

Complimentary Copy - Enjoy!



Tutu's House ~ a community health and wellness center

Volume 30 • Issue 5 • May 2026

Fuel, Fire & Fat: Understanding Metabolism, Insulin, and the Diabetes Epidemic

with Joshua Lessard-Choudain, FNP

Wednesday, May 20 | 4:30 pm to 5:30 pm

In Person

This presentation takes a dynamic, hands-on journey through the science of how your body uses energy — from the teaspoon of sugar circulating in your bloodstream right now, to the complex hormonal symphony that determines whether you burn fat or store it. Designed for everyday community members, this talk breaks down the real role of insulin, why inflammation matters, how carbohydrates become fat, and what's actually going wrong in diabetes, metabolic syndrome, and PCOS. We'll also tackle what your grandparents got right (and wrong) about food, explore the latest thinking on protein, carbs, meal timing, and hormones across the lifespan — and close with a practical look at how today's most powerful diabetes medications work. No medical degree required — just curiosity about your own body.

Joshua Lessard-Choudain is a Family Nurse Practitioner who has been practicing in Hawaii since 2013. He earned his nursing degree from Misericordia University and his Master's in Nursing from Widener University, after working as a registered nurse in cardiac, telemetry, and oncology care.

He joined Mango Medical in 2014 and also practices at Kohala Hospital, a critical access hospital in Kapa'au, Hawaii.

For over 15 years, Josh has focused on diabetes care, using food and lifestyle as the foundation of treatment while incorporating modern therapies to improve outcomes. His approach includes GLP-1 receptor agonists, SGLT2 inhibitors, insulin, and continuous glucose monitoring to drive meaningful, real-world results.

He is passionate about advanced primary care, creating individualized, approachable treatment plans focused on long-term health and "health-span."



Advance Health Care Directive Workshop **Thursday, May 7** **9 am to 10:15 am** **Hybrid**

An Advance Health Care Directive (AHCD) provides valuable guidance for your loved ones so they won't have to guess what you want if you are no longer able to speak for yourself. It allows you to make decisions on end-of-life health care wishes and allows you to select someone you trust to carry out your wishes.

Attend this Community First workshop at Tutu's House via Zoom. Email newsletter@tutushouse.org to register.

From 2003 through 2021, M. Kapuniai shared a Hawaiian word or phrase in Ho'owala'au.

With her permission, we dip into our archives to share her pearls of wisdom since she happily retired a few years ago.

This gem was first published in December 2011.

Kūlia no maluhia lā āpau!

Strive for peace every day!



Although chaos may surround us, we can still strive to attain a peaceful balance within ourselves and in our homes. This actually takes planning and focus, utilizing all senses: listen to calming music, view the majesty of nature, feel with your heart, speak with a gentle tone, and taste of the bountiful goodness available.

Give away any hint of stress - throw it away and stamp it in the ground, as deep as you can. Then, look up, take a deep breath, smile, walk away, and welcome the new beginnings! And, if we have to go through this process, even daily, so be it! Get rid of that stress (or train that stressful person).

Kūlia no maluhia lā āpau!

Strive for peace every day!

**Alzheimer's Association
Empowered Caregiver Series
Managing Finances:
A Caregiver's Guide
With Nicolas Los Baños, Ed.D.
Tuesday, May 26 | 5 pm to 6:30 pm
In Person**

Join Dr. Nic Los Baños, program manager for Hawaii Island Alzheimer's Association, to learn more about:

- the costs of caregiving
- the benefits of early planning
- how to avoid financial abuse and fraud
- how to start a conversation about finances
- assessing financial and legal needs
- finding support.

For more information or assistance with registration, email nklosbanos@alz.org or call 808-518-6649.

TUTU'S HOUSE

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

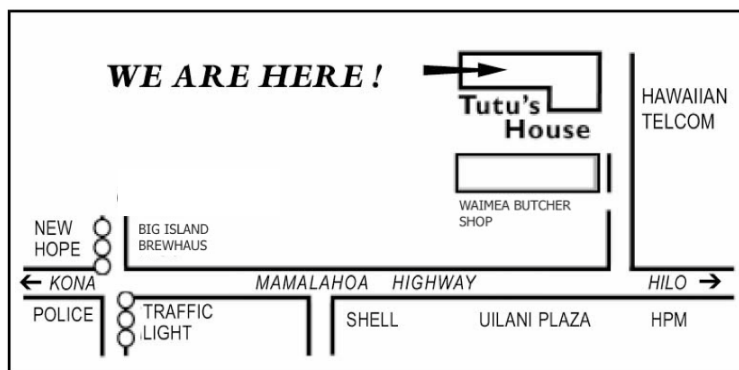
Email: newsletter@tutushouse.org Phone: (808) 885-6777

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.



Mochi Making 101

with Marc Teixeira, Mochi Aficiando
Friday, May 29 | 4 pm to 5:15 pm
In Person

In this class, you will learn how to make instant mochi in the microwave. Marc will demonstrate how to make three different types of mochis — the traditional Azuki redbean mochi, peanut butter mochi and fresh strawberry mochi. And don't you worry, you'll be able to make and taste some during the class!

These home made mochi recipes will help you save money! Instead of spending lots of money buying ready made mochi from the grocery store, Marc is ready to pass on his secrets and looks forward to seeing you at Tutu's House.



Mochi making is one of Marc's favorite past times. His first experience with mochi making took place back in 2015 when he was figuring out what he was going to make for his end of the semester potluck at University of Hawaii at Hilo. Ever since then, he's been making mochi for family and friend's birthday parties, church functions, and special gatherings. He is excited to share his tips and tricks with you!

There is space for 12. Please register in advance.

SAVE THE DATE!

With the right skills, each of us has the ability to make a life-saving difference when it matters most. Learn basic first aid, CPR, AED through this free blended workshop brought to you by Vibrant Hawaii!

Gain the information needed with the online portion; 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 must be completed the night before the in-person skills workshop.

Siobhan Malady is a resident of Honoka'a, a vice principal at Pa'auilo Elementary and Intermediate School, and a volunteer Red Cross First Aid/AED/CPR trainer. She is passionate about education and wholeheartedly believes that all community members should have the opportunity to be trained in first aid and CPR in order to be helpers in their community.

First Aid & CPR Training

Because Every Second Matters.

Saturday, June 27

- **Basic First Aid** Noon to 5:30 PM
- **CPR & AED Training**
- **Blended Training Online & In Person**

Brought to you by
Vibrant Hawaii!

Register
Today

newsletter@tutushouse.org



*online only
+online option

MAY 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.*

PHYSICAL

***FITNESS WITH ALOHA** with Victoria Mendez. Muscle strengthening using weights & therabands, cardio, balance, relaxation, and having fun with aloha! **Request a recording while the live workouts are on pause. Every Mon. & Wed. (Except May 4 to May 13 & May 25) • 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. (Except May 27) • 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 May 29) • 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. (May 4) • 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**
CHILDBIRTH AND PARENTING ENRICHMENT CIRCLE with Margaret Ragen, Certified Midwife. These 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. **Every Wed. • 5:30 PM—7 PM**

ADVANCE HEALTH CARE DIRECTIVE WORKSHOP with Community First. See page 1 for all the details. **Thu., May 7 • 9 AM—10:15 AM**

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., May 11 • 10 AM—Noon; Wed., May 13 & 27 • 2:30 PM—4:30 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., May 19 • 8 AM—9 AM**

FUEL, FIRE & FAT with Joshua Lessard-Choudoin, FNP. See page 1 for all the details. **Wed., May 20 • 4:30 PM—5:30 PM**

OBSERVING THE SUN, MOON & PLANETS 101 with Kūlana Tarnas. 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. **Wed., May 20 • 6 PM—7 PM**

THE EMPOWERED CAREGIVER—MANAGING FINANCES: A CAREGIVER'S GUIDE with Nic Los Baños, Ed.D. See page 2 for all the details. **Tue., May 26 • 5 PM—6:30 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. (Except May 25) • 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. (Except May 25) • 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. (Except May 24) • 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

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 that started Apr. 22. To register, please call 808-808-769-9412.
Every Wed. • 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., May 15 • 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

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.
Mon., May 11 • 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., May 13 & 27 • 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.
Every 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., May 14 & 28 • 5:30 PM—7:30 PM

May 2026

*online only
+online option



Weekly Programs
885-6777
tutushouse.org

Space is limited for our in-person activities and registration is requested by calling 808-885-6777.

Interested in something on Zoom?
Email newsletter@tutushouse.org for a link to register.

There is never a cost to participate.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1		2
				8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble		3 9:30a +CALM
4 8a Yoga Basics 1p +Chair Yoga 4:30p Mahina Circle	5 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	6 8a Mat Pilates 9:30a Kūpuna Circle 10a Tai' Chi Chu'an 5:30p Childbirth & Parenting Enrichment Circle	7 9a Advance Health Care Directive Workshop 9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila	8 8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble		9 10 9:30a +CALM
11 8a Yoga Basics 10a Tutu's Quilters 10a Medicare Resources 1p +Chair Yoga	12 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	13 8a Mat Pilates 9:30a Kūpuna Circle 10a Tai' Chi Chu'an 2:30p Medicare Resources 5:30p Childbirth & Parenting Enrichment Circle 5:30p Hearts for Hula	14 9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Night Knitting	15 8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 2:30p Caregivers Support Group		16 17 9:30a +CALM
18 8a Yoga Basics 10a *Fitness with Aloha 1p +Chair Yoga	19 9a Akamai Seniors 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Chi	20 8a Mat Pilates 9:30a Kūpuna Circle 10a Tai' Chi Chu'an 10a *Fitness with Aloha 4:30p Fuel, Fire & Fat 5:30p Childbirth & Parenting Enrichment Circle 6p Observing Sun, Moon & Planets 101	21 9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila	22 8a *Yoga Basics 9a Yoga Stretch 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble		23 24
25 <i>HOLIDAY</i> <i>Memorial Day</i>	26 9:30a Ukulele 10a *Tutu's House Writers Support Group 12:30p E Wala'au Kākou 1p +Qi Gong & Tai Ch 5p A Caregiver's Guide to Finances	27 9:30a Kūpuna Circle 10a Tai' Chi Chu'an 10a *Fitness with Aloha 2:30p Medicare Resources 5:30p Childbirth & Parenting Enrichment Circle 5:30p Hearts for Hula	28 9a Anuenue Quilters 10:30a Jungian Reading Group 1p Mah Jong Meetup 4:30p Kanikapila 5:30p Night Knitting	29 8a *Yoga Basics 10:30a +CALM 12:30p Joyful Meditation 1p Scrabble 4p Mochi Making		30 31 9:30a +CALM