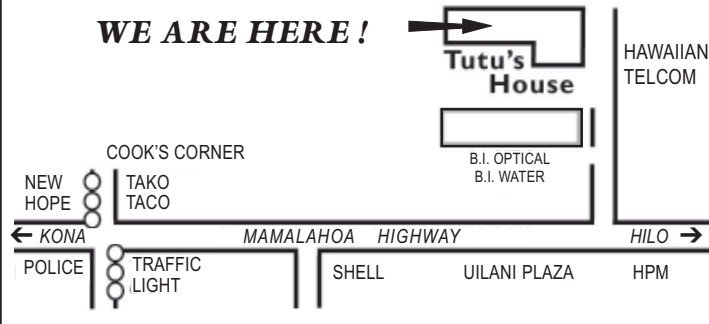
Tutu's House

Kamuela Business Center (Upper Level)
P.O. Box 2655 Kamuela, Hawai'i 96743 (808) 885-6777
Email: tutus@tutushouse.org Web: www.tutushouse.org
Open Mon. ~ Fri. 9 a.m. ~ 5 p.m.

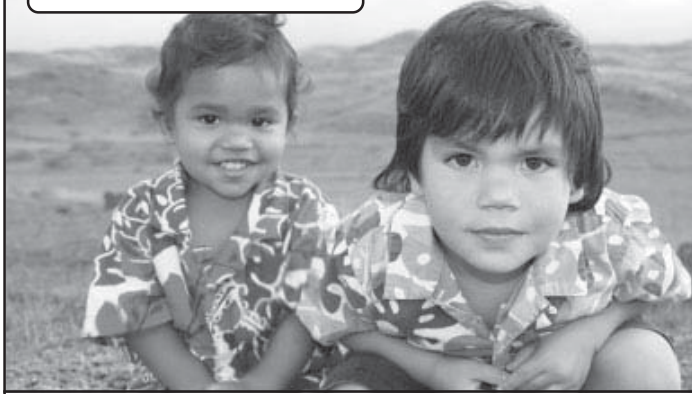
Editor, Design & Layout: Lorraine Urbic
Our Writing Team: M. Kapuniai, Michelle Medeiros, Katherine DuBose, Mikki Hastings and Lorraine Urbic.

Information found in Ho'o Wala'au and at Tutu's House is not meant to replace the professional care you receive, but is meant to be used in addition to it. We urge you to share what you discover here with your physician or healer. Tutu's House is a project of Friends of the Future, a Waimea-based non-profit organization. Volunteers and donations are welcomed.

WE ARE HERE!



'Ōlelo ā māmala'ōlelo Hawaiian Word or Phrase



Alohi

To shine, sparkle; brilliant, bright

Eyes of *young* children shine with sparkle and brilliance, as they eagerly await, in thirst, for all we can teach them. Children (we all have been given this gift) easily share the inner radiant light they possess.

May we do our share to keep that inner light burning bright!

~ By M Kapuniai



To cause conversation Volume 14 ♦ Number 4 ♦ April 2010

Alzheimer's Association Events at Tutu's House

By Chris Ridley

The Alzheimer's Association is a 501(c)3 non-profit organization dedicated to helping those struggling with forgetfulness. The forgetfulness can be reversible or irreversible. The Alzheimer's Association helps the person struggling with forgetfulness, as well as caregivers. Since 1980 we have served the community by providing information, referrals, support groups, presentations, individual counseling and support groups.

We also are able to provide private individualized home family meetings. All our services are free to the public.

For research updates, visit the Association's very informative website at www.alz.org.



Saturday April 10

There will be a lunch break and other short breaks as needed.

- 9:00 am:** Chris Ridley will present "Ten Warning Signs of Dementia" which will include the latest information on the warning signs of dementia.
- 11:30 am:** Ridley will show the video "Away From Her," which is one man's experience with his wife's dementia.
- 2:00 pm:** Ridley will present "Challenging Behaviors in Dementia," including information on why behaviors occur and possible interventions.

All three presentations are free; however, seating is limited.

Those interested in attending should call Alzheimer's Association's Chris Ridley, 443-7360 to reserve a seat.

April is National Financial Literacy Month. Find step-by-step tips, worksheets, forms and tools, free educational webcasts and a detailed "30 step path" to help you achieve financial wellness at . . .

<http://www.financialliteracymonth.com>

. . . The first 9 steps of the 30-step Path to Financial Wellness

Commitment to change. Successful money management is a process. Assess your financial situation. Take the quick quiz (provided) to help you find your starting point.

Gather your financial records into one place. Clearing out the clutter will make organizing your records a whole lot easier.

Set yourself up for success. For help learning how to manage your important papers, setting up a home recordkeeping system, setting up a disaster recovery box, and documenting your household inventory, participate in a free webcast: Your Personal Financial Recordkeeping.

Get copies of your credit reports. Knowing where you are today can help you determine the best path toward helping you meet your financial priorities.

Clean up your credit report. Good credit is valuable. If your credit reports contain an error, taking the time to have it corrected can pay off.

Make your money count. As you start on the path of sound money management, determine how much money you have to work with.

Identify your starting point. Determining your net worth sounds harder than it really is. Having your credit reports and financial statements in-hand makes the job easy.

Do you pass the debt test? It's time to ask yourself if your debt is too much debt. Freedom from debt is an achievable goal for every family. The first step in regaining control is to take an honest look at your exist-

ing obligations. Take the posted debt test to determine if you need a plan for payoff.

Set your priorities. Identifying needs and wants can keep you focused on what matters most.

The Tools for Success include:

(FREE / PRINTABLE)

Income Worksheet - Use the income worksheet to help you determine the amount of income you can realistically count on.

Net Worth Worksheet - Calculating your net worth is as simple as comparing what you owe (liabilities) and what you own (assets).

Debt Load Worksheet - Create an accurate picture of your debt obligations.

Financial Priorities Worksheet - Creating a list of needs and wants can help you establish your financial priorities.

Financial Goal Worksheet - Smart financial goals are Specific, Measurable, Achievable, Rewarding, and Trackable. Use this worksheet to identify short-, mid-, and long-term SMART goals.

Goal Certificate - Create a "fridge friendly" personalized goal certificate to help you stay motivated.

Record of Daily Expenditures - Knowing where your money is going is critical for a successful budget. Track your daily expenses and then ask yourself if you're spending your money wisely.

Expense Worksheet - Create and follow a spending plan.

A realistic monthly spending [Tips for Change](#) eBook - submitted by financially savvy consumers.

MAKE YOUR WISHES KNOWN

April is National Healthcare Decisions Month

By Katherine Werner Ciano

Executive Director, North Hawaii Hospice

Planning ahead is an important way to stay in control of your future, especially when it comes to making health care decisions.

What kinds of care would (or wouldn't) you want if you were seriously ill, or at the end of your life? What would happen if you couldn't speak for yourself? Who would make health care decisions on your behalf?

A common misconception is that health care directives are only for the ill or elderly. Did you know that once you turn 18 years old even your parent is not legally authorized to make difficult health care decisions for you unless

you've assigned that person in advance as your health care proxy?

Whether you're 18 or 80, it's important to make your wishes known in advance.

Prevent confusion, reduce the stress of loved ones, and ensure you receive the care you want, by giving your family a gift . . . Complete your advance directives.

To find out more, attend an informational session on **April 20 from 5:30~7:30 pm at Tutu's House**. Mark Therrien, MSW, from North Hawaii Hospice and John Roth, Esq. a lawyer specializing in end-of-life care planning will be on hand to provide information and answer questions. Hawaii state advance directive forms and instructions for preparing them will also be provided.

Learn more at: www.nationalhealthcaredecisionsday.org
www.northhawaii hospice.org ~ www.kokuamau.org



APRIL 2010

Please see pg. 6 for EARL'S GARAGE schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT. / SUN.
5 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 1 pm • Circle of Support 6 pm • Changing Our Relationship with Money	6 9:30 am • Advanced Ukulele 10 am • Writers' Group 12:30 pm • Knitting 4 pm • Beginner's Yoga 5:30 pm • Al-Anon	7 3:30 pm • Write On 4 pm • Beginning Guitar & Vocals 6 pm • Yin-Yang Yoga	1 10 am • Easy Jazz & Rhythm Dance Class 12 noon • Restorative Yoga 4 pm • Yin-Yang Yoga	2 3 9 am • Moms' Group	4
12 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 1 pm • Circle of Support 6 pm • Changing Our Relationship with Money	13 9:30 am • Advanced Ukulele 10 am • Writers' Group 12:30 pm • Knitting 4 pm • Beginner's Yoga 5:30 pm • Al-Anon 6 pm • <i>Let's Talk</i> w/ the Medical Lab Professional	14 10 am • SR. Easy Stretch 2:30 pm • Healthy Kids 3:30 pm • Write On 4 pm • Beginning Guitar & Vocals 6 pm • Byron Katie Inquiry Circle	8 10 am • Hearing Tests 12 noon • Restorative Yoga 4 pm • Yin-Yang Yoga 5:15 pm • Abraham Circle	9 10 9 am • Circuit Training Alzheimer's & Dementia Educational Programs 9 am ~ 4 pm	11
19 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 1 pm • Circle of Support 6 pm • Changing Our Relationship with Money	20 9:30 am • Advanced Ukulele 10 am • Writers' Group 12:30 pm • Knitting 4 pm • Beginner's Yoga 5:30 pm • Al-Anon 5:30 pm • <i>Let's Talk</i> about Health Care Decisions	21 10 am • SR. Easy Stretch 3:30 pm • Write On 4 pm • Beginning Guitar & Vocals 6 pm • Byron Katie Inquiry Circle	15 9 am • Learning Disabilities 10 am • Easy Jazz & Rhythm Dance Class 12 noon • Restorative Yoga 4 pm • Yin-Yang Yoga 5:30 pm • Meet the Doula	16 17 9 am • Moms' Group	18
26 8:15 am • Circuit Training 9:30 am • Tutu's Quilters 1 pm • Circle of Support 6 pm • Changing Our Relationship with Money	27 9:30 am • Advanced Ukulele 10 am • Writers' Group 12:30 pm • Chronic Fatigue 12:30 pm • Knitting 4 pm • Beginner's Yoga 5:30 pm • Al-Anon	28 10 am • SR. Easy Stretch 12:30 pm • Women's Cancers Support Group 3:30 pm • Write On 3:30 pm • Beg. Guitar & Vocals 5:30 pm • <i>Let's Talk</i> about Living Well with Diabetes 6 pm • Byron Katie Inquiry Circle	22 <i>Earth Day</i> 12 noon • Restorative Yoga 4 pm • Yin-Yang Yoga 5:30 pm • Healing Touch	23 24 9 am • Circuit Training	25 Circle of Support Gathering: A Healthy Way to Grieve 9:30~1:30 pm
30	29 10 am • Easy Jazz & Rhythm Dance Class 12 noon • Restorative Yoga 4 pm • Yin-Yang Yoga	30	30	30	

Let's Talk with the Laboratory Professional

By Jessica Urbic Kaula, MT (ASCP)

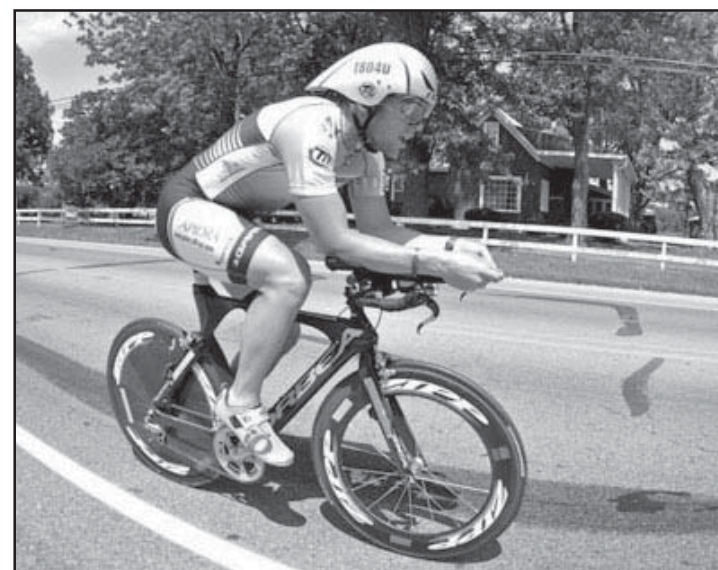
CLINICAL LABORATORY SCIENTIST

10 billion lab tests are performed each year in the United States. Did you know that these tests drive 80% of clinical decisions from diagnosis through therapy and prognosis? Come and learn about the fascinating and vital science behind the diagnosis, treatments and prevention of disease.

Medical Laboratory Professionals Week will be observed nationally April 18-24, 2010. This week recognizes the contributions of the scientific and technical personnel whose work in the clinical laboratory helps support our nation's healthcare system. The demand for medical laboratory testing is intensifying due to an escalating world population, stronger emphasis on preventative medicine, early detection

and patient responsibility, as well as an explosion of new medical technologies. Using modern biomedical equipment and complicated analysis, laboratorians can detect the presence of cancer, identify infectious viruses and bacteria, measure glucose, cholesterol and therapeutic drug levels in the blood, determine the health of blood cells, prepare blood products for transfusion, and provide life saving information in trauma situations. Lab tests help save lives and improve quality of life.

How much do you know about what happens after your blood is drawn or you've submitted a urine specimen? Learn why it's important to be an informed consumer and educated self-advocate. **Tuesday, April 13th from 6 to 7 pm.**



TOM KINGERY

Let's Talk ~ Living Well with Diabetes Wednesday, April 28 • 5:30 to 7 p.m.

Tutu's House invites you to come learn first hand about an amazing athlete, Tom Kingery, a 3-time Ironman Triathlete, marathon runner and member of the winning and record breaking 2009 Race Across America team. Tom and all other members of the Team Type 1 Race Across America team also managed their Type 1 diabetes in their journey from Oceanside, California to Annapolis, Maryland. Team Type 1 shattered two Race Across America cycling records by finishing the 3,020-mile race across the country in 5 days, 9 hours and 5 minutes.

Tom has been a marathon runner, cyclist and triathlete since 2000, four years prior to his diagnosis of Type 1 diabetes on February 22nd, 2004. He understands the importance of proper diabetes management which, for him, includes eating a balanced diet, exercising regularly, testing his blood sugar often and managing his blood sugar. Tom's positive outlook on living well with diabetes will inspire you to take better control of your diabetes.

The KeikiFest is made possible by the many presenters from all over the island and state who come out to share and teach kids ages 3-12, about living a healthy, safe and fun life of learning. This year we are excited to have staff from the Bishop Museum offering their Medical Mysteries program, along with Hamakua Health Center's Amazing Tooth Bus, and more than two dozen other presenter booths with lots of fun activities to engage young minds in their own well-being. As part of the festivities the kids will have the opportunity to make a gift for Mother's Day, which comes on the following weekend.

This year's KeikiFest will be held on May 1st, 2010. So, gather up the keiki and venture to Parker Ranch Center on **Saturday, May 1st from 10:00 am to 1:00 pm** for a free day of interactive fun and learning.

For more details, contact this year's event coordinator Mikki Hastings at Tutu's House, 885-6777.

ROBOTICS NEWS!

by Katherine DuBose

Earl's Garage will be entering in the MATE Big Island Regional ROV contest which will be held in Hilo on May 15, 2010. MATE (Marine Advanced Technology Education) Center, based at Peninsula College in Monterrey, California, is supporting 19 regional contests in the U.S., Canada, Hong Kong, and Scotland. These regional events feed into the international competition happening here on the Big Island later this year! Funded by the National Science Foundation, MATE Center is a national partnership of educational institutions and organizations working to improve marine technical education in the U.S., is funded by the National Science Foundation.

Earl's Garage underwater robotics team will be expected to build a remotely operated vehicle (ROV) that will perform underwater mission tasks. The big challenge in this is to driving the vehicle underwater, and watching how it performs on a monitor. Team members will soon discover driving underwater is the hardest challenge of all! Teams will also create and score points with technical reports, engineering presentations, and poster displays.

If you have an interested child 6th to 12th grade, please contact Katherine DuBose @ 885-6777.

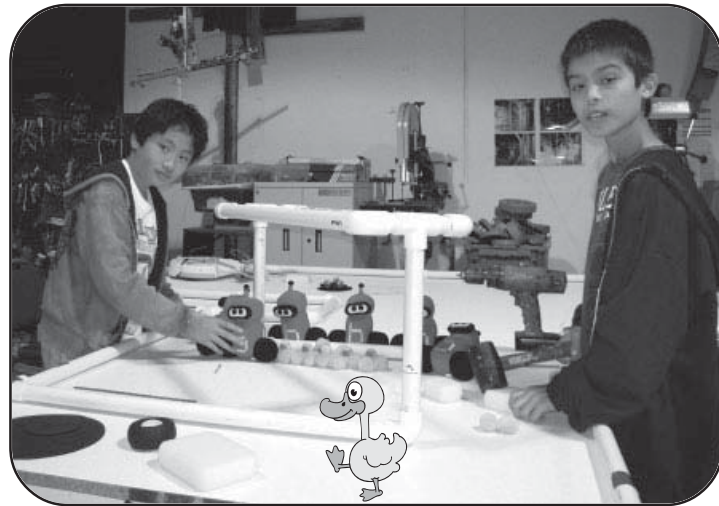
NO EXPERIENCE REQUIRED!



In other news . . .

Earl's Garage robotics club will finish working on the Botball challenge this month and take the final achievements to Oahu for the Hawaii Regional Botball competition at the Hawaii Convention Center on May 1st! I am beyond proud of the kids' commitment to team work, and reaching goals. The team has shown great communication skills, involving everything from when to have team meetings to building design, project documentation, programming, and game strategy ... making the challenge what it's intended to be, completely kid driven.

Go Earl's Garage!



EG BOTBALL TEAM for girls and boys in grades 5 – 12. Preparations continue for the May 1, 2010 Botball tournament. What's Botball?

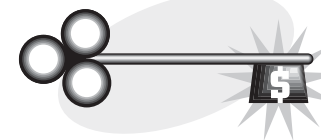
A FUN activity for kids who like to write about what other people are doing, build motorized things with Lego, and/or learn how to use computers to control things. Call Katherine at 885-6777 ~ Closed-toe shoes are required attire for all.

2 ~ 4:30 p.m.

Every Mon. ~ Fri. (except April 2, 7 & 8)

First Time to Earl's Garage? Please help us prepare for your arrival by calling to schedule an appointment for your introductory class –

Young Inventor's Workshop. • Call 885-6777



Changing Our Relationship With Money

By Nicholas Wright



"There's no such thing as a free lunch."

"Money doesn't grow on trees, you know."

. . . Well, fortunately, there are such things as free seminars, where you can learn how to nurture and grow your own money tree, and:

- find out how the leading edge of science is moving inexorably towards a completely new paradigm and context for abundance, prosperity and money;
- receive a practical tool you can use every day to energize and empower your monetary journey;
- leave with a renewed sense of true security, including a greater sense of purpose and meaning in life.

These introductory seminars are designed to be informative and entertaining, while simultaneously starting to address some of the serious challenges we face in the economic realm. Money truly is an area of difficulty or constraint for many people (even, perhaps surprisingly, for the very well-off). And the financial domain will be center stage in the dramatic shifts humankind as a whole will undergo in the next fifty years. If you feel at the edge financially... you are doing great things. If you want more prosperity and abundance for yourself, for your family, for your community... you are driving human transformation. If you are frustrated with the state of the global financial system... governmental finances... finance in the corporate world... you are ready to change the planet.

Join like-minded souls for any, or all, of four seminars in April and the workshop-playshops in May.

Changing Our Relationship With Money:

Introductory 1.5 hour seminars 6 ~ 7:30 pm
Monday evenings in April

April 5	1. Money and Health
April 12	2. Money and The Children
April 19	3. Money and Intimate Relationship
April 26	4. Changing the World...\$1 at a time

Participatory 2.5 hour group*

May 3 & 17 The Workshop-Playshop

*Pre-requisite: one or more of 1-4 introductory seminars.

*Limited to a maximum of 12 attendees.

Nicholas Wright recently completed a five-year program of teaching, study and research in the neurobiology of finance at UCSD. He resides in San Diego and is currently on a three-month visit to Waimea to spend time closer to his children. As a scientist, entrepreneur and financier, his life's work, art and practice is to create, discover and share new ways of using and relating to money. Over twenty years, he has worked as a business leader, investment banker and management consultant in, and with, top-flight organizations on four continents. He has professional and academic qualifications in finance, economics, accounting, mathematics and physics.

CIRCLE OF SUPPORT GATHERING ~ HAVE YOU LOST A LOVED ONE?

By Sindona Cassteel, MFT, North Hawai'i Hospice Bereavement Counselor

When someone we love dies, we are bombarded by many confusing and difficult feelings. So many questions arise about our grief: Are we normal in our grieving? How much do we reveal to others? How long will this last? Can we survive this?

There are as many ways to grieve as there are individuals and we all have our own time schedules. Despite our differences, others have felt what we feel. We might feel very alone in our grief, so unsure that what we're experiencing is healthy, afraid that we might be overwhelmed.

We find the strength to come together to calm the storms of loss. We come together to offer each other validation and to recognize that all our reactions are part of this journey. We help each other reaffirm that we will survive this loss.

Past participants write:

"...very comforting and emotionally rewarding."

"It helped me to grieve and see that others are going through the same thing."

"Circle is a place to express freely without having to protect my family."

We welcome you to our Circle of Support Gathering as we share our struggles and adjust together to a new reality.

**Please join us from 9:30 a.m. to 1:30 p.m.
at Tutu's House on Saturday, April 24.**

If you would like to share a light lunch after our group, please bring a dish for the potluck table.

April 2010

at Tutu's House

Please call 885-6777 to register for the classes you are interested in attending. This helps our staff and presenters properly prepare your place in the program. Please give us your phone number when you register so we can contact you if a class is cancelled.

☆ There is no fee to participate.

We do appreciate donations, which are tax deductible to the full extent allowed by law.

Social and Family

MOMS' GROUP with Heather Howard; come share your parenting experience during this group which serves as a play group for babies and toddlers, as well as a supportive environment for new and experienced moms to talk story. Older children, expectant moms and dads are welcome.
Fri. Apr. 2 & 16 • 9 ~ 10:30 am

HEALTHY KIDS with Mikki Hastings. Learn more about health and wellness during this interactive class with Tutu's House Health Education Leader. This month we will focus on the lungs and how they work. Open to kids ages 6 to 14 years old.
Wed. Apr. 14 • 2:30 ~ 3:30 pm

MEET THE DOULA NIGHT and MINI CHILDBIRTH EDUCATION CLASS with Kiah Leanne Teves, DONA-trained birth doula with nine years experience on the Big Island. Kiah works with anyone, in any birth setting, and a variety of birth plans/practices. This introduction of the birth doula's role, includes a mini childbirth education session. Learn how to have your baby in less time with less discomfort.
Thu. Apr. 15 • 5:30 ~ 7 pm

Physical Fitness

EASY JAZZ & RHYTHM DANCE CLASS with Mari-jo Flanders Allen. Using music that puts us in the mood to move, we will learn simple steps that make this a natural and fun way to exercise!
Thu. Apr. 1, 15 and 29 • 10 ~ 11 am

CIRCUIT TRAINING with Jacque Waters (Mon.) & Kathy Cazimero (Fri.) Join us for a 1-hour cardio/strength workout; light warm up, then a series of aerobic exercises and light weight stations, switching stations every 30 seconds. Cool down and get on with the rest of your day refreshed! Athletic shoes, a towel and comfortable clothes required.
Every Mon. • 8:15 ~ 9:15 am
also on Fri. Apr. 9 & 23 • 9:00 ~ 10 am

EASY STRETCH~SENIOR STRETCHING with Sharon Higuchi, fitness enthusiast; gentle stretch moves from head to toe to improve your mobility and range of motion. Bring a towel or mat.
Every Wed. (except Apr. 7) • 10 ~ 10:45 am

Physical Health & Well-Being

RESTORATIVE YOGA with Zettelyss Amora, RYT, Integrative Yoga Therapist; from arthritis to asthma, back pain to cancer, or just basic stress, Restorative Yoga Therapy promotes healing on all levels of being. This guided practice will turn on your body's healing powers. Suitable for all health conditions.
Every Thurs. • Noon ~ 1 pm

YIN-YANG YOGA with Zettelyss Amora, RYT, Integrative Yoga Therapist. YIN yoga is a system of long-held, passive yoga poses believed to stimulate the flow of chi (life force energy) into the joints, and connective tissues. It increases physical agility, replenishes energy and mental clarity. YANG yoga is a dynamic practice of yoga postures, which mobilizes active aspects of our energy body while developing physical strength, agility, and grace. Blending these styles of yoga helps achieve and maintain optimal health, vitality, peace and well-being on the physical, mental, emotional, and energetic levels.
Every Thurs. • 4 ~ 5 pm
and Wed., Apr. 7 • 6 ~ 7:30 pm

BEGINNER'S YOGA with Kiyomi Falcon, RYT, LMT; yoga has both preventive and therapeutic benefits. It increases body awareness; relieves chronic stress patterns and muscle strain; relaxes mind and body; centers attention; sharpens concentration; and frees the spirit. Kiyomi also incorporates meditation practice into this class.
Every Tue. • 4 ~ 5 pm

HEARING TESTS with Greg Scott, Hilo Hearing Aid Center; have a hearing test and receive helpful information about hearing aid care. Please call 935-6358, appointments recommended for your convenience.
Thu. Apr. 8 • 10 am ~ Noon

Let's TALK LIVING WELL WITH DIABETES with Tom Kingery: Type 1 diabetic and Ironman. In 2004, at the age of 28, and five years after training and completing endurance races, Tom was diagnosed as a Type 1 diabetic. Tom is a 3-time Ironman Triathlete and member of the record breaking 2009 Race Across America team; he exemplifies that diabetes doesn't have to limit what a person with this diagnosis can accomplish. Come hear his inspiring story. See page 7.
Wed. Apr. 28 • 5:30 ~ 7 pm

Intellectual

TUTU'S HOUSE WRITERS' GROUP co-hosted by avid writers; Greer Woodward and John Holland. This group provides a supportive environment for writers at any level of writing skill or experience. Participants are invited to read their work and request from the group the type of feedback they would like.
Every Tue. • 10 am ~ noon

Creative and Culture

TUTU'S QUILTERS with Kathy Lukens; learn quilting Hawaiian style while meeting a great group of people. For beginners or experienced, initial supplies provided or bring something you are working on. Good company and encouragement guaranteed.
Every Mon. • 9:30 am ~ Noon

ADVANCED UKULELE with Auntie Marjie Spencer; join other experienced players of all ages to learn more about the ukulele through friendship and song. Bring your own ukulele and 3-ring binder for music.
Tuesday April 13th is at Anna Ranch.
Every Tue. • 9:30 ~ 11 am

KNITTING & KNITTING SUPPORT with Gretchen Geisler, lifetime knitter, pattern designer and fiber artist; for ages 10 to adult, and all skill levels. Bring your projects, get your knitting questions answered, and visit with other knitters; stay as long as you can. Beginners will be guided into a suitable project.
Every Tue. • 12:30 ~ 3 pm

BEGINNING GUITAR & VOCALS with Bobby Teixeira. Have you always wanted to learn how to play the guitar? Here's your opportunity. Bob has over 35 years of singing and guitar playing experience to share with folks who want to get started. Learn basic music theory, strumming patterns and chords to accompany your voice. Vocal instruction will include breathing techniques, projection and pitch. Bring your own guitar.
Wed. Apr. 7, 14 and 21 • 4 ~ 5:30 pm • Wed. Apr. 28 • 3:30 ~ 5 pm

Education / Emotional Well-Being

WRITE ON with Lorraine Urbic, former poets-in-the-schools mentor. This Language Arts workshop takes an arts & crafts approach to word usage. Unlatch the gate, let it swing wide open, and young people become the essence of creativity. We will be free and deep and extravagant in "playing" with words. In addition to simply having fun, we might discover intriguing and intuitive images that vibrate just below the surface.
Every Wed. 3:30 ~ 4:30 pm
Apr. 7 & 14 for ages 7 to 10 • Apr. 21 & 28 for ages 11 to 14

ALZHEIMER'S & DEMENTIA EDUCATION/SUPPORT SEMINAR with Chris Ridley, MSW, Alzheimer's Association Program Coordinator. Starting at 9 a.m. with "Ten Warning Signs of Dementia," this seminar will include the latest information on warning signs of dementia. At 11:30 a.m., Ridley will show the video "Away From Her," which is one man's experience with his wife's dementia. At 2 p.m., Ridley will present "Challenging Behaviors in Dementia," which includes information on why behaviors occur and possible interventions. There will be a lunch break, and short breaks as needed. Please call 443-7360 to reserve your space. See cover story.
Sat. Apr. 10 • 9 am ~ 4 pm

Let's TALK WITH THE LABORATORY PROFESSIONAL with Jessica Urbic Kaula, MT (ASCP), Clinical Laboratory Scientist. In recognition of the scientific and technical personnel whose work in the clinical laboratory makes them key members of your healthcare team, we invite you to this informative session. More than 10 billion lab tests are performed each year in the U.S. These tests drive 80% of clinical decisions from diagnosis through therapy and prognosis. Come learn about the fascinating and vital science behind the diagnosis, monitoring, treatments and prevention of disease. See page 7 article.
Tue. Apr. 13 • 6 ~ 7 pm

BYRON KATIE INQUIRY CIRCLE facilitated by Leilani Lewis, Ph.D., psychologist and long time Waimea resident. Learn **The Work** of Byron Katie in this program for newcomers and those with experience to learn and practice. Clear your mind of stressful thoughts, change unwanted behaviors, heal stressful relationships and find the peace you seek by participating in an Inquiry Circle.
Wed. Apr. 14, 21 & 28 • 6 ~ 7:30 pm

Let's TALK UNDERSTANDING LEARNING DISABILITIES with Alice Bratton, Parent Partner with Hawaii Families as Allies. HFAA strives to give families the necessary tools to successfully advocate for their children with emotional and/or behavioral challenges. Please call Alice to register at 322-1542. There will be a video presentation and discussion, followed by a support group session.
Thu. Apr. 15 • 9 ~ 11 am

MAKE YOUR WISHES KNOWN: ADVANCE DIRECTIVES AND PHYSICIAN ORDERS FOR LIFE SUSTAINING TREATMENT with Mark Therrien, MSW, and attorney John George Roth, Esq. In celebration of National Healthcare Decisions Day, April 16th, North Hawaii Hospice is encouraging all members of our community to attend this informational session to receive the latest resources on making your wishes known. Content includes: Advanced Directives for Healthcare, Living Wills, Physician Orders for Life-Sustaining Treatment (POLST) and planning for care at the end-of-life.
Tue. Apr. 20 • 5:30 ~ 7:30 pm

Spiritual

CHANGING OUR RELATIONSHIP WITH MONEY with Nicholas Wright, scientist, entrepreneur and financier, who recently completed a 5-year program of teaching, study and research in the neurobiology of finance at UCSD. These introductory seminars are designed to be informative and entertaining, while simultaneously starting to address some of the serious challenges we face in the economic realm. See page 3 for details.
Every Mon. • 6 ~ 7:30 pm

ABRAHAM EMPOWERMENT CIRCLE with Zettelyss Amora, includes an audio presentation of the most up-to-date recorded teachings of Abraham-Hicks. Session will conclude with time for discussion, along with a shared gratitude and intention circle. Check out website www.abrahamhicks.com
Thu. Apr. 8 • 5:15 ~ 6:30 pm

HEALING TOUCH with Anne Warren, Nurse Practitioner, with 30 years' experience as a healer in the medical field. Healing Touch is an energy-based healing that balances the flows of energy in and around the physical body. During this introduction to basic concepts behind energy healing, you'll learn at least one healing touch technique and have the opportunity to work with each other.
Thu. Apr. 22 • 5:30 ~ 7 pm

Support Groups

CIRCLE OF SUPPORT with Sindona Cassteel, MFT, bereavement counselor for North Hawaii Hospice. Opportunity for anyone who has lost a loved one to receive group support, understanding and inspiration as a new phase of life begins.
Every Mon. • 1 ~ 2:30 pm

CIRCLE OF SUPPORT GATHERING: A Healthy Way To Grieve. This gathering is a place where shared understanding, inspiration and support will be facilitated. See page 3 for details.
Sat. Apr. 24 • 9:30 am ~ 1:30 pm

AL-ANON FOR THOSE WHO LOVE ALCOHOLICS Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience, strength and hope, in order to solve common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.
Every Tues. • 5:30 ~ 6:30 pm

CHRONIC FATIGUE CONDITIONS with Carol Buck; learn about fibromyalgia, lupus, chronic fatigue, MS, aluminum toxicity, celiac, and other autoimmune disorders; allopathic (Western) and complementary treatments. Discover more about your condition so you can work more effectively with your physician.
Tue. Apr. 27 • 12:30 ~ 2 pm

BREAST AND OTHER WOMEN'S CANCERS; join Corrinne Higa, Masako Nitta, Thelma Ryusaki, Hazel Lindsey, and Susan Nakahara who are cancer survivors. Share and aid each other in healing of cancer; come feel the support others can give!
Wed. Apr. 28 • 12:30 ~ 2 pm