

# Children's Health Fair and Symposium

**November 19, 2005**  
Radisson Kauai Beach Resort

Come experience a whole day 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** features a children's hula

performance, children's choirs and awards to winners of the "Peace from the Inside Out" Writing and Art Contest as well as the adult "Peacemaker of the Year" Award presented by Miss Hawaii 2005 Malika Dudley. Songwriter Millicent Cummings will join a special guest performer from Oahu who will be here for the finale act!



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 Day** Program. **Continuing Education Unit courses** will be offered by experts in the field of child healthcare, including instructors from the Nobel Prize-winning **Physicians for Social Responsibility**, for nurses, physicians, healthcare practitioners, social workers, and anyone interested in a fun day of learning.

**Mentor Ohana** is the new mentoring program that Kahuna Valley is rolling out for teens on Kaua'i. There will be mentor training and orientation programs for adults and teens to help introduce this exciting program at the event. Learn more at [www.mentorohana.org](http://www.mentorohana.org)



**40 Exhibit booths** will be available to share their products and services with a focus on children's health and community well-being.

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

Visit our website below for a complete schedule of events or contact Francesco or Daisy Garripoli to find out more about this exciting event and to learn how you can get involved... and join our co-sponsors:



[Hawaii Health Guide.com](http://HawaiiHealthGuide.com)

**Kaua'i Peace Project – Schedule and List of Workshop Presenters** (not including youth activities)

**Saturday: November 19, 2005**

<http://www.kahunavalley.org/kauai-peace-project-gala-schedule.htm>

- 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
- 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 with Miss Hawaii 2005  
Malika Dudley & Mason Chock of Kaua'i Team Challenge  
Millicent Cummings: Songwriting for kids
- 11:30-12:20 \*\* Michael Hamilton: Traditional Chinese Medicine for Diabetes
- 12:30-2PM \*\* **Luncheon presentation** by Miss Hawaii 2005 Malika Dudley as well as Brian Gallagher and Cecilia Arce from the Nobel Prize-winning Physicians for Social Responsibility on 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"  
\*\*Jane Ely: Traditional American Indian Treatment for Diabetes  
Phil Zeidner, MD: Zen Buddhism for health  
Judy Louie: Yoga for Diabetes
- 2:50-3:40 Dr. Thomas Yarema: 5 Point Acupuncture for Diabetic Self Care  
\*\*Francesco Garripoli: Mentor Ohana Program: Orientation and Mentor Training  
Dr. Michael Ancharski, ND: Herbal Resarch  
Tiffany Niide, MD - Florelle's Ohana: A Grass-roots Approach to Youth Eating Disorders  
Rebecca Gorman: Self Care for Caregivers
- 3:40-4:30 \*\* Catharine Downey, ND: Herbal and Nutritional Considerations in Type 2 Diabetes

**Music and Performance Gala**

- 6:00 - 9:30 pm Hawaiian Ole and Hula performance by Auntie Nani Higa and her Halau Hula O Nani  
Children's Music Presentation, Awards Presentation by Miss Hawaii 2005 Malika Dudley  
Millicent Cummings - singer/songwriter, with special guest from Oahu

**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 Awareness Day 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 diseases 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. after school 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."

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[www.kahunavalley.org](http://www.kahunavalley.org)