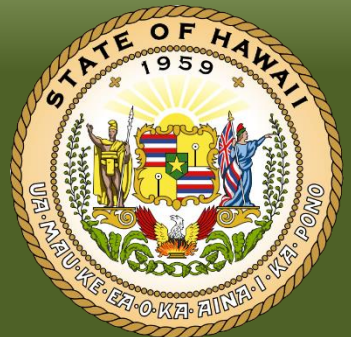




# Hawai'i Veterans Summit Compendium

21-22 June 2019

*“A Salute to Service”*



Hawai'i Convention Center  
1801 Kalakaua Ave, Honolulu, HI 96815



# 2019 Hawai'i Veterans Summit

## Compendium

21-22 June 2019  
Honolulu, Hawaii

### TABLE OF CONTENTS

Executive Committee	3
Convention Center Maps	4-7
Speakers' Biographies	8-15
Presenters' Biographies & Abstracts	16-39
Agenda	40-42

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# 2019 Hawai'i Veterans Summit

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Honolulu, Hawaii

### STATE OF HAWAII VETERANS SUMMIT

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# 2019 Hawai'i Veterans Summit

## Compendium

21-22 June 2019  
Honolulu, Hawaii

### Hawaii Convention Center Address

1801 Kalakaua Avenue  
Honolulu, HI 96815

Contact us at [info@hccaeg.com](mailto:info@hccaeg.com) or (808) 943-3500

<https://www.meethawaii.com/convention-center/venue-information/plans-schematics/hawaii-convention-center-map/>



# Parking

## Parking at the Hawaii Convention Center

Parking in the Hawaii Convention Center parking garage is available during normal business hours and events (from one hour before until one hour after) for \$10 per entry, cash or card.

Guests with Electric Vehicles that have valid EV license plates may park at the Hawaii Convention Center at no charge while attending an event at HCC. (EV charging is available.) Please note that free parking only applies to full electric vehicles and does not include hybrid vehicles.

### Additional Parking Garage Information

- Enter the parking garage from Kalakaua Avenue
- Accommodates up to 690 vehicles with a max vehicle height of 8'11"
- Parking for less than 30 minutes at no charge
- No overnight parking
- Row A offers ADA accessible parking
- Row F gives exhibitors optimal freight elevator access (standard-sized vehicles)
- For oversized vehicles, dock reservations required: (808) 943-3018 or [dockres@hccaeg.com](mailto:dockres@hccaeg.com)

For assistance, call (808) 943-3500 or the parking hotline at (808) 943-3081.

In the event that parking is not available at the Convention Center, there are multiple parking options within walking distance. Our recommendation is to have alternatives in mind prior to leaving your home or hotel.

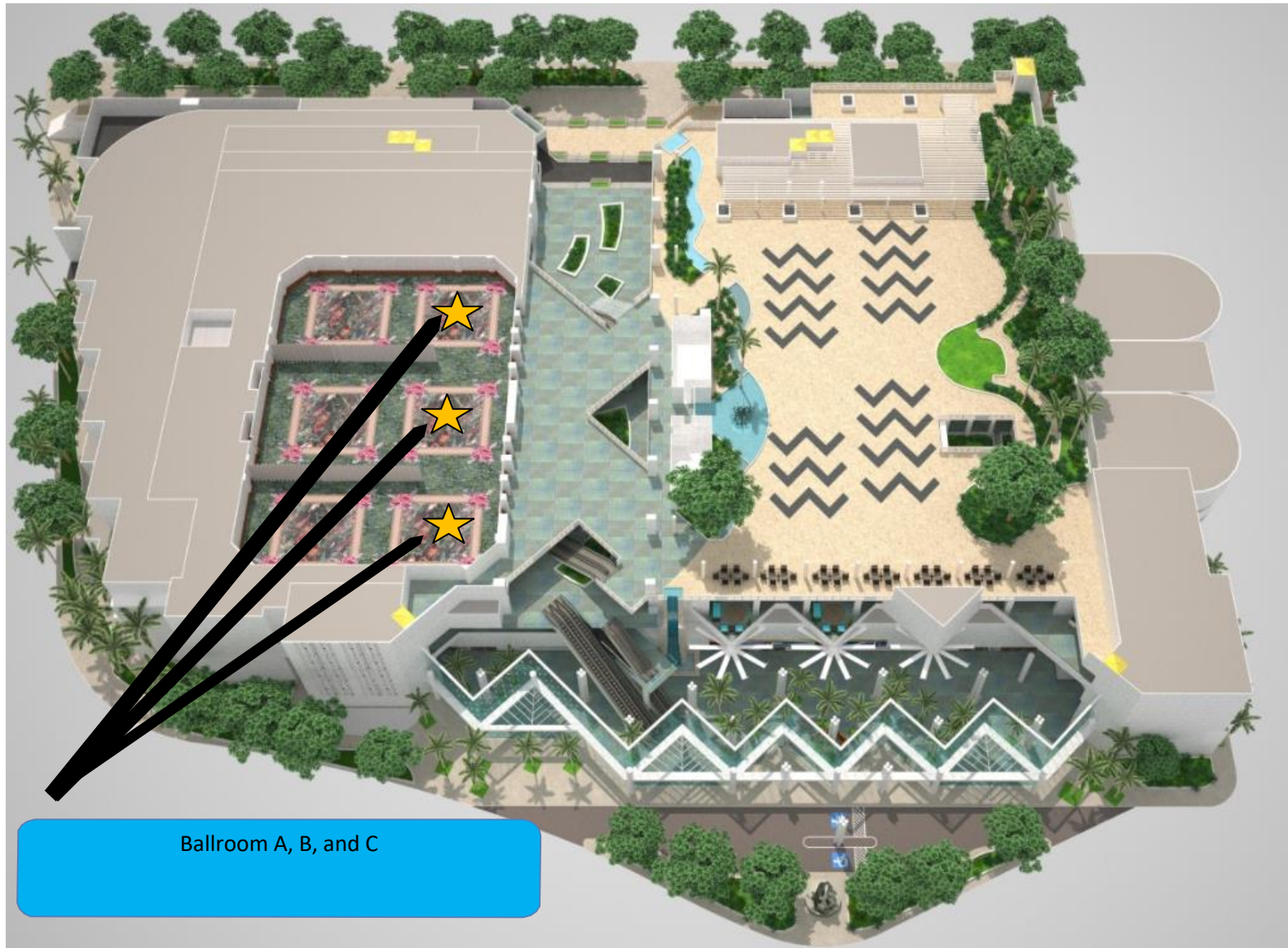
2019 Hawai'i Veterans Summit

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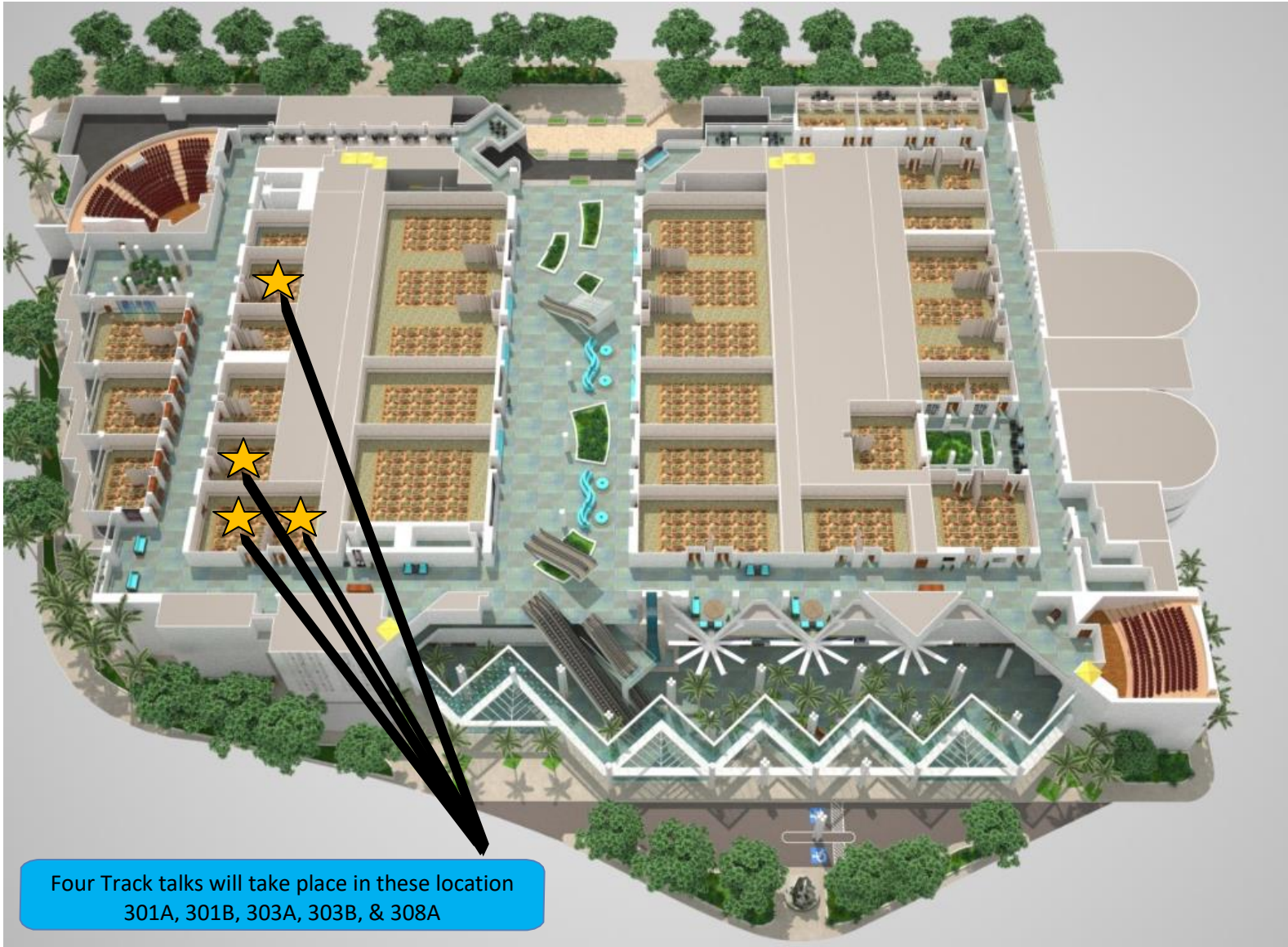
# Summit Venue Location

Ballroom A, B, and C &  
Roof Top Garden (Level 4)





Meeting Rooms & Theaters (Level 3)  
We will have our four track presentation in rooms

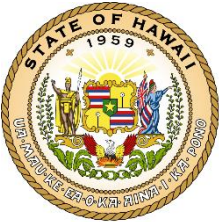


Four Track talks will take place in these location  
301A, 301B, 303A, 303B, & 308A

# 2019 Hawai'i Veterans Summit

## Compendium

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Honolulu, Hawaii



**David Y. Ige**  
**Governor, State of Hawaii**

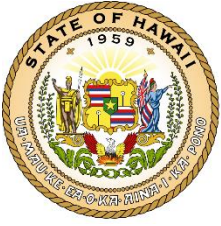
Governor David Y. Ige was sworn in as the eighth governor of the State of Hawai'i on December 1, 2014.

Governor Ige is focused on improving the lives of Hawai'i's people and making the islands a place future generations choose to call home.

His priorities include increasing affordable housing, reducing homelessness, moving toward the state's 100% renewable energy goal, and remodeling public education to prepare students for the innovation economy of the 21st century.

Under his leadership, the state has aggressively moved to ensure financial sustainability and enable future growth. He believes that we can achieve our shared goals because we have always been better together than alone.





## **Lt. Governor of the State of Hawai'i Biography: Lieutenant Governor Josh Green**

Josh Green is a local doctor, husband, and father of two who has spent his life caring for Hawaii families.

After completing his medical training, Josh joined the National Health Corps and started his life's work as a family physician and ER doctor in rural hospitals and clinics on the Big Island.

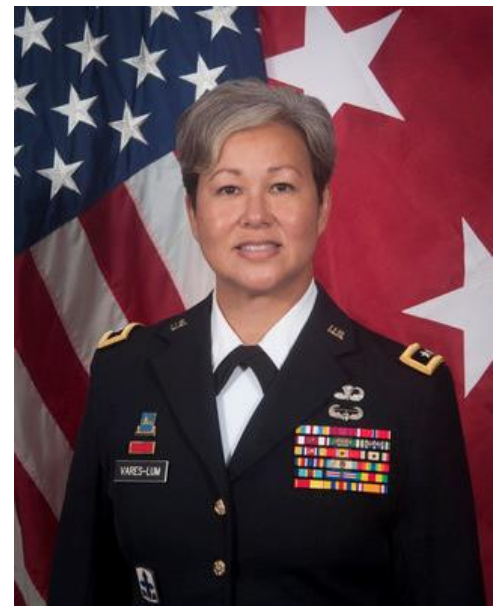
Josh served in the Hawaii State House of Representatives from 2004 to 2008 and in the Hawaii State Senate from 2008 to 2018 where he chaired the Health Committee and Human Services Committee.

In 2005, Josh met his wife Jaime Ushiroda, a local girl from Kaneohe, and they were married in 2006.

Together they are the proud parents of 12-year-old daughter Maia and 8-year-old son Sam.

In 2009 he was named "Hawaii Physician of the Year".

The hopes, challenges, and values of the families he cares for inspire Josh to do more to make life better for the people of Hawaii and he is honored to serve as their Lieutenant Governor.



**Major General Suzanne P. Vares-Lum, USA  
Mobilization Assistant to Commander, U.S. Indo-Pacific  
Command (J00MA)**

Major General Suzanne P. Vares-Lum is the Mobilization Assistant to the Commander, U.S. Indo-Pacific Command (USINDOPACOM) at Camp Smith, Hawaii.

Prior to her current assignment, she served as the Mobilization Assistant to the J5, Director of Strategic Plans and Policy, U.S. Pacific Command from October 2015 to May 2018.

Major General Vares-Lum was commissioned as a Distinguished Military Graduate in the Military Intelligence Corps on May 15, 1988 through the ROTC program at the University of Hawaii at Manoa.

Her previous assignments include: Trailblazer Platoon Leader, 103rd (CEWI) Military Intelligence Battalion; Company Executive Officer, Headquarters and Headquarters Support, 103rd MI BN; Division Artillery Fire Support Intelligence Officer, 3rd Infantry Division, Wurzburg, Germany; Battalion S-2, 29th Support BN; Commander, 229th Military Intelligence Company; G-2, 29th Separate Infantry Brigade; Commander, 2nd Battalion, 298th Multifunctional Training Unit, Hawaii Army National Guard (HIARNG); J2, Joint Forces Headquarters, Hawaii National Guard; Commander, 298th Regiment, Multifunctional Training Unit (RTI), Hawaii Army National Guard; Vice Chief of the Joint Staff; and Chief of the Joint Staff, Hawaii National Guard (Army and Air National Guard).

MG Vares-Lum was mobilized in support of Operation Iraqi Freedom III from August 2004 to March 2006. As the 29th Infantry Brigade Combat Team Intelligence Officer, she established and led the Joint Intelligence Center in Balad, Iraq.

Her military schools include the Military Intelligence Officer Basic Course, Military Intelligence Officer Advanced Course, Combined Arms and Services Staff School, Command and General Staff Officer's Course, the U.S. Army War College (DDE), Airborne School, and Air Assault School.

MG Vares-Lum received her Bachelor of Arts degree in Journalism in 1989 and her Master of Education in Teaching in 1996 from the University of Hawaii at Manoa. She is also a graduate of the U.S. Army War College and earned a Master of Strategic Studies degree in 2011.

Her awards include the Defense Superior Service Medal<sup>2</sup>, Legion of Merit, Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal, and Global War on Terrorism Expeditionary Medal, Armed Forces Reserve Medal, Army Service Ribbon, Overseas Service Ribbon, and the Iraqi Campaign Medal.



## **Jared Lyon**

### **SVA HQ Team - National President and CEO**



As the National President and CEO of Student Veterans of America (SVA), Jared Lyon leads the organization's efforts to empower student veterans to, through, and beyond higher education.

Since his appointment in January 2016, Lyon has overseen SVA's growth to now include a network of more than 1,500 chapters on campuses in all 50 states and four countries representing more than 750,000 student veterans. During his tenure, he co-authored the National Veteran Education Success Tracker (NVEST) research, a comprehensive study of the first 854,000 student veterans to use the Post-9/11 GI Bill, and in 2017 led SVA's commitment to pass the "Forever GI Bill," the largest expansion of college aid for military veterans in a decade.

Prior to becoming CEO, Lyon was SVA's Chief Development Officer and Executive Vice President of Operations where he implemented plans to ensure organizational sustainability.

A veteran of the U.S. Navy, Lyon served as a submariner and diver, taking part in multiple deployments in support of the Global War on Terrorism. Upon separating from the military with an honorable discharge in 2005, he became an electronic-systems administrator at Northrop Grumman, and went on to manage Florida operations for the Washington Nationals Major League Baseball team while working on an Associate of Arts degree at night from Eastern Florida State College.

After five years in the private sector, Lyon returned to higher education full-time, earning a Bachelor of Science degree from Florida State University. As an undergraduate he served as president of the school's SVA chapter and was recognized as the National Student Veteran of the Year by SVA in 2011. Lyon then served as National Program Manager for the Institute for Veterans and Military Family's Entrepreneurship Bootcamp for Veterans and the Entrepreneurship Bootcamp for Veterans' Families programs.

Lyon holds a Master of Public Administration from the Maxwell School of Citizenship and Public Affairs at Syracuse University, where he is an adjunct professor at the Whitman School of Management. In addition to serving on the SVA national board of directors, Lyon is the Vice Chair for the U.S. Department of Veterans Affairs Veteran's Advisory Committee on Education, a commissioner for the American Council on Education's Commission for Education Attainment and Innovation and sits on the Florida State University Veteran Advisory Board. Lyon is a 2018 Presidential Leadership Scholar, a bi-partisan effort to cultivate high-impact leaders applying the lessons in leadership learned from the presidential experiences of George W. Bush, Bill Clinton, George H.W. Bush, and Lyndon B. Johnson.

He is married to Chayla Lyon, and they live in Alexandria, VA.





**Col. James C. Horton (USAF, Ret.)**  
**Director, National Memorial Cemetery of the Pacific**  
**(NMCP)**

James C. Horton was named Director of the National Memorial Cemetery of the Pacific (NMCP) in Honolulu, effective February 2014. As Director, he is responsible for all burials and maintenance operations at the cemetery, which is located in Punchbowl Crater, the remnant of a long extinct volcano. NMCP is one of the state of Hawaii's most popular tourist attractions and millions of people visit the site annually.

Prior to joining the National Cemetery Administration, Mr. Horton served as the Deputy Inspector General for the Air, Education and Training Command located in Randolph Air Force Base in Texas. There he was responsible for inspecting more than 320 training organizations, the Air University, ROTC and more than 1,500 aircrafts and 23 models. He was also responsible for the Congressional Inspector General Complaints and Waste, Fraud and Abuse programs.

Mr. Horton is a U.S. Air Force Veteran and completed more than 27 years of service, retiring at the rank of Colonel. He has more than 4200 flying hours and 285 combat flying hours. During the course of his service Mr. Horton earned several Legion of Merit, Meritorious Service and Air Medals.

Mr. Horton earned a Bachelor of Science in Financial Management from the U.S. Air Force Academy, Colorado Springs, Colo., in 1983. He earned a Master of Arts in Business Administration from Golden Gate University in San Francisco in 1991. Mr. Horton also attended several military schools including the Air Command and Staff College, completing the course as a distinguished graduate in 1997, and the Air War College in 2004.

**Col. Ronald P. Han Jr. (USAF, Ret.)**  
**Director, Hawaii Office of Veterans Services**



Colonel Ronald P. Han Jr. retired from the United States Air Force on 1 July 2011. In his last duty assignment, he served as the commander of the 154th Maintenance Group in the 154th Wing located at Joint Base Pearl Harbor Hickam, Hawaii. He was responsible for over 850 maintainers under one classic and two active associate constructs. His Group partnered with active duty maintainers in the 15th Maintenance Group in managing all aircraft maintenance support valued at over \$2.6 billion for the following weapon systems: F-22 Raptors, C-17 Globe Master III Airlifters, and KC-135 Stratotankers. One of the largest and most diverse Groups in the entire Air National Guard, his maintainers supported both combat and mobility air force missions, enroute tanker maintenance, and alert air sovereignty taskings.

Colonel Han graduated from Iolani School in Honolulu, Hawaii and earned a Bachelor of Science Degree from the University of Hawaii.

He received his commission as a second lieutenant through the AF Reserve Officers Training Program at the University of Hawaii and served on active duty for over eight years, entering the Air National Guard in 1992. Col Han has attended Squadron Officer School in-residence and completed Air Command and Staff College and Air War College. He has also attended the Advanced Officers Logistics Course and has deployed with the tanker task force in support of Operation Allied Force. Col Han has commanded two squadrons, a group, and has held major command level positions. He advanced to the rank of colonel on 17 March 2005.

Col Han's career spans more than 28 years and is characterized by his awards and decorations that include the Legion of Merit with oak leaf cluster, the Meritorious Service Medal with two oak leaf clusters, the Air Force Commendation Medal with three oak leaf clusters, the Air Force Achievement Medal with oak leaf cluster, the Air Force Outstanding Unit Award with silver oak leaf cluster, the Air Force Organizational Excellence Award with oak leaf cluster, National Defense Service Medal with Bronze Star, Korean Defense Service Medal, Global War on Terrorism Medal, Armed Forces Reserve Medal with Hour Glass, the Hawaii National Guard Medal of Merit, and the Hawaii National Guard Commendation Medal.

He also earned distinction as the 5th Air Forces and Pacific Air Forces Supply Junior Manager of the Year in 1986, selected as the 1989 Air Force Hawaii Military Officer of the Year, and was the 1993 Hawaii National Guard Association Officer of the Year.

Re-appointed by the Governor of the State of Hawaii, the Honorable David Y. Ige, on July 1, 2015 as the Director of the State Office of Veterans Services under the Hawaii State Department of Defense, he's also a member of the State Advisory Board on Veterans Services, Board Trustee and the Vice Chair for the Finance Committee for the Hawaii Veterans Memorial Fund, and a member of the University of Hawaii Task Force for Student Veterans.



**Jennifer S. Gutowski, MHA, FACHE, CSSGB, VHA-CM Director  
Veterans Affairs Pacific Islands Health Care System**

As the VAPIHCS Director, Ms. Gutowski oversees delivery of health care to more than 129,000 Veterans at the facility which covers the state of Hawaii, the U.S. Territories of Guam and American Samoa, and the Commonwealth of the Northern Mariana Islands, with an operating budget of \$310.8 million and over 1,000 employees.

Ms. Gutowski served as the Southern Arizona VA Health Care System Interim Director from January 4, 2016 to March 4, 2017. As Acting Director, she was responsible for overseeing operations, clinical programs and finances of the health care system which had an annual operating budget of \$450 million and over 2,500 employees, a 277-bed health care system serving over 171,000 Veterans with seven Community Based Outpatient Clinics.

She carries several certifications as a VHA Certified Mentor, Healthcare Executive, a Fellow of the American College of Healthcare Executives (FACHE), as well as a graduate of the VA Executive Career Field. In 2011, Ms. Gutowski achieved fellow status as a certified mentor (VHA-CM), and earned her Green Belt certification in Six Sigma (CSSGM) in 2009. As a result of her leadership and roles with increasing responsibility in the VA, she received in 2005 the Early Careerist VA/ACHE Regent's Award, and the ACHE Regent's Award. She was recognized for her efforts in serving on the Regent's Advisory Council and for her leadership position held in the Health Care Executives of Southern California and her active role in the Women in Health Administration. She graduated with honors and earned a Bachelor's Degree in Public Health Administration from The Richard Stockton College in Pomona, NJ. She also holds a Master's Degree in Health Administration from Tulane University, School of Public Health & Tropical Medicine in New Orleans, LA.

**CAREER CHRONOLOGY:**

Present	Director, VA Pacific Islands Health Care System
2016 - 2017	Interim Director, Southern Arizona VA Health Care System
2012 - 2016	Associate Director, Southern Arizona VA Health Care System
2007 - 2012	Assistant Director, Edward Hines, Jr. VA Hospital
2000 - 2012	Various Health System Specialist positions
1999 - 2000	Graduate Health Administration Trainee

**EDUCATION:**

- 1999 Master's Degree in Health Administration, Tulane University, School of Public Health & Tropical Medicine in New Orleans, LA.
- 1997 Bachelor's Degree in Public Health Administration, The Richard Stockton College in Pomona, NJ.





**Andrea M. Lapinski, Assistant Director  
San Diego Regional Office, Veterans Benefits Administration  
DEPARTMENT OF VETERANS AFFAIRS**

Ms. Andrea M. Lapinski was appointed Assistant Director – Area II of the San Diego VA Regional Office on July 12, 2015. San Diego is home to the largest military complex in the United States and the office has jurisdiction over one of the largest concentrations of Veterans in the country. Ms. Lapinski leads a dedicated workforce of 630 full-time employees, of which 85 percent are Veterans. She is responsible for administering approximately \$1.4 billion in annual federal benefits to 510,000 Veterans and their dependents in San Diego.

Ms. Lapinski previously served as Deputy Director to the Assistant Secretary of the Navy (Manpower and Reserve Affairs) as a strategist on military health, benefits, and personnel portfolio delivering policy formulation and analysis. In this role, she served as the Navy Secretary’s representative on the Joint Executive Council, Benefits Executive Council, and the Interagency Care Coordination Committee in pursuit of optimal performance and priorities established by the Secretary. Ms. Lapinski has extensive experience in directing coordination, control, and supervision on the establishment and implementation of 20 multi-divisional personnel and benefit policies related to DOD-VA interagency collaboration.

Ms. Lapinski began her career with the Naval Medical Center, San Diego in 1998 where she held various positions including Medical Social Worker, Lead Pediatric Clinical Social Worker, Patient Relations Department Head. She served as the Special Assistant for Healthcare Resolutions at Navy Medicine West from 2010 to 2012. She reported to the Commanding Officer for Navy Medicine’s West Coast and South Pacific 10 tertiary care academic medical centers and community hospitals with direct oversight of 15,000 staff members at a distance.

Ms. Lapinski has a Bachelor’s Degree in Child and Family Studies from Syracuse University, a Master of Social Work in Clinical Social Work from New York University, and a Master of Public Health in Healthcare Administration from San Diego State University. She is a licensed Clinical Social Worker and holds Lean Six Sigma Green Belt certification.

**2019 Hawai'i Veterans Summit**

**Compendium**

21-22 June 2019  
Honolulu, Hawaii

# **Presentation Materials**

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**Day One: Friday, 21 June 2019**

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**9:15 a.m. – 10:00 a.m. – Health & Wellness Track (Room 301A)**

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**Topic: Sleep It Does a Body Good**

Full Name: COL Ingrid Lim

Professional Title: Deputy Chief of Behavior Health, Child Psychologist, Tripler Army Medical Center

COL Ingrid Lim is from New York City, NY and earned her Master's Degree in Education Counseling from Boston University and her doctoral degree from the Minnesota School of Professional Psychologist in Clinical Psychology. She completed her internship and post-doctoral residency at Tripler Army Medical Center, HI. LTC Lim's areas of interest are resilience, suicide prevention, and the promotion of sleep as a resource. She has expertise in military psychology, child and developmental psychology, clinical psychology, command consultation and selection and assessment. She is currently the Deputy Chief of the Department of Behavioral Health at Tripler Army Medical Center

Full Name: MAJ Rajesh Daniels

Professional Title: Chief of the Sleep Medicine Service at Tripler Army Medical Center

MAJ Rajesh Daniels completed his undergraduate degree at Trinity University in San Antonio, TX and went to University of Texas Medical School in San Antonio, TX. He completed his pediatric residency at Walter Reed Army Medical Center, served as Brigade Surgeon at the 4<sup>th</sup> Sustainment Brigade at Fort Hood, TX and staff pediatrician at Landstuhl Regional Medical Center, Germany. He later completed his Sleep Fellowship at Walter Reed. He is now Chief of the Sleep Medicine Service at Tripler Army Medical Center.

Full Name: Dr. Tanecia Blue

Professional Title: Health Fellowship Director of Training/ Chief of Behavior Medicine, TAMC

Dr. Tanecia Blue completed her Masters of Arts in Psychology and Doctorate in Counseling Psychology at Texas Tech University in Lubbock, TX. She completed her internship at the New Mexico Veterans Affairs Health Care System and her post-doctoral fellowship at the Memphis Veterans Affairs Medical Center. She worked at the Central Arkansas VA Healthcare System as both a staff psychologist and Assistant Director of Training, eventually coming to Tripler Army Medical Center as the Health Fellowship Director of Training and Chief of Behavior Medicine

Full Name: MAJ Chaska Gomez

Professional Title: Clinical Health Psychologist at Tripler Army Medical Center

MAJ Chaska Gomez is from New Jersey. She completed her Master degrees at Temple University and La Salle University and her doctorate in Psychology from La Salle University. She completed her internship at Madigan Army Medical Center in Tacoma, WA. She served as a Brigade Behavioral Health Officer with 4<sup>th</sup> Brigade, 2<sup>nd</sup> Infantry Division, she then served at the Recruiting and Retention School and then served as Deputy Command Psychologist with US Army Recruiting Command before being selected as Clinical Health Psychologist at Tripler Army Medical Center

This presentation is intended for all categories of audience (AD, veteran, family member, students, professionals, experienced practitioner/academician, etc)



### Three Learning Objectives:

1. Identify the role of sleep for the brain
2. Identify signs and symptoms you may be getting insufficient sleep
3. Identify three things that adversely impacts sleep
4. Identify three things that can improve sleep

**Abstract:** Sleep is critical to long term health and like the rest of the body, the brain has physiological need for food, water, and oxygen- basic needs to ensure proper functioning. Unlike the rest of the body, the brain is the only organ that has one additional physiological need. The brain needs sleep and is the only part of the body that needs sleep to sustain normal functioning. Sleep sustains not only alertness but also higher order cognitive abilities. Sleep also sustains physical health, the immune system and recovery after physical activity.

Regularly obtaining required sleep every 24 hours will sustain normal brain function and health indefinitely. Prioritizing sleep, however, becomes an increasingly challenging tasks as western humans age. We know that adults need 7-8 hours of sleep and children's sleep need vary according to their age but getting the sleep one needs is becoming increasingly more challenging in the 21<sup>st</sup> century. We have a generally population with increasing sleep debt, resulting in suboptimal alertness, reduced mental sharpness, and impaired ability to recover from stress. Other effects of insufficient sleep includes brain deactivation, irritability, poor mood, reduced motivation, and increased risk of physical injury, as well as shifts in hormones.

Signs and symptoms of insufficient sleep:

- You fall asleep as soon as your head hits the pillow
- You need an alarm to get up
- You need to have a stimulant to get your going
- You fall asleep during the day; have difficulty concentrating and difficult recalling information
- You fall asleep while driving, sitting in a boring meeting or class
- You have problems falling asleep
- Over eating

There are many behavioral, environmental, and medical contributors to poor or insufficient sleep. Behavioral contributor to insufficient sleep include a few sleep unfriendly activities and habits such as blue light from watching television or using phone or tablet prior to bed, eating or exercising close to bed time, drinking caffeinated beverages within 6 hours of bed time, drinking alcohol, within 3-6 hours of bed, little to no bed time routine, taking too long of a nap, and departing from routine bed or wake up times.

Environmental contributors to poor sleep include disruptive noises, bright light in sleep area, poor sleep environment messy room, dirty (smelly) bedding, blue light from cable box, electronic clock, stereos, work hours that do not align with circadian rhythm, time zone changes during travel, work demands— long hours or night operations, for students cramming, stress and sleeping with your kids or pet. Medical conditions that contribute to poor sleep include obesity or being overweight, many psychiatric illnesses (PTSD, Depression, Anxiety, etc), menopause, pain, cancer, stroke, head injuries, etc. Medications are often used to help ameliorate these symptoms.

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**9:15 a.m. – 10:00 a.m. – Community Services Track (Room 301B)**

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**Topic: VA Home Loan Guaranty**

Full Name: Tony Dias  
Professional Title: Branch Manager

Tony Dias has been known as the VA Home Loan Expert in Hawaii since 2005. Having been a military dependent and service member himself, Tony is very much attuned to the challenges military families go through. He remembers changing schools 11 times in 13 years and at the end of his father's life his dad never owned a piece of the country he defended. The reason Tony made it his mission and vision to educate as many veterans as possible about the VA Home Loan Benefit is because he never wants a veteran to say "I wish I would have known that". Tony has educated over a hundred thousand veterans through his free monthly VA Home Loan seminars throughout the state of Hawaii and Mainland. He is also certified to educate real estate professionals with the VA Home Loan Benefit for the Real Estate Licensee course and the Military Relocations Professional designation. Tony's mission and vision also translates into facilitating mortgages through the company he created called Aligned Mortgage, which is the #1 VA Lender in the state of Hawaii.

**ABSTRACT:**

The VA Home Loan Benefit Seminar is geared toward anyone that has worn the cloth of our nation to own a piece of the country they've defended. There is simply too much misinformation and confusion about the VA Loan benefit. The seminar will provide clear and actionable information to empower military members in their home buying process. Attendees will learn who is eligible, what the benefits of a VA Loan are, and how to leverage the benefit and leave a legacy.

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**9:15 a.m. – 10:00 a.m. – Veterans Business Track (Room 303A)**

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**Topic: Lessons Learned on how to start, grow and sustain a small business in the federal marketplace**

Full Name: Hon. Raymond Jardine Jr., Ph.D.  
Professional Title: Honorable

Hon. Raymond Jardine Jr. served in the Army for over 33 years. His military career includes being an enlisted, NCO and retire as a Colonel. He served as the Chairman & CEO of Native Hawaiian Veterans, LLC and the Chairman of the Kina'ole Foundation a Native Hawaiian Organization (NHO) made up of Native 8(a) companies and seats on other Board of Directors. His business acumen includes, to reference a few, Asian Enterprise Entrepreneur of the Year, Pacific Edge Business Executive of the Year, SBA Small Business Person of the Year, SBA Veterans Small Business of the Year, SBA 8(a) Graduate Business of the Year, SBA Veterans Business Champion, Pacific Business News Business Leader of the Year, Senator Daniel K. Inouye Leadership and Community Service Award, the Gordon H. Mansfield National Veterans Advocated award and the FBI Director's Community Leadership award. He holds a honorable status for his serviced as an appointee to President Bush and Obama, Secretary Shinseki of the VA and Governor Abercrombie and Ige. He holds several degrees to include a BA, MA, MSS, MBA and Ph.D.

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**9:15 a.m. – 10:00 a.m. – Educational Track (Room 303B)**

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**Topic: Generational Issues Impacting Leading, Mentoring and Counseling in the Military**

Full Name: Kevin K Thompson, MSW

Professional Title: Marine Aircraft Group -24, Embedded Preventative Behavioral Health Prevention Capability Officer

Kevin Thompson is currently the Embedded Behavioral Health Prevention Officer for Marine Aircraft Group – 24 at Marine Corps Base Hawaii, on Kaneohe Bay, Hawaii. Kevin’s education has earned him two Associate Degrees in Sociology and Social Behavioral Sciences, two Bachelor Degrees in Criminal Justice and Forensic Psychology, a Master’s in Social Work with a concentration in Military Mental Health, and is currently a Doctoral Candidate, awaiting defense for his Doctorate in Psychology. His focus is on building resiliency with younger, male, active duty service members by studying the conditions that military leadership can impact to increase positive decision-making skills and lowering maladaptive/destructive behaviors. In addition, Kevin also has prior military service where he served in the United States Navy as a Hospital Corpsman.

**Abstract:** In the past five years, the Marine Corps has identified high occurrences in destructive and maladaptive behaviors that include: suicidal ideations (SI), suicide attempts (SA), deaths by suicide, sexual assaults, domestic violence incidences (DVI), sexual harassment incidences (SHI), discrimination and hazing reports, drug use, and Driving Under the Influence (DUI) and other alcohol-related incidences (ARI). These behaviors often result in decrease in rank, loss of pay, confinement, held back from deployments, guilt, shame, depression, anxiety and even separation from the Marine Corps. Data collected from the United States Marine Corps (2019) indicate that the population most impacted and engaged in the aforementioned behaviors and events included males, junior ranks (E-4) or below, 24 years of age or younger, and with four years or less time in service. The objective of this presentation is to provide situational awareness regarding the generational issues and how those issues have created a barrier for military leaders and other support resources in effecting engaging with, counseling and mentoring the new generation of active duty service members and veterans (i.e iGens).

Three learning objectives include: 1) Increase awareness of generational theory 2) Increase awareness of the iGen Generation 3) Impact and Recommendations for leadership and other support for Mentoring, Counseling and Leading iGens.

The indicated target audience includes anyone (Veteran, Active Duty, family members, student, intermediate professional, experienced practitioner/academician, etc.) who work with, mentor, counsel or provide leadership to active duty service members and veterans who are ages 24 and under.

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**10:15 a.m. – 11:00 a.m. - Health & Wellness Track (Room 301A)**

**Topic: Whole Health in the VA**

Full Name: Ms. Marcy Newman

Professional Title: Health Promotion Disease Prevention Program Manager (HPDP PM)

Ms. Newman has served as the Health Promotion Disease Prevention Program Manager (HPDP PM) in two different VA hospitals since 2015 (presently at the VA Pacific Islands Health Care System or

VAPIHCS). Ms. Newman has been in the nursing field since 2012 and incorporates her backgrounds of acupuncture/Oriental Medicine, public health and dental hygiene when called upon in various venues.

Ms. Newman has earned 3 master's degrees in nursing, acupuncture/Oriental Medicine and public health and is currently a doctoral candidate with the Pacific College of Oriental Medicine (to graduate in December of 2019). Ms. Newman is the Whole Health Lead for VAPIHCS – as a collateral role and is quite passionate about educating Veterans, as well as employees at the VA about this proactive, patient-centered model of health care. Her greatest passion is helping any interested Veterans (and employees) on their journey to wellness.

Full Name: Chaplain Mike McGruder  
Professional Title: Staff Chaplain VA Pacific Island Health Care System

Chaplain Mike McGruder, a native of Lafayette, Louisiana and a disabled army Veteran, is the first staff chaplain assigned to the VA Pacific Island Health Care System. Chaplain McGruder's career and spiritual journey of caring for Veterans in need has taken her from Oklahoma City, OK, to San Antonio, TX, and finally brought her to the great Aloha State in 2017 where she provides pastoral, spiritual, and/or psycho-therapeutic spiritual care and counseling to Veterans assigned to the VAPIHCS catchment area.

Her roles includes providing training to community clergy and others about military culture, pastoral care opportunities to Veterans, and removing the stigma associated with mental illness. She serves as a SME for the National Chaplain Center on Women's Health, is the National Chaplain Trainer for TeleChaplaincy and Home Based Primary Care Chaplaincy, is a part of the National Diffusion Network focusing on Suicide Prevention, and is a coordinator for the Warrior To Soul-Mate Communication Training.

Chaplain McGruder holds a Bachelor's Degree in Christian Ministries from Wayland Baptist, a Master of Art in Religion - Pastoral Counseling, a Master of Divinity - Chaplaincy from Liberty Theological Seminary, and four units of Clinical Pastoral Education. She is completing a one year training with Mental Health Integration Chaplain Service which will certify her as a Mental Health Chaplain. Chaplain McGruder is endorsed by the World Council of Independent Christian Churches and is excited to be a part of this year's summit.

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**10:15 a.m. – 11:00 a.m. – Community Services Track (Room 301B)**

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**Topic: Next Stop: Honolulu! Growing the Cohen Veterans Network by Expanding to the Aloha State**

Full Name: Dr. Anthony Hassan  
Professional Title: CEO of Cohen Veterans Network

Dr. Hassan is a veteran of the United States Army enlisted and Air Force officer with 30 years of experience in military behavioral health, serving as a military social work officer, leader, clinician, and academic.

Full Name: Dr. Rajeev Ramchand



Professional Title: Senior Vice President of Research

Dr. Ramchand is a psychiatric epidemiologist who has been invited to testify twice before congress and with subject matter expertise in military and veteran mental health, suicide prevention, military and veteran caregivers, adolescent delinquency, the impact of disasters on community health, and violent extremism.

Abstract:

The Cohen Veterans Network (CVN) was established in 2016 to provide low or no-cost mental health care to veterans and their families. In September 2019 CVN is planning to open a new Cohen Clinic on Oahu - Mililani. This presentation will provide an overview of CVN and our achievements to date, including:

- Our clients: Cohen clinics see military personnel or veterans regardless of discharge status or ability to pay. The same high-quality care is also available to veterans' family members.
- Our approach: Cohen clinics provide brief, client-centered therapy for a variety of mental health issues including depression, anxiety, post-traumatic stress, adjustment issues, anger, grief and loss, family issues, transition challenges, relationship problems, and children's behavioral problems.
- Our treatments: Cohen clinics offer evidence-based practices, including cognitive behavioral therapy, cognitive behavioral therapy for insomnia, cognitive processing therapy, and prolonged exposure therapy.
- Our facilities: Our care is provided in a warm and nurturing environment or, if you choose, care will be available to any eligible client residing in Hawaii directly via telehealth.
- Our commitment to quality: CVN is a "learning mental health system" – we continuously review our data to identify and adapt policies, practices, and procedures to more effectively and efficiently serve our clients.

Based on our past experiences with the 13 clinics already open across the United States, we are poised to help meet the needs of Hawaii's veteran population. We plan to share data on:

- Our clients: Across our clinics, 56% of our clients are veterans and the remaining 44% are veterans, including 14% who are children. Among our veteran clients, 27% are women and 10% have something other than an honorable discharge.
- Our practice: 94% of our patients report that they had a first appointment when they wanted it.
- And our referral partners: 22% of our clients are referred from the VA, 8% from a military medical facility, and we also receive referrals from friends, employers, veteran-serving organizations, and other health care facilities.

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**10:15 a.m. – 11:00 a.m. – Veterans Business Track (Room 303A)**

**Topic: Operation Protect Veterans: Inoculating veterans and families against fraud**

Full Name: Colonel U.S. Army (Retired) Gerald (Gerry) Silva  
Professional Title: Volunteer State President, AARP Hawaii

Gerry Silva was born in Paia Maui, attended Hawaii's public schools, and graduated from the University of Hawaii at Manoa with a degree in secondary education (Math and Science). He was commissioned

as an Army Air Defense Artillery officer through the U.H. ROTC program and assigned as a Missile Electronics instructor at the Air Defense School at Fort Bliss, Texas. While in Texas, he was recruited by the Hawaii Army National Guard (HIARNG) to return home and serve in the state-of-the-art Nike Hercules air defense system on Oahu. Over the next three decades, he served in a variety of command and staff positions, to include over 11 years as the organization's chief of staff—a period that included participating as a member of the National Guard team that responded to the effects of Hurricane Iniki in 1994.

Abstract: This interactive presentation makes extensive use of graphics and video as well as audio recordings provided by law enforcement. It is done with two co-presenters. Colonel Silva shares the platform with someone from law enforcement (a local prosecutor or a former United States Attorney). They focus on current scams in Hawaii to include; fraud trends, identity theft, Internet and phone fraud, as well as securities fraud, dating fraud and specific scams that target veterans and their families. Because it is interactive, an hour should be set aside to support audience participation.

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**10:15 a.m. – 11:00 a.m. – Educational Track (Room 303B)**

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**Topic: VETS (Veterans Empowered Through STEM)**

Full Name: Ms. Chantal Newell

Professional Title: VETS Assistant Director

Prior to obtaining by degree from UH Manoa in Human Resource Management, I served six years in the United States Coast Guard and had the opportunity to aid in search and rescue missions along the Oregon Coast, and ensured our assets were in the best operational conditions to save lives. My service extended into public affairs, and I solidified community partnerships by planning and executing over 120 Honor Guard ceremonies for public events. Maintaining relationships with local government and city organizations was key to creating an open environment between the commercial fishing community at the Coast Guard. I organized annual meetings with Mayors office for public forums and fundraisers to ensure the Coast Guard was aiding the community to the best of our ability. Working as the Hawaii-branch project coordinator for Veterans to Energy Careers, I have had the honor to secure internships for Veterans majoring in STEM. My focus while with VTEC was recruiting student Veterans and creating partnerships through private sector sustainable energy companies and DOD pathways for students interested in energy careers.

Abstract: VETS (Veterans Empowered through STEM) Is an Office of Naval Research funded program at University of West Oahu that strives to aid Veterans currently enrolled or interested in a STEM career. Our mission is to empower Veterans pursuing STEM by providing guidance, support, and preparation for employment upon graduation. The VETS program ensures that Veterans have the resources and tools to achieve their academic and employment goals within the STEM field, by providing a center for academic research utilizing state of the art equipment, opportunities for internships, and guidance in utilizing military experience to gain a competitive edge in the workforce. Our audience includes Veterans, transitioning service members, and STEM professionals who would support our cause and create more pathways to success through internships and employment opportunities for our students.

Learning objectives are as follows;

1. Recruit eligible Veterans/service members into the program.

2. Create an environment that makes it easier for Veterans to transition into education, by providing guidance through Veteran speakers, guidance on GI Bill and Vocational Rehab enrollment, and a center for Veterans to network and learn from each other.
3. Ensure 100 percent employability for graduates of the VETS program by providing professional development through LinkedIn tutorials, available resources, and relationships with STEM professionals.

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**11:15 a.m. – 12:00 a.m. – Health & Wellness Track (Room 301A)**

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**Topic: Performance Nutrition & Supplements**

Full Name: CPT Jessica Moura

Professional Title: Chief, Outpatient Nutrition Clinic, Schofield Barracks

CPT Jessica Moura is a Registered Dietitian and Certified Specialist in Sports Dietetics with a passion for sports nutrition, fitness, and health. CPT Moura graduated from Montana State University with a Bachelor's in Dietetics, completed her internship at the University of Delaware, and a Masters in Applied Nutrition with a focus in Sport & Fitness at Northeastern University in Boston. CPT Moura competes in Ironman triathlons in her spare time, and enjoys introducing the sport of triathlon to fellow athletes.

Abstract: Ninety minutes presentation describing the Performance Triad as it relates to performance and long term health, specific to Service Members and active individuals. Sleep can impact one's ability to lose weight and perform optimally, with suggestions for how to improve sleep quality and duration to improve performance. Nutrition can vary from person to person, however there are some tips and tricks most people can apply to improve workout intensity, recovery, and change body composition. Supplements are extremely popular, however the evidence behind them is not widely known. This presentation will go over popular supplements, how they are used, what dose levels are commonly seen and what the research says about safety and effectiveness.

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**11:15 a.m. – 12:00 a.m. – Community Services Track (Room 301B)**

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**Topic: Fostering Resilience**

Full Name: Mr. Brent Oto

Professional Title: Suicide Prevention Program Manager, U.S. Army

Mr. Brent Oto currently serves as the Suicide Prevention Program Manager for the U.S. Army located at Schofield Barracks, Hawaii. He has more than 15 years of working in the field of substance abuse and suicide prevention and conducts classes and training for the state and federal government, police, treatment facilities, non-profit groups and the local communities. Mr. Oto holds a Bachelor's degree in Sociology and a Master's degree in Human Service with a Specialization in Mental Health Administration. He is certified and credentialed by the State of Hawaii Department of Health, Alcohol and Drug Abuse Division (ADAD) as a Certified Prevention Specialist.

Since 2014 to present, Mr. Oto has serves as the Chair for the Joint Military Suicide Prevention Task Force, as well as being the Co-Chair for the Prevent Suicide Hawaii (Statewide) Task Force. He is a participating member for the Oahu Prevent Suicide Task Force. Mr. Oto has previously participated with

the State of Hawaii, Governor's Impaired Driving Task Force which works to draft, promote and support strategies and legislation in improving traffic safety and to prevent and reduce impaired driving due to drugged and drunk driving. Mr. Oto is a retired army veteran and volunteers his time as a veteran court mentor with the Hawaii Veterans Treatment Court program.

Abstract: In 2014, the U.S. Army-Hawaii formed a Joint Military Suicide Prevention Task Force (SPTF) which consist of all military Suicide Prevention Program Managers, behavioral health providers and variety of military programs and local community providers. This Task Force mission is to collaborate on the suicide prevention trainings, outreach events and resources for service members, families and veterans. Mr. Oto will also address current high risk behaviors, identified trends that lead to suicide and provide any feedback on questions by attendees.

Learning Objectives:

1. Learn military Suicide Prevention/Intervention trainings
2. Military behavioral health treatment services
3. Resources for military members, families and DOD Civilians

Full Name: Tiara R. Peterkin

Professional Title: Suicide Prevention Coordinator, V.A.

Ms. Peterkin is the Suicide Prevention Coordinator at our local VA. She has served in her role for 2 years and is responsible for implementing the VHA's national strategy throughout the Pacific Basin. She has worked at the VA since 2011 and has experience in several social work departments including Homeless Outreach and Case Management, Combat PTSD, Emergency Department, and Suicide Prevention.

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**11:15 a.m. – 12:00 a.m. – Veterans Business Track (Room 303A)**

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**Topic: Veteran and Disabled Veteran Owned Businesses Doing business with the Federal Government**

Full Name: Mr. John Greene

Professional Title: Program Manager, Hawaii Procurement/Technical Assistance Center

Has been the Program Manager of the Hawaii Procurement and Technical Assistance Center since 2013 after serving as a procurement counselor for one year prior. I am one of only 2 certified Veteran Councilors for the Department of Veterans' Affairs Center for Verification and Eligibility for veteran owned small businesses and have assisted several small businesses obtain their VOSB or SDVOSB certification.

Lieutenant in the Navy Supply Corps US Navy Reserve. I have served in the Navy for 26 years with the first 19 years spent as an enlisted member and the last 7 as a commissioned officer. Duties include 4 years on board the nuclear submarine USS Kamehameha, 2 deployments to the Middle East, and 3 years of active duty at USPACOM. Currently serve as the Navy Reserve Unit J4 Department Head with Special Operation Command Pacific.



Abstract: This presentation is not related to starting a business, but rather about how to grow your business with government contracting. When a veteran, whether service disabled or not, starts a business, they may be eligible for set-asides and preference from the federal government.

I will discuss the registration requirements for ALL businesses wishing to do work with the Federal government. Subsequent to that, I will discuss how a veteran owned business becomes certified as either a Veteran Owned Small Business (VOSB) or a Service Disabled Veteran Owned Business (SDVOSB) and what to expect throughout the process. Emphasis will be placed upon the free services that the Hawaii Procurement and Technical Assistance Center offers to all small businesses here in Hawaii and how we can help a business navigate the world of government contracting.

Learning objectives:

Registration requirements

Certification Requirements

What the PTAC can do to help your business

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**11:15 a.m. – 12:00 a.m. – Educational Track (Room 303B)**

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**Topic: Humanities as a lens into war**

Full Name: Maj (Ret) John G. Donovan

Professional Title: Vice-Chair, HomeFront Resource Center

Major Donovan entered into military service in 1986 and spent three years stationed in Germany. After a break in military duty he entered into the service of the New York National Guard in 1998. Later he returned to his home state of Minnesota and joined the Minnesota National Guard. He earned his commission in 2000 and has deployed three times since 9/11 once to Bosnia and twice to Iraq.

Major Donovan is a top-graduate of the Army Public Affairs Course, a graduate of the Command and General Staff College and an honor-graduate of the Captains' Human Resources School. His military decorations include the: Meritorious Service Medal, the Army Accommodation Medal, the Army Achievement Medal, the Iraq Campaign Medal and the NATO Medal.

He is an accomplished public speaker and has spoken to audiences from Europe to the continental U.S. and from Iraq to Hawaii. Here are but a few of the organizations/audiences he has addressed: Minnesota Twins, Betty Ford Hazelden Foundation, International Convention of Alcoholics Anonymous, Atlanta, GA, Tallil, Iraq – Combat Stress Clinic, Nuremberg American Hospital, Military Mental Health Initiative, St. Cloud State University, Augsburg College, the Texas National Guard and the MN Professional Golf Association.

He holds a Bachelors degree from St. Cloud State University in the Humanities and a Master's degree from Boston University in Education and Counseling. He is married and has a daughter, step-daughter and three grandchildren.

Abstract: The HOMEFRONT RESOURCE CENTER in cooperation with Twin Cities Public Television with funding from the St. Paul Humanities Center conducted a variety of educational and sharing sessions from the Spring of 2018 to the Summer of 2019. The project centered around the topic of the Vietnam War. The goal of the project was to encourage conversations, exploration, and increased understanding around the topic of the Vietnam War using the humanities as a vehicle.

The Central Minnesota Remembers Vietnam project was an 18-month program conducted by the HomeFront Resource Center. Using music, film, lecture, literature, and art participants shared stories, recognized bravery, expressed reasons for dissent, and fostered understanding around the lasting impact of the Vietnam War - a war that defined a generation and continues to reverberate in our society today.

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**1:45 a.m. – 2:30 a.m. – Health & Wellness Track (Room 301A)**

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**Topic: Intensive Outpatient Programs as an Effective Treatment for Veterans with PTSD**

Full Name: Ms. Renae Mendez

Professional Title: Licensed Clinical Social Worker

Renae T. Mendez, LCSW is a Licensed Clinical Social Worker who specializes in trauma treatment with Active Duty Service Members and Veterans. Ms. Mendez has worked in the Tripler Army Medical Center Intensive Outpatient Program (IOP) for 8 years and has been a part of the team to design, implement, and update the clinical program. Ms. Mendez is also responsible for developing the community re-integration and experiential component of the IOP program. Ms. Mendez is a member of the American Group Psychotherapy Association and Hawaiian Islands Group Psychotherapy Society. Ms. Mendez earned her MSW in 2006 from the University of Hawai'i and has 15 years of experience working with individuals and families impacted by trauma.

Abstract: Trauma treatment in an Intensive Outpatient Program has the ability to provide active duty Service Members and Veterans an opportunity to create a community where they can effectively deal with the impact of trauma, regardless of the origin of that trauma. The Trauma Resolution Intensive Outpatient Program (TR-IOP) at Tripler Army Medical Center provides a 6-week trauma treatment program in which individuals are able to actively apply practical components of PTSD treatment in a structured and safe manner while utilizing a group model to challenge beliefs and maladaptive behaviors that are a result of trauma. This presentation will discuss how the program assists individuals to heal from trauma within a group dynamic, which can often be challenging for individuals with PTSD.

Learning Objectives:

1. Understand how a group model of treatment for trauma can be effective for PTSD.
2. Recognize why building a community is an essential part of healing from trauma.
3. Understand how individual therapy, group therapy, and experiential activities can be effectively integrated to treat PTSD.

This presentation is appropriate for all attendees.

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**1:45 a.m. – 2:30 a.m. – Community Services Track (Room 301B)**

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**Topic: Outstanding Volunteers**

Full Name: Mr. Rolly Alvarado

Professional Title: Outreach Coordinator at Vet Centers

Rolly Alvarado served in the United States Marine Corps from 2003 to 2010. He served two deployments to Iraq. Shortly after his honorable discharge from the Marine Corps, Rolly relocated to

Honolulu Hawaii. He pursued his bachelor's degree in criminal justice, which he completed in 2014. Rolly continued his education pursuing his master's degree in business administration. Rolly earned his MBA in 2016.

Rolly joined Team Red White & Blue Honolulu Chapter in 2015, where he quickly gained a sense of community and camaraderie with Veterans and Service members with the chapter. A year after he joined Team RWB, Rolly volunteered as the Chapter's Veterans Engagement Director. And in 2018 Rolly was nominated and selected as Chapter Captain.

Rolly Alvarado is currently employed with the Department of Veterans Affairs' Vet Center program. "There is no limit to what a man can do or where he can go if he doesn't mind who gets the credit." Ronald Reagan

Full Name: Mr. Michael Iwashita  
Professional Title: City Administrator, Oahu

Michael Iwashita is Team Rubicon's City Administrator for the Island of Oahu. As City Administrator, he is responsible for overseeing all local day-to-day operations including membership, communications, outreach, and response. Along with a team of other volunteer leaders, Team Rubicon strives to build its capability to respond to natural disasters in Hawaii.

Professionally, Michael is the Course Development Program Coordinator for the National Disaster Preparedness Training Center. He is responsible for the development of FEMA-certified training courses including topics on natural hazards preparedness and business continuity. Prior to his current position, Michael served in the United States Air Force.

Abstract: Team Rubicon unites the skills and experience of military veterans with first responders to rapidly deploy emergency response teams.

Team Rubicon's primary mission is providing disaster relief to those affected by natural disasters, be they domestic or international. By pairing the skills and experiences of military veterans with first responders, medical professionals, and technology solutions, Team Rubicon aims to provide the greatest service and impact possible.

Through continued service, Team Rubicon seeks to provide our veterans with three things they lose after leaving the military: a purpose, gained through disaster relief; community, built by serving with others; and identity, from recognizing the impact one individual can make. Coupled with leadership development and other opportunities, Team Rubicon looks to help veterans transition from military to civilian life.

Full Name: Mr. Ron Wuestefeld  
Professional Title: Outreach Specialist

Ronald Wuestefeld empowers Warrior and all over The State of Hawaii to adapt to change and create a new Identity. His story is proof that success is adapting using the resources available being creative and allowing people in your life. It's about the finding what you want in your life and what you do to make your future possible.

Ronald Is a medically retired Army veteran with 3 combat deployment. But most people know him as an

ordinary man with a powerful message that can change the way you view transitioning.

His message is simple: “Adapt & Create a New Identity!” It’s about embracing change, reinvention, perseverance, and the renewing of minds. *“Adapting is easy Change is hard.”* Says Ronald.

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**1:45 a.m. – 2:30 a.m. – Veterans Business Track (Room 303A)**

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**Topic: Moving Beyond Financial Literacy: a two-pronged approach to financial wellness**

Full Name: Mr. Abel Soares III

Professional Title: Certified Public Accountant

Abel Soares III is a devoted husband and father of two boys. He is part Native Hawai'ian, and proud of his Polynesian culture. Abel has a Masters in Accounting Taxation from Boise State University, has worked for regional and international CPA and Consulting firms, and has approximately 10 years of experience in the accounting and financial arena. He has learned a great deal about various industries, business models, and the factors that result in success. He discovered his true passion in financial planning and went on to obtain his CFP (Certified Financial Planner) and PFS (Personal Financial Specialist) designations. Abel has paved his own path into the world of entrepreneur-ism, founding Hui Malama Advisors and investing in other businesses.

Full Name: Sade' Soares

Professional Title: Clinical Psychology Doctoral Candidate

Sadé is a Clinical Psychology Doctoral Candidate, a West Point graduate, an Army officer, wife, and mother of two. A native of Trinidad and Tobago, Sade's passion for living a financially and emotionally healthy life stemmed from her early life experiences as an immigrant in New York City. Watching her mother work multiple jobs to provide the best care for Sade and her sister, against the backdrop of a particularly challenging environment, taught her the importance of education, financial savviness, and emotional well-being to ensure an abundant and self-determined life. Her experiences providing mental healthcare to others as well as conducting research solidified the role of financial stability in overall wellness. Sade enjoys coaching others about financial wellness; and she has invested in several small business, as well.

**Abstract:** Finances continue to be a significant stressor and source of discord within relationships. While financial literacy is important, research demonstrates that financial literacy alone does little to change subsequent financial behaviors. Financial decision-making is complex, and even more complicated are the personal histories, expectations, and perceptions we have related to finances. For these reasons, both financial planning as well as financial therapy/coaching serve as processes in which individuals may receive assistance to improve their financial well-being. During this presentation, speakers will discuss the elements of financial planning, the benefits of financial therapy to explore our individual relationships with money, as well as communication related to finances.

Learning Objectives: Participants will learn about the following topics:

1. Understanding the Financial Planning Process
2. The Utility of Financial Therapy
3. Effective Communication about Finances



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**1:45 a.m. – 2:30 a.m. – Educational Track (Room 301B)**

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**Topic: Asbestos Claims Development Training for VSOs and Veterans**

Full Name: Mr. Aaron Munz

Professional Title: Veterans Director & VA Accredited Claims Agent, The Mesothelioma Center

I am an accredited VA Claims Agent and former US Army officer. I served 9 years on active duty and commanded a tank company during OIF II in Iraq as part of the 1st Cavalry Division. I am the Veterans Director at The Mesothelioma Center which is a free advocacy center that helps patients with asbestos-related lung disease and cancers connect with medical, financial and emotional support resources. I assist veterans to understand benefits they may be eligible for from the VA and through civilian assistance. I help them develop the medical and exposure evidence to support their VA claim and then help connect them to their local county Veterans Service Officer to file the claim. I have assisted over one thousand veterans with their asbestos claims including several hundred diagnosed with mesothelioma cancer over the past four years.

Abstract: VA Asbestos Claims Development Training for veterans and veteran service officers. This class will provide information about VA claims for asbestos-related illnesses. The class includes how the VA treats asbestos-related claims, understanding the correct tests and requirements to assess asbestos illnesses. The class covers medical diagnostic testing, and treatment for asbestos, how to speak with your doctor to write an effective nexus statement, information on how to write effective asbestos exposure summaries, and tips for how to overcome common obstacles for asbestos claims. I will also provide information about medical, financial and emotional supports that are available to veterans affected by mesothelioma cancer.

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**2:45 a.m. – 3:30 a.m. – Health & Wellness Track (Room 301A)**

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**Topic: Living Beyond Pain Podcast; An Innovative Resource for Veterans and Service Members Experiencing Chronic Pain**

Full Name: CPT Tracey Beegen

Professional Title: Aeromedical Psychologist, 25<sup>th</sup> Combat Aviation Brigade

CPT Tracy Beegen, Psy.D. is a licensed Clinical Psychologist currently assigned as the Behavioral Health Officer for the 25<sup>th</sup> Combat Aviation Brigade at Wheeler Army Airfield. She completed her post-doctoral training at Madigan Army Medical Center, where she partnered with DHA Connected Health to produce the Living Beyond Pain Podcast. Her clinical experiences include working in Community Mental Health settings, working with Veterans and Active Duty Soldiers, as well as children and family therapy. Her clinical interests are in the assessment and treatment of PTSD, marriage and family therapy, health psychology, as well as diversity issues in clinical settings.

Full Name: MAJ Cara Cox Coleman

Professional Title: Director of Training, Clinical Health Psychology at Tripler Army Medical Center

MAJ Cox Coleman is a 2<sup>nd</sup> year post-doctoral fellow in the Army's Clinical Health Psychology

Fellowship located at Tripler Army Medical Center. She was commissioned as a CPT in June 2010. Her first duty station was Madigan Army Medical Center, Joint Base Lewis-McChord, WA. There she completed her psychology internship. Upon completion in 2011 she was awarded her Doctorate in Clinical Psychology. MAJ Cox Coleman also completed a post-doctoral residency during which she served as the Chief Psychology Resident.

In February of 2013, MAJ Cox Coleman was deployed to RC- North, Afghanistan in support of 1st Combat Aviation Brigade. Upon her redeployment, she PCS'd to Fort Rucker, AL, where she assumed responsibility as the Chief of Aeromedical Psychology and the Director of the Aeromedical Psychology Training Course. Her primary duties included: training Army, Air Force, Navy, and DoD civilian, and foreign military psychologists to operate within the aviation environment; instructing and overseeing all human factors and behavioral science lessons and training within the US Army School of Aviation Medicine (USASAM) and the US Army Aviation Center of Excellence (USAACE); as well as serving as the aeromedical psychology consultant. During her time at USASAM, she was honored as the FY 2016 USAACE Instructor of the Year.

As a subject matter expert in aeromedical psychology, MAJ Cox Coleman has contributed to Army Medicine through poster presentations, revision of a number of Army Regulations, text book chapters, and participation in multi-national/multi-service working groups addressing the care of unmanned aerial operators. As a current fellow, she has established behavioral health consultation in clinics like the Sleep Disorders Clinic and Endocrinology. MAJ Cox Coleman has also participated in expanding the services of the Interdisciplinary Pain Management Center; and, has traveled to Nepal to discuss disaster response from a holistic biopsychosocial perspective.

MAJ Cox Coleman's military training and education include: Basic Officer Leader Course, Aeromedical Psychology Training Course, Traumatic Event Management, Combat Operation Stress Control, SERE-C, Army Basic Instructor Course, AMEDD Captain's Career Course (CCC), and Advanced Instructor Development.

Abstract: The Surgeon General, Department of Defense, and The Department of Veterans Affairs have all identified the need for non-pharmacological interventions to supplement the treatment of chronic pain. Currently, more than 65% of Veterans report ongoing pain, and 44% of active duty Service Members returning from deployment report pain lasting longer than 3 months. To address this need, the Living Beyond Pain podcast series was developed as an innovative mobile health resource to allow patients access to educational and supplemental information on managing chronic pain right in the palm of their hand. This nine segment series is based on Cognitive Behavioral Therapy for Chronic Pain and includes topics such as stress management, the impact of sleep on chronic pain, cognitive coping skills, the impact on kids with parents experiencing chronic pain, mindfulness, movement and pacing, managing flare-ups, understanding the shift away from pain medication, and relaxation techniques.

#### Learning Objectives:

1. List three researched based benefits of integrating mobile health (mHealth) into clinical care.
2. Understand potential barriers in implementing the Living Beyond Pain Podcast into clinical care for patients with chronic pain.
3. Describe clinical integration of the Living Beyond Pain Podcast to patients.

**Topic: Addressing the Unique Needs of Justice Involved Veterans**

Full Name: Mr. Scott Tirocchi

Professional Title: Division Director, Justice For Vets

Scott Tirocchi served in the U.S. Army Reserves and the Rhode Island Army National Guard for a combined total of 21 years, his occupational specialty was a 31A (military police officer). While deployed to Afghanistan in 2003-2004, he served as Commander for the training and doctrine component of Training Assistance Group II to the Afghan National Army. He retired at the rank of Major.

Mr. Tirocchi is a licensed behavioral health clinician and has an employment background rooted in treatment and criminal justice. Prior to coming on board with the National Association of Drug Court Professionals (NADCP) and Justice For Vets, he was employed with the Rhode Island Judiciary, serving in a dual capacity as Deputy Director for their District Court's Pretrial Services Unit and program coordinator for their veterans treatment court.

He has served as a behavioral health clinician in correctional and hospital settings and in various community behavioral health agencies located in Rhode Island, Massachusetts and Connecticut. He has a Master of Arts in Human Development and Master of Science in Human Services. He resides in Providence County, Rhode Island.

Abstract: This presentation will provide an overview about the multiple issues that are related to veterans who become involved in the criminal justice system. Areas that will be discussed in greater detail include cultural influences, medical and behavioral health disorders, as well as criminogenic risk and needs. Emphasis will also be placed on the impact of trauma, specifically, posttraumatic stress disorder, on a portion of the veteran population and the clinical interventions that are used to treat it. This presentation is designed for veterans, professionals working within the judiciary that work with this justice involved population, students and other paraprofessionals.

Objectives:

1. Distinguish the needs of the justice involved veteran population as well as the resources available which can better assist them;
2. Describe the multiple issues that are related to veterans who become involved in the justice system, including, but not limited to, cultural influences, mental health, substance abuse, and medical disorders as well as criminogenic risk and needs;
3. Recognize the impact that posttraumatic disorder has on a portion of the veteran population and the clinical interventions that are used to treat it.

**Topic: Starting a New Business**

Full Name: Dr. Michele Masterfano

Professional Title: Assistant Professor

In a career that spanned multiple functional areas of business, Michele focused on growing businesses. Spending half her career in the corporate world, she helped launch new products and services and was able to try out new ways of managing clients. She also worked with many entrepreneurs as an independent consultant, developing business plans, helping business owners find their markets, performing market research in order to characterize their target segments, and pulling together their estimated financials in order to move forward towards external financing. She was able to work with entrepreneurs in many different fields because of her background in both engineering and business.

Since 1999 she's been teaching the next generation of business leaders while also continuing to work with the entrepreneurially-minded in both small and large companies. Her combination of leadership of teams, both large and small; knowledge of many practical business skills; and a passion for sharing, have helped thousands of students over the years graduate with a sound basis for success. She taught at Drexel University for more than a decade, and now teaches online for the University of Maryland University College, which focuses on helping members of the Military achieve their educational goals.

Abstract: Planning and starting a new business takes more than a good idea. It takes discipline, resources, a market, and a solid plan. We'll take a look at a couple of ways to go through the planning cycle from brainstorming ideas, to evaluating those ideas, to figuring out how to begin, planning it all out, and then finding the resources and actually getting started.

In this talk, I'll go through a couple different tools to help you take you from idea to launch. We'll review how to brainstorm ideas, go through some analysis of the ideas that were generated, move forward with how to further plan with the one you've chosen, and then finally how to locate, staff, and open a growing business. We'll discuss the difference between a market and an industry, a consumer and a client, and how to determine their needs versus what you offer. Finally, all questions will be answered as fully as possible.

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### **2:45 a.m. – 3:30 a.m. – Educational Track (Room 303B)**

#### **Topic: Military Outstanding Volunteer Service Medal (MOVSM)**

Full Name: CSM Abuoh E. Neufville

Professional Title: Command Sergeant Major (CSM), Tripler Army Medical Center

Command Sergeant Major (CSM) Abuoh E. Neufville enlisted in the U.S. Army Reserve in September 1993. He was awarded the MOS 91Q (Pharmacy Specialist) upon completing AIT in May of 1994. He returned to active duty in January of 1995 and re-classed to the MOS 91B (Combat Medic).

CSM Neufville's previous assignments include: Platoon Medic/Evacuation NCO for the 2nd BN 504th Parachute Infantry Regiment (82<sup>nd</sup> ABN DIV), Fort Bragg, North Carolina; Aeromedical Isolation Team NCOIC (USAMRIID), Fort Detrick, Maryland; Treatment Squad Leader/Medical Platoon Sergeant for the 1-36th INF BN, Ray Barracks, Germany; Primary Care Clinic NCOIC, Blanchfield Army Community Hospital, Fort Campbell, Kentucky; Healthcare Recruiter, Boston AMEDD Recruiting Co. Boston, Massachusetts; Treatment Platoon Sergeant/First Sergeant, C Co 173D BSB; 173rd Airborne Brigade Combat Team, Warner Barracks, Germany; Special Functions Team NCOIC, 84th Civil Affairs BN, NCOIC Department of Family Medicine, Madigan Army Medical Center; JBLM; Washington State; Center SGM 6<sup>th</sup> Medical Logistics Management Center, Fort Detrick, Maryland; and CSM of the 4-410<sup>th</sup> BSB, Fort Knox, Kentucky.

CSM Neufville's institutional military education includes the Basic Airborne Course; Management of Chemical and Biological Casualties Course; Basic Recruiter Course; Healthcare Recruiter Course; Tactical Combat Medicine Course; BCT Trauma Medicine Course; Battle Staff NCO Course; Comptroller and Fiscal Law Course, the Master Resiliency Trainer Course; Post-Graduate Professional Healthcare Logistician Course; Battalion/Brigade Pre-Command Course; 1<sup>st</sup> Army Observer/Controller Course; AMEDD Executive Skills Course; and the Capstone Course for Military Healthcare System Leaders. CSM Neufville holds a Master's Degree in Management from Austin Peay State University. He is a graduate of the United States Army Sergeants Major Academy Class 65.

CSM Neufville's awards and decorations include the Bronze Star Medal (1-OLC), Meritorious Service Medal (3-OLC), Army Commendation Medal (2 Silver, 1 Bronze OLC), Army Achievement Medal (Silver OLC), Army Good Conduct Medal (8<sup>th</sup> Award), National Defense Service Medal (1-BSS), Iraq Campaign Medal (2-Campaign Stars), Afghanistan Campaign Medal (3-Campaign Stars), Military Outstanding Volunteer Service Medal, NATO Medal, Parachutist Badge, Combat Medical Badge, Combat Action Badge, Recruiter Badge (Gold), Recruiter Ring, German Fitness Excellence Badge, Foreign military parachutist badges: United Arab Emirates, Germany, Italy; and Czech Ministry of Defense Medal for Service Abroad. He is also a member of the prestigious Order of Military Medical Merit.



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**Day Two: Saturday, 22 June 2019**

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**9:00 a.m. – 10:00 a.m. – Health & Wellness (Room 301A)**

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**Topic: Enhancing Performance and Focus and Managing Pain Naturally by Tapping into Internal Energy Resources**

Full Name: Caroline E. Sakai, PhD  
Professional Title: Licensed Clinical Psychologist

Caroline E. Sakai, PhD is a clinical psychologist in private practice, who was formerly chief psychologist at Kaiser Hawaii Behavioral Health Services. She gives workshops of Personal Empowerment. She's deployed on trauma relief missions to New Orleans and Rwanda. She has published articles on Thought Field Therapy, EMDR, and domestic violence, and her book *Overcoming Adversity: How Energy Tapping Transforms Your Life's Worst Experiences—A Primer for Posttraumatic Growth*. See website at [www.tftcenter.com](http://www.tftcenter.com)

**Abstract:** Enhancing Performance and Focus and Managing Pain Naturally by Tapping into Internal Energy Resources Develop drug-free methods to enhance focus and concentration, and attain peak performance in mental, physical and social performance with energy tapping workouts. Use your body's own natural healing resources to optimize well-being and manage pain with methods at your fingertips that can be done anytime, anywhere and as often as needed or desired. Enhance athletics, memory, function and study. Learn to use polarity reversal to snap back into focus, and optimize your natural abilities. Utilize acupressure points to manage pain and avoid problematic side effects of numerous pain medications. Learn utilization of energy tapping to optimize health and performance with Thought Field Therapy.

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**9:00 a.m. – 10:00 a.m. – Community Services Track (Room 301B)**

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**Topic: Homeless Veterans Task Force**

Full Name: Mr. Andrew Dahlburg  
Professional Title: Program Manager, Homeless Veterans Program, U.S. Department of Veterans Affairs

**Biography:** Andrew Dahlburg, LCSW has worked with homeless veterans in different roles for 29 years. He currently in the manager of the Pacific Islands Healthcare for Homeless Veterans programs; which has five main program components; Grant & Per Diem; HUD-VASH, Emergency Housing; Veterans Justice Outreach and the Homeless Patient Aligned Care Team. Andrew is Licensed Clinical Social Worker and also holds graduate degrees in Victorian Literature and Theology from the Universities of St. Andrews and Edinburgh. His wife Phoung, is a retired US Army COL and they have lived in Hawaii since 2000.

**Abstract:** The Homeless Veterans Task Force began in late 2014 and is chaired by Dr. John Henry Felix. Membership is comprised of a cross-section of Federal, State, City and County staff; leaders from business and the faith based community, retired flag officers and VA staff. The mission of the Homeless Veterans Task Force is to bring all the main homeless veteran providers together and maximize our resources.

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**9:00 a.m. – 10:00 a.m. – Veteran Business Track (Room 303A)**

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**Topic: Generating Health and Wellness with Moving Meditation**

Full Name: Dr. Rosemarie Woodruff

Professional Title: Director of the Learning Assistance Center, University of Hawaii

Having worked at the University of Hawaii, Manoa Campus, for over 40 years, Rosemarie Woodruff is Director of the Learning Assistance Center. She has a Doctorate in Educational Psychology and a Masters in Counseling.

She has a holistic approach in her work that addresses all aspects of student life within the context of helping students achieve their academic goals. She has experience in career counseling, personal counseling and working with learning disabilities. Her work with dyslexia is based on the Orton-Gillingham model. Her research includes applications of the Myers-Briggs Type Indicator and motivation in at-risk students. She has a special interest in supportive education for veterans.

As a Master Teacher certified by the Tao Academy, her background includes training in raising frequency and vibration with song, movement and calligraphy. Her counseling approach involves a process that incorporates listening, empathy, unconditional positive regard, encouragement, and support and instilling hope, resilience, and persistence. In nurturing the life skills essential to success, she integrates finding purpose, developing confidence, and acquiring personal and professional clarity in her work with clients.

Abstract: Almost everyone in our society wants to achieve better health and wellness. There are numerous ways to accomplish this goal. Based on ancient Tao wisdom and practices, moving meditation begins with changing what is negative to something positive. A scientific definition of soul is information. Negative information can create physical, mental, emotional and spiritual issues, including problems with relationships and finances. In this session, you will learn a powerful and relatively simple way to change negative messages to positive ones to gain better health and wellness in all aspects of life.

Audience: All – Veterans, Family, Student, Professional

Learning Objectives:

- 1) To learn about a model based on ancient Tao wisdom and practices that can generate health and wellness
- 2) To learn a simple and powerful tool for generating health and wellness
- 3) To recognize the importance of changing negative information to positive information

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**9:00 a.m. – 10:00 a.m. – Educational Track (Room 303B)**

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**Topic: Understanding the VA Vocational Rehabilitation and Employment Program**

Full Name: Mr. Andrew Hervieux

Professional Title: Supervisor, Vocational Rehabilitation and Employment Office, HI

Andrew (Andy) Hervieux is a supervisor with the Vocational Rehabilitation and Employment Office in Honolulu, HI. He assists the Vocational Rehabilitation Officer in supervising 30 professional counselors and program support specialists in supporting the VR&E program. Mr. Hervieux served in the United States Army from 1975 to 1996 as an Infantry Scout and served in combat with the 3<sup>rd</sup> Armored Division in Operation Desert Shield/Desert Storm in 1990-1991. Mr. Hervieux has a BS in Business Management from Columbia College, and a MA in Rehabilitation Counseling from Assumption College in Worcester Massachusetts. He has worked with the Massachusetts Commission for the Blind in Boston, MA. as a vocational rehabilitation counselor and was able to assist his clients in finding employment.

The goal of this presentation is to provide information for the recipient to better understand:

- 1.) The mission of Vocational Rehabilitation and Employment: Many Active Duty Service Members and Veterans are unaware of the mission of Vocational Rehabilitation. Veterans will receive a brief history of the Vocational Rehabilitation Program and its mission of providing employment services to people with disabilities.
- 2.) The Vocational Rehabilitation Process: Veterans will receive an understanding of the entire Vocational Rehabilitation process from application to rehabilitation, up to and including entitlement determination, development of employment goals and plans, and employment services. They will also learn about the role and responsibilities of the program, as well as their role and responsibilities.
- 3.) How vocational rehabilitation can benefit them: Veterans will be provided an understanding of the scope of services provided by Vocational Rehabilitation and how those services can improve their ability to secure and maintain suitable employment.

Target audience includes Veterans, Students, Active Duty service members, and interested professionals.

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**10:15 a.m. – 11:15 a.m. – Health & Wellness (Room 301A)**

**Topic: The Diabetic Lifestyle and the Whole Health Model**

Full Name: Dr. Randall Humiston  
Professional Title: Program Manager

Randy Humiston was active duty Navy from 1972 to 2000. He was diagnosed with diabetes in 1992 while attending the Naval Postgraduate School in Monterey, Ca. He was eventually medically discharged in 2000 after becoming insulin dependent and non-deployable. Following retirement from active service, Randy worked in Navy Civil Service at PHNSY and the Navy's foreign language training unit at the Defense Language Institute in Monterey, Ca. He retired from Civil Service in 2014. He is currently a volunteer at the VA in Honolulu and works in the Million Veterans Program office recruiting Veterans for this landmark, cutting edge research program geared to helping Veterans' health care through the study of our DNA and genes.

Abstract: The presentation centers around the presenter's 27-year struggle with Type 1 diabetes. It explores failures and successes as they relate to the different aspects of the Whole Health Model. Significant content includes topics regarding the diabetics' relationship with their physician and total care team. Our self-care is discussed with emphasis on blood glucose monitoring and frequent and regular visits with our doctors. Most of the presentation discusses how the diabetic relates to the

different domains of the Whole Health Model in their daily life. These domains are: working our bodies; dealing with our surroundings (environment); our personal development; the food and drink we consume; how we recharge; our interactions with family, friends, and coworkers; our health of spirit and soul; and the power of our minds. Lastly, there is a discussion about how the different domains of the diabetic lifestyle were accomplished by use of understanding and working towards the priorities in life for the presenter. Jessica Spurrier, RN, Dept. of Endocrinology, VAPIHCS, will be on hand to answer questions regarding programs and support available here at VAPIHCS and in the community.

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**10:15 a.m. – 11:15 a.m. – Community Services Track (Room 301B)**

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**Topic: Building Homes Through Habitat for Humanity**

Full Name: Ms. T.J. Joseph  
Professional Title: Operations Manager

Born and raised in Waimanalo, T.J. Joseph is a Kamehameha school graduate, professional hula dancer for Halau Hawaii Aloha, wife and a mother. She joined Honolulu Habitat for Humanity in 2015 and serves as the Operations Manager. T.J.'s knowledge of the home building process comes first hand, as she, her husband and their four children were a Habitat for Humanity partner family building their own house on a Hawaiian Homelands lot in Waimanalo several years ago.

Having been a recipient of Habitat's program, T.J. believes in Habitat's vision and mission. "A Hawai'i where everyone has a decent place to live; bringing people together to build homes, communities, & hope." Her knowledge of programs and processes as well as her organizational and leadership skills have helped Honolulu Habitat increase capacity and efficiency over the past four years. Her focus has always been and always will be to serve and strengthen our communities.

Abstract: We believe in a world where everyone has a decent place to live. People in your community and all over the world partner with Habitat for Humanity to build or improve a place they can call home. Since 1988, Honolulu Habitat for Humanity is dedicated to eliminating substandard housing on the island of O'ahu through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage. With your help, Habitat homeowners achieve the strength, stability and independence they need to build a better life for themselves and their families. Strong and stable homes help build strong and stable communities. Join us to learn more about our mission, vision, programs, and how you can get involved.

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**10:15 a.m. – 11:15 a.m. – Veteran Business Track (Room 303A)**

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**Topic: How to Start a Veterans Owned Food Truck**

Full Name: Mr. Tony McBride  
Professional Title: Veteran Businessman

Born in Port Angeles Washington and raised in Olympia Washington I graduate from North Thurston High School and immediately joined the Army as a Combat Medic. Ran an Ambulance Crew during the

Gulf War and upon returning stateside went to the Army's LPN Program where I graduated top 10% of my class.

After 13 years of service I decided to get out and was picked up by Department of Defense as a civilian contractor. By that time I had completed my Bachelors of Science in Management and then my Masters of Science in Healthcare Administration with Honors.

I've worked in Healthcare most of my life in both clinical and administrative positions but my passion was always cooking. In 2004 I left the Healthcare field and opened an Italian Restaurant in downtown Honolulu. Due to landlord issues we closed one year later.

Had to return to Healthcare after that for a while but in 2015 I decided to go to Culinary School to increase my kitchen knowledge and in November 2016 I purchased a Food Truck and opened Dia De Los Tacos. We are almost to our third year and still going strong adding a second location just this year.

Abstract: I will be discussing the process of opening a Food Truck business here in Hawaii. For the most part it will be applicable anywhere in the US with some variations of Laws and Process from State to State.

I will start with a brief History of the Food Truck and cover multiple areas of the process at a high level. Bullet Points to include: Research, Funding, Registering, Branding, Marketing, Menu Design, Opening and Customer Service.

I have given this class a couple of times at Gros Bonnet Culinary Academy before the closed and also to some individuals that have reached out to me asking for assistance starting their business.

I will end with some time left for a Q&A session.





**2019 Hawai'i Veterans Summit Agenda**  
**Hawai'i Convention Center, Honolulu, HI**  
**June 21-22, 2019**



**Day 1: June 21, 2019**

*2019 Hawai'i Veterans Summit*  
*A Salute to Service*

<b>Time</b>	<b>Location</b>	<b>Agenda Item</b>	<b>Speaker</b>
6:30 a.m. - 7:30 a.m.		Arrival and Registration- Name Tags and Lanyards Continental Breakfast	
7:30 a.m. - 9:15 a.m.	Ballroom B	Welcome and Opening Remarks	<b>Mr. Carlos Santana &amp; Dr. David Brown</b>
		Opening Musical Performance: Circle of Life	<b>Kristian Lei, Sequoia Carr-Brown, Band and Supporting Vocalists: Jeannette Traviyas, Rod Esteban, Kevin Hirasa, Ethan Capone, Mark Tanouye, Julius Mina, Diamond Saige Vinta, Eirika Brenner, Monnette Forte</b>
		Hawaiian Blessing (oli)	<b>Leilani Kahoano</b>
		Presenting of Colors	<b>Hawai'i National Guard Youth Academy</b>
		National Anthem	<b>Ms. Kristian Lei</b>
		Hawai'i Pono'i	<b>Mr. Julius Mina</b>
		Aligned Mortgage	<b>Mr. Tony Dias</b>
		Hawaii Lieutenant Governor	<b>Dr. Josh Green</b>
		American Tribute Musical Performance	<b>Kristian Lei, Band and Supporting Vocalists: Jeannette Traviyas, Rod Esteban, Kevin Hirasa, Ethan Capone, Mark Tanouye, Julius Mina, Eirika Brenner, Monnette Forte</b>
9:00 a.m. - 4:30 p.m.	Ballroom A	Exhibitor/Vendors	
9:15 a.m. - 10:00 a.m.	Health & Wellness Track Breakout Session Room 301A	<u>Sleep, It Does a Body Good</u> Tripler Army Medical Center	<b>COL Ingrid Lim</b> <b>MAJ Rajesh Daniels</b> <b>Dr. Tanecia Blue</b> <b>MAJ Chaska Gomez</b>
9:15 a.m. - 10:00 a.m.	Community Services Track Breakout Session Room 301B	<u>VA Home Loan Guaranty</u> Aligned Mortgage	<b>Mr. Tony Dias</b>
9:15 a.m. - 10:00 a.m.	Veteran Business Track Breakout Session Room 303A	<u>Lessons Learned on How to Start, Grow and Sustain a Small Business in the Federal Marketplace</u> Native Hawaiian Veterans	<b>Honorable Raymond Jardine, Ph.D.</b>
9:15 a.m. - 10:00 a.m.	Educational Track Breakout Session Room 303B	<u>Generational Issues Impacting Leading, Mentoring and Counseling in the Military</u> Marine Corps Base Hawaii	<b>Mr. Kevin Thompson</b>
10:00 a.m. - 10:00 a.m.	Foyer	Vocal Performance	<b>Mr. Julius Mina</b>
10:15 a.m. - 11:00 a.m.	Health & Wellness Track Breakout Session Room 301A	<u>Whole Health in the VA</u> VA Pacific Islands Health Care System	<b>Ms. Marcy B. Newman</b> <b>Chaplain Mike McGruder</b>
10:15 a.m. - 11:00 a.m.	Community Services Track Breakout Session Room 301B	<u>Next Stop: Honolulu! Growing the Cohen Veterans Network by Expanding to the Aloha State</u> Cohen Veterans Network	<b>Dr. Anthony Hassan</b>
10:15 a.m. - 11:00 a.m.	Veteran Business Track Breakout Session Room 303A	<u>Operation Protect Veterans: Inoculating veterans and families against fraud</u> AARP	<b>Mr. Gerry Silva</b>
10:15 a.m. - 11:00 a.m.	Educational Track Breakout Session Room 303B	<u>VETS (Veterans Empowered Through STEM)</u> University of West Oahu	<b>Ms. Chantal Newell</b>
11:00 a.m. - 11:10 a.m.	Foyer	Dance Performance	<b>Spatial Sculptors</b>
11:15 a.m. - 12:00 p.m.	Health & Wellness Track Breakout Session Room 301A	<u>Performance Nutrition &amp; Supplements</u> Schofield Barracks	<b>CPT Jessica Moura</b>
11:15 a.m. - 12:00 p.m.	Community Services Track Breakout Session Room 301B	<u>Fostering Resilience</u> Schofield Barracks VA Pacific Island Health Care System	<b>Mr. Brent Oto</b> <b>Ms. Tiara Peterkin</b>
11:15 a.m. - 12:00 p.m.	Veteran Business Track Breakout Session Room 303A	<u>Veteran and Disabled Veteran Owned Businesses Doing Business with the Federal Government</u> Hawaii Procurement and Technical Assistance Center	<b>Mr. John Greene</b>
11:15 a.m. - 12:00 p.m.	Educational Track Breakout Session Room 303B	<u>Humanities as a Lens into War</u> Home Front Resource Center	<b>Maj (Ret) John G. Donovan</b>
12:00 p.m. - 12:10 p.m.	Foyer	Vocal Performance	<b>Ms. Marlene Zion</b>

12:15 p.m. - 1:30 p.m.	Plenary Session 2 Ballroom B	Plenary Session 2 <u>VA Leadership Panel</u>	<b>Ms. Jennifer Gutowski</b> , Director, VA Pacific Islands Healthcare System <b>Mr. James Horton</b> , Director, National Cemetery of the Pacific (Punchbowl) <b>Ms. Andrea Lapinski</b> , Acting Director, Honolulu VA Regional Benefits Office
1:00 p.m. - 1:45p.m.	Ballroom B	<b>LUNCH</b>	
1:45 p.m. - 2:30 p.m.	Health & Wellness Track Breakout Session Room 301A	<u>Intensive Outpatient Programs as an Effective Treatment for Veterans with PTSD</u> Tripler Army Medical Center	<b>Ms. Renae Mendez</b>
1:45 p.m. - 2:30 p.m.	Community Services Track Breakout Session Room 301B	<u>Outstanding Volunteers</u> Team Red White & Blue Team Rubicon Wounded Warrior Project	<b>Mr. Rolly Alvarado</b> <b>Mr. Michael Iwashita</b> <b>Mr. Ron Wuestefeld</b>
1:45 p.m. - 2:30 p.m.	Veteran Business Track Breakout Session Room 303A	<u>Moving Beyond Financial Literacy: a two-pronged approach to financial wellness</u> Private Practice	<b>Mr. Abel Soares</b> <b>Ms. Sade' Soares</b>
1:45 p.m. - 2:30 p.m.	Educational Track Breakout Session Room 303B	<u>How to File Claims for Disabilities Related to Asbestos Exposure</u> Mesothelioma Center	<b>Mr. Aaron Munz</b>
2:30 p.m. - 2:40p.m.	Foyer	Vocal Performance	<b>Ms. Willow Chang</b>
2:45 p.m. - 3:30 p.m.	Health & Wellness Track Breakout Session Room 301A	<u>Living Beyond Pain: Veterans and Service Members experiencing chronic pain</u> Wheeler Army Airfield/TAMC	<b>CPT Tracey Beegen</b> <b>MAJ Cara Cox Coleman</b>
2:45 p.m. - 3:30 p.m.	Community Services Track Breakout Session Room 301B	<u>Addressing the Unique Needs of Justice Involved Veterans</u> National Association of Drug Court Professionals	<b>Mr. Scott Tirocchi</b>
2:45 p.m. - 3:30 p.m.	Veteran Business Track Breakout Session Room 303A	<u>Starting a New Business</u> University of Maryland University College	<b>Dr. Michele Masterfano</b>
2:45 p.m. - 3:30 p.m.	Educational Track Breakout Session Room 303B	<u>Military Outstanding Volunteer Service Medal (MOVSM)</u> Tripler Army Medical Center	<b>CSM Abuoh Neufville</b>
3:30 p.m. - 3:50 p.m.	Foyer	Guitar/Vocal Performance	<b>Ms. Kiana Luna</b>
9:00 a.m. - 4:30 p.m.	Ballroom A	Exhibitor/Vendors	
4:30 a.m. - 6:30 p.m.	Ballroom A	Reception/Pau Hana	



## Hawai'i Convention Center, Honolulu, HI



**June 21-22, 2019**

**Day 2: June 22, 2019**

Time	Location	Agenda	Speaker
7:00 a.m. – 8:00 a.m.	Ballroom B	Arrival/Registration/Continental Breakfast	
8:00 a.m. – 8:45 a.m.	Ballroom B	Plenary Session 3	<b>Dr. Anthony Hassan</b> , Cohen Veterans Network <b>Major General Suzanne P. Vares-Lum</b> , Mobilization Assistant to the Commander, U.S. Indo-Pacific Command <b>Mr. Jared Lyon</b> , President & CEO, Student Veterans of America
9:00 a.m. – 12:00 p.m.	Ballroom A	Exhibitor/Vendors	
9:00 a.m. – 10:00 a.m.	Health & Wellness Track Breakout Session Room 301A	<u>Enhancing Performance and Focus, and Natural Pain Management</u> Private Practice	<b>Dr. Caroline Sakai</b>
9:00 a.m. – 10:00 a.m.	Community Services Track Breakout Session Room 301B	<u>Hawaii Homeless Veterans Task Force</u> VA Pacific Island Health Care System	<b>Mr. Andrew Dahlburg</b>
9:00 a.m. – 10:00 a.m.	Veteran Business Track Breakout Session Room 303A	<u>Generating Health and Wellness with Moving Meditation</u> University of Hawaii	<b>Dr. Rosemarie Woodruff</b>
9:00 a.m. – 10:00 a.m.	Educational Track Breakout Session Room 303B	<u>Understanding the VA Vocational Rehabilitation and Employment Program</u> Veterans Affairs Regional Office Vocational Rehabilitation & Employment Office	<b>Mr. Andrew Hervieux</b>
10:00 a.m. – 10:10 a.m.	Foyer	Performance	<b>Spatial Sculptors</b>
10:15 a.m. – 11:15 a.m.	Health & Wellness Track Breakout Session Room 301A	<u>Diabetic Lifestyle and the Whole Health Model</u> Million Veterans Program Private Practice	<b>Dr. Randall Humiston</b>
10:15 a.m. – 11:15 a.m.	Community Services Track Breakout Session Room 301B	<u>Building Homes Through Habitat for Humanity</u> Honolulu Habitat for Humanity	<b>Ms. T.J. Joseph</b>
10:15 a.m. – 11:15 a.m.	Veteran Business Track Breakout Session Room 303A	<u>How to Start a Veterans Owned Food Truck</u> Dia De Los Tacos	<b>Mr. Tony McBride</b>
10:15 a.m. – 11:15 a.m.	Educational Track Breakout Session Room 303B	<u>Attending Trade School &amp; Universities</u> Universal Technical Institute Hawaii Medical College	<b>Mr. Roman Galiki</b> <b>Mr. David Lee</b>
10:15 a.m. – 11:15 a.m.	Room 308A	Governor's Advisory Board for Veteran Services	<b>Advisory Board Members</b>
11:15 a.m. – 11:40 a.m.	Foyer	Vocal Performance	<b>Mr. Samuel Hesch</b> <b>Mr. Ramon Sumibcay</b>
9:00 a.m. – 12:00 p.m.	Ballroom A	Exhibitor/Vendors	
12:00 p.m. - 2:00 p.m.	Ballroom B	State Luncheon	
12:00 p.m. - 2:00 p.m.	Ballroom B	Cultural performance  Director, Hawaii Office of Veterans Services  Salute to Service  Closing Performance	<b>Le Fetuao Samoan Language Center</b>  <b>Ron Han, Jr.</b>  <b>"The Dream Team" Salute to Service</b> <b>Band Members:</b> Pianists: Jeannette Travis, Ethan Capone, Drums: Rod Esteban, Guitar: Kevin Hirasa, Bass: Mark Tanouye, Trombone: Michael King <b>Le Fetuao Samoan Language Center</b> <b>Kristian Lei &amp; Sequoia Carr-Brown</b> <b>Little Albert</b> <b>Mark Minasian</b>  <b>Derek Daniels Productions</b> <b>24/7 Danceforce</b>
2:00 p.m. - 2:05 p.m.	Ballroom B	Closing remarks (CME, CEU, CE instructions)	<b>Mr. Carlos Santana &amp; Dr. David Brown</b>