



# LANAKILA KUPUNA NEWS

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located at 1640 Lanakila Avenue, Honolulu, Hawai'i 96817  
Telephone: (808) 847-1322

SEPTEMBER 2010

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



## Candidate's Fair 2010

Thanks to all the candidates and volunteers who made this event possible. Over 45 candidates visited our center to meet our members and to share their ideas. It will be an important election year, so please be sure to vote.

Saturday, September 18<sup>th</sup> -PRIMARY ELECTION

Monday, October 4<sup>th</sup> – Last day to register to vote in the General Election

Tuesday, November 2<sup>nd</sup> – GENERAL ELECTION



## HEALTH CARE *and you*

Congress enacted a new health care law which brings a number of benefits to all Americans, including people over 50. Some of these changes you will see this year. Others phase in over the next several years.

Whether you are on Medicare, buy insurance on your own or through your employer, or can't afford health insurance, the changes to the health care system will affect you. By knowing what's in the law and when the different provisions take effect, you can take advantage of the changes for yourself and your family.

The LAW:

- Strengthens Medicare
- Makes health insurance more accessible and affordable
- Makes discriminatory insurance practices a thing of the past
- Creates new programs to help you get long-term care services in your own home

For more information go to [www.aarp.org/getthefacts](http://www.aarp.org/getthefacts)

## What You Should Know and Do This Flu Season If You Are 65 Years and Older

The Department of Health continues to encourage immunizations against seasonal flu.

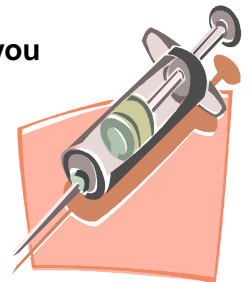
- Older people are at greater risk of serious complications from the flu compared with young, healthy adults.
- Every year, 90% of seasonal flu-related deaths and more than 60% of seasonal flu-related hospitalizations in the U.S. occur in people age 65+.
- Human immune defenses become weaker with age. So influenza can be a very serious disease for older adults.

## Actions to take this Flu season

**Get Your Seasonal & H1N1 Flu Shot**-The best way to prevent the flu is with a flu vaccine. People age 65+ are recommended for annual seasonal flu vaccination.

**Take Everyday Preventive Actions** including covering coughs, washing hands often and avoiding people who are sick.

**Seek medical advice quickly if you develop flu symptoms** to see whether you might need medical evaluation or possibly treatment with antiviral medications. People 65 and older are prioritized to get antiviral drugs if they become sick with the flu according to Centers for Disease Control (CDC) guidelines.



Source: <http://flu.gov>

## Upcoming *SEPTEMBER* Events

9/1/2010	GLC - California Pizza Kitchen
9/6/2010	CENTER CLOSED: Labor Day
9/7/2010	Excursion and Presentation Sign Up
9/15/2010	Excursion to Washington Place and lunch at Ward Warehouse
9/24/2010	Ikebana Class
Movie Mondays	Every Monday

## 2010 Senior Farmers' Market Nutrition Program

The Hawaii Foodbank is in the middle of implementing a Senior Farmer's Market Nutrition Program which began June 1<sup>st</sup> and will run until October 31<sup>st</sup>, 2010. Their goal is to provide seniors with fresh, locally grown fruits and vegetables as well as increase domestic consumption of agricultural commodities thru current or developing new and additional farmer's markets.

Seniors qualify if they are a Hawaii resident at least 60 years young and have an annual household income of less than \$23,051 for a single or \$31,006 for a couple. Approximately 5000 qualified seniors will receive a booklet of vouchers worth \$50 (redeemable at certified vendors at Peoples' Open Markets around the island) and a nutrition educational handout.

If you are interested in participating in the Senior Farmer's Market Nutrition Program, fliers, applications and scheduled locations of the open market's is located at the Front Desk.

**REMINDER:** Fall Classes start September 20th. If you have not yet registered, check with the Front Desk.

**We need volunteers...**LMPSC Front Desk needs volunteers on Wednesday mornings.

If interested call the Front Desk at 847-1322.



# Mahalo Donors

Donations received between  
7/26/10 – 8/25/10

### GOLD (\$100 - \$500)

Alvan Kaneda (IMO Fujie Onishi)  
Hui O Laulima (IMO Doris Shiohira)  
Jeanette Shiohira (IMO Doris Shiohira)  
Esther Kono Helen Ojiri  
Irene Yamashita Nancy Kang  
Mr. & Mrs. Daly Stevens  
Mr. & Mrs. Vernon Kamiyama

### SILVER (\$50 - \$99)

Kendall Kikuyama Asano Yahiku  
Mr. & Mrs. George Tsuha Emiko Yoshida

### BRONZE (\$25 - \$49)

NARFE  
Violet Ganeku Maria Toraja

IMO = In Memory Of

## Mahalo for In Kind Donations

We also appreciate donations of supplies that help SAVE the Center \$\$\$ throughout the year.

Mae Kawasaki	Japanese Culture Club
Okinawa Nenchocha Club	Jane Fujii
Rose Yanagawa	Sally Shimabukuro
Maile Duvauchelle	Nancy Beauchamp
Alice Yahiku	Alfred & Annie Wong
Carol Zukemura	Drusilla Tanaka
Thelma Wong	Takejiro Higa
Doris Takara	Alice Tsutsumi
Charlotte Newcombe	Mii Takakuwa
Violet Ganeku	Teri Kaleo
Itsuko Kaneshiro	Maria Rosehill

### FOODLAND/SACK N SAVE: Give Aloha Shoppers

Attention Shoppers! Make a donation to Catholic Charities Hawai'i at any Foodland or Sack N Save checkout from September 1-30 and Foodland and the Western Union Foundation will MATCH your donation!

Give Aloha  
Code #77021  
at checkout



# *Mahalo !*

We wish to thank those whose generous donations have made this community event possible.

## **Monetary Donations**

Abercrombie, Neil	Akana, Rowena
Apo, Peter	Berg, Rep. Lyla
Caldwell, Kirk	Cavasso, Cam
Chang, David S.	Ching, Darwin
Ching, Rep. Corinne	Chun Oakland, Sen. Suzanne
Del Castillo, Rafael	Djou, Hon. Charles
Fenton, Larry	Franklin, Dr. Judy
Hamamoto, Shawn	Hannemann, Mufi
Hooser, Sen. Gary	Hopkins, Kama
Iwamoto, Kim	Jarrett, Jeff
Kaapu, Carole	Karamatsu, Rep. Jon Riki
Kaneshiro, Keith	King, Adrienne
Lavoie, Frank	Lewis, Joseph R. K.
Linville, Marcia	Luke, Rep. Sylvia
Makekau, Kealii	Manahan, Rep. Joey
Mayor, Roberta	Mizuno, Rep. John
Moepono, Sesnita	Pacarro, Jr., Franklin
Payne, Gary	Prevedouros, Panos
Rhoads, Rep. Karl	Sakamoto, Sen. Norman
Schatz, Brian	Shiratori, Miles
Tamayo, Tulsi Gabbard	Vasquez, Lynn
Vieira, Bob	Wong, Christopher

## **Door Prize Donations**

Abercrombie, Neil	Apo, Peter	
Berg, Rep. Lyla	Chang, David S.	Ching, Rep. Corinne
Chun Oakland, Sen. Suzanne	Del Castillo, Rafael	Franklin, Judy
Hamamoto, Shawn	Hannemann, Mufi	Karamatsu, Rep. Jon Riki
King, Adrienne	Linville, Marcia	Moepono, Sesnita
Payne, Gary	Mizuno, Rep. John	Pacarro, Jr., Franklin
Prevedouros, Panos	Rhoads, Rep. Karl	Sakamoto, Sen. Norman
Tam, Council Member Rod	Tamayo, Tulsi Gabbard	Vasquez, Lynn

## CHINESE CULTURE CLUB

*by Geraldine Young*

A heartfelt thanks to the following members for their donation to our club: Yuezhen Huang, Bao Yuan Lei, Shin Yong Lau, Shu Chi Chen. Irene Kuhns will now be the auditor of our club. January is the time for all members to pay their dues for the year.

August 13 - Members were reminded to attend the Candidates Fair on Monday August 23 from 8 to 11 am. Door prizes and bento lunch will be given away from the candidates. Irene Kuhns finished the new roster with many new members joining. Kon Wu Cheang closed the meeting explaining ancient old folk songs which we all participated singing.

August 27 - Today we celebrated with a birthday luncheon honoring Lily Choy, Henry Dang, Amy Lam, Zhou Fang Liu, Rosaline Seu, Caroline Tom, Yuankang Zhou, and Jin Yu Lin. Many Happy returns! We were fortunate to receive donation for the club from Lily Choy, Zhao Fang Liu, and Rosaline Seu. Many thanks for your generosity.

**EVENTS:**      **3-Meeting**                      **10-Meeting**                      **17-Meeting**                      **24-Meeting**

## HAWAIIAN CULTURE CLUB

*by Betty Parker*

Aloha Kakou - If you listen to good Hawaiian Kani Ka Pila, just drop in on our Hawaiian club day!! One of our members Lorraine Howell has been out for quite awhile, she had a fall. We wish her well!!! Going back in years, Lorraine and I belonged to a hula Halau which performed weekly at a Waikiki Hotel. Lorraine being such a nice lady, always said a prayer and blessing for both of us before we would go on. That was such fun times!

Hawaiian Values: The Aloha spirit is the coordination of mind and heart, it's within the individual - it brings you down to yourself and you must think and emote good feelings to others. A - Akahi, kindness, to be expressed with tenderness. L - Lokahi, unity, to be expressed with harmony. ) - 'Olu'olu, Agreeable, to be expressed with pleasantness. H - Ha'aha'a, Humility, to be expressed with modesty. A - Ahonui, Patience, to be expressed with perseverance. Olelomoana (South Kona, Hawaii) meaning voices from the sea. This place, any sound or noises can be heard from miles way. Legend says: an old woman lived some distance away and one day heard two fishermen, while fishing in the ocean, talking about getting rid of her - a useless old woman. To save her life she crawled to Olelomoana where she was safe. That village where she had lived is called Kolo - meaning crawl. Malama pono, aloha.

**EVENTS:**      **7-Birthdays**                      **14-Meeting**                      **21-Meeting**                      **28-Bingo**

## JAPANESE CULTURAL CLUB

*by Judi Yogi*

August 2 - Bingo

August 9 - Mrs. Loretta Toyama was introduced and welcomed as a new member of the JCC. We wish Mrs. Toyama many years of enjoyment and fellowship at the Center. President Sueda announced that Judith Yogi (JCC Recording Secretary) donated \$500.00 to the JCC in memory of her mother Doris Fujiko Shiohira, who passed away on June 29, 2010. How appropriate that today's program is a celebration of O Bon Festival, a service held by relatives to honor the spirits of their deceased ancestors. To celebrate this joyous event, attired in colorful hapi coats, Sensei Edith Miyazono with Minyo dancers, Roberta Uesugi, Madge Sodetani, Alice Nakamoto, Tamiko Miyashiro, Lynn Sekiya, Hisako Horio, Betty Ichimura, Keiko Tanaka, Nobuko Yamaguchi, and Masako Korenaga performed ten traditional Japanese summer Bon dances flawlessly. The lively tempo of the music prompted us all to dance to the motions and keep in step to the upbeat lyrics of Tanko Bushi, Sakura Ondo, Don Pan Bushi, Maneki Neko, to name a few. Arigato to Sensei Miyazono and the Minyo dancers for an absolutely magnificent celebration.

August 16 - Candidates' Fair. No JCC meeting this morning.

August 23 - Birthday Greetings to all of the August celebrants, especially to Sumiko Higashi, age 90 and Stella Nakayama, age 91. May each of the birthday celebrants be blessed with continued good health, happiness, and many more birthdays. Special entertainment was provided by the Moiliili Community Center Dance Group, (JoAnn, Kazue, Kay, Mike, Linda, Nobu). The MCC Group performed hula numbers (Kanaka Waiwai, Pearly Shells), sang and danced beautifully to an assortment of songs, starting with Tooka Machi, Tabigasa Dochu, Ie Laishyan, Sado Okesa, Kiteki, and Shirasagi. The mixture of Hula and Japanese dances were such an enjoyment to all. Many thanks to all of the MCC performers and to Fay Murata who organized this delightful program. The birthday celebration ended with members participating in a Bon odori number, Tanko Bushi.

August 30 - The Palama Settlement "Dancin' Hearts" Line Dancers thrilled and excited the members with their upbeat and lively performance. LMPSC members, Betty Kotani, Yoneko Tsuchiyama, Elaine Kim, Kay Takaezu, and Iris Shimabukuro stomped the floor to the music of country western, Basa Nova, and Glenn Miller Big Band. The

highlights of this morning's program were comical dances, (Shojoyoji No Tanuki) performed by Yoneko Tsuchiyama, dressed in a raccoon costume, and (Holo Holo Kaa) performed by Nancy Yeda. Mahalo to the Dancin' Hearts for a wonderful entertaining program. The program concluded with everyone dancing to the electric slide.

Thought for Today: Life works better with happiness.

**EVENTS: 6-No meeting (Labor Day) 13-Chrysanthemum Festival 19-Birthday 27-Variety Show**

### **OKINAWA NENCHOSHA CLUB**

*by Irene Yamashita*

On **July 29**, Cindy Sheehan from **Hospice Hawaii** was our speaker. Although hospice care is associated with the elderly, it was interesting to learn that they will treat anyone and have even treated children. Home care as well as care in one of their facilities is tailored to meet the needs of the individual and the family. Handouts given out provided helpful information.

Our annual **ANDAGI** sale was a huge success, thanks to all our hard-working volunteers, some who arrived at the Center as early as 5:30 a.m. to begin mixing the dough and heating up the oil in woks to fry the ono doughnuts in time for the "Show and Sell" on **August 5<sup>th</sup>**. Tickets were sold in advance and, considering the rising cost of ingredients every year, keeping it at 3 for \$1.50 was a bargain. A big MAHALO to all who helped to make and package the labor-intensive popular Okinawan deep-fried doughnuts. It was amazing how quickly they sold out!

Celebration of **BEIJU** on **August 12** was a very special event this year. Members attaining the "Japanese" age of 88 this year were honored with leis and gifts and were dressed in colorful Bingatas (kimonos), thanks to **Mitsuko Nakasone Sensei** who provided them. The 13 honorees were: GLADYS HARADA, RUBY & TAKEJIRO HIGA, TOMIE HIGA, ELIZABETH HOWELL, VIOLET ISARA, YOSHIKO ISHIKAWA, ESTHER KONO, KIKU MORITA, SALLY NAKATA, STELLA OKUMA, ESTHER RAMONES, and ALICE YAHIKU. What an impressive sight to see them all on stage dressed royally in traditional attire for us to sing "Happy Birthday" and have each one introduced. **Takejiro Higa**, the lone male celebrant, was given the honor of blowing out the birthday candle. "Banzais" led by Masato Matsui and Henry Isara added that extra touch to the celebration. IPPE NIHEI DEBIRU to Toguchi Sensei for her generosity in making this year's event so special by providing the kimonos and the entertainment that followed. Her elegant classical dances to begin and end the odori program were a rare treat. Kudos to Sensei Shizuko Ellis and Sensei Kay Murata for their solo numbers and the Odori Classes from Kalihi, Kaneohe and Lanakila for their fine performances. It was an exciting morning which ended with delicious bentos and great fellowship.

HAPPY BIRTHDAY to our August celebrants who were honored on **August 19**. NANCY IKEHARA (93) and STELLA NAKAYAMA (91) reigned as Queens over the festivities. God bless you all with continued good health. Our own talents were showcased in a Variety Show. Mahalo to Karaoke singers Doris & Roy Nagamine, Joyce Kishimoto, May Yoshimura, Richard Tada, Betsy Miyahira, Edith Shito, Lynn Sekiya and Harry Nakasone. Doing the "Hardwood Stomp" were line dancers Betty Kotani, Yoneko Tsuchiyama, Iris Shimabukuro, Kay Takaezu and Nancy Yeda. Adding variety to the program were Sally Nakata (dance), Nancy Yeda (hula), Frank Toma (singing "La Paloma"), and May Asato (Kanayo and a drum number). Another round of applause for all our talented club members! We look forward to our next Variety Show.

Welcome **New Members**: Yaeko Arashiro, Noni Ko, Hazel Murakami, Tsuruko Nagamine, Gail Y. Nago, Charles Tanaka and Linda Yara.

**Okinawan Mixed Plate II: *Tusui ya takara.* (Old people are treasures to us.)**

**EVENTS: 2-Minyo Club 9-Speaker - Medicare Fraud 16-Birthday/Michael Tamae Karaoke Group 23-Meeting 30-Meeting**

### **PORTUGUESE CULTURE CLUB**

*by Ellen Kahalehoe*

The Portuguese Club would like to invite anyone who would like to join us and learn about the Portuguese culture to come and join us. We meet every Wednesday at 9:30 in the AR. Everyone welcome!!!

**EVENTS: 1-Meeting 8-Meeting 15-Meeting 22-Meeting 29-Meeting**

### **KOREAN CULTURE CLUB**

**EVENTS: 2-Dance/Drum/Lunch 9-Dance/Drum/Lunch 16- Dance/Drum/Lunch 23- Dance/Drum/Lunch 30-Dance/Drum/Lunch**

# SEPTEMBER 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CENTER HOURS Monday thru Friday 7:30 a.m. to 3:00 p.m. 2 Saturdays each month 8:30-11:30 a.m.		1 GLC - CPK Waikiki 11:30 am  Walk In Reg. →	2 BLOOD PRESSURE 9:00 AM	3	4 CENTER CLOSED
6 CENTER CLOSED Labor Day	7 <i>Excursion and Presentation Sign Up</i>	8 BLOOD PRESSURE 9:00 AM  PROGRAM COMMITTEE MTG 8:30 AM (CR)	9 BLOOD PRESSURE 9:00 AM	10 AARP Defensive Driving Course 9:00-1:00	11 FILIPINO CLUB 9:00 AM (AR)
13 BLOOD PRESSURE 9:00 AM  <i>MOVIE MONDAYS 11:00 AM (AR)</i>	14	15 2nd Excursion to Washington Place and lunch at Ward Warehouse 10:00 am	16 BLOOD PRESSURE 9:00 AM	17 CENTER CLOSED at 2:00 pm CCH Staff Mtg. 2:30 pm	18 CENTER CLOSED
20 Fall Session Begins  <i>MOVIE MONDAYS 11:00 AM (AR)</i>	21 BLOOD PRESSURE 9:00 AM	22	23 BLOOD PRESSURE 9:00 AM	24 IKEBANA 10:00 (LIB)	25 FILIPINO CLUB 9:00 AM (LAN)  NARFE 9:30 AM (SR)
27  <i>MOVIE MONDAYS 11:00 AM (AR)</i>	2	29 BLOOD PRESSURE 9:00 AM  NEW MEMBER ORIENTATION 9:00 am (LIB) PAB 12:00 PM (SR)	30 BLOOD PRESSURE 9:00 AM	ROOM ABBREVIATIONS AR-Activity Room CR-Craft Room DAN-Dance Studio GO-Game Room	ROOM ABBREVIATIONS LAX-Library Annex LAN-Lanai LIB-Library SR-Sewing Room

