

LANAKILA KŪPUNA NEWS



1640 Lanakila Ave., Honolulu, HI 96817

Telephone: (808) 847-1322

January 2016

A program of Catholic Charities Hawai'i funded in part by the State of Hawaii via contract with the State Executive Office on Aging (EOA) and the C&C of Honolulu, Elderly Affairs Division

Top 10 Healthy New Year's Resolutions for Seniors

recommended by

The American Geriatrics Society's Health in Aging Foundation:

1. Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats
2. Take a multivitamin
3. Be active
4. See your doctor regularly
5. Toast with a smaller glass
6. Guard against falls
7. Give your brain a workout
8. Quit smoking
9. Speak up when you feel down or anxious
10. Get enough sleep

Ask your doctor or other healthcare provider for advice about your resolutions

Message from Yuet Mui Kong, Program Coordinator:

Happy New Year!

I had a great time with the senior members at the Center's Annual Christmas Program at Japanese Cultural Center. Thanks to the special guests, performers, and door prize donors. Their participation and support lifted the spirits of our seniors in the holiday season, and helped the Center in carrying out our mission to keep seniors healthy and active.

What is your New Year's resolution? Whether you want to enhance your physical fitness or engage more in social activities, come to LMPSC's classes and programs. Get a head start on your resolutions to achieve your goal of staying active and healthy.

May the New Year bring joy, peace & happiness to you and your family!

Thanks

to 72 generous members who participated in

2015 Membership
Donation Drive

Total \$ raised: \$4050.00

Meals on Wheels

Resume on

Monday, January 11, 2016



CATHOLIC CHARITIES HAWAII

Visit us online at:

www.CatholicCharitiesHawaii.org
& look for our link to Lanakila Multi-



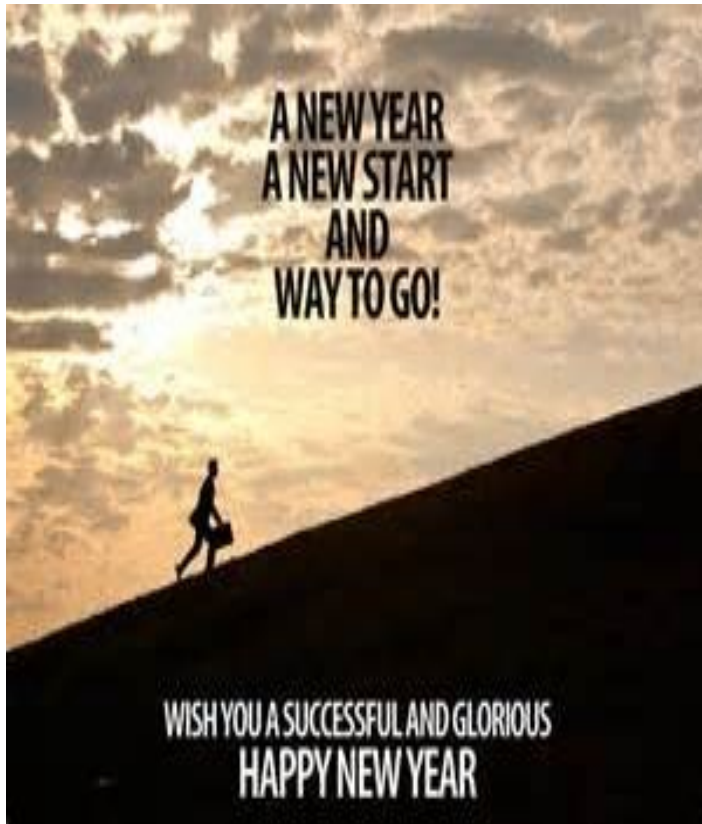
WELCOME

NEW MEMBERS!

In-Kind Donations

Received: November 21 ~ December 20, 2015

- | | |
|-----------------------|------------------|
| Chock, Mona | Lum, Eizabeth |
| Fujii, Jane | Matsuda, Gladys |
| Iwamoto, Tsu-
yako | Nagamine, Sayoko |
| Koepke, Mary | Nakoa, Gladys |
| Kainuma, Michi | Okuma, Stella |
| Kaneshiro, Itsuko | Sasaki, Theresa |
| Ko, Sin Cha | Takamiya, James |
| Lau, Lorraine | Tsutsumi, Alice |
| Lee, Toni | Wauke, Doris |
| | Yamane, Takeshi |



DONATIONS

RECEIVED: NOVEMBER 2015–DECEMBER 2015

HIBISCUS (\$100+)

- Mrs. Sandra Fukuda
- Mrs. Suzie Hasegawa
- Mr. and Mrs. Jack Katahira
- Ms. Janet Miyashiro
- Mrs. Karen Oda
- Mrs. Donald Ojiri
- Mr. and Mrs. Daly Stevens
- Mrs. Betty Taira
- Mrs. Doris Takara
- Mrs. Karen Takemoto
- Mrs. Lin How Yee
- Mr. David Young
- Mr. and Mrs. Patrick Young

BIRD OF PARADISE (\$50+)

- Mr. and Mrs. Chow Fook Choy
- Ms. Puna Frank
- Mr. James Infiesto
- Ms. Marty Kaili
- Mrs. Lorraine Kusumoto
- Mr. Harvey Lung
- Ms. Florence Marushige
- Mr. Leslie Matsubara
- Mrs. Rose Miyashiro
- Mrs. Doris Nakamura
- Mrs. Emmie Otake
- Mrs. Elizabeth Parker
- Mrs. Matsue Uehara
- Mrs. Jean Yamamoto
- Mrs. Harriet Yoshida

ANTHURIUM (\$49 & UNDER)

- Mrs. Sharon Abreu
- Mrs. Tan Fung Chan
- Mrs. Eiko Ching
- Mrs. Margarita Flores
- Mrs. Anita Hasegawa
- Mrs. Yu Kun Huang
- Ms. Lillian Inatsuka
- Mrs. Lai Ngor Li Chow
- Mrs. Wan Ping Lin
- Mrs. Zhao Fang Liu
- Mrs. Pei Ying Loui
- Mr. Henry Luc
- Mrs. Sau Yue Lum
- Mrs. Dorothy Mau
- Mrs. Agnes Miura
- Ms. Irene Nakamoto
- Mrs. Grace Tanouye
- Mrs. Mii Takakuwa
- Mrs. Mui Truong
- Mr. Glenn Yamasaki
- Mrs. Mee Ying Yim
- Mrs. Jean Yoshihara
- Mr. Run Tian Zhong

Mahalo!



- | | | |
|---------------------|----------------------|-------------------------|
| Marian Abe | Robert Ishihara | Consolacion Rabanal |
| Hermingilda Abenoja | Ngan Ying Jian Leung | Rose Marie Rose |
| Victor Agmata Jr. | Chieko Johnson | John Sabey |
| Nobue Akashi | Adeline Kaapa | Kumiko Sakai |
| Charles Amor | Ellen Kahalehoe | Sueno Sakamaki |
| Suk Cha An | Carol Mae Kamalu | Fabiana Sangcate |
| Jean Arakaki | Itsuko Kaneshiro | Kazuko Sasao |
| Jane Asato | Jack Katahira | Nancy Shimokawa |
| Janet Auyong | Reiko Kato | Edith Shito |
| Akiko Baba | Mariko Kawasaki | E. Yvonne Shoppach |
| Connie Baradi | Melvin Kellett | Felix Silvestre |
| Valiente Bumanglag | Jae Eup Kim | Joan Sima |
| John Burrows III | Pyung Choon Kim | Estelita Singson |
| Josephine Carreira | Sun Jin Kim | Maxima Solomon |
| Lourdes Castillo | Masako Kinoshita | Karen Takeshita |
| Hing Tim Chan | Masako Korenaga | Toyoko Tamanaha-Abelaye |
| Shu Chi Chen | Florence Koyama | Florence Tamura |
| Kwang Ja Chon | Kikuko Kumamoto | Linda Tanaka |
| Xuan Choriki | Dong Kushima | Grace Tanouye |
| Agnes Chun | Min Yan Lam | Amy Tari |
| Mie Clarke | Jane Leong | Yuriko Tengan |
| Chong Hui Curren | Neng Li | Lillian Thrasher |
| Lucia De Guzman | Danny Lim | Irma Tom |
| Suzuko Demola | Betty Marushige | Orie Toma |
| Emiliana Dumlaol | Marion Masuda | Masako Tomei |
| Shizuko Ellis | Terumi Matsukawa | Mui Truong |
| Encarnacion Fajardo | Paz Menez | Grace Tsukayama |
| Chuey Fong | Yoshinobu Miyahira | Maluina Tuafaiva |
| Sumie Furukawa | Grace Miyawaki | Consuelo Tumolva |
| Flora Gabay | Karen Mizuta | Jann Uyeda |
| Jane Ginoza | Alice Morioka | Roy Uyeda |
| Takako Goya | Kiyoko Moriyama | Priscilla Valentin |
| Nobu Gray | Charlotte Muranaka | Suzanne Van Schoor |
| Eiko Hayashida | Lorraine Muranaka | Olga Viray |
| Beatrice Heu | Stanley Nagamine | Setsuko Wakukawa |
| Grace Hidano | Janice Nakamura | Patricia Warren |
| Helen Hiraoka | Jean Nakanishi | Conchita Watanabe |
| Lillian Hiraoka | Harry Nakasone | Gertrude Werilli |
| Norma Hirata | Janet Nakasone | Jane Williams |
| Hiroko Hiyoshi | Hatsuko Nakata | Clifford Wong |
| Am Soon Ho | Takako Oda | Joan Wylie |
| Jocelyn Ho | Dawn Omoto | Florence Yamada |
| Violet Ho | Calvin Onogi | Kimiko Yamaguchi |
| Yi Hsiu Hong | Rene Oshiro | Iris Yamashiro |
| Hisako Horio | Janice Oto | Robert Yates |
| Ruth Horita | Jerry Pabro | Clara Yee |
| Hao Huynh | Hui Ying Pang | Nobu Yoshioka |
| Nancy Ichikawa | Mildred Pang | Callie Young |
| Jane Ifuku | Helen Park | Hengfar Yuen |
| Hanae Ikehara | Im Joon Park | Run Tian Zhong |
| Kazuko Ikenaga | Constance Petersen | |
| Yae Inoue | Lynn Phung | |

Staff Contact Information:

Yuet Mui Kong	Program Coordinator	Room 7	847-1322 Ext. 29
Cookie Irvine	Program Admin	Room 7	847-1322 Ext. 28
Iris Hiramoto	Membership Specialist	Room 4	847-1322 Ext. 24
Justin Trubiani	Program Specialist	Room 3	847-1322 Ext. 22



AARP

Tax Preparation

Every Monday

From Feb. 1 to Apr. 11

(except Feb. 15)

By appointment only

CULTURAL CLUB NEWS

CHINESE CULTURAL CLUB

BY DOROTHY MAU

Chinese Cultural Club Officers were installed December 18, 2015 at the Japanese Cultural Center. President Dorothy Mau, Vice President Cindy Choy, Secretary Helen Castilion, Treasurer Richard Thi, Assistant Treasurer Edna Low, Auditor Irene Kuhns, Assistant Auditor Walter Chun. Sgt. at Arms Run Tian Zhong, Chow Fook Choy Li Neng, and Mui Truong Thi. Club members enjoyed a speaker on Medical management and Program Coordinator Mui was our interpreter. Following that we enjoyed our Christmas potluck luncheon. We hope you enjoyed our performance of the Ten Days of a Chinese Christmas.

2016 will be the Year of the Monkey. Years of the Monkey are 1920, 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016. People born in the Year of the Monkey are witty, smart and have a magnetic personality. Mischievousness, cleverness, and curiosity makes them naughty. Anyhow, we love the monkeys and especially my great grandson who is 11 years old. To all of you, we wish you Kung Hee Fat Choy!

Events: 1/8 No meeting 1/15 Meeting / Narcissus Carving 1/22 Meeting 1/29 Bingo

JAPANESE CULTURAL CLUB

BY CLARICE KUMURA

Akemashite Omedetou Gozaimasu! Let us ring in the New Year with love, joy and happiness. We look forward to continued camaraderie among JCC members during the coming year. We will strive to welcome new members and open to fresh, novel ideas for our Monday gatherings.

Last year ended with a bang at Lanakila's annual X'mas party on Dec. 16 at the Japanese Chamber of Commerce. We had our own singing choir led by Lynn Sekiya represent JCC by singing their rendition of Silent Night. Awesome. So members, start practicing your dancing, singing or anything else you enjoy so we can have 100% participation in this year's annual party.

To start the New Year, we have our opening event on Jan. 11 by a Taiko performance by Jean Sugihara, dance by Judith Yogi and hula by Harmony's Hula Halau. On Jan. 25, we have a performance by Nelson Yoshioka's karaoke group and birthday celebrations. Celebrating 90+ years old are Nobue Akashi, Grace Hidano, Violet Ho, Nancy Ichikawa, Hanae Ikehara, Ellen Kahalehoe, Kay Masumoto, and Amy Tari.

Events: 1/11 - Taiko by Jean Sugihara; Dance by Judith Yogi; Hula by Harmony's Lanakila Hula
1/18 - Holiday 1/25 - Nelson Yoshioka's Karaoke Group/Birthday

KOREAN CULTURAL CLUB

BY TONI LEE

No Report

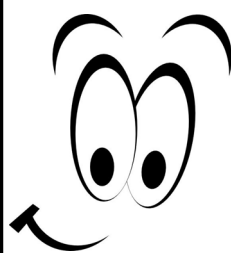
Events: 1/7—Meeting 1/14—Meeting 1/21—Meeting 1/28—Meeting

PORTUGUESE CULTURAL CLUB

BY PUNA FRANK

Bom dia... Decembro has come and gone...So have some members whom we'll dearly miss. May those who were or are unable to be with us, be blessed with good health, joy, peace, love and harmony in 2016. Mahalo for the fun-filled festive LMPSC Christmas Party. At the Japanese Cultural Center. Food was ono-licious, friends were warm company and trying to sing 12 days of Christmas with Portuguese Lyrics was hilariously fun! Come join us in January 2016. Membership will convene the 1st Wednesday in January at 9:00. As President I am excited to embark on another adventure filled year.

Events: 1/13—Meeting 1/20—Meeting 1/27—No Meeting



January is **National Glaucoma Awareness Month**. In the United States, approximately 120,000 are blind from glaucoma. Those at higher risk include people of African, Asian, and Hispanic descent. The best way to protect your sight from glaucoma is to get a comprehensive eye examination.

Source: www.glaucoma.org

HAWAIIAN CULTURAL CLUB

BY BETTY PARKER

No Report

Events: 1/12—Meeting 1/19—Meeting 1/26— Meeting

FILIPINO CULTURAL CLUB OF HONOLULU

BY HELEN CASTILLON

Members enjoyed Christmas Luncheon. The food was plentiful and delicious . Entertainment by LMPSC was awesome , special guest was a surprise performance by Chantel. Hope she will be able to visit us again! Thank you FCC performers, you did a good job even without rehearsal. Be prepared in the coming years to Play, Learn and Serve. P.S. Volunteer of the year “Big Man” well deserved.

Events: 1/16—Meeting 1/23 Birthday Celebration

OKINAWAN NENCHOSHA CLUB

BY DIANE KAWAKAMI

Akisamiyo! 2015 has come and gone. January (Soogwachi) is here and with the 2016 New Year, we ask for your continued support of our club and officers.

For a recap of December, on the 3rd, Shiyu Kai under the direction of Sensei Yamaguchi, entertained us with beautiful Japanese dances. As an added bonus, they also had Karaoke Singers. Thank you Shiyu Kai and hope you will continue to entertain us. On the 10th of December birthday celebrants were entertained by our own members. We had singers, dancers, and a special performance by two “Churakagi Wikiga” (beautiful men) who tried to imitate the motions of Toguchi Sensei’s Okinawan dancers. Of course they didn’t do a very good job but they got a lot of laughs. Dikiton! (Well Done) to all those who participated.

While our club had just two meetings in December, our club was well represented at the LMPSC Christmas Luncheon. While enjoying good food and fellowship with other members of LMPSC, the different cultural clubs sang or danced. Toguchi Sensei’s Okinawan Dance Troupe also performed but it was Nenchosha Club’s own “Churakagi Yatchiis” (beautiful elder brothers) that brought the audience to tears of laughter with their “She Bang” dance which was choreographed by President Jane Higa. What a way to end the year

Events: 1/14—Officer Program 1/21— Birthday 1/28—Meeting

Senior Companion Program (SCP)

SCP is a program of the Corporation for National & Community Service. It is sponsored state-wide by Hawaii Department of Human Services

The Companions are the senior volunteers committed to providing support to seniors to help them remain independent for as long as possible.

The Companions provide support by running errands, assisting with transportation to appointments, and providing simple meal preparation, & even accompanying to the LMPSC, etc.

Who is eligible for services: 55 years of age or older; no income eligibility requirement; & living independently in the community

Cost: \$0

LMPSC is going to be one of the SCP Volunteer Stations starting in January, 2016. Please contact our staff for more information.



Lanakila Multi-Purpose Senior Center celebrated its Annual Holiday Christmas Party on Wednesday, December 16th, 2015. The party was a fantastic event with excellent entertainment and food. Over two hundred members were in attendance enjoying one another company. Long time LMPSC Member and volunteer ukulele instructor Jerry Ojiri was honored with the Volunteer of the Year Award. Jerry Ojiri has been an active member and volunteer of Lanakila Multi-Purpose Senior Center for over 25 years. Santa Clause and Mrs. Clause were also in attendance at the Christmas Party and were taking festive pictures with anyone who wanted to have their picture taken. Happy New Year!



MONDAY				TUESDAY			
Time	Class Title	Instructor/Leader	Location	Time	Class Title	Instructor/Leader	Location
8:00	Walking Group	Group	Library	7:30	Mah Jong	Sugihara	Library
9:00	Japanese Cultural Club	Sueda	Lanai/ Activity Room	8:30	Needle & Thread Workshop	Sueda	Sewing Room
10:00	Lei Making Group	Tsutsumi	Crafts Room	8:30	Hawaiian Quilt, etc.	Hirashiki/ Takamoto	Crafts Room
10:00	Harmony's Hula ♦	Brighter	Dance Studio	9:00	Tai Chi	Koike/Wong	Lanai
10:30	Tai Chi For Health	Lau	Library Annex	9:30	Hawaiian Cultural Club	Dela Cruz	Activity Room
10:30	Novice Ukulele	Ojiri	Sewing Room	10:00	Crafts by Florence	Tamura	Library Annex
9:30	Beg. Taisho Koto	Takeuchi/Sueda	Library	10:00	Harmony's Hula ♦	Brighter	Dance Studio
11:00	Intro to Yoga	Hasegawa	Lanai	10:00	Japanese Calligraphy	Usami	Sewing Room
				10:15	Sahm Bo Dahn	Katahira/Higuchi	Lanai
WEDNESDAY				THURSDAY			
Time	Class Title	Instructor/Leader	Location	Time	Class Title	Instructor/Leader	Location
8:00	Walking Group	Group	Library	8:30	Arts & Crafts	Perry/Higa/Kang	Sewing Room
8:30	Stretch and Tone	Werle	Lanai	9:00	Okinawa Nenchosha Club	Higa	Lanai/ Activity Room
9:00	Sewing by Nakasone	Nakasone/Ito	Craft Room/ Sewing Room	9:00	Korean Dance/Club	Lee	Dance Studio/Craft
9:30	Intro to Yoga	Hasegawa	Dance Studio	9:00	Enka Class	Arakaki/Nakano	Library Annex
9:00	Portuguese Cultural Club	Frank	Activity Room	9:00	Taisho Koto	Takeuchi/Sueda	Library
10:00	Adv. Beg. Line Dance	Wauke/Chang	Lanai	10:00	Crafts by Florence	Tamura	Sewing Room
10:00	Ellen's Ukulele	Kong/Tangonan/Lindo	Library	11:00	Okinawan Dance	Nakasone/Ellis	Lanai
10:00	Happy Seniors Serenaders	Miyashiro/Ojiri/Ko	Sewing Room				
11:00	Tai Chi for Health	Lau	Library Annex				
11:00	New Novice Ukulele	Ojiri	Go Room				
11:00	Exercise with Karate	Kellett	Dance Studio				
12:00	Basic English*	Maeda	Sewing Room				
FRIDAY				SATURDAY			
Time	Class Title	Instructor/Leader	Location	Time	Class Title	Instructor/Leader	Location
9:00	Folk Sing Along	Chong/Gray	Library Annex	9:00	Filipino Cultural Club of	Castillon	Lanai/ Activity Room
9:00	Fusion Exercise	Gittelman	Lanai		Honolulu		
9:30	Chinese Cultural Club	Mau	Activity Room				
10:30	Tap Dance	Koepke/Martin	Dance Studio		*DOE-funded Classes		
10:00	Sahm Bo Dahn	Katahira/Higuchi	Lanai		♦Center-funded Classes		

JANUARY 2016

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4 Leadership Training	5 Leadership Training	6 Blood Pressure Screenings	7 Punahou Class 74 ⁺ & Generation Magazine Senior Health Fair	8	9
10	11 Classes, Clubs, & Meals on Wheels resume	12	13 Blood Pressure Screenings Program Committee Meeting (8:30)	14	15 CSS Gen. Staff Meeting, Center closed at 2:00	16 FCC(8:30)
17	18 Dr. MLK Jr. Day CENTER CLOSED	19	20 Blood Pressure Screenings Legislature Opens	21	22	23 FCC (8:30)
24 /31	25	26	27 Blood Pressure Screenings New Member Orientation (9:00) PAB (12:00)	28	29	30

Center Hours

Monday - Friday

7:30 am - 3:00 pm

Saturday (2x/month)

8:30 am - 11:30 am



CATHOLIC CHARITIES HAWAII

Lanakila Multi-Purpose Senior Center

1640 Lanakila Avenue

Honolulu, Hawaii 96817

Center Staff

Yuet Mui Kong..... Program Coordinator

Justin Trubiani..... Program Specialist

Iris Hiramoto.....Membership Specialist

Cookie Irvine.....Program Support Asst.

Lodi Tapawan.....Custodian

WE PLAY, WE LEARN, WE SERVE