

Complimentary Copy - Enjoy!



Ho'owala'au

To cause a conversation

Tutu's House ~ a community health and wellness center

Volume 30 • Issue 3 • April 2026

Sound Bath ~ Invoke your natural self healing ability with Zettelyss Amora, IYT Wednesday, April 15 | 4 pm to 5:30 pm In Person

Zettelyss presents a session of vibrational medicine through musical instruments and tools from Tai Chi and Qi Gong. You will be immersed in practices of energy alignment and together we will play in The Vibrational Field, the Ocean of Energy.



WHY ARE SOUND BATHS HEALING?

Sound and vibration are simply another type of signal the body responds to.

Sound is one of the most powerful signals we experience. The future of medicine is HERE and NOW and it looks less like procedures and pills... and more like frequency!

Your body constantly translates vibration into biological responses. Research already shows that sound and rhythm influences:

- nervous system regulation • heart rate and breathing patterns
- emotional processing • brainwave activity • stress hormone levels

This is because the human body is deeply rhythmic — heartbeat, breath, neural oscillations, and circadian rhythms. Sound interacts with these rhythms. Which is why music can calm you, energize you, or move you emotionally within seconds. Because life itself is vibration.

Zettelyss Amora, IYT (Integrative Yoga Therapist) discovered meditation in 1976, yoga in 1979, and she continues her life long on-going practice & study. Certified as a yoga therapist in 2000, she began teaching yoga and meditation. What Zettelyss offers is Vibrational Medicine drawn from her experience from over 50 years of study, practice, and instruction in Nature's Healing Arts. Yoga, tai chi, qi gong, meditation, aromatherapy, massage, and energy alignment and more.



Observing the Sun, Moon and Planets 101 Wednesday, April 15 6 pm to 7:30 pm In Person

This offering will share knowledge about the Sun, Moon, and Planets, and their recurring cycles, that will assist in having an ongoing naked eye observation practice and relationship with these beings in our Sky. E ola.

Kūlana Tarnas is a local educator interested in how humans relate with time and nature. For the last decade, he has been getting to know the Sun, Moon, and Planets via naked eye observation and more.



From 2003 through 2021, M. Kapuniaia shared a Hawaiian word or phrase in Ho'owala'au. With her permission, we will dip into our archives to share her pearls of wisdom since she happily retired a few years ago. This gem was first published in March 2010.

He Nani Waimea!
Beautiful Waimea!

We are blessed by the beauty that surrounds us, whether be it nature, good deeds, sweet music, gently falling rain, a smile, or, just sharing; all coming forth, naturally. You can see it, feel it, hear it, touch it, and even taste it. Yes, Waimea is Aloha.

He Nani Waimea!
Beautiful Waimea!

**Alzheimer's Association's Empowered Caregiver
Exploring Care and Support Services
With Nicolas Los Baños, Ed.D.
Wednesday, April 22 | Noon to 1 pm | In Person**

During this Lunch and Learn, Nic Los Baños, program leader for Hawaii Island Alzheimer's Association, will go through everything from in-home services, home health, care homes, skilled nursing facilities, and hospice.



Bring your lunch with you to this informative session.

To register, please email nklosbanos@alz.org.

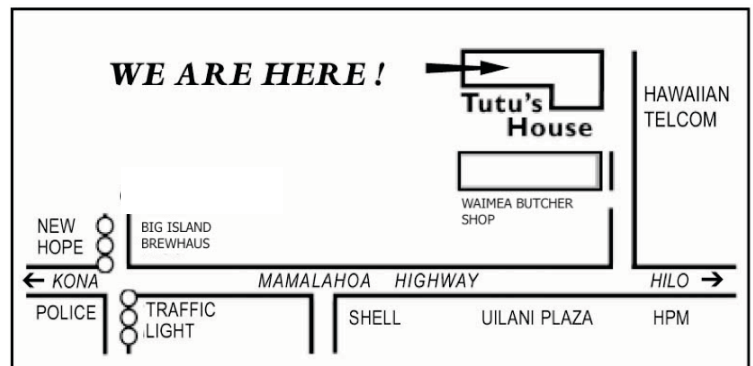
TUTU'S HOUSE

Kamuela Business Center (Upper Level)
64-1032 Mamalahoa Hwy, #304
Kamuela, HI 96743

Email: newsletter@tutushouse.org Phone: (808) 885-6777
www.tutushouse.org

Open Monday thru Friday 8 am ~ 4 pm

Information found in Ho'owala'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.



The Power of Sleep

Rest & Repair for the Nervous System & Mind-Body Health

with Harvey Eckhart, DC, MS

Monday, April 20 | 10:30 am to Noon

In Person

In this eye opening class, you'll discover how deep restorative sleep activates your brain's natural cleansing process that clears out metabolic waste and makes space for sharper thinking, emotional balance and true neuroplasticity.

In a world facing an insomnia epidemic, it's time to reclaim your natural rhythms, calming the nervous system and aligning with your body's innate circadian intelligence. You'll also learn practical science based strategies and natural sleep supports from calming brain-friendly herbal aids and minerals to simple evening rituals that promote cellular repair, longevity and vibrant energy. When you sleep well you don't just wake up – you come alive. Quality Sleep does really matter.



Harvey Eckhart is a retired Doctor of Chiropractic after 35 years of treating; now teaching and educating on wellness and longevity.

Childbirth and Parenting Enrichment Circle

with Margaret Ragen, Certified Midwife

Wednesdays beginning April 22 | 5:30 pm to 7 pm

In Person

Drop-in childbirth enrichment classes blend evidence-based education and mindfulness to support best outcomes. Sessions explore heart, body, and mind — nutrition, emotional preparation, optimal fetal-positioning, lactation support, and self-care — plus baby-proofing your relationship and postpartum transition, culminating in a rehearsal that builds confidence and positive labor experiences.

This circle will meet on a weekly basis through June 3.

Margaret brings 30 years' experience to her community-based classes focused on mental health and healing, celebrating pregnancy as a time to connect to ancestral and local support.



*online only
+online option

APRIL 2026
tutushouse.org



PROGRAMS
808-885-6777

*There are no fees for Tutu's House programs; tax deductible donations are always welcome.
Please call or email newsletter@tutushouse.org to register in case we need to notify you if a program is unexpectedly cancelled or rescheduled.*

CREATIVE/CULTURAL

TUTU'S QUILTERS~Learn quilting Hawaiian style. For beginners or experienced, initial supplies provided or bring something you are working on. Good company and encouragement guaranteed.
Second & Fourth Mon. (Apr. 13 & 27) • 10 AM—11:30 AM

UKULELE with friends and students of Auntie Marjie Spencer. Do you love singing and strumming the ukulele? Join the fun! The friendly group welcomes ukulele players of all ages and all levels. If you don't have your own instrument, we have four loaners, so you can join in for a morning of friendship and song. **Every Tue. • 9:30 AM—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

E WALA'AU KĀKOU. Listen to others speak in Hawaiian and practice what you know. The group has decided to utilize *Ka Lei Ha'aheo: Beginning Hawaiian* by Alberta Pualani Hopkins to keep everyone on track. You are welcome to have your lunch during the hour. **Every Tue. • 12:30 PM—1:30 PM**

TA'I CHI CHU'AN FOR BEGINNERS with Sifu Jim MacInnis. This beginning class introduces students to the first fifteen (15) movements of the Yang style short form. While a degree of mastery is required before learning the rest of the short form, everything students need to

derive significant benefits is presented in this beginning class. The value you gain from this class is in direct proportion to the effort you expend. Students will have the most success with a daily practice. If you are new to the class, please plan to attend from 10 am to 11 am. Those who have been practicing with Sifu since last July are invited to stay until 11:30.
Every Wed. • 10 AM—11 AM

NA PU'U WAI NO KA HULA ~ HEARTS FOR HULA with Kumu Hula Pumehana and Puamana. Women ages 18 to 70 years old are invited for 90 minutes of hula auana. This class will teach basic hula steps and noho (sitting) hula that is ideal for seniors with body and balance challenges. Interpretive hula, creative sign dancing will be incorporated.
Wed., Apr. 1, 8 & 22 • 5:30 PM—7 PM

ANUENUE QUILTERS~The group is open to anyone who'd like to spend time socializing (and quilting) with others. Although there will be help available, there is no teaching and no quilting materials provided. Participants are invited to bring a project that can be hand or machine stitched. Stop by to visit anytime.
Every Thu. • 9 AM—Noon

KANIKAPILA with Uncle Bob. Choose a song and come sing along. If you enjoy playing the ukulele or you really want to learn to play, this casual class is great way to spend the afternoon. If you don't have your own ukulele, we have four that can be borrowed during the activity. **Thu., Apr. 2 • 3:30 PM—4:15 PM; all other Thu. • 4:30 PM—5:15 PM**

NIGHT KNITTING (IS NOT JUST FOR KNITTERS) with Karen Wolfe-Dodge, an avid knitter. If you need a chunk of uninterrupted time to devote to the craft of your choice (not just knitting), this activity is for you! This is a very casual group and anyone who does any type of handcrafting is

welcome to drop in at any meeting to craft and make new friends.

Thu., Apr. 9 & 23 • 5:30 PM—7:30 PM

PHYSICAL

***FITNESS WITH ALOHA** with Victoria Mendez. Muscle strengthening using weights & therabands, cardio, balance, relaxation, and having fun with aloha!
Every Mon. & Wed. (Except Apr. 13 to May 6) • 10 AM—11 AM

MAT PILATES with Jodi Calkins. This weekly workout includes exercises for stretching, strengthening and core development. Many of the exercises are also found in other forms of resistance training, but the focus on breathing and creating a mind-body connection makes Pilates unique. Participants are encouraged to bring yoga mats, pillow, towel, weights and magic circles. Elastic band will be provided.
Every Wed. • 8 AM—9 AM

YOGA STRETCH with Joan Jackson, CYT. This class combines basic yoga poses, stretching, balance exercises and breathing exercises. Wear something comfortable.
Every Fri. (Except Apr. 3 and 10) • 9 AM—10 AM

COMMUNITY EDUCATION

MAHINA CIRCLE with Kulanalanu Tarnas. Aloha mai, please join us to honor ka Mahina. This community gathering seeks to provide foundational education about the Hawaiian Moon Calendar, and also to provide followers of ka Mahina a space to share our nānā, kilo, 'ike, and mana'o. E ho'omalalama ka Mahina Hawai'i!
First Mon. (Apr. 6) • 4:30 PM—6 PM

JUNGIAN READING/DISCUSSION GROUP Join us as we read aloud the works of C.G. Jung and other Jungian analysts. The group is currently reading *"The Bowl of Light"* by anthropologist Hank Wesselman, PhD. It is a story of

ancestral wisdom from Hale Makua, a Hawaiian kahuna Please call Barbara at 808-217-5162 for any questions you may have.

Every Thu. • 10:30 AM—Noon

MEDICARE RESOURCE POP

UP with Jessica and Alex Arruda. Confused about Medicare? Not sure about Parts A, B, C and D? Want to learn how to compare plans, costs and coverage. Jessica and her son, Alex, are licensed agents with Premier Benefits Consultants and have over a decade of experience helping people navigate Medicare.

Mon., Apr. 13 & 27 10 AM—Noon

OBSERVING THE SUN, MOON & PLANETS 101

with Kūlana Tarnas. See page 1 for all the details.

Wed., Apr. 15 • 6 PM—7 PM

FIRST AID/CPR/AED WORKSHOP

with Vibrant Hawaii. Learn basic first aid, CPR, AED through this free blended workshop. Gain the information needed with the online portion in the comfort of your own home; then come in to learn and practice the physical skills needed. Online learning takes between two to four hours. In person skill practice and assessment three to four hours. Online portion needs to be completed the night before the in-person skills workshop.

Sat., Apr. 18 • 12 PM—5:30 PM (This session is already full, next one is Sat., June 27 • 12 PM—5:30 PM)

THE POWER OF SLEEP with Dr. Harvey Eckhart, DC, MS. See page 3 for all the details.

Mon., Apr. 20 • 10:30 AM—12 PM

AKAMAI SENIORS with Jessie Grace. Join Jessie Grace each month as she breaks down complex Medicare topics and makes them easy-to-understand, so you can make confident health care decisions. **Tue., Apr. 21 • 8 AM—9 AM**

THE EMPOWERED CAREGIVER ~EXPLORING CARE & SUPPORT SERVICES

with Nic Los Baños, Ed.D. See page 2 for all the details.

Wed., Apr. 22 • 12 PM—1 PM

CHILDBIRTH AND PARENTING ENRICHMENT CIRCLE with Margaret Ragen, Certified Midwife. See page 3 for all the details. **Every Wed. beginning Apr. 22 • 5:30 PM—7 PM**

MIND • BODY • SPIRIT

YOGA BASICS FOR ALL LEVELS

(Monday) with Janet Lam. This in-person class includes the 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. If you would like a recording to follow during this time or at your convenience, please email newsletter@tutushouse.org.

Every Mon. • 8 AM—9 AM

+CHAIR YOGA with Kit Hill, MA. 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. • 1 PM—2 PM

+QI GONG & TAI CHI with Zettelyss Amora, IYT. Qi Gong and Tai Chi meet in this hour of power. These ancient healing practices tap in and turn on your natural well being and are suitable for people of all ages and abilities. Easy and quick to learn styles are perfectly suited for beginners as well as experienced students.

Every Tue. • 1 PM—2 PM

***YOGA BASICS FOR ALL LEVELS**

(Friday) with Janet Lam. This ONLINE class includes the 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 Fri. • 8 AM—9 AM

+CREATING A LIFE WITH MEANING

(CALM) with Montie Cooke. Each session will be one hour long with guided meditation, wisdom teachings by various masters on video, reflection of relevance for you, and sharing of your experience, insights and questions. New and experienced practitioners are welcomed!

Every Fri. • 10:30 AM—11:30 AM & every Sun. • 9:30 AM—10:30 AM

JOYFUL MEDITATION with Stephana Jacobson, MA, CYT. Start your weekend with a happy hour of a different kind! Lift your spirit and boost your mood by quieting your mind and body through meditation. For your comfort, please bring a pillow to sit on. **Every Fri. • 12:30 PM—1:30 PM**

SUPPORT GROUPS

***WOMEN'S SUPPORT GROUP** with Wendy Mitchell, M.Ed, MA, CPC and Margaret FiveCrows, MSW, CSWA. The group gives a voice to women to be their authentic selves.

Fri., Apr. 3 • Noon—1:30 PM

KUPUNA CIRCLE with Hamakua-Kohala Health facilitated by Sharon Petrosky, LHMC. A welcoming space for seniors to gather, talk story, connect and build community. This is an 8-week series. To register, please call 808-808-769-9412. **Starts Wed., Apr. 22 • 9:30 AM—11 AM**

FAMILY CAREGIVERS SUPPORT GROUP

with Nic Los Banos of the Alzheimer's Association. Support groups create a safe, confidential environment for caregivers to connect, share, and develop mutual support and social relationships. They also inform caregivers about dementia and help participants develop coping strategies and real-world problem-solving skills. Call 808-518-6649 or email nklosbanos@alz.org to register. *Note: This support group is for family caregivers, not persons living with dementia.* **Fri., Apr. 24 • 2:30 PM—4 PM**

SOCIAL/FAMILY

MAH JONG MEETUP~Whether you are new to the game and just learning the basics, or you have mastered the mechanics and terminology of playing the game, this group welcomes all. Come and continue to learn of building and breaking walls; how to get chows, pungs and kongs; the importance of flowers, winds, and dragons; and the general mechanics of playing the game, as well as to learn to count points and increase your win when you mah jong! **Every Thu. • 1 PM—4 PM**

SCRABBLE with Annabel Spielman. Word lovers of every age and skill level are invited to play this yoga-for-the-brain game. A friendly group of dedicated players makes up the core of Scrabble at Tutu's House. There is room for games of 2 to 8 players with changes of tables and opponents as time allows.

Every Fri. • 1 PM—4 PM

April 2026

*online only
+online option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Space is limited for our in-person activities and registration is requested by calling 808-885-6777.</p> <p>Interested in something on Zoom? Email newsletter@tutushouse.org for a link to register.</p> <p>There is never a cost to participate.</p>		<p>1</p> <p>8a Mat Pilates 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 5:30p Hearts for Hula</p>	<p>2</p> <p>9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 3:30p Kanikapila</p>	<p>3</p> <p>8a *Yoga Basics 10:30a +CALM 12p *Women's Support Group 12:30p Joyful Meditation 1p Scrabble</p>	<p>SUNDAY</p> <p>4</p> <hr/> <p>5</p> <p>9:30a +CALM</p>
<p>6</p> <p>8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga 4:30p Mahina Circle</p>	<p>7</p> <p>9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi</p>	<p>8</p> <p>8a Mat Pilates 10a *Fitness with Aloha 10a Ta'i Chi Chu'an 5:30p Hearts for Hula</p>	<p>9</p> <p>9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Night Knitting</p>	<p>10</p> <p>8a *Yoga Basics 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble</p>	<p>11</p> <hr/> <p>12</p> <p>9:30a +CALM</p>
<p>13</p> <p>8a Yoga Basics 10a Tutu's Quilters 10a Medicare Resources 1p +Chair Yoga</p>	<p>14</p> <p>9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi</p>	<p>15</p> <p>8a Mat Pilates 10a Ta'i Chi Chu'an 12p The Empowered Caregiver 4p Sound Bath 6p Observing the Sun, Moon & Planets 101</p>	<p>16</p> <p>9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila</p>	<p>17</p> <p>8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble</p>	<p>18</p> <p>12p First Aid, CPR, AED Workshop</p> <hr/> <p>19</p> <p>9:30a +CALM</p>
<p>20</p> <p>8a Yoga Basics 10:30a The Power of Sleep 1p +Chair Yoga</p>	<p>21</p> <p>9a Akamai Seniors 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi</p>	<p>22</p> <p>8a Mat Pilates 9:30a Kūpuna Circle 10a Ta'i Chi Chu'an 12p The Empowered Caregiver 5:30p Childbirth Parenting Enrichment Circle 5:30p Hearts for Hula</p>	<p>23</p> <p>9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Night Knitting</p>	<p>24</p> <p>8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 2:30p Caregivers Support Group</p>	<p>25</p> <hr/> <p>26</p> <p>9:30a +CALM</p>
<p>27</p> <p>8a Yoga Basics 10a Tutu's Quilters 10a Medicare Resources 1p +Chair Yoga</p>	<p>28</p> <p>9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi</p>	<p>29</p> <p>8a Mat Pilates 9:30a Kūpuna Circle 10a Ta'i Chi Chu'an 5:30p Childbirth Parenting Enrichment Circle</p>	<p>30</p> <p>9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila</p>		

