

Children's Health Fair and Symposium



November 19 & 20, 2005
Radisson Kauai Beach Resort



As a follow-up and response to last year's successful Kaua'i Peace Project, we are adding an educational wellness component to our weekend event focusing on the health and empowerment of children.



Come experience two days of fun activities for children and adults including arts & crafts, exercise, Hawaiian cultural programs and educational workshops for the whole family. Saturday evening's **gala musical event** - featuring Hawaiian slack key guitar virtuoso **Makana** - celebrates and supports the Kaua'i Peace Project children's initiatives.

This year's event offers a unique track for professionals in the healthcare field and will also join with the Hawaii Health Guide's **Diabetes Awareness Program**. **CEU courses** will be offered by experts in the field of physical and mental child healthcare, including instructors from the Nobel Prize-winning **Physicians for Social Responsibility**, for nurses, physicians, healthcare practitioners, and social workers.

Mentor Ohana is the new mentoring system that Kahuna Valley is rolling out with the Kaua'i Teen Mentoring Program. There will be mentor training and orientation programs for adults and teens at this event to help introduce this exciting program. Learn more at www.mentorohana.org



40 Exhibit Booths will display products and services from businesses, government agencies, and local artists from Kaua'i, neighboring islands and the mainland.

Help Kaua'i take the lead in children's health and wellness!

Contact Francesco or Daisy Garripoli at info@kahunavalley.org to find out more about this exciting event and to learn how you can get involved... and join our co-sponsors:



(See opposite side for complete schedule)

**Kaua'i Peace Project – Schedule and List of Presenters -
Saturday: November 19, 2005**

- 9-9:50 **Richard Diehl: Nutritional Therapy in Diabetic Prevention and Treatment
Brian Gallagher and Cecilia Arce: Physicians for Social Responsibility:"Peaceful Posse"" for kids and parents"
Daisy Lee - Garripoli: Smart Exercise After-School Program
- 9:50-10:40 **Donald Traller: Insulin Resistance, The Root of Type 2 Diabetes: Self Monitored Blood Glucose
Millicent Cummings: Songwriting for kids
- 10:40-11:30 ** Thomas Garran: Common Herbs in the Treatment of Diabetes
**Gallagher/Arce-Peaceful Posse Program for Educators, Social Workers, and Community Leaders"
Francesco Garripoli: Mentor Ohana Program: Orientation and Mentor Training
- 11:00-12:30 Rebecca Gorman: Self Care for Caregivers
- 11:30-12:20 ** Michael Hamilton: Traditional Chinese Medicine for Diabetes
- 12:30-2PM ** Luncheon presentation by Brian Gallagher and Cecilia Arce: Nobel Prize-winning work of Physicians
for Social Responsibility - Changing The Way Youth Connect With Their Community
Gourmet lunch provided by the Radisson Resort - Donation to Kahuna Valley: \$35.00/person
- 2:00 - 2:50 **Dr. Suhas Kshirsagar: Ayurvedic Treatment of Diabetes
**Gallagher/Arce-Peaceful Posse Program for Educators, Social Workers, and Community Leaders"
Millicent Cummings: Songwriting for kids
- 2:50-3:40 **Dr. Thomas Yarema: 5 Point Acupuncture for Diabetic Self Care
**Francesco Garripoli: Mentor Ohana Program: Orientation and Mentor Training
- 3:40-4:30 ** Catharine Downey, ND and Laura Steelsmith: Herbal and Nutritional Considerations in Type 2
Diabetes
- 4:30-5:20 **Jane Ely: Traditional American Indian Treatment for Diabetes

Music and Performance Gala

- 6:00 - 9:30 pm Hawaiian Ole and Hula
Children's Music Presentation, Awards Presentation
Millicent Cummings - singer/songwriter, Makana in Concert

Sunday: November 20, 2005

- 10:00 am - 12:00 pm **Brian Gallagher and Cecilia Arce:Peaceful Posse Program for Educators, Social Workers,
and Community Leaders"
**Francesco Garripoli: Mentor Ohana Program: Orientation and Mentor Training

Note: Diabetes Program Sponsor: Hawaii Health Guide

Participants (nurses) attending this program for CEU credit (presentations with ** above) will:

- 1) Increase one's knowledge base about the variety of resources within the local island wellness system (Kauai and Hawaii), with recommendations on how to access these resources.
- 2) Discover a new process to teach community leaders (of all ages), social service administrators and staff, and educators how to engage in supportive relationships (Peaceful Posse Program) with their peers and collaborators, clients and students.
- 3) Examine diabetes, one of the most chronic disease affecting the Hawaiian population, from a cross cultural perspective, and add to their knowledge base updated alternative healthcare practices used to prevent and/or manage this disease.
- 4) Be introduced to a new research and tracking tool to assist in finding appropriate partnering and mentoring relationships which can be applied to a variety of situations, i.e. afterschool mentoring programs, hospital mentoring programs for new or returning nurses and their preceptors, etc.
- 5) Experience a comprehensive children oriented wellness program which focuses on the mind, body and spirit and is currently being used in the Kapaa Middle School called SMART EXERCISE PROGRAM.
- 6) Become more skilled at understanding the energy corresponding to all our relationships both personal and professional, maintaining healthy boundaries and finding strategies to replenish ourselves when needed.

Please Note: Application for approval of continuing nursing education contact hours has been submitted to the American Holistic Nurses' Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation."