

Complimentary Copy - Enjoy!



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

Volume 23 • Number 9 • September 2019



Hana Hou!

celebrating **25** years empowering a healthy future

Let's kick off the celebration of Tutu's House 25th birthday!

Visit, call, email, or write us to:

- Share your stories of Tutu's House
- Share your vision for the future of Tutu's House
- Share your aloha to help sustain and grow Tutu's House

See page 2 and 5 for two more ways to show your aloha for Tutu's House.

On September 10, 2:30 - 3:30 pm, join Michelle Taira Medeiros for Tutu's House: 25 Years Strong!
to reminisce about the incredible impact of Tutu's House over the past 25 years,
and share your vision for the vibrant future of Tutu's House.



Since 1994, Tutu's House has engaged

- **130,373 participants in**
- **28,261 activities**

Tutu's House needs your help to empower the future because even though participation in Tutu's House activities is free to reduce barriers to the empowering knowledge offered ~ there are still expenses like any business, such as staff to coordinate activities; space and utilities to host activities; phone service, internet access and printing of a monthly newsletter to communicate with you, your fellow participants, and volunteers.

SHOW YOUR ALOHA Give Aloha for Tutu's House in September

When you show your aloha and Give Aloha for Tutu's House, you empower the future of Tutu's House. Your contributions help sustain and grow Tutu's House ~ providing the financial resources needed to continue welcoming you and your friends to an ever increasing variety of health-building activities at Tutu's House.

Here are two of the ways you can give aloha for Tutu's House in September.

For additional donation options or more information, please call Michelle at (808) 885 8336.



Foodland's Give Aloha September 1 – 30

Each Foodland Maka'i Card member can make a donation up to \$249 for Tutu's House. If your household has multiple Maka'i Cards, you can all Give Aloha for Tutu's House!

You can sign up for a Maka'i Card at the register or courtesy counter. Lost your card? With just your phone number, you can still Give Aloha!

Foodland will match a portion of your donation. In previous years, Foodland's matching donation has increased each person's donation by more than 20%. That means, a \$249 donation can grow to \$300 with Foodland's matching contribution!



Tutu's House 25th Birthday Celebration

*~ a benefit luncheon celebrating Tutu's House
25 years & empowering the future*

September 28

11:00 am - 1:00 pm

Advance RSVP requested to Michelle, 885-6777

25 years ago, Tutu's House started with a vision of empowering community health by sharing knowledge. Around the same time, Chef Peter Merriman's started his world famous restaurant with a vision for the growth of local agriculture. Enjoy the fruits of these visions with a luncheon expertly composed of our Island's glorious bounty. At Merriman's, we'll celebrate Tutu's House rich past and empower a promising future as you join others in making your contributions to sustain and grow Tutu's House.

T'AI CHI FOR EVERYONE

with Zette Elyss Amora

**Friday, September 6
& Thursday, September 12
from 3 to 4:15 pm**

Note: These classes can accommodate those who prefer to stand or remain seated

T'ai Chi generates, circulates and balances the Vital Force or 'Chi' which helps to improve health, creativity, performance and intuition. Consistent practice typically reduces stress and anxiety while increasing flexibility and balance.



This 'Meditation in Motion' tones the physical body and calms the mind and emotions through gentle, flowing movements.

T'ai Chi is low impact and places minimal stress on muscles and joints making it generally

safe for all ages and fitness levels. It can be especially suitable for seniors and people in recovery from illness or injury, and can be done standing or in a chair.

T'ai Chi combines breathing and slow, fluid movements to enhance balance and relaxation in the body. Your body's natural self-repair mechanisms are activated in this state of relaxation as the brain releases hormones that stimulate the healing process.

Additional Benefits may include: a reduction in muscle and joint pain, lower blood pressure, sharper clarity of thought and focus, increased flexibility and joint mobility, restoration of energy and improved quality of sleep. Practicing T'ai Chi and mindful movement, whether alone or especially in a supportive and fun group, has an uplifting effect on one's spirit.

Zette says, "The best part of teaching is getting to witness people awaken to themselves and discover what has been inside all along. I love to inspire people and safely lead them into movement and mindfulness they didn't know were possible."

LONGEVITY SCIENCE and CANCER PREVENTION

with Joel Fuhrman, MD ~
Joining us by teleconference

This program is part of the Olakino
Healthy Living Lecture Series
hosted by Mango Medical's
health coaching team

**Tuesday, September 3
5:30 to 6:30 pm**

An important aspect of Dr. Fuhrman's work is his emphasis on improving our health by paying attention to the quality of the foods we eat. Fuhrman's philosophy is centered on consuming foods that have a high ratio of nutrients in relation to their calories. Consuming these specifically identified micronutrient rich super foods can boost our immunity to ward off colds and flus, as well as provide protection from conditions such as autoimmune disorders, heart disease and cancer.

Well supported by up-to-date scientific research, Dr. Fuhrman outlines how certain foods including leafy green vegetables, mushrooms, onions, garlic, pomegranate, berries and seeds can improve our



natural defenses. In addition to emphasizing immune-strengthening and cancer-fighting foods, Fuhrman provides guidelines to help those interested in adapting a Super Immunity diet.

The learning objectives during this lecture include: 1. Understanding Nutrient per calorie Density, and how nutrition impacts the aging process and disease prevention. 2. Identifying foods that positively and negatively affect hormones and contribute to disease and premature aging. 3. Identifying the foods with the most powerful effects to prevent cancer and how to incorporate those foods into one's dietary practices.

CLARIFYING THE COLLEGE APPLICATION PROCESS For Seniors and Their Parents

with Joyce Reed & Carolyn Stewart of College Goals

Friday, September 6 • 6 to 7:30 pm

The college admission process can be confusing and sometimes overwhelming for families... particularly if students are considering applying to the wide range of private and public mainland institutions. What are the challenges and advantages of applying from Hawaii? How important are campus visits, and when should they happen? If trips are simply not possible, how can prospective students best research and understand the nature and strengths of different institutions? How can students' best present their own skills and potential contribution to a campus community in their college applications?

We will address questions about testing: ACT/SAT/AP/Subject Tests and what scores to submit. We'll also talk about the increasing list of excellent test-optional institutions. We'll talk about 'rankings' and about 'Colleges That Change Lives'.

Finally, and essentially we'll share about the best ways for students' families to get financial support for their child's college experience. Some colleges offer only need-based financial aid, while others offer a range of support through merit aid, and a few will offer aid for athletes. What works for your family?



BEGINNING BACKGAMMON

with Everett Knowles

from 10 to 11:30 am

Wednesdays, September 11, 18 & 25

"Though backgammon is one of the most deceptive and difficult of board games and the most cunning game of chance, its rules are few and simple and its objectives are easily understood." This is the opening sentence in a book entitled "Backgammon The Cruellest Game" by Barklay Cooke and John Bradshaw.

This board game, which archaeologists have been able to trace as far back as 5,000 BC, has survived and even thrived despite its "cruel" reputation. Everett Knowles proposes to teach interested players (principally beginners, although experienced players are certainly welcome) the basics of backgammon play and is interested in creating an ongoing activity at Tutu's House that is all at once interesting, challenging and entertaining.

Everett is an amateur backgammon player who has lived in Waimea since 1968 when he came to Hawaii Preparatory Academy as a teacher of French. He has been playing backgammon for about 20 years and looks forward to sharing his interest in the game with beginners and experienced players alike.



SEPTEMBER 2019
tutushouse.org



PROGRAMS
885-6777

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

Mind • Body • Spirit

SELF-HEALING with ENERGY MEDICINE with Dr. Alvita Soleil, OMD, NCCAOM. Have you ever had a way to know exactly what your body needs? Are you confused about food sensitivities or the underlying cause of your health issues? What is the best supplement to take? Come learn about a self-care system that combines western and eastern therapeutic principles to take your health to optimum levels. This Bio-Energetic Test Method is reliable and non-invasive. Learn what Energy Testing is, and how to apply this simple and powerful tool in your daily life.

Thu., Sep. 5 • 5:30—7 pm

T'AI CHI for EVERYONE with Zettelyss Amora, Integrative Yoga Therapist. This ancient system of exercise is done in a slow, focused manner—aligning you with natural forces that support overall well-being. The simple movements are easy to learn, and with an emphasis on deep breathing, brain-body connections and communications are enhanced, resulting in improved balance, coordination and relaxation. Even beginning students will feel benefits at their first class. It can be especially suitable for seniors, physically challenged persons, and/or individuals recovering from surgeries. This practice can be done standing or while remaining seated in a chair.

Fri., Sep. 6 & Thurs., Sep. 12 • 3—4:15 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. (except Sep. 2) • 8—9 am

CHAIR YOGA facilitated by Kit Hill, MA. Kit has been practicing yoga for over 30 years. Chair yoga modifies poses so they can be done while seated in a chair. Using the chair as an extension of your body allows you to take full advantage of yoga's amazing health and fitness potential. People with disabilities, weight challenges, inflexibility or who just cannot get on the floor (for whatever reason) are welcome to join this weekly practice to promote improved balance, flexibility, muscle tone and blood circulation, as well as a calmer mind and a better mood. Ongoing participation is encouraged.

Every Mon. (except Sep. 2) • 2—3 pm

MEDICAL SUPPORT HYPNOSIS PRACTICES with JonMarie Kaulele, Hypnotherapist. Feel free to bring something to eat and drink during this lunch-time educational talk about the many accessible mind, body and spiritual health benefits available to us all through an understanding and application of self-hypnosis techniques. Adopting lifestyle changes through a simple practice of your own design, helps create peaceful confidence which in turn supports improved overall health, wellness and quality of life.

Thu., Sep. 12 • Noon—1 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., Sep. 18 • 5—6:30 pm

Physical Health and Fitness

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., Sep. 3 • 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., Sep. 5 & 19 • 10:30—11 am

Community Education

LONGEVITY SCIENCE and CANCER PREVENTION with Joel Fuhrman, M.D. Joining us by teleconference, Dr. Fuhrman will review the current principles of longevity science including scientific evidence showing we can win the war on cancer with adherence to a diet-style rich in anti-cancer phytochemicals which also provide prevention against dementia. This is achieved by eating a Nutritarian diet which is comprehensively rich in micronutrients including antioxidants and phytochemicals, which also guards against excess caloric intake.

Tue., Sep. 3 • 5:30—6:30 pm

JUNGIAN READING/DISCUSSION GROUP facilitated by Jim Gordon, PhD, Clinical Psychologist. Join us as we read aloud the works of C.G. Jung and other Jungian Analysts. This group is currently reading and discussing Jung's *Man and His Symbols*. Please purchase your own copy of the book (or use a Kindle) and bring it with you to our discussion group. Please call Jim at 360-316-9609, to indicate your interest and confirm your place in this circle, and for any questions you may have.

Every Thu. • 10 am—Noon

BUILD A BETTER BRAIN with Maureen Garry, certified Nutrition Coach. We will explore how you can improve your brain's fitness. You'll learn lifestyle habits that protect and enhance your memory and how quickly you think. You will create your own plan for better brain health and get support for your habits. Don't believe those who say there's nothing you can do about losing brain function. Come learn what current research tells us and build community with others who intend to stay sharp!

Thu., Sep. 5 & 19 • 5:30—6:30 pm

CLARIFYING THE COLLEGE APPLICATION PROCESS for Seniors and their parents with Joyce Reed and Carolyn Stewart of College Goals. With 3,900+ colleges to choose from, how does your child find those that fit best? What's the importance of "demonstrated interest" in the college admission process? What roles do testing, grades, extracurriculars and essays play in the application process? How do you showcase yourself and stand out to application reviewers? How does financial aid factor into the process? Targeted to high school seniors and their parents, this presentation plus Q&A will clarify many factors and steps in a successful and satisfying college search and application process.

Fri., Sep. 6 • 6—7:30 pm

BASIC ESTATE PLANNING 101 with John G. Roth, Attorney, a local estate-planning attorney. "You can't take it with you." Estate planning is the process of putting together a plan, which allows someone to manage your assets and carry out your wishes in the event of your incapacity or death. Learn about options to help you understand current Hawai'i laws that may apply to you and your family.

Sat., Sep. 7 • 10—11:30 am

THE HUMAN ELEMENT • FILM & DISCUSSION with Citizens' Climate Lobby (CCL) Hawai'i Island Chapter. This movie examines what the ancient Greeks called the four elements of nature—Earth, Air, Water and Fire—and presents man as the ascendant fifth element altering the other elements in dramatic ways. The Human Element inspires us to reevaluate our relationship with the natural world, as we seek solutions to our Climate Crisis. Environmental documentarian and photographer James Balog captures everyday Americans on the front lines of our changing environment. Please attend this film screening and the discussion to follow with invited Island activists and experts sharing ideas about what we can do to address climate impacts where we live.

Sat., Sep. 7 • 2—5 pm



PREPARE TO CARE: CAREGIVER WORKSHOP with Susan Yandall, retired A.P.R.N., AARP Volunteer Educator. Are you helping older family and friends to live at home or in the community or planning for the future? It may start with driving your mother to the store or medical appointments, or helping sort through financial responsibilities. Next you might find yourself taking time off work to help with housekeeping and meal planning. As our loved ones age, it is likely a matter of when, not if, they will need help. Get essential information about caregiver resources, and building your support team.

Wed., Sep. 11 • 10 am—Noon

CAREGIVER WORKSHOP: MANAGING MEDICATIONS with Susan Yandall, retired A.P.R.N., AARP Volunteer Educator. Survey results indicate primary care providers (PCP's) value family caregivers. If this is a role you see taking on, or are already providing for a loved one, it behooves you to educate yourself along the lines of becoming an educated health care advocate. It's crucial to stay organized when juggling multiple meds, find information about drug side effects and interactions and to be able to ask for help. Come learn about creating and maintaining updated medications and supplements list, as well as other important tools and advice from an experienced professional caregiver.

Wed., Sep. 18 • 10 am—Noon

TUTU'S HOUSE OPEN HOUSE & FALL PREVENTION FAIR A variety of health and wellness activities and resources are available for all ages at Tutu's House year round. Explore four ways to reduce your risk and avoid the related injuries that can limit mobility and independence: • Bag it! Some medication can make you dizzy or contribute to a fall. Collect your prescriptions and over the counter medications and bring them to Tutu's House for a free review with a pharmacist from KTA Superstores and North Hawai'i Community Hospital. • Move it! Whether you are very fit or have mobility or balance issues, sample chair exercises that can help you maintain or improve flexibility, strength and mobility. • See it? Vision screening by Project Vision Hawai'i. Free reading glasses provided as needed. • Safe? Learn ways to make your home safer with Hawai'i Fire Department Captain Vern Hara.

Sat., Sep. 14 • 1—4 pm

ALOHA KIDNEY • Kidney Disease Education Series, with Ramona Wong, MD, retired nephrologist, kidney specialist. This educational series is led from O'ahu using video teleconferencing technology, and is for those interested in, at risk for, or living with Chronic Kidney Disease (CKD). Hawai'i has a high rate of chronic kidney disease (CKD), mostly preventable. Often, we make choices that unknowingly nudge us towards chronic disease. Registration is required; call (808) 585-8404, leave a message and spell your name, and the best number to get back to you.

**Thu., Sep. 19 & 26 +
Oct. 3, 10, 17 & 24 • 1—3:30 pm**

GRADUATING FROM YOUR PEDIATRICIAN with Will Chapple, MD, Paniolo Pediatric and Family Medicine. Transitioning health care from a pediatric to adult health care model is important for all youth between the ages of 18 and 21. Young adults and their parents will learn how to take charge of their own health, how the health care system works and how to allow parental access to medical information in the event of an emergency.

Fri., Sep. 20 • 5:30—7 pm

THRIVE AFTER A NARCISSISTIC RELATIONSHIP with Jen Caulfield, group leader. Want support, resources and education after mistreatment from someone with narcissism? Learn that you're not alone; find validation and clarity. Move from despair to survivor to thrive. You can go from feeling emotionally bruised to flourishing and happy, even after a toxic relationship. This is a safe place: first names only. Even if you don't want to speak, come and just listen. Benefit from the materials and sharing from others in the same boat. Attend this "brown bag" luncheon meeting on the last Wednesday of the month. Please bring your own food and beverage.

Wed., Sep. 25 • Noon—1:30 pm

WORDS of WISDOM CIRCLE facilitated by George Mycroft and Shira Hunt. This group's concept is for participants to bring a piece of inspired writing to seed this lively, open and honest dialogue. Names will be drawn from a bowl and the selected person will read their contribution aloud to launch the conversation. Readings will be time-limited, and group discussion will flow freely for as long as internal and spiritual inquiry is generated. Meeting on the 4th Wednesday of each month, we will share as many or as few readings as time allows.

Wed., Sep. 25 • 3—4:30 pm

Creative, Cultural & Social

ADVANCED UKULELE with long-time students of Aunty 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 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. • 1—3 pm

SCRABBLE for NEWCOMERS Introducing a "new comers table" collaboratively supported by our long-time Friday wordsmiths to welcome and encourage entry-level or "rusty" players. Full use of 2 and 3 letter word lists, relaxed rules and dictionary use to check spelling is permitted. No challenge penalty. If word is incorrect, player gets another chance to play. Youth and student players are welcome. As players graduate at-their-own speed from the beginners' table, they can move up to the "varsity" table if they want.

Every Fri. • 1:30—4 pm

SCRABBLE MEETUP with Annabel Spielman. Long time players players of this (yoga for the brain) game play traditional Scrabble. No use of "cheat sheets" and dictionary unless a challenge is made. A valid challenge causes the player to lose turn; if invalid, the challenger loses a turn. There is laughter and banter as players ponder whether to challenge. 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. (except Sept. 2)
9:30 am—Noon**

TUTU'S HOUSE: 25 YEARS STRONG Join Michelle Taira Medeiros in a reminiscence of the incredible impact of Tutu's House over the past 25 years, and share your vision for the vibrant future of Tutu's House.

Tue., Sep. 10 • 2:30 – 3:30 pm

BEGINNING BACKGAMMON with Everett Knowles, instructional host. This program will introduce players to the Ancient board game of backgammon, which involves setting up the board, and an explanation of the object of the game. This is followed by the use of dice which govern the movement of the pieces, how to establish safe points on the board and how to attack vulnerable pieces. Opening moves associated with specific rolls of the dice, as well as common strategies for use as the game progresses, will be demonstrated. Please bring your own set if you have one so there will be enough for all interested participants.

Wed., Sep. 11, 18 & 25 • 10—11:30 am

Support Groups

CAREGIVING CONVERSATIONS with host Patrick Toal, MSW, Hawai'i Island Regional Coordinator, Aloha Chapter Alzheimer's Assoc., with 30 years experience supporting caregivers. Whether you are a caregiver by heart, hire or relationship, join fellow caregivers in sharing stories, support and inspiration at this once a month program. Let's uplift and strengthen each other on our journey!

Wed., Sep. 4 • 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 other women who share a common bond.

Wed., Sep. 4 • 12:30—2 pm

MOMS to MOMS • BREASTFEEDING Support Group, with Leila Ryusaki and Kehau Kealoha. The goal of a breastfeeding support group is to encourage and support pregnant and breastfeeding women. For new mothers, the preferred source for information about child rearing is other mothers. This group is for women new to breastfeeding, as well as nursing veterans who have a desire to reach out and help those who are new to breastfeeding. This is a safe and comfortable place to ask questions, share experiences and build community.

Wed., Sep. 11 • 1—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.

Wed., Sep. 11 • 1—3 pm



**Tutu's House
25th Birthday
Celebration**

*a benefit luncheon
celebrating Tutu's House 25 years
& empowering the future*

**September 28
11:00 am - 1:00 pm**

Advance RSVP requested to Michelle, 885-6777

25 years ago, Tutu's House started with a vision of empowering community health by sharing knowledge. Around the same time, Chef Peter Merriman's started his world famous restaurant with a vision for the growth of local agriculture. Enjoy the fruits of these visions with a luncheon expertly composed of our Island's glorious bounty. At Merriman's, we'll celebrate Tutu's House rich past and empower a promising future as you join others in making your contributions to sustain and grow Tutu's House.

Basic Estate Planning 101

with John Roth • Estate Planning Attorney

Saturday, September 7 • 10 to 11:30 am

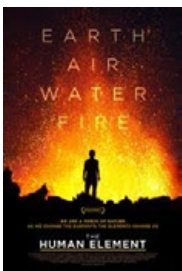


“The majority of my job as an estate planning attorney, and the part I enjoy the most, is educating people about their options,” says attorney John Roth.

Simply put, estate planning is the process of putting together a plan which will allow someone to step into your shoes to manage your assets in the event of incapacity or death. This process is not a one-size-fits-all proposition; each person and family has a different situation and goals. In this presentation John will review the basic estate planning documents, which generally consist of: a will, revocable living trust (if needed), durable power of attorney and advance health care directive.

Estate Planning is necessary because, as the old expression goes, “You can’t take it with you.” People need a will or will substitute, such as a revocable living trust, if they want to control who inherits their property and how and when that inheritance is received, to minimize administration costs and to avoid unnecessary taxes. Circumstances vary and the perfect estate plan in one person’s situation can be a terrible plan for someone else. A well-planned estate is a gift to your loved ones; it’s part of your legacy.

John Roth, a local estate-planning attorney, encourages individuals and families to start the estate planning conversation with loved ones before there is an immediate need due to serious health or creditor issues.



THE HUMAN ELEMENT Film and Discussion

with Citizens’ Climate Lobby (CCL) Hawai’i Island
hawaiiisland@citizensclimatelobby.org

Saturday, September 7 • 2 to 5 pm

The Human Element is an Earth Vision Film Production in association with Earth Vision Institute. We humans are a force of nature. At the same time human activities alter the basic elements of life—earth, air, water and fire—those elements change human life.

In this arresting documentary, environmental photographer James Balog captures the lives of everyday Americans on the front lines of climate change. This film presents us with compelling scientific and visual evidence of how the Anthropogenic—current epoch systemic human change in the environment—is affecting the four critical elements of life. It explores the ever-changing and significant effects of the human race on an already fragile world. James Balog frames and captures various events all over the world and why the world as we know it can come to an abrupt and irreversible change.



Please join us for a community screening of this film, followed by a forward-looking dialogue and thoughtful discussion around climate change and its impacts on our communities and daily lives.

Caregiver Workshops: Family & Friends Assisting Older Adults

With AARP Volunteer Educator • Susan Yandall, APRN

PREPARE to CARE

Wednesday, September 11 • 10 am to Noon

MANAGING MEDICATIONS

Wednesday, September 18 • 10 am to Noon

Are you spending more and more of your time tending to your older family members or friends? It may start with driving your mother to get groceries or helping to sort through some bills. Later, you may find yourself taking time off work to help prepare meals or go with her to the doctor. As our loved ones age, it is likely a matter of when, not if, they will need our help. That’s why AARP Hawaii is pleased to present this educational Caregiver Workshop featuring topics like “Prepare to Care” and “Managing Your Medications”.



You’ll learn how to start the conversation about caregiving with your family, form your care team and make a plan. You’ll also get tips about becoming your own medication manager along with your doctor and your pharmacist. It has never been more important.

As a trained, professional nurse, providing care is something that comes naturally to Susan Yandall, AARP Volunteer presenter/facilitator. However, even with her medical background, Susan understands that caring for older family members can be one of the biggest challenges families face.

Medical Support Hypnosis Practice

with Jonmarie Kaulele

Medical Support Clinical Hypnotherapist

Thursday, September 12 • Noon to 1 pm



We all know the negative effects stress can have on our health and quality of life.

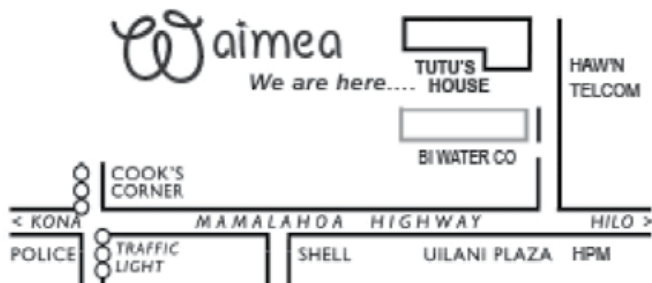
With the practice of hypnosis, we can lessen the effects of stress, chronic pain, emotional challenges, medical challenges, digestive issues and much more.

This program will offer you a new depth of understanding through an integrative experience of self-hypnosis techniques, providing benefits you can take away with you to apply as needed on your own. Come learn to exercise and align brain and body responses, to relax and strengthen a healthier sense of self-regulation, which gives us the power to change our lives for the better.

We now know to grow more of “the good stuff” inside of us, we need to seek it out, plant it, nurture it and let it flourish and linger within. Happiness is something we can teach our brain to experience more fully. Let’s practice creating peaceful confidence in support of healthy lifestyle changes we want for ourselves through developing a relaxing process of our own design.

You are welcome to bring something to eat and a beverage if you are attending during your lunch hour. For enhanced benefit, you might also want to bring pillows and a comfortable blanket.

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.

‘Ōlelo ā māmala‘ōlelo Hawaiian Word or Phrase



Kuleana

Right, Privilege, Responsibility

Last month, I discussed **kuleana**, in terms of the individuals’ right, privilege, and responsibility.

This month, I invite you to explore the **kuleana** of governmental agencies, whether manned by elected officials or employees thereof (all of whom are collecting (earning) a livable wage, on the backs of the paying citizens). We, citizens, expect that business is conducted by policies, procedures, and contracts, all for which accountability is expected and mandated –

Anything less is unacceptable and shall be subject to challenge.

We, **everyone**, is responsible to exercise **Kuleana**, inalienable and mandatory **rights, privileges, and responsibilities**.

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
2	3	4	5	6	7
TUTU'S HOUSE CLOSED Happy Labor Day!	9:30a Advanced Ukulele 10a Writers' Support Group 1p Knitting 4p Beginner's Yoga 5:30p Longevity Science • Dr. Fuhrman by Teleconference	11a Caregiving Conversations 12:30p Cancer Support Group For Women	10a Carl Jung Study Group 10:30a Zumba® Gold 5:30p Build A Better Brain 5:30p Self Healing with Energy Medicine	1:30p Scrabble Meetup 3p T'ai Chi for Everyone! 6p The College Application Process for Seniors & Parents	10a Basic Estate Planning 101 2p Documentary The Human Element
9	10	11	12	13	14
8a Yoga Basics 9:30a Tutu's Quilters 2p Chair Yoga	9:30a Advanced Ukulele 10a Writers' Support Group 1p Knitting 2:30p Tutu's House 25 Years Strong	10a Backgammon 10a Prepare to Care AARP Caregiving Edu. 1p Parkinson's Support 1p Breastfeeding Support	10a Carl Jung Study Group Noon Medical Support Self-Hypnosis Practice 3p T'ai Chi for Everyone!	1:30p Scrabble Meetup	1p TUTU'S OPEN HOUSE Fall Prevention Fair
16	17	18	19	20	21
8a Yoga Basics 9:30a Tutu's Quilters 2p Chair Yoga	9:30a Advanced Ukulele 10a Writers' Support Group 1p Knitting	10a Backgammon 10a Managing Medications AARP Caregiving Edu. 5p Plant Based Vegan Pot-Luck Hui	10a Carl Jung Study Group 10:30a Zumba® Gold 1p Aloha Kidney (#1/6) Edu. series 5:30p Build A Better Brain	1:30p Scrabble Meetup 5:30p Graduating from Your Pediatrician	
23	24	25	26	27	28
8a Yoga Basics 9:30a Tutu's Quilters 2p Chair Yoga	9:30a Advanced Ukulele 10a Writers' Support Group 1p Knitting	10a Backgammon Noon Thrive After Narcissistic Relationship 3p Words of Wisdom Circle	10a Carl Jung Group Study / Discussion 1p Aloha Kidney (#2/6) Edu. series	1:30p Scrabble Meetup	11a Hana Hou Tutu's House 25th Birthday Fundraising Luncheon

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8a Yoga Basics
9:30a Tutu's Quilters
2p Chair Yoga



SEPTEMBER 2019