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Tutu's House ~ a community health and wellness resource center

Volume 23 • Number 3 • March 2019

MEDICAL AID IN DYING Improves Care at the End of Life

*with Katherine Werner, Executive Director
and Katherine Cross, Volunteer Manager
NORTH HAWAII HOSPICE*

Sunday, March 10 • 2 to 3:30 pm

What is Palliative Care?

Palliative care, sometimes called “comfort care”, is person and family centered care that optimizes the quality of life by anticipating, preventing and treating suffering. Palliative care throughout the continuum of illness addresses physical, intellectual, emotional, social and spiritual needs and facilitates patient autonomy, access to information and choice of care.

How Does Medical Aid in Dying Improve Palliative Care Outcomes?

Medical aid in dying – one option on the palliative care spectrum – enhances palliative care in several ways. Prior to providing a medical aid in dying prescription, physicians are required to confirm that their patient is fully informed of all their care options.

Palliative care physicians report a patient's questions about medical aid in dying prompt in-depth conversations between doctors and patients about the full range of end-of-life care options, including hospice, pain management and emotional support in addition to aid in dying.

Medical aid in dying expands choice and improves care at the end of life. Multiple studies demonstrate that when states authorize medical aid in dying, palliative care and hospice systems grow stronger, improving care.

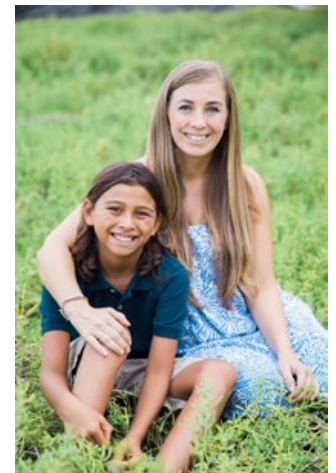
*Adapted from Compassion and Choices –
compassionandchoices.org*

FAMILY FUN NIGHT— BREAKOUT EDU

*with Cecilia Royale
Care Coordinator at Neighborhood Place of Kona*

Friday, March 8 • 5:30 to 7 pm

The theme of this month's game is Self-Care – Health and Hygiene. As children get older, they start to assume responsibility for many of the hygiene routines once completed by mom and dad. The constant reminders can be exhausting for parents and kids, Breakout Edu – Health and Hygiene turns those reminders into a fun game that teaches children the details of good self-care through an interactive, fun family game!



Breakout EDU is an immersive learning game platform. Families use teamwork to solve a series of puzzles in order to open the locked box and access the prize inside! The kit is a unique collection of resettable locks, boxes, and items that tie the theme of self-care together to help kids learn the basics of good hygiene. Breakout EDU brings the four C's to life—Critical thinking, collaboration, creativity and communication. Gather your family for a night of learning and fun! Breakout Edu is perfect for elementary through middle school aged children.

Bring your friends, and please don't hesitate to pack a simple picnic style snack and drinks for your 'ohana. **RSVP is required by Wednesday, March 6 to 885-6777.**

LIVE WITH RESILIENCE WORKSHOP

with Pam Matchie-Thiede

Chief Inspiration Officer for Creative Healing Arts • Fargo, ND

Wednesday, March 6 • 1:30 to 3:30 pm

Emotional resilience, like physical stamina develops through deliberate action. Tiny, measurable steps, repeated daily increase self-awareness and improve our ability to manage crisis large and small.

Not surprisingly, our interest in how to manage a crisis increases after we've encountered a few life challenges. Examples include job change, major illness, change in residence, marriage, divorce, birth of a child and death of a close friend or family member. These events cause anxiety, irritation, sleep loss and the ability to feel joy in our lives. We use a range of coping methods, from exercise and meditation to self-medication to reduce the effects.

Knowing yourself and what you need is important in recovery from trauma. Preparing for these inevitable challenges is even better.

The three techniques taught in the *Live With Resilience* workshop yield surprisingly large results for so little effort. The key is regular repetition in a routine that is easy to achieve. Like an exercise program or stretching routine, serious and long-lasting injury can be avoided through dedicated preparation.

Pam Matchie-Thiede developed and teaches the *Live With Resilience* method in workshops all over the world. Past participants who continue to do these short exercises daily report they experience steady growth toward

goals that align with their core values, and, more importantly, they can navigate personal crises with less traumatic impact than they might expect.

Pam Matchie-Thiede firmly believes we are all connected, and when you do better, we all do better. In her corporate capacity she has held support and leadership positions in marketing, sales, operations and public policy. Communication and self-awareness



improvement have been key success factors in every aspect of her life. She stands for equity and fairness in all capacities.

THE PLANT PARADOX

with Shira Hunt,

RN CST, therapist, teacher
assisted by George Mycroft

**March 3, 17, 31 &
April 7
2:30 to 4 pm**

Join Shira to learn about Dr. Gundry's research and get his guidelines and healthy food lists. "I have seen too many people suffer in their bodies, and after years of nursing, I am excited to explore this information together so we can keep our bodies healthy and strong."

This Sunday afternoon series will provide information on the foods that have a slow, deleterious effect on the body. It will give you a clear plan to follow in order to reclaim a healthy body.

NIA ~ Fitness for Body, Mind & Spirit

with Megan MacArthur

NIA Black Belt Instructor

Every Wednesday Morning • 8:15 to 9 am

Nia is a sensory-based movement practice that draws from Tai Chi, Tae Kwon Do, Aikido, jazz dance, modern dance, Duncan dance, yoga, Alexander Technique and Teachings of Moshe Feldenkrais, dance arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit.

Nia teachers share in the belief every person can discover, explore, unleash and enhance their individual potential to live a fulfilling and meaningful life — by engaging their senses and listening to their bodies. With the right tools and education, we can increase our confidence and happiness. We can become connected to others to shape a consciousness that extends beyond our own. Together we will unearth possibilities never before imagined. Today is a good day to dance!

Megan inspires her students, from pre-teens to adults; to move in new ways through her deeply rooted love for expressive movement. She has been sharing The Nia Technique locally, nationally and internationally through classes, workshops, teacher trainings and personal coaching since 1993. Megan's career as a performer began to reach new depths and heights as a Nia instructor in New York and Hawai'i; and as her self-confidence grew, endurance increased and the Joy of movement became her truth.

SCIATICA

with Sharon Sauer, CTMPT, LMT

Thursday, March 7 • 1 to 4 pm

Sciatica is one of the many pain issues some people live with, however, psuedo sciatica is one not often heard about. True Sciatic Pain is caused by compression or irritation of the Sciatic Nerve or one of its nerve roots. The nerve runs along the back of the leg starting from the center of the buttocks down to the heel. When the nerve is compressed or irritated, the whole back of the lower limb can suffer severe pain. During this self-care workshop, Sharon will explain the differences between these two pain issues and how Psuedo Sciatica can be trigger points in the Gluteus Minimus.

Some individuals who experience Psuedo Sciatica can experience:

- Difficulty rising from a chair after sitting for long periods
- Pain walking that ironically is not relieved by lying down
- Inability to sit comfortably with legs crossed

Sharon will have participants perform some range of motion tests on themselves and others. She will also teach everyone how to use some tools that can help assess and resolve trigger points and myofascial dysfunction in this important gluteus minimus.

Sharon Sauer has been an expert in the Myofascial Therapy field for more than 35 years. She has been able to work with the best professionals in the pain management field – Dr. Janet Travell and Dr. David Simmons – while assisting in their workshops. While maintaining her base in Chicago, Sharon enjoys her annual return to Hawai'i to conduct trainings and share with the Hawai'i Island community.



AGING and DISABILITY RESOURCE CENTER (ADRC)

Services for Seniors

with Nicolas Los Baños and Alice Bratton

**Wednesday, March 20
10:30 am—Noon**

Nic and Alice are part of the Hawai'i County Office of Aging's ADRC team. The ADRC is a concept built on partnerships among many community agencies. Aging and Disability Resource Specialists are ready to help you find correct information and referral contacts for home and community based services.

The ADRC is a great place to start when you're looking for information and resources regarding services for older individuals, individuals with disabilities and their caregivers. This "talk story" session will go over the popular programs and scenarios available through the ADRC.

The certified Information and Assistance Specialists at the ADRC provide one-on-one options counseling to help you identify your needs, and provide you with referrals to appropriate service agencies, including several located in the ADRC.



ART "ISMS" of The Twentieth Century

with Peter Georgas, Author & Art Aficionado

Wednesday, March 20 • 2 to 3:30 pm

Peter Georgas has been involved in modern art since 1964 when he joined Walker Art Center in Minneapolis, a museum of contemporary art, as the Center's first fulltime publicist. He is grateful to have been a part of the museum's growth into a world-class institution.

The first international exhibition Mr. Georgas worked on was London the New Scene (1965)—which introduced—among other British artists, David Hockney. In 1979 Peter became Director of the Salzburg Seminar in Austria, and upon returning to Minneapolis with his family in 1984, he became a tour guide back at The Walker, which he enjoyed for more than 25 years. During that time Peter developed a 20th Century art presentation for the Osher Lifelong Learning Institute (OLLI) at the University of Minnesota. He most recently presented this illustrated talk (February, 2019) at the OLLI program at the University of Hawaii, Manoa. He looks forward to sharing his life-long interest in 20th century art at Tutu's House on March 20, 2019.

MARCH 2019

tutushouse.org



PROGRAMS

885-6777

There are no fees for Tutu's House programs; tax deductible donations are always welcome.

Mind • Body • Spirit

CHAIR YOGA with Kit Hill, yoga enthusiast. This weekly class is for those who need a gentle, slow yoga in a chair practice. The movements are designed to stretch and strengthen the body without standing or lying on the mat. We may include some easy standing poses behind the chair. This class is also good for beginners who may progress to a next level yoga program in the future. **Every Fri. (except March 15) 9:30—10:15 am**

MEDITATION: AWAKENING TO THE PEACE WITHIN with Anne Celeste, spiritual counselor. This talk will help you advance in your meditation practice or begin one. We will: Discuss our meditation experiences and questions. Explore the 8 steps of Raja Yoga meditation, as taught in the "Yoga Sutras of Patanjali", a powerful template for spiritual development. Learn the stages of meditation—concentration, meditation, and the levels of samadhi. Practice two methods of stilling the mind for meditation—pranayama breathwork and yoga nidra. Explore ways to make meditation something you benefit from every day! **Sat., Mar. 2 • 1—2:30 pm**

YOGA BASICS with Janet Lam. Start your week with a smile – feeling balanced, flexible and strong; includes fundamental yoga poses students generally learn within their first year of practice. Although not specifically a beginner's class, the movement sequence can easily accommodate students new to yoga or returning to a yoga practice. **Every Mon. • 8—9 am**

NIA ~ FITNESS for BODY, MIND, EMOTIONS & SPIRIT with Megan MacArthur, Nia Black Belt Instructor. Nia is a non-impact movement practice based on the idea that through movement we find health. Nia combines movements and philosophies from the fields of martial, dance and healing arts. This practice is done barefoot and set to diverse music from around the world. All levels are welcome and encouraged. Join Megan on Wednesday mornings, to move your body and enjoy your life! **Every Wed. • 8:15—9 am**

TUTU'S HOUSE TONING GROUP with Shira Hunt, RN, CST, and George Mycroft. In ancient times, people used the power of sound to communicate, to empower their community, to support healthy bodies, and for simple enjoyment and connection through the vibrations and frequencies of our own voices.

Sat., Mar. 16 • 2—4 pm

Physical Health and Fitness

SENIOR FIT CLUB with chair movement programs on DVD; participants choose from a wide assortment of modalities. Bring a friend, or just show up ready to exercise in community at Tutu's House. Physical activity is one of the most important steps we can take toward improving and maintaining our health. Studies show people who stay active are more likely to live longer and remain independent.

Every Mon. • 1:30—2:30 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.

Tue., Mar. 5 & 12 • 4—5 pm

ZUMBA® GOLD (in a chair) with Renee Morinaka, licensed Zumba® instructor. This class is mainly for those who have mobility or balance issues, but still love to move and dance. We will activate effective every day hand, arm, leg and body movements; including a warm up, cool down and stretching to up beat music of various genres. We will sit during the entire class. Please bring water, a towel and wear covered shoes.

Thu., Mar. 7 & 21 • 10:30—11 am

Community Education

THE PLANT PARADOX with Shira Hunt, RN, CST, therapist, teacher. This five-part series of of study and sharing about the experience and research that led Dr. Steven Gundry, MD, to write his best selling book *The Plant Paradox: The Hidden Dangers in "Healthy" Foods That Cause Disease and Weight Gain*.

Sun., Mar. 3, 17 & 31 • 2:30—4 pm

LIVE WITH RESILIENCE WORKSHOP with Pam Matchie-Thiede, LR/CH here from Fargo ND. The intention for this program is to discover three key tools to proactively manage stress and improve your emotional outlook. By combining managed breathing and relaxation techniques with exercises focusing on both the right and left sides of the brain, increase your self-awareness and emotional stamina in less than 15 minutes per day. Using tiny and measurable actions, participants report solid and significant transformation in how life challenges are navigated.

Wed., Mar. 6 • 1:30—3:30 pm

JUNGLIAN BEGINNERS STUDY & DISCUSSION GROUP with Jim Gordon, PhD, Clinical Psychologist. We read the writings of Carl G. Jung, watch video clips and reflect upon psychological concepts, including synchronicity, archetypal phenomena, the collective unconscious, extraversion / introversion and more. Call Jim at 360-316-9609 to inquire and to confirm your interest in joining this learning circle.

Every Thu. • 10 am—Noon

SCIATICA or PSEUDO SCIATICA—Which one do you have? With Sharon Sauer, CMTPT, Exercise Specialist, CMTPT, LMT, Exercise Specialist and expert in the Myofascial Therapy field, for more than 35 years. Sharon will teach the community in attendance the differences between True Sciatica and Pseudo Sciatica. Everyone will participate in self-care exercises that alleviate sciatica-like pains.

Thu., Mar., 7 • 1—4 pm

FAMILY FUN NIGHT—BREAKOUT EDU with Cecilia Royale, Care Coordinator at Neighborhood Place of Kona. Come join us for a fun, interactive "treasure hunt" game where families use teamwork to solve puzzles to open a locked box and discover the treasure inside! Breakout EDU uses the 4 Cs of Life: Critical thinking, collaboration, creativity and communication to create an evening of learning and fun. Perfect for elementary through middle school age children. Feel free to bring picnic style snacks and drinks for your 'ohana. RSVP is required by Wed., March 6 to 885-6777.

Fri., Mar. 8 • 5:30—7 pm

GET READY FOR RETIREMENT WORKSHOP

with Ed Hickey, AARP Volunteer Educator. Attend this program for unbiased information that will help you make smart financial decisions so you can live the life you want to live and make the most of your future. Featured topics include:

Securing Your Financial Future, Understanding Your Social Security Retiree and Family Benefits, and Introduction to Medicare. Register at <https://aarp.cvent.com/Hlfuture3-9> or call toll free 1-877-926-8300.

Sat., Mar. 9 • 1—4 pm



MEDICAL AID IN DYING LAW with Katherine Werner, Executive Director, and Katherine Cross, Volunteer Manager, for North Hawaii Hospice in Waimea. The "Our Care, Our Choices Act" was signed into law by Governor Ige and went into effect on January 1, 2019. The Law allows individuals in certain circumstances to hasten their own deaths. North Hawaii Hospice will continue to provide the respectful, compassionate care we have always given, regardless of an individual's feelings or actions in regard to the Law. Katherine Werner will discuss the new law, how it works and who is eligible.

Sun., Mar. 10 • 2—3:30 pm

HYPERBARICS 201 with Dr. Eric Mizuba, DACBSP. Attend this class to learn the basics of hyperbaric oxygen therapy, its effects in the body, the possible benefits and case studies. Learn about this therapy and how its usage promotes optimal health from gardening to the athletic arena. This PowerPoint presentation is about the modern science of hyperbaric oxygen therapy and promoting faster, stronger and sharper performance.

Mon., Mar. 11 • 5:30—7pm

AGING and DISABILITY RESOURCES for SENIORS with Nicolas Los Baños and Alice Bratton from the Hawaii County Office of Aging and Disability Resource Center (ADRC). This organization is a place people can turn for objective, unbiased information on a range of services and support options available to help live a safe and healthy life. Come "talk story" to learn about how the ADRC might be helpful to you. **Wed., March 20 • 10:30 am—Noon**

ART "ISMS" of The 20th Century with Peter Georgas, Art Educator. Prior to the 20th Century, painting was dominated by a single principle: Realism. Twentieth century artists questioned this static, two-dimensional approach to painting, which prompted artists like Picasso to re-examine the way we look at art, by introducing time and the sense of movement as a fourth dimension. This illustrated presentation concentrates on the major "isms": Cubism, Fauvism, Futurism, Expressionism, Dad, Constructivism, Surrealism, Abstract Expressionism, Pop Art and Minimalism.

Wed., March 20 • 2—3:30 pm

GROW WITH YOUR GLOW. Celebrate Spring with Dr. Angela Longo, Ph.D. Biochemistry, LAC, Herbalist and Quantum Coach. Like emergent butterflies, and birds remembering their songs, let's welcome the abundance and revitalization of spring. Bring a list of 6 specific things you did in your whole life that you felt glad about or are proud of. Recognizing the connection between these experiences and your deeper purpose reveals your seed patterns. Knowing that what you plant grows, let's discover what you promised to plant in your life by expanding the pulsating glow of your unique quantum wave.

Thu., Mar. 21 • 5:30—7 pm

THRIVING IN HAWAII with Sharon Olson, D.O., Osteopathic Integrated Medicine. Attend this mini-series of once-a-month conversations. Living on an Island, Dr. Olson wants to encourage us to become active in visioning our world while becoming aware of our strength in bonding with others. Let's create healthy lives with an optimistic vision for our future and the future of Hawai'i. Visioning healthy constituents for emergence of better conscious-outcomes begins with connection and awareness.

Tue., Mar. 26 • 5:30—6:30 pm

Creative, Cultural & Social

SCRABBLE MEETUP with Annabel Spielman. Word lovers of every age and skill level are encouraged to play this classic (yoga for the brain) game with relaxed rules – dictionary use permitted. A friendly group of dedicated players makes up the core of Scrabble at Tutu's House. There is room for games of 2 to 4 players with changes of tables and opponents as time allows. It's a great way to retain and expand vocabulary, spelling, memory and observation skills in a congenial atmosphere.

Every Fri. • 1:30—4 pm



TUTU'S QUILTERS with Kathy Lukens; for beginners and experienced to learn quilting Hawaiian style while meeting a great group of people; initial supplies are provided or bring something you are working on. Good company and encouragement guaranteed.

Every Mon. • 9:30 am—Noon

ADVANCED UKULELE with long-time students of Auntie Marjie Spencer; this group welcomes experienced players of all ages. Bring your ukulele and join in a morning of friendship and song.

Every Tue. • 9:30—11 am

TUTU'S HOUSE WRITERS' SUPPORT GROUP with Eliza Cahill and Dave Fouts. Creative writing offers a way to express emotions, explore philosophical concepts and expand intellectually. We have new writers to published authors—many genres: fiction, non-fiction, essays and poetry. Come prepared to share something you are currently working on with this engaging group in an encouraging place to explore your writing voice, and receive constructive feedback or comments if you desire.

Every Tue. • 10 am—Noon

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



PLANT-BASED HUI & POTLUCK with Vivienne Aronowitz, MPH, Registered Dietician and CDE. Did you know eating a plant-based diet is one of the most powerful actions you can take to protect the planet and promote sustainability? We exchange recipes, tips and food. Bring a copy of your recipe and please ensure it does not include any ingredients from animals (meat, fish, poultry, eggs or dairy). Dishes must be service-ready (no kitchen utilities available). Please bring your own reusable plates, bowls, and utensils.

Wed., Mar. 20 • 5—6:30 pm

HARMONY FOR HEALTH with Richard Adoradio, local music instructor. Singing in harmony can produce great benefits for not only mind and body, but also for building a well-bonded community. With his hands-on, creative approach, Richard applies simple, easy to follow harmonies to popular, feel-good songs and quickly gets the group out of their heads and into their hearts, for a fun and revitalizing afternoon. No singing experience is necessary.

Sat., Mar. 23 • 10:30 am—Noon

Support Groups

CAREGIVING CONVERSATIONS with Karyn Clay, host; BA in Gerontology, professional caregiver since 1995. Whether you are a caregiver by heart, hire or relationship, join fellow caregivers in sharing stories, support and inspiration. This program meets once a month. Let's uplift and strengthen each other on our journey! **Wed., Mar. 6 • 11 am—Noon**

CANCER SUPPORT GROUP for WOMEN ~ Whether a survivor, currently in treatment, recently diagnosed, or coping with the effects of cancer on a loved one, you are invited to join this group to discover the power of healing through connection with others who share a common bond. **Wed., March., 6 • 12:30—2 pm**

PARKINSON'S and NEUROPLASTICITY WELLNESS SUPPORT ~ People with Parkinson's Disease and other neurological challenges, their care partners and others wanting to be part of a local Parkinson's community support network are encouraged to attend these monthly talk story gatherings on the theme that health—physical, intellectual and spiritual—is wealth. Participant discussion focuses on personal experiences, community and PD related topics, including current research. Information exchanged is helpful to all who attend. Attendance by regular and new members is encouraged. **Wed., Mar. 13 • 1—3 pm**

Get Ready for Retirement at an AARP SECURE YOUR FINANCIAL FUTURE WORKSHOP

with Ed Hickey, AARP Volunteer Educator

Saturday, March 9 • 1 - 4 pm

With proper planning, a retirement that enables you to choose how you live as you age is possible. But it's not easy and takes some work. You need to think about when to take Social Security, how to pay for health insurance and how much you can spend on living expenses and just enjoying life.

Whether you're looking to get the most from Social Security and Medicare or just want to know what to expect from your retirement savings, AARP is here to give you the tools and know-how to make a plan and reach your financial goals.

AARP Hawaii invites you to attend this free financial workshop to help

you make the most of your income in retirement, improve your quality of life and find peace of mind about your finances.

Securing Your Financial Future – An important part of securing your future includes figuring out how much money you'll need to live a comfortable and healthy lifestyle as you grow older. Learn about steps you can take to start on a path to retirement security.

Understanding Your Social Security Retiree Benefits – Deciding when to claim Social Security could have a big impact on your monthly benefit. Find out what you need to know to maximize

your retirement benefits by learning about Social Security rules and strategies involving work, taxes and benefit maximization.

Introduction to Medicare – You generally have a 7-month window to enroll, starting three (3) months prior to turning 65. Not doing so could trigger late penalties and delay coverage. If you're fast approaching - or have just recently passed - that milestone, take heart. Medicare can be a welcome birthday present, especially if you take time to understand the different parts of the program and the wealth of health care resources it provides.

Call toll free 1-877-926-8300 or register at <https://aarp.cvent.com/Hlfuture3-9>



HYPERBARICS 201

with Eric Mizuba, DACBSP

Monday, March 11 • 5:30 to 7 pm

When hyperbaric oxygen therapy comes up in conversation, it is often associated with treatment for the bends or decompression sickness in the diving world. The FDA recognizes hyperbaric therapy for specific purposes considered "on label". However scientific and clinical research has been supportive of furthering the use of hyperbarics for other "off label" purposes.

Whatever the reason for using hyperbarics, we all agree oxygen is critical for the survival of each cell in the body. Learn the basics about hyperbaric oxygen, the effects on the human body, and hear his experience using hyperbarics in his offices and at several venues such as golf's US Open, major-league baseball and the Olympic games.



Eric Mizuba has a Diplomate of the American Chiropractic Board of Sports Physicians. He is part of the international Hyperbaric Association and serves as staff Dr. for the US Open, for chiropractic and hyperbaric.

GROW WITH YOUR GLOW

with Dr. Angela Longo, Ph.D. Biochemistry,
LAc, Quantum Life Coach

Thursday, March 21 from 5:30 to 7 pm

Attend this program, and bring a list of six (6) specific things you are proud of, or glad you did in your life—positive lifetime memories—you are willing to share. These seed patterns reveal your unique quantum-code!

Recognizing and learning more about this authentic self of who we really are, supports living from our deeper life's purpose.

Spring begins as a seed of self-organizing information. As this seed sprouts, the sunlight awakens new leaves in a cascade of entanglement. All the molecules of photosynthesis—dance in synchronicity—send energy to our roots, and deep into our personal being, to fertilize our unique seeds. Would you like to learn how to read your true desires using a quantum understanding of living, and discover new ways to support the full potential of your ability to sprout and grow in your life?



THRIVING IN HAWAI‘I

with Sharon Olson, DO • Osteopathic
Integrated Medicine, Cannabis Advisor

Tuesday, March 26 • 5:30 to 6:30 pm

Come for a partial showing of the movie Thrive and a discussion on how we can preserve our Independent rights as the one world order closes in on us.

Be ACTIVE

In your life
In your community

Be STRONG

By being who you are
By holding belief the world can improve and our choices are endless.

How do you know if you are being authentic?

By being who you are and recognizing that you create the life you desire, you become strong.

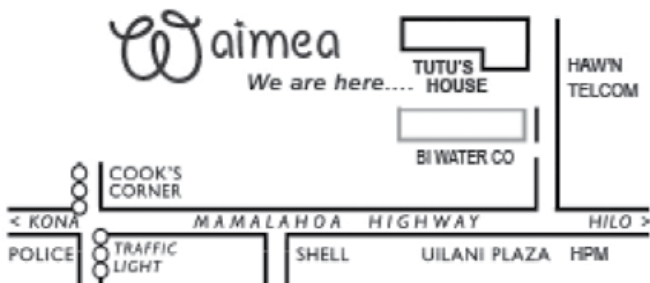


Be HEALTHY

Do not hide from yourself.
Are you discontenting yourself?
Love yourself. We all want more time here, are you ready to find out how to live the life of your desires?

We live on an island and Sharon wants to encourage activism in visioning our world while becoming aware of our strength in bonding with others while creating healthy lives with an optimistic vision for our future, and the future of Hawai‘i. Visioning healthy constituents for emergence of this project begins with awareness and connection.

Ho‘o Wala‘au Editor: Lorraine Urbic
Our writing team: M. Kapuniai, Michelle Medeiros,
Lorraine Urbic and program leaders



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 conjunction with it. We urge you to share what you discover at Tutu’s House with your family, physician and/or healer. Tutu’s House is a project of Friends of the Future, a Waimea-based non-profit organization. Volunteers and donations are welcome.

‘Ōlelō ā māmala‘ōlelo Hawaiian Word or Phrase

“Nā Wahine Holo Lio”

“Women on Horseback”

There is a new exhibit in the Paniolo Heritage Center at Pukalani Stables, “Nā Wahine Holo Lio”. This new exhibit compliments the current exhibit which portrays Hawaii Paniolo Tradition and most of whom who have contributed heart, blood, sweat, smiles, rowdy laughter, un-matched skills, commanding posture, and sweet music, sometime performed with lei-adorned papale.

“Nā Wahine Holo Lio” celebrates women of Hawai‘i, of all backgrounds, who have spent a part of their lives on horseback, whether in the pastures, in the arena, or in ceremonial parade, be they nā wahine ali‘i, nā ‘ohana ‘o paniolo, horseshow enthusiasts, or, just plain horse lovers.

The exhibit is well planned, well documented, and expertly presented, with the help of many willing hearts and helpful hands. I encourage anyone to plan at least an hour to enjoy this special exhibit, prepared for all to enjoy:

Tuesdays thru Saturdays, 9:00 a.m. – 2:00 p.m.
Pukalani Stables, Waimea, Moku ‘O Keawe

You may even recognize many of the special Women on Horseback in this exhibit!

“Nā Wahine Holo Lio”

by M. Kapuniai



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

Mahalo! 885-6777

TUTU’S HOUSE

Kamuela Business Center (Upper Level)

64-1032 Mamalahoa Highway, #304

Kamuela, HI 96743

Phone (808) 885-6777 Fax (808) 885-4998

E-mail: tutus@tutushouse.org Web: www.tutushouse.org

Open Monday thru Friday 8 am to 5 pm,
plus evening and weekend program hours.

Welcome!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Weekly Programs
885-6777
 tutushouse.org

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2
				9:30a Chair Yoga 1:30p Scrabble Meetup	1p Meditation Awakening to the Peace Within
					SUNDAY 3 2:30p The Plant Paradox
4	5	6	7	8	9
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Senior Fit Club	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 4p Beginner's Yoga	8:15a NIA Fitness Dance 11a Caregiving Conversations 12:30p Cancer Support Group For Women 1:30p Live with Resilience	10a Carl Jung Group Study / Discussion 10:30a Zumba® Gold 1p Sciatica	9:30a Chair Yoga 1:30p Scrabble Meetup 5:30p Family Fun Night	1p Get Ready for Retirement Workshop
					SUNDAY 10 2p Medical Aid in Dying Law with No. HI Hospice
11	12	13	14	15	16
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Senior Fit Club 5:30p Hyperbarics 201	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 4p Beginner's Yoga	8:15a NIA Fitness Dance 1p Parkinson's Support	10a Carl Jung Group Study / Discussion	1:30p Scrabble Meetup	2p Tutu's House Toning Group
					SUNDAY 17 2:30p The Plant Paradox
18	19	20	21	22	23
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Senior Fit Club	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support	8:15a NIA Fitness Dance 10:30a Aging & Disability Resources for Seniors 2p Art "Isms" of the 20th Century 5p Plant BasedPot-Luck Hui	10a Carl Jung Group Study / Discussion 10:30a Zumba® Gold 5:30p Grow with Your Glow	9:30a Chair Yoga 1:30p Scrabble Meetup	10:30a Harmony for Health
					SUNDAY 24
25	26	27	28	29	30
8a Yoga Basics 9:30a Tutu's Quilters 1:30p Senior Fit Club	9:30a Advanced Ukulele 10a Writers' Support Group 12:30p Knitting & Knitting Support 5:30p Thriving in Hawaii	8:15a NIA Fitness Dance	10a Carl Jung Group Study / Discussion	9:30a Chair Yoga 1:30p Scrabble Meetup	
					SUNDAY 31 2:30p The Plant Paradox