

Subject: This Week at UH West O'ahu - Week of May 17, 2021
From: UHWO Communications Department <uhwocomm@hawaii.edu>
To: uhwo-all-l@lists.hawaii.edu
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Bulletin No. 50 from Chancellor Maenette Benham

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

*Statement of Gratitude:
Enjoy the little things, for one day you may look back and realize they were the big things.
Robert Brault*

Update COVID-19 and Gradual Reopening of UH West O'ahu Campus

As of this week, campus administration is working the UH System to determine preparation steps to gradually reopen campus to the general public. Our campus administration, campus COVID Response Team, and campus facilities/security are engaged in these discussions. More information will be forthcoming, so, please keep an eye on the weekly bulletins.

Update on our Campus Work Groups

There are no current updates from our work groups.

- **Business Model and Mindset:** For more information contact either Dr. Walter Kahumoku or Faculty Senate Chair Dr. Ed Keaunui.
- **Student Recruitment & Student Retention.**
For more information contact either iVC Javinar or Instructor Reed Young.
- **Student Learning.** For more information contact either VC Moniz or Division Chair Mary Heller.
- **Campus Efficiencies.** For more information contact either VC Ishida or Sheri Ching (Business Office).

Update on Federal Stimulus Funds

Currently the Federal Funding Advisory Council and Campus Administration are reviewing faculty, staff and student proposals for HEERF summer and summer-fall investments. We are learning more about the next federal funding grant, ARPA. As soon as we receive more information we will post on our website and alert you via the weekly bulletin.

[Higher Education Emergency Relief Fund](#)
[CARES \(HEERF I\)](#)
[CRSSAA \(HEERF II\)](#)
[Federal Funding Advisory Council](#)

New UH West O'ahu weekly newsletter to launch next month



The UH West O'ahu Communications Department is excited to announce the launch next month of Makahaiwa'a, a new weekly bulletin that is replacing This Week at UH West O'ahu. Makahaiwa'a will be a newsletter for UH West O'ahu faculty and staff, as well as students. "Makahaiwa'a," which translates into "Eyes that follow the canoe," will feature much of the same content as This Week: events, announcements, and health and wellness updates, along with Chancellor's Bulletins. Special thank you to IT's Erin Kim for his help in the creation of this new bulletin! If you have news to share for Makahaiwa'a or [Ka Puna O Kalo'i](#), be sure to fill out our [Communications Request Form](#).

Commencement Mahalo

A special thank you to everyone who volunteered at the May 8 Drive-Thru Celebration that honored our Spring 2021 graduates. Mahalo to our events, facilities, and security teams for support from the beginning to the ending of the event, and to Chancellor Benham for the additional "hydration and sustenance" throughout the event. Check out our [Flickr Album](#) (thank you to Terri Ota for her contributions) and a [highlights video](#). The Commencement Committee is looking for your feedback on the Drive-Thru Celebration. Please [fill out the survey](#) by Friday, May 21.

If you haven't viewed the [Virtual Commencement video](#), it will be archived on our Commencement site. Mahalo to IT's Jarrett Lucero for producing the video!

University of Hawai'i COVID-19 resources and announcements

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.

UH General Education team includes UH West O'ahu's Opulauoho; faculty and staff asked to help with survey

UH recently announced the [UH General Education Curriculum Design Team](#), the experts and specialists from the UH community who will collaborate to produce a General Education proposal. UH West O'ahu's Leslie Opulauoho is among the chosen team members.

For four intensive weeks of researching and writing at its [Summer Institute](#), team members will draw from their very diverse and interdisciplinary backgrounds as they discuss standards, review other curriculum models, and assess the value of different competencies. They come from an array of specializations, areas of study, and realms of expertise within the UH system's ten campuses, and also include three undergraduate students, who will bring valuable perspectives and ideas to the process.

In addition, UH students, faculty, and staff are asked to take a short [survey by May 31](#) to give feedback on the standards they believe the system's general education requirements should include.

For more information, visit the General Education Redesign [FAQs page](#), contact gedesign@hawaii.edu, or check out [what's planned](#) for the process of creating a new general education program.

Campus fire protection systems inspection and testing, May 19-21

All UH West O'ahu first floor fire alarm devices and protection systems will be inspected and tested May 19 through May 21 starting from 6 a.m. to 3 p.m.

The audible alarms, visual alarms, and smoke detectors on the second floors and elevators of all buildings will be inspected. During fire alarm testing, the audible alarms will sound very loudly and the visual alarms will strobe intermittently.

Audible testing will be announced to building occupants prior to activation.

The contractor, Johnson Controls, will be escorted by the UH West O'ahu Environmental Health and Safety Office throughout the buildings. The audible and visual testing will be conducted one building at a time.

FM200 fire suppression systems in buildings will be inspected. Silent inspection/testing will be conducted throughout the week. There should not be any disruption to campus operations during the silent inspections/testing. The Environmental Health and Safety Office encourages you to review fire evacuation procedures during the testing. If you have any questions or concerns, please contact Beverly Orillo at uhwoehso@hawaii.edu or 689-2529.

May 2021 EAP newsletter

Please see the attached May 2021 Employee Assistance of the Pacific (EAP) newsletter. More information regarding EAP can be found on the [UH System Office of Human Resources website](#).

Kualaka'i (East Kapolei) Station update

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



Distance Learning Tip of the Week – Add Interactive Elements to Videos with EdPuzzle

Edpuzzle is an educational technology tool that adds interactivity to videos. On the Edpuzzle site, you can find links to video resources like TedTalks, Khan Academy, National Geographic and more. You'll also find ready-to-go videos with stop-action questions shared by instructors. Or upload your own videos to create microlearning lessons. Embed to your Lailima course, or simply share an assignment link with students. For details, watch [What is Edpuzzle?](#)

UH West O'ahu in the News

UH News (May 7): "[What will you eat when the big one hits?](#)" UH West O'ahu assistant professor of Sustainable Community Food Systems Albie Miles served as an advisor for the documentary, "Ketchup and M&M's," and was also interviewed for the film. It premieres on KFVE on May 17, 7–9 p.m., and will also be livestreamed on all Hawai'i News Now digital platforms.

UH News (May 13): "[Text reminders can improve vaccination rates.](#)" UH West O'ahu assistant professor Eli Tsukayama co-authored a vaccination megastudy.

UH News (May 13): "[UH West O'ahu's Kahumoku hailed for Indigenous leadership.](#)" Walter Kahumoku III was presented with the Dr. Henrietta Mann Leadership Award.

Honolulu Star-Advertiser* (May 16): "[Hawai'i Symphony Orchestra's outdoor concert series features music by composer Michael-Thomas Foumai.](#)" Feature story about composer Michael-Thomas Foumai, who is also a Creative Media/Music lecturer at UH West O'ahu.

Hawai'i News Now (May 16): "[HNN to premiere final 'Climate for Change' documentary on food system vulnerabilities.](#)" UH West O'ahu assistant professor of Sustainable Community Food Systems Albie Miles served as an advisor for the documentary and was also interviewed for the film.

Honolulu Star-Advertiser* (May 17): "[Waipahu High student, Taylor Fukunaga, elected to represent 263 collegiate honor societies.](#)" The article mentions a Waipahu student at our campus as well: "They include Chantelle Nartatez, who was just chosen by the Hawai'i section of the American Chemical Society as one of two Outstanding Organic Chemistry Students of the year at the University of Hawai'i–West O'ahu ..."

**UH West O'ahu students, faculty, and staff have complimentary access to the Honolulu Star-Advertiser's digital subscription via a new program exclusive to the campus. To activate, enter your hawaii.edu email at staradvertiser.com/academic-pass.*

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



[Timely texts can improve vaccination rates, according to study co-authored by UH West O'ahu faculty](#) - Timely reminder messages via text can significantly increase vaccination rates, according to a megastudy published in one of the top science journals in the world, co-authored by University of Hawai'i–West O'ahu assistant professor [Dr. Eli Tsukayama](#).

[National award for commitment to indigenous students given to UH West O'ahu's Kahumoku](#) - For demonstrating outstanding leadership and commitment to indigenous students, advancing indigenous communities, and fostering the development of future leaders, Dr. Walter Kahumoku III of University of Hawai'i–West O'ahu is the recipient of the 2021 Dr. Henrietta Mann Leadership Award.

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](#).

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EAP & PAP Newsletter

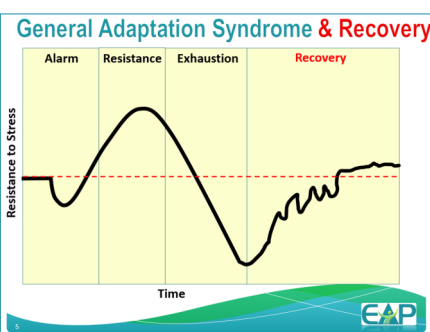
May 2021

COVID: The Second Year

We know, we know... Everyone is getting tired of hearing about the Coronavirus! Pandemic fatigue is creeping in, people are getting tired of wearing their masks, tired of washing their hands, tired of social distancing, and just tired in general. Below are some tips (from our 45-minute [online video training](#)) for this second year that we hope help you move ahead!

It's normal to feel less normal than normal.

Recovery from a global pandemic, or any disaster or tragedy, takes time. Most of us are only starting, or are halfway up, the uphill Recovery climb (the one after that pesky Exhaustion stage!). Most of us, eventually, will end up stronger than we were to begin with, but that may take another several months to a year!



Remember that many people are experiencing mental health concerns.

The challenges and isolation of this pandemic have triggered a variety of issues for people. Issues that were managed well before the pandemic may have become more difficult. It's important to remind your co-workers and family members who are struggling that help is available and remember that we all need to support each other.



How has this impacted stress, and what's ahead?

We took a survey of the 200 businesses we serve to see what they saw and what their guesses were. They responded that before the pandemic, on a scale of zero to ten, stress was at a 4.7. Three months into the pandemic, they reported this rose to a (Continued)

Planning for Retirement

There is never a "best" time to think about retirement, but the pandemic has made more people start looking towards this "second act" of their lives. Research shows us that adjusting to retirement can be difficult. Feelings of boredom, anxiety, restlessness, and uselessness can eat up the fantasy of the well-deserved retirement. Planning ahead is the key to a fulfilling retirement that is more than just "no more work."

Here is a list of the available [tips from our website](#) on this topic, as well as a link for our [downloadable flyer](#):



PLANNING CHECKLIST for Financial, Emotional, and Relationship Readiness

MAKE A NEW BUCKET LIST

FOUR ACTIVITIES ESSENTIAL TO A HEALTHY RETIREMENT

ARE YOU REALLY READY TO RETIRE?

WEBSITE RESOURCES

to help you plan ahead



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Counselors are available across Hawaii.

Legal, Financial, and Eldercare Consultation is also available.

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Physician Assistance Program

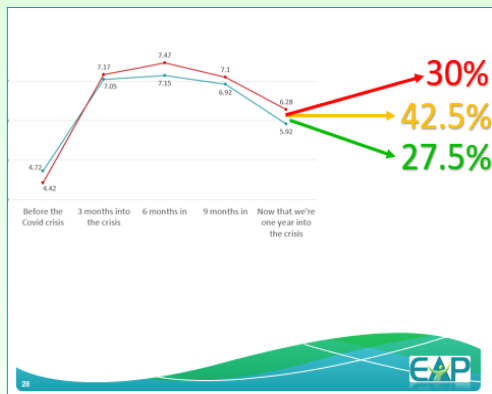
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Toll-Free (877) 597-8222

www.HawaiiPAP.com

COVID: The Second Year (continued)

7.2 for Hawaii employees. Six months later it peaked at 7.5, then after nine months it went down a bit to 7.1, and one year into the pandemic it was at a 6.3. Then we asked where they guessed it will be over year two. 30% thought stress would get worse this next year, 27.5% thought stress would reduce, and 42.5% thought stress would stay the same. It's anyone's guess who is right and what's ahead, but we seem evenly split between optimists and pessimists.



One important factor is that 72.5% believe things will be the same (elevated) stress level or worse a year from now. So we all need to do what we can to stay resilient, support each other, and manage our stresses this next year with Extreme Self-Care.

What can I do in Year Two?

- Remember You're Not Alone.** Find ways of staying connected.
- Talk Story.** This Hawaiian value and practice will help us all get through Year Two. When someone says "Howzit going?" be honest. Say "It's been a hard day" if it has, or "Had a good zoom with my ohana" and share positive things if you're feeling positive. (This doesn't give you permission to spew for an hour about how miserable you are or share for an hour how amazing your grandchildren are — if you need that, talk with a friend or call EAP!) Then ask how they are doing! Take the time to "tend and befriend" each other this year.
- Reduce or eliminate Social Media overload.** Limit your exposure.
- Focus on your own safety.** If other people are being unsafe, get back to what YOU can do to stay safe. Wash your hands, wear your mask, etc.
- Take care of your body.** Stick to your routines, it helps to keep your brain focused. Get some exercise, even if it's standing up and stretching after every Zoom meeting, or walking around the block during a break. Get adequate sleep and turn off electronics and start unwinding 30 minutes before bed.
- Focus on your Gratitude.** What has changed for the positive? What can you focus on that brings you up and reminds you you're still alive?
- Get help if you need it.** These days more than ever, reach out for help even if you have never needed to do so in the past. If you see your attitude or optimism slipping, or your depression/fatigue/anxiety/mental health worsening, you can call the EAP for free and confidential support. We are here for you 24/7 and want to help you get through Year Two!

Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



5 TIPS FOR WORKING FROM HOME STRESS-FREE (PARENT'S EDITION)

This is an article written by James E. Porter, CEO of StressStop.com and is used by permission. When I started...

[Read More](#)



DEVELOPING PERSONAL RESILIENCE IN THE HEALTHCARE FIELD

Resilience in physicians and other healthcare practitioners is up to organizations AND the individuals...

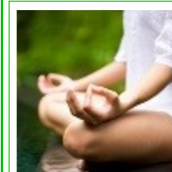
[Read More](#)



SIGN UP FOR 52 WEEKS OF WELL-BEING

You can sign up to receive weekly emailed tips for a year that help you build your resiliency. Written by our own Dr. Vali Hawkins-Mitchell...

[Read More](#)



DEVELOPING RESILIENCY

Imagine the last upsetting event that you experienced. What was your reaction to it?

[Read More](#)



50 IDEAS FOR SELF-CARE

If you just need some good old fashioned self-care (and who doesn't?)...here is a list of great ideas.

[Read More](#)

(If this is a pdf you may be able to click the links to each article above!)

Check out your EAP's website at

www.EAPacific.com

Or your PAP website at www.HawaiiPAP.com

Please note that work/life services are available to most, but not all, EAP customers. Call us if you have a question.

EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.



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