

Subject: This Week at UH West O’ahu - Week of Oct. 12, 2020
From: UHWO Communications Department <uhwocomm@hawaii.edu>
To: uhwo-all-l@lists.hawaii.edu
Date Sent: Monday, October 12, 2020 7:53:50 AM GMT-10:00
Date Received: Monday, October 12, 2020 7:54:17 AM GMT-10:00
Attachments: UHWO_QuarterlyReport_Q4_04.pdf,nanaikekumu flyer copy.pdf,NOHO for He Ukana Aloha Kā Kīlauea series 2020.pdf,LEADERSHIP FLYER (1).pdf,He Ukana Aloha Kā Kīlauea.jpg,HMSA Flu Shot Flier-Oahu.pdf,Kaiser Permanente Flu Shot Flyer-All-Islands.pdf,October Live Webinar-Self Care.pdf

A BULLETIN FOR UH WEST O’AHU FACULTY AND STAFF

This Week at UH West O’ahu

Week of Oct. 12, 2020

Return-to-Campus Information from Chancellor Benham - Bulletin No. 22

E ala! E alu! E kuilima!
Awaken! Come together! Join hands!

Our campus is engaged in a rigorous, multi-level approach to defining cost efficiency strategic tactics (FY 21-24) based on data/evidence. To provide up-to-date information and opportunity for campus feedback a web-page is being developed, Pueo Planning Process: Responsible Stewardship. It will go LIVE on Tuesday, October 6. Here we provide information that include: Criterion, Budget Process, Analysis, Calendar of Activities, Budget Resources, and a Feedback loop.

As a reminder, campus leadership is using the Multiple Criteria Decision Analysis (MCDA) tool to facilitate conversation and decision making. This requires a good amount of data, which include information collected at all campus conversations to support decisions about cost efficiencies and future investments. Where are we now in the process? Campus leadership participated in a budget retreat on Saturday, October 10, and defined five cost efficiency strategies that align with our [Strategic Action plan](#). We will begin planning and implementation of these strategies this FY 2021. Over the next week, six campus conversations will be hosted to present and gather feedback on these strategies.

2nd Round of

Campus Conversations on zoom

Strategic Planning to Reimagine UH West O’ahu

Series Dates:

- Tuesday Oct. 13**
3:30-4:30pm
- Wednesday Oct. 14**
9:30-10:30am
- Wednesday Oct. 14**
2:30-3:30pm
- Friday Oct. 16**
10:00-11:00am
- Friday Oct. 16**
1:00-2:00pm
(ASUHWO/Students ONLY)
- Monday Oct. 19**
1:30-2:30pm

RSVP to:
uhwochan@hawaii.edu

You must register to receive the zoom invite **24 hours** prior to the gathering.

Here is our Work In-Progress Calendar of Activities:

- September 2020: Campus Conversations (4 campus-wide, 10 individual and focus groups, 60-plus individual contributions = an estimated 140 participants).
- September 25 – 30: Continued collection of campus feedback and analysis (clustering strategic tactics)
- September 29 – October 9: Campus leadership engages in MCDA process, discussion, and analysis of potential strategic tactics
- October 10: Campus leadership retreat to define DRAFT I of 3-year Tactical Plan (FY21, 22, and 24) with placeholders for FY 25-28.
- **Week of October 12: Campus Discussions and Feedback on cost efficiency strategies to begin FY 21 that will have both short-term and long-term impacts**
 - Tuesday, Oct. 13, 3:30 - 4:30 p.m.
 - Wednesday, Oct. 14, 9:30 - 10:30 a.m.
 - Wednesday, Oct. 14, 2:30 - 3:30 p.m.
 - Friday, Oct. 16, 10 - 11 a.m.
 - Friday, Oct. 16, 1 - 2 p.m., ASUHWO/Students ONLY
 - Monday, Oct. 19, 1:30 - 2:30 p.m.

Please RSVP your attendance by noon on the prior day of your selected campus conversation to uhwochan@hawaii.edu.

- After the final round of campus conversations: October 19-30: Campus leadership revise and refine to generate DRAFT of 4-year Tactical Plan (FY21, 22, 23, 24) to present to UH-System/BOR.

Any questions please contact Chancellor Benham (uhwochan@hawaii.edu) or Dr. Walter Kahumoku, III (wk@hawaii.edu).

Fall 2020 Quarterly Impact Report

Please see and share the attached report, which this quarter highlights the various student support services at the University of Hawai'i–West O'ahu. Such services are critical to the quality of our students' college experience and their success. These quarterly reports are distributed to our community members and donors as a way to share our good work.

University of Hawai'i COVID-19 resources

Remember to visit the [UH West O'ahu COVID-19 page](#) and [University of Hawai'i System COVID-19 site](#) for information and updates regarding the COVID-19 pandemic.

COPING THROUGH COVID

How are you maintaining your mental, physical, and emotional well-being while practicing social distancing? We'd like to hear about your coping mechanisms or personal stories of how you are managing as we navigate these challenging times. Have unique tips to share? Fun activities? Email uhwocomm@hawaii.edu to submit your survival strategies.

Here's a submission from Joanne Chinen-Moore and David Dinh, instructors with the Business Administration department (written by Chinen-Moore):

In these unprecedented times, we must all be grateful for the little things in life. Whether it be baking cookies with your children or grandchildren, going shopping for your elderly relatives so they don't have to risk catching the deadly disease, or just doing one thing that you love to do safely. While everything was shut down, it was depressing for many to stay at home and figure out how to socialize and be safe. When the golf courses opened up finally, David and I finally got together for a round of golf — something we both are passionate about. Although our game still needs much work, it was more of a chance to get together and talk about everything that has been going on around us these past few months and to come up with ideas of how to motivate our students moving forward. So while it was not a "working" golf outing, it quickly turned to conversations about how to help our students in the

future. Coping with COVID means that we deal with this pandemic in our own way in the best way we can. This is our fun way of dealing with COVID even if it only lasted a few hours. Enjoy each other and the little things that bring you joy.



Photos courtesy of Joanne Chinen-Moore (pictured left) and David Dinh (right)

University of Hawai'i Virtual Cultural Series

Join us for the following virtual events during the month of October that are free and open to students, your family and friends.

Hawai'i Papa O Ke Ao He Ukana Aloha Kā Kīlauea Series

Hula Noho Part 1 (see flyer below)

Wednesday, October 14, 2020, noon to 1 p.m.

A presentation of the different forms of hula noho, a classic dance style of Hawai'i with Dr. Taupōuri Tangarō, Director of Hawaiian Protocols and Cultural Engagements at Hawai'i Community College and the University of Hawai'i at Hilo and founder of hālau hula UNUKUPUKUPU.

Zoom link: <https://hawaii.zoom.us/j/91499916950>

Password: ukana

Growing Indigenous Leadership Through Indigenous Arts of Hawai'i Mōkaulele Leadership Series

Kumulipo, Chanting the University (see flyer below)

Thursday, October 15, 2020, 4 to 5 p.m.

The role of origin in leadership with kumu hula Kamuela Chun who has taught, lectured and presented the Kumulipo in its entirety.

Registration required at the following link: <https://forms.gle/QrFfJcseaJN514TA>

Hawai'i Papa O Ke Ao

Nānā I Ke Kumu Helu 'Ekolu (Volume 3) Launch

Monday, October 19, 2020, 10 to 11:30 a.m.

Join us in the launch of the newest Nānā I Ke Kumu book with Auntie Lynette Paglinawan one of the authors of the book on Hawaiian values and traditions associated with grieving and healing practices and its modern-day relevance.

Zoom Link: <https://hawaii.zoom.us/j/93228178925>

Password: 270404

Hawai'i Papa O Ke Ao He Ukana Aloha Kā Kīlauea Series

Hula Noho Part 2 (see flyer below)

Wednesday, October 28, 2020, noon to 1 p.m.

Additional forms of hula noho, a classic dance style of Hawai'i will be presented by Dr. Taupōuri Tangarō, Director of Hawaiian Protocols and Cultural Engagements at Hawai'i Community College and the University of Hawai'i at Hilo and founder of hālau hula UNUKUPUKUPU.

Zoom link: <https://hawaii.zoom.us/j/91499916950>

Password: ukana

He Ukana Aloha Kā Kīlauea Series videos will be archived on the main Hawai'i Papa O Ke Ao webpage:

<https://www.hawaii.edu/hawaiipapaokeao/>.

Access to the Ka'ao: A Framework for Transformation anchor video is also available under Hawai'i Papa O Ke Ao Resources at: <https://www.hawaii.edu/hawaiipapaokeao/overview/>. The five (5) Ka'ao testimonial videos will become available once they are all captioned.

Creative Media building fire alarm testing today

Please be aware that the contractor of the Creative Media building, Kiewit Corporation, will be conducting testing of the fire alarm systems today, Oct. 12. Audible alarms and flashing strobes may be heard or seen from the Creative Media building. No evacuation/action is needed. It is only a test of the system. If you have any questions or concerns, please contact the UH West O'ahu Environmental Health and Safety Office (EHSO) at 689-2529.

Yearlong webinar series celebrating stories of all UH campuses continues at Hawai'i CC, Oct. 14 and 28

He Ukana Aloha Kā Kīlauea is a special yearlong webinar series celebrating the stories of our islands and our campuses. The series features music, dance, and storytelling from the ten UH campuses. The next sessions Oct. 14 and 28 will feature song and storytelling from Hawai'i Community College. UH West O'ahu will be featured Dec. 9 and 23. All webinars are noon to 1 p.m. The webinar link is <https://hawaii.zoom.us/j/91499916950> (password: ukana). The He Ukana Aloha Kā Kīlauea series, which kicked off Sept. 23 and 30 from UH Maui College, is presented by the [Hawai'i Papa o Ke Ao Committee](#) at UH. Please see attached flyer for more information.

Board of Regents meeting, Oct. 15

The next Board of Regents meeting will be held virtually at 8:30 a.m. on Thursday, Oct. 15. The agenda and materials packet may be accessed at <http://go.hawaii.edu/3hg>. In light of the evolving COVID-19 situation, protecting the health and welfare of the community is of utmost concern. As such, this will be a virtual meeting. Written testimony and registration to provide oral testimony via Zoom will be accepted in lieu of in-person testimony. Meetings may be monitored remotely via the livestream pilot project. See the [Board of Regents website](#) for information on accessing the livestream.

October Health and Wellness Promotion from EUTF

The System Office of Human Resources shares the following information from EUTF:

- **Flu prevention.** During the COVID-19 pandemic, getting a flu shot is especially important. Flu shots are a covered benefit under all EUTF plans at no cost. See the attached flyers to find a flu shot location near you or go to the [Flu Shot Information page](#) on the EUTF website.
- **Live "Lunch & Learn" webinar featuring Self Care on Oct. 15 and Oct. 21.** The webinar is open to all UH employees regardless of health plan affiliation. See the attached flyer for details on how to register. For more information about this program, contact Lloyd Kishi at Lloyd.kishi@kp.org or Linda Green at EUTF linda.l.green@hawaii.gov.

PIKO Outdoor Learning Space construction barricades

Multiple construction deliveries continue for the PIKO Outdoor Learning Space project. When there are deliveries, please expect temporary disruptions to pedestrian access at the roundabout and entry ramp. Also, the plywood fencing around the PIKO Outdoor project will be removed and replaced with more transparent fencing and/or caution tape. Regardless of barrier type, all persons in the vicinity of this project are advised to respect all construction barricades and all posted safety/detour signs. If you have any questions or need additional information, please contact the UH West O'ahu project

manager at 689-2546.

Kualaka'i (East Kapolei) Station update

A view of the Kualaka'i (East Kapolei) rail station platform with a visiting train. Image courtesy of Nan, Inc.:



Distance Learning Tip of the Week – What is Gamification?

Got 15 minutes? [Gamification Explained](#) is a short slides presentation done in video segments explaining the three core components of gamification. Offered by Dave Eng EdD via University XP 2020, the lecture provides a basic understanding of the often-used term. Sign up for this free, on-demand offering.

News from [Ka Puna O Kalo'i](#)




[Monthly Mental Health Moment – Breathing](#) - Clinical psychologists Dr. Steven Taketa and Dr. Analu Sing, with the [Mental Health Clinic at UH West O'ahu](#), will offer monthly mental health tips to students, faculty, and staff to cope through COVID-19 and these trying times.

[Work of Dr. Miles and collaborators to be published in international food systems journal](#) - A leading food systems journal recently accepted a research topic proposal by University of Hawai'i–West O'ahu's [Dr. Albie Miles](#) for a special edition in the journal, which will have international reach and provide a much-needed “state of the science” and “best practices” for food system resilience and equity planning in Hawai'i and beyond.

[Fall semester fitness and wellness activities](#) - Fall semester may look different this semester, but that hasn't stopped the University of Hawai'i–West O'ahu Intramural Sports, Fitness and Wellness team from continuing to provide students with opportunities to engage in fitness and recreational activities that foster sportsmanship and community building.

[Learn 'Lessons from Mauna Kea' at panel discussion](#) - Be part of a discussion on the important role of international and inter-campus solidarity in supporting the movement to protect Mauna Kea at an online webinar, “Solidarity Works: Lessons from Mauna Kea,” 10 a.m. on Oct. 16.

The deadline to include your item in the next This Week is Thursday night. Please submit your item using the Communication Department's [Communications Request Form](#).



WESTOAHU.HAWAII.EDU



University of Hawai'i - West O'ahu
[91-1001 Farrington Highway, Kapolei, Hawai'i 96707](https://www.westohu.hawaii.edu)
ph: 689-2800 | [westohu.hawaii.edu](https://www.westohu.hawaii.edu)

Student support key to success

uhfoundation.org/give/giving-opportunity/covid-19



When students succeed at the University of Hawai'i–West O'ahu, they do so in part because of the warm welcome, guidance, and encouragement from the campus student services team.

"Our UH West O'ahu support services are critical to the quality of our students' learning and college experience," said Lokelani Kenolio, director of Enrollment Services. "Our comprehensive and collaborative services provide students with the social, academic, and emotional support and skill development needed to be successful in college and after they graduate."

Services range from advising to career counseling to testing and tutoring. UH West O'ahu also offers mental health counseling, health and wellness workshops, and leadership development. The campus' robust student support structure combines with strong academic programming to cultivate a well-rounded learner.

Central to what UH West O'ahu does as an institution of higher education is maximizing student success so that each graduate can significantly contribute to their communities.

"Our value principles and value proposition, our mission and vision, and our theory of distinctiveness drives our academic programs, scholarship, and community outreach to be learner-centered," Chancellor Maenette Benham said. "The key to our success are our Student Affairs professionals and their critical programs."

Fall 2020

Kūkulu Kaiāulu *Building Community*

Hō'ike Hapahā Makahiki

Quarterly Impact Report



UNIVERSITY of HAWAII'
WEST O'AHU

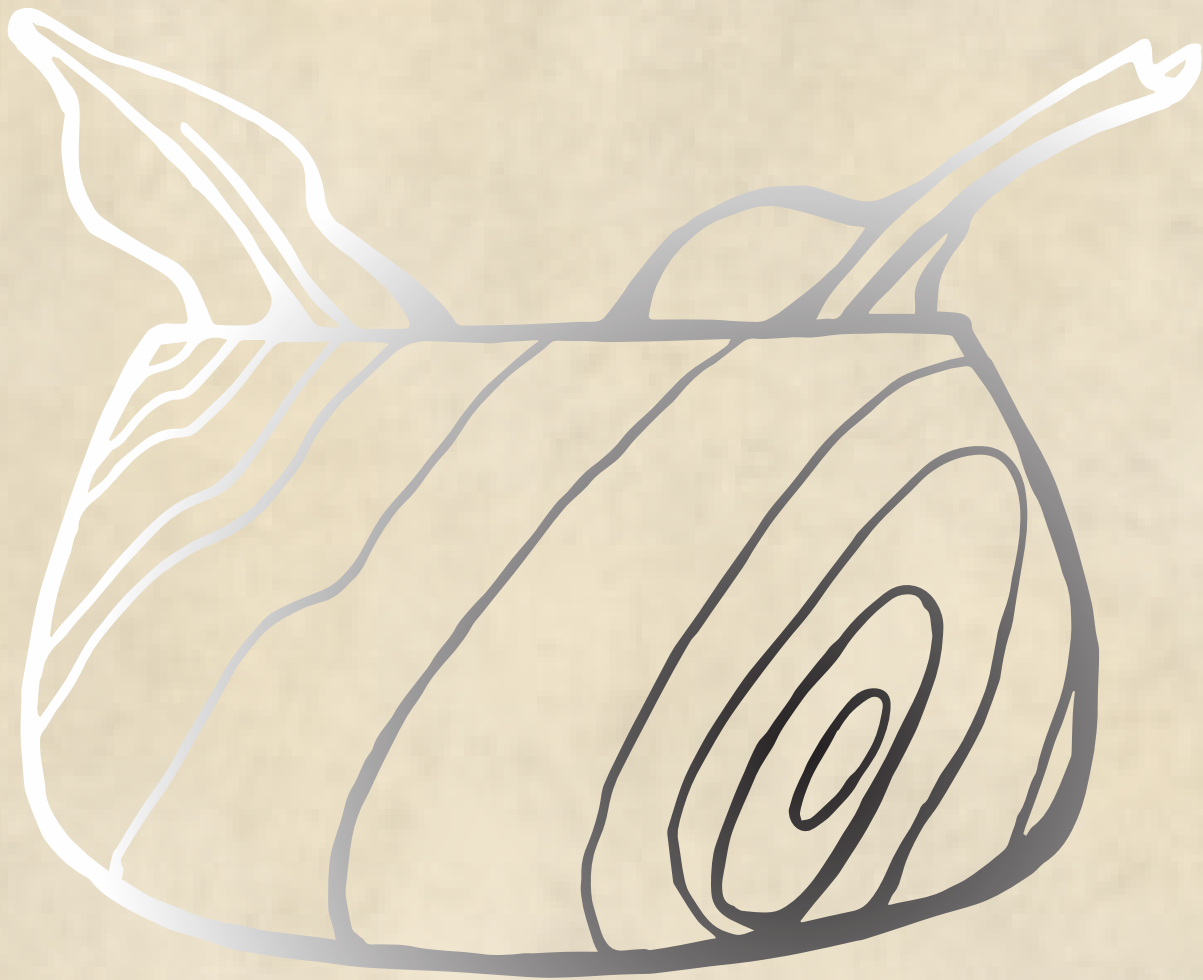
Student Support Services

	Services provided	What we're excited about
Admissions	Resources for college applicants who can expect a personalized experience, whether on a campus visit, a high school or community college visit, or when meeting virtually.	Enhanced information through virtual platforms. Providing a comprehensive and accessible experience for virtual learners or those who prefer to learn about us from the comfort of their own home.
Advising	Registration assistance, assistance with forms (VA, Financial Aid, appeals), career assistance and planning, educational and life planning, and referrals.	Virtual pre-registration workshops and first year experience, and finding new ways to best support students' goals and dreams.
Behavior Intervention Team (BIT)	Assists with "concerning behavior" when possible or necessary. Provides resources so students can complete their educational goals and employees can work in a supportive environment.	The UH West O'ahu BIT is the first formal, fully functional multidisciplinary threat assessment team in the entire UH System.
Bookstore	Sells books, apparel and gear, school supplies, commencement regalia along with office supplies, sundries, and snacks.	Reducing cost of course materials by providing electronic textbooks and course materials, and learning management tools.
Campus Security	Ensures a safe and secure campus for people and their property.	A new safety app called AppArmor for the UH West O'ahu community.
Career Services	Career development through advising, assessments, career planning, job search strategies, workshops, presentations, and career and graduate school fairs.	Launching Handshake, a platform that connects students and employers.
Disability Services	Support services to students with disabilities and assistance receiving academic accommodations, and assisting faculty with accessible classroom materials.	Supporting students and faculty in the new teaching modalities that have been developed in response to the coronavirus pandemic.
Financial Aid	Helps with federal, state, institutional, and external aid.	94.3% of enrolled students who applied for aid received an aid offer in 2019-2020.
IT Help Desk	Provides assistance for a wide range of technologies. Our goal is to find a solution for every student so they can be successful in their classes.	The IT Help Desk is operationally managed by UH West O'ahu students. Students manage all tasks and problems.
James & Abigail Campbell Library	Offers more than 230,000 titles (print and digital), 94 research databases, and a Hawaii-Pacific Collection (focus on Wai'anae and 'Ewa mokus). Computer spaces, course reserves, workshops, scholarly communication, and DSpace repository.	A student quote from a recent library survey: "I love how spacious it is and how well the environment is controlled and quiet. I love that there are always people there willing to help me find the book I am searching for."

	Services provided	What we're excited about
Mental Health Services	Mental health assessment and treatment for a range of psychological problems and psychological assessments to inform a student's care.	Our student-led support groups give students a chance to meet with others who are likely to share many similar challenges and successes.
Nāulu Culture, Engagement, and Well-Being Center	Sustains an inclusive and nourishing space; provides resources and opportunities; nurtures the well-being of our community; and perpetuates cultural values and traditions to strengthen sense of belonging and place.	Events/workshops that aim to engage campus communities while creatively "thinking outside the box" on how to adhere to COVID-19 policies.
No'eau Center for Writing, Math, and Academic Success	Students benefit from tutoring to make the most out of their classes for a strong foundation. Services have temporarily migrated to a virtual platform offering remote proctoring. Streaming workshops are available.	Virtual front desk to serve students online, and Zoom parties where students can get used to using Zoom and practice using different tools.
Distance Learning	Connects students to their university even when they are not physically present on campus. Provide resources online to assist in the delivery of courses.	Designing new flexible modes of delivery (in person and online), where both sets of students feel equally engaged in activities during class.
Registrar	Assists students with registration or records related questions, transfer credits or transcript evaluation inquiries, and certification for VA benefits. Meet the needs of our students with any records questions or concerns.	We continue to evolve and expand the virtual services we provide, to ensure the safety and well-being of our students, faculty, and staff.
Student Engagement and Compliance	Student support and inquiries about academic grievance, conduct, disability/ADA 504, discrimination, financial obligation, Title IX, and the working conditions of student assistants.	Developing an aware community of students who understand the responsibility each has at UH West O'ahu and beyond.
Student Life	Leadership opportunities through 1) chartered student organizations; 2) intramurals, recreation, and fitness; 3) committees offering student voice and representation; 4) registered independent student organizations; and 5) Leadership Development training and conferences.	Virtual/online/digital activities and engagement such as how-to/ DIY activities, fitness workouts, yoga, esports, excursions in the community and around the island, talk-story sessions, and leadership development.
Veterans Empowered Through STEM (V.E.T.S.) Lab and Lounge	Space to meet student Veterans and use STEM equipment such as 3D Printers, a coding station, and robotic kits. Services and resources customized to Veterans and military, including resume reviews tutorials, and career services.	Robotics and 3D workshops, and a Federal Resume, Civilian Resume, and LinkedIn presentations.

NĀNĀ I KE KUMU

*University of Hawai‘i, Hawai‘i Papa O Ke Ao
Virtual Launch of Nānā I Ke Kumu Helu ‘Ekolu (Vol. III)*



*Presentation by Auntie Lynette Kahekili Kaopuiki Paglinawan with reading
and music from our UH campus communities*

Monday, October 19, 2020 | 10:00 am - 11:30 am

FOR MORE INFORMATION CONTACT:

*Aaron J. Salā, UH West O‘ahu (asala@hawaii.edu)
Manulani Aluli Meyer, UH West O‘ahu (manulani@hawaii.edu)
Gail Makuakāne-Lundin, UH Hilo (gailml@hawaii.edu)*

**Zoom Link: <https://hawaii.zoom.us/j/93228178925>
Password: 270404**

NOHO

An Invitation to Sit in Concert



NOHO in Répertoire:

October 14 Presentation

- Holo Mai Pele Ma Kahiki (lei)
- Lua I Ka Hikina (kūolo)
- A Ka Luna O Pu'uonioni (kuhi)
- Hoe Puna I Ka Wa'a (hoe)
- Hole Waimea I Ka 'Ihe A Ka Makani ('ihe)
- Kīlauea Ke Aloha (kālā'au)
- He Motu No Ta'ula (kālā'au)

October 28 Presentation

- No Luna Ka Hala Ē (mu'umu'u)
- Kū E Ka 'Oli 'Oli Nā Manu ('ulī'ulī)
- Aihea 'O Kalani ('ilī'ilī)
- Nōwelo I Ka Pili 'Ao'ao (pū'ilī)
- E Wewehi Ke Ke (Kī'i)
- Me He 'Īlio Mai 'Oe ('īlio)
- Eia ka Niu E Ke Akua (pule)

HULA **NOHO**, sitting dance, is a classic dance style of Hawai'i presented in many forms- from the poised hula kuhi, to the reclining ramrod hula 'ōhelo, to forms named after their utility of musical implements, or the animals they portray, and more.

A repertoire choreographed in the Spring and Summer of 2020, **NOHO** is a leadership development through hula program slated for community beginning Fall 2020.

The one-person performance of **NOHO** is vibrant; the choreography, invigorating. Experience hula's ability to inform, guide and grow leadership for family, community,

personal, professional, and environmental wellbeing.

NOHO is curated, choreographed and performed by Dr. Taupōuri Tangarō, Director of Hawaiian Protocols and Cultural Engagements at Hawai'i Community College and the University of Hawai'i at Hilo. Tangarō is founder of UNUKUPUKUPU and serves as a Hawai'i Papa O Ke Ao Committee member.

The repertoire of **NOHO** present in two parts:

October 14
October 28

2020 MŌKAULELE LEADERSHIP SERIES

growing indigenous leadership through indigenous arts of Hawai‘i

In alignment with Hawai‘i Papa O Ke Ao, the University of Hawai‘i’s Strategic Commitment to grow Hawai‘i’s indigenous leadership, we present:

PANEL OF VIRTUAL SCHOLARS

SEPT. 24



RONALD KANAKANUI, *Kālai Ki‘i* (carving images),
a metaphor for leadership

OCT. 15



KAMUELA CHUN, *Kumulipo* (chanting the universe),
the role of origin in leadership

OCT. 29



KUMULĀ‘AU SING, *Nā Mea Hawai‘i* (mixed media),
embodying Hina (female) and Kū (male) in leadership

NOV. 12



KEALI‘I REICHEL, *Kōkōpu‘upu‘u* (netting)
a metaphor for growing leaders

NOV. 19



HANALEI MARZAN, *‘A ‘ahu Kinolau* (ritual wear of transformation),
regalia in leadership

DEC. 03



CHARLES AULI‘I MITCHELL, *Hula Ki‘i* (dance of carved images),
role of Hula Ki‘i in leadership

DEC. 10



BEAU JACK KEY, *Pa‘i Ki‘i* (photography),
an indigenous world through photography

TIMES: 4-5PM -

REGISTRATION LINK: <https://forms.gle/QrFjfJcseaJN514TA>

PLATFORM: ZOOM MEETING; ID & Password issued upon registration

Free event open to the public

REGISTRATION DEADLINES; DAY BEFORE EACH PRESENTATION



“ART IS LANGUAGE OF THE SPIRIT,
THEREFORE A VOICE FOR THE SOUL”

- nā Taupouri Tangarō

Facilitated by Dr. Taupouri Tangarō, Director of Hawaiian Protocols and Cultural Engagements, Hawai‘iCC & UH Hilo

The University of Hawai‘i at Hilo and Hawai‘i Community College are equal opportunity/affirmative action institutions and are committed to policies of nondiscrimination on the basis of race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, status as a covered veteran, national guard, victims of domestic or sexual violence, gender identity and expression, genetic information, citizenship, credit history, and income assignment. For inquiries regarding our non-discrimination policies, please contact Dorinna Cortez, HawCC Interim VC for Student Affairs, dorinna@hawaii.edu and Shaunda Makaimoku, UH Hilo Interim Director of EEO/AA, shaunda@hawaii.edu.

For disability accommodations please contact: Hawai‘iCC Hā‘awi Kōkua at 934-2725. For faculty/staff disability accommodations, please contact Human Resources at 934-2525. UH Hilo Disability Services at 932-7623 (V), 932-7002 (TTY), uds@hawaii.edu.

For more information about the event, contact Tiffany Naea (naea@hawaii.edu)



HE UKANA ALOHA KĀ KĪLAUEA

The Inter-island Steamer Kilauea is Freightened With Aloha



In the spirit of Kamehameha V,
we celebrate community through
song and storytelling from the
10 UH campuses. Please join us
for this webinar series.



Presented by
University of Hawai'i
Hawai'i Papa o Ke Ao

ALL WEBINARS ARE 12PM TO 1PM

September 23 and 30 (UH Maui College)

October 14 and 28 (Hawai'i Community College)

November 4 and 25 (UH Mānoa)

December 9 and 23 (UH West O'ahu)

January 13 and 27 (Kaua'i Community College)

February 10 and 24 (UH Hilo)

March 10 and 24 (Honolulu Community College)

April 14 and 28 (Windward Community College)

May 12 and 26 (Kapi'olani Community College)

June 9 and 23 (Leeward Community College)

Webinar link:

<https://hawaii.zoom.us/j/91499916950>

Password: ukana

KEEP YOUR GUARD UP DURING FLU SEASON

Flu prevention hasn't changed in the year of COVID-19. According to the Centers for Disease Control and Prevention, the flu shot is recommended for those who are 6 months and older as the first and most important step in flu prevention. Flu season usually starts in October, peaks in December, and can last through the following May.



Go to one of these pharmacies or call your doctor to get a flu shot at no cost.

Oahu

Costco

All locations

Don Quijote

Kaheka, Waipahu

Foodland

Locations with a pharmacy

Happy Pharmacy

Longs Drugs

All locations
including Target

Medical Center Pharmacy

Pharmacare

Main office, Pali Momi

Queen's POB Pharmacies

Safeway

Locations with a pharmacy

Sam's Club

All locations

Times Pharmacy

All locations

Waimanalo Pharmacy

Walgreens

All locations except
Piikoi St.

Walmart

All locations

Weinstein Pharmacy

Pharmacy list updated September 2020



An Independent Licensee of the Blue Cross and Blue Shield Association

PROTECT YOURSELF AND YOUR LOVED ONES

Get the flu shot.



Get your no-charge flu shot starting **September 1**. Find convenient and safe Kaiser Permanente flu shot locations at **kp.org/flu**.

Oahu

Honolulu Medical Office
Koolau Medical Office
Mapunapuna Medical Office
Waipio Medical Office
Moanalua Medical Center
- 7 days a week,
8:30 a.m. to 10 p.m.

Maui

Lahaina Clinic
Maui Lani Medical Office

Hawaii Island

Hilo Clinic
Kona Medical Office

Kauai

Lihue Clinic

You can also ask your care team for a flu shot at your appointment.



WALK-UP FLU SHOT CLINICS

- No appointment necessary
- *Flu shots only*

Monday through Friday, 8:30 a.m. to 4:30 p.m.
Saturdays, 8 a.m. to noon



DRIVE-THROUGH FLU SHOT CLINICS

At select Kaiser Permanente locations.
Visit **kp.org/flu** for updates on locations, dates and times.



Wear a mask. Mahalo for helping keep Hawaii safe and healthy.



Now more than ever, it's important to stop the spread of the flu. The flu shot is your best defense against the virus – and a safe, effective way to protect the people around you.



Flu shot days, hours, and locations are subject to change. Visit **kp.org/flu** for the most up-to-date information.

Taking Care of Yourself*

Sleep, exercise, love, and food



Self-care is essential for anyone seeking to live a more balanced and healthy life. This webinar focuses on 4 ways to improve self care: 1) Sleep; 2) Exercise; 3) Love; and 4) Food. When practiced daily, these simple-to-follow strategies will help support your path to better health and well-being.

Date	Time	Registration
Thursday, October 15, 2020	11:30 a.m. to 12:30 p.m. (HST)	Register here
Wednesday, October 21, 2020	Noon to 1 p.m. (HST)	Register here

To register for one of the webinar sessions, click on the "Register here" link above or visit kp.org/wellnessevent.

- New users: Enter the sign-up code "**EUTF**" under "New users".
- Returning users: Enter your email address and password under "Returning users".

* Webinars are open to all state and county employees regardless of your health plan affiliation.

FREQUENTLY ASKED QUESTIONS

How do I register for a webinar?

To register for a webinar, click on the webinar registration link.

New users: Enter the sign-up code “**EUTF**” under the “New users” heading. Then, click on the submit button. Provide the requested information to create your account.

- If this is the first time you’re joining a Webex meeting, Webex automatically downloads the app. Click the installer file to install the app. You can also manually [download the Webex Meetings app](#).
- [Click here for full system requirements.](#)

Returning users: Enter your email address and password, then click on the submit button. Choose your event.

After you register, you’ll receive a confirmation email with a link to access the webinar.

Will my video or audio be on during the webinar?

No, participant video will be disabled during the webinar. In addition, the instructor will mute all participants once the session begins and will unmute you during the Q&A.

For questions, please contact Lloyd Kishi at lloyd.kishi@kp.org.

Visit kp.org/coronavirus for information to help protect yourself and your loved ones and get the latest updates and guidance on COVID-19.

Will the webinars be recorded and made available after the session?

Yes, each registered participant will receive an email with a link to access the webinar recording for up to 3 months after the date of the webinar.

Will Kaiser Permanente report my participation in the webinar?

We will only provide EUTF with an aggregate report of the total number of participants by employer. Individual names of the registered participants won’t be reported.

How do I join a webinar?

On the day of the webinar, click the Webex link provided in your confirmation email (about 10 minutes before the scheduled start time is recommended) and you will see the welcome screen for the webinar. You can join a meeting from your computer or mobile device.

Is there a participant limit for the webinars?

Yes, the maximum participation for each webinar is 500 participants. If your first choice is closed due to the maximum participation limit, please select another session.

For additional assistance, click here for the Webex online help center.