Message from Yuet Mui Kong,
Program Coordinator

LMPSC in the Media: Generations Magazine’s publisher/editor and crew visited the Center on Feb. 11th to photo activities and members. **BE ON THE LOOKOUT:** The Center will be featured in Generations Magazine’s April/May 2016 issue! Richard Tada, Helen Castillon, and Diane Kawakami are featured, representing the Center’s motto, “We Play, We Learn, We Serve.” Also, Hawaii Public Radio interviewed Center staff and seniors about AARP’s Tax Aid on Feb. 22nd. **STAY TUNED:** The interview will be aired on the radio this month! And on Feb. 23rd, Hawaii News Now took video footage of Center activities for Hawaii Community Foundation’s upcoming ad campaign. We were glad to participate in the effort that will encourage charitable giving. **WATCH YOUR TV:** Expected to air in March.

**MORE GOOD NEWS:** The State of Hawaii, Department of Health has issued the Green **PASS** for both of the Center’s kitchens. Thanks to the Center’s members and kitchen volunteers who keep the kitchens clean and comply with the rules for sanitary kitchen operations. I am very proud of them!
NEW MEMBERS!
Amy Hagihara
Kathy Haruno
Kei Matsumoto
Setsuo Momota
Frank Murakawa
Bridgid Nakamura
Fumiko Nishida
Hisako Sugiyama
Alexander Takaki
Yuriko Tcheou
Sachiko Teruya
Takeo Teruya
Tomoki Tokuhiro
Stephanie Underwood
Nancy Young

In-Kind Donations
Received: November 21 ~ December 20, 2015
Chan, Tan Fung
Chang, Grace
Hamada, Nobuko
Harano, Caroline
Ichikawa, Dorine
Ishimoto, Mabel
Kageno, Madeline
Kainuma, Michi
Kaneshiro, Etsuko
Kang, Nancy
Kawada, Masako
Kimura, Grace
Kinoshita, Masako
Koepke, Mary
Lee, Ann Chong
Low, Edna
Marushige, Florence
Matsubara, Les
Nagamine, Stanley
Nakata, Sakae
Nishida, Jean
Ojiri, Donald
Okuma, Stella
Sasaki, Teresa
Smith, Yacko
Takakuwa, Mii
Takara, Doris
Tanaka, Aileen
Tari, Amy
Tomiyama, Nishie
Tsuchiyama, Yoneko
Tsutsumi, Alice
Uejo, Kathy
Wauke, Doris

**Donations**
Received: November 2015 – December 2015

**PIKAKE ($1000+)**
Okinawa Nenchosha Club

**HIBISCUS ($100+)**
Mr. Ralph Kawano
Ms. Sakae Nakata
Mr. and Mrs. Daly Stevens
Makiko Tanaka, RN, Ph.D.

**BIRD OF PARADISE ($50+)**
Mrs. Yoshino Teruya

**ANthurium ($49 & under)**
Mrs. Dorothy Alvarado
Mr. William Madigan
Mr. Setsuo Momota
Ms. Francisca Gascon
Mrs. Moana Gray
Mr. Glenn Yamasaki
Mrs. Evelyn Yamashiro

**Thank you for your generosity!**

**FREE DAILY STAR ADVERTISER NEWSPAPERS**
At Front Desk
Please pick one up and take it home
### Staff Contact Information:

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<th>Title</th>
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<tr>
<td>Yuet Mui Kong</td>
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<td>Cookie</td>
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<tr>
<td>Iris</td>
<td>Membership Specialist</td>
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<tr>
<td>Hiramoto</td>
<td>Specialist</td>
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<td>Justin</td>
<td>Program</td>
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<td>Trubiani</td>
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<td>Ext. 22</td>
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### Are You Interested In Learning Japanese?

See the front desk for more information about basic Japanese language class!

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**AARP Tax Preparation**

Every Monday
From February 1st to April 11th
(except February 15th)
By appointment only

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HAPPY BIRTHDAY!
Cultural Club News

Chinese Cultural Club

by Dorothy Mau

Happy Chinese New Year! February 8th was the Chinese New Year for 2016 and we greet everyone Kung Hee Fat Choy! We had a New Year's Party and our entertainers were Mrs. Shirley Lau, Huang Yu Kun, and Li Neng. We are hoping that the two young ladies from China who did some dances for us will soon return and become our new members.

The date for Chinese New Year is based on the Lunar calendar and not the Gregorian calendar, somewhere from January 21st to February 20th. 2016 is the Year of the Monkey, so watch out for the Monkeys. At one of our meetings we did a Monkey See and Monkey Do game. Traditional Chinese New Year includes family reunion with big dinners, giving li-see (money wrapped in red envelope) firecrackers, new clothes, and new decorations.

It is time for the big businesses such as banks to hang up red lanterns and paste red couplets on their doors. Food served is gau (sticky brown mochi pudding) to symbolize togetherness and fish because the word fish in Chinese sounds like surplus. Eating fish is, therefore, believed to bring surplus of money and good luck for the New Year. Many Chinese people go the temple and pray for a year of good luck, prosperity and good health! Again KUNG HEE FAT CHOY!

Events:
3/2 — Meeting
3/16 — Windward Mall

Japanese Cultural Club

by Clarice Kumura

Just wanted to share this about life --"How The Japanese Do Things" -- Japan prevents the use of mobile phones in trains, restaurants and indoors. From first to sixth primary year, Japanese students must learn ethics in dealing with people. Even though one of the richest people in the world, the Japanese do not have servants. The parents are responsible for their house and also their children. There is no examination from the first to the third primary level because the goal of education is to instill concepts and character building. If you go to a buffet restaurant in Japan, you will notice people only eat as much as they need without any waste because food must not be wasted. -- We should all practice this lifestyle.

On February 8th, we celebrated our annual New Year's luncheon with entertainment by Madge Sodetani and her graceful dancers. We ended with everyone dancing to Tankou Bushi bon dance style. The healthy bento lunch with an assortment of dishes was a winner. Can't wait for next year. On February 22nd, Yasuko Takeuchi and her Taisho Koto players played music from yesteryear and brought back nostalgic memories.

On March 7 we look forward to a variety of special guests celebrating Hinamatsuri. Don't miss out on this special Girl's Day event. On March 14 the Office of the Attorney General will speak on ID Theft. On March 21, we have Member's Variety Show and Birthday celebrations, especially for 90+ year young Jerry Ojiri and Esther Ramones. On March 28, we will be educated on Medicare coverage by Premier Benefit Consultants.

Event:
3/7 - Hinamatsuri
3/14 - ID Theft from AG's Office
3/21 – Member's Variety Show/Birthday
3/28 - Medicare coverage

Korean Cultural Club

by Toni Lee

NO REPORT

Events:
3/3—Meeting
3/10—Meeting
3/17—Meeting
3/24—Meeting
3/31—Meeting

Portuguese Cultural Club

by Puna Frank

NO REPORT

Events:
3/2—Meeting
3/16—Windward Mall
HAWAIIAN CULTURAL CLUB

February was a short month and we were honored by two guest speakers who shared their knowledge and thoughts with us. Akahi, Lokahi, ‘Olu’olu, Ha’aha’a, Ahonui. The first letter of these important words spell ALOHA. These Hawaiian values—Kindness, Unity, Pleasantness, Humility, Patience, were part of Kumu Puna Kalama—Dawson’s presentation. Her halau, Na Pua Hala O Kaua‘i, is based on Kauai and we so appreciate her coming to spend time with us. She shared a few oli, chants and songs with us. We learned to hula Ka Uane Nui and E Alu Like. Before she left the center to return home, Kumu Puna expressed her happiness to see so many active Kupuna participating in a variety of activities offered at the center.

A presentation on HO‘OPONOPONO was made by Garriss Akiona. HO‘OPONOPONO deals with the process to set right, put in order, to care for, to correct, to adjust, to amend etc. This process was used to restore harmony and unity regarding interpersonal problems. It required Aloha of all members and the demonstration of Kokua (mutual assistance) and Laulima (Cooperation). Three major steps includes Preparation, Problem Identification, and Resolution. We hope to continue learning more of this problem-solving process called HO‘OPONOPONO.


Filipino Cultural Club of Honolulu

Speaker Letty Wilson from Mountain Pacific Health did a demonstration on parts of the body. Very interesting and informational presentation. Thank you for coming out on a Saturday to educate our seniors. We cancelled making our lumpia for the Show N’ Sell on February 12th due to health reasons. Hope to participate in the next Show N’ Sell. Birthday celebrants Greg Jeong and Helmer Dela Cruz had a good time on February 20th. There was lots of music and dancing.

Events: 3/5—Meeting 3/19 - Birthday Celebration

Okinawan Nenchosha Club

Haitai Gusuyo! Akisamiyo, Sangwachi (March) is already upon us. Nigwachi (February) was a month of interesting topics and tidee (entertainment) by our members. First on February 4th Harolyn Toma from Regal Travel gave us information when taking trips including cruises. She also gave insight about traveling as a caregiver.

On February 11 we celebrated Ii Soogwachi (New Year) with maasan (delicious) bento and entertainment by Sensei Mitsuko Toguchi Nakasone’s dancers. Our 90 and 90 plus year old members were honored by the club by treating them to the bento and special made mochi. These members are ganjuumun (strong and healthy).

The following week was an educational health presentation by Kaiser Permanente. Their presentation focused mainly on Alzheimer’s including risk factors and ways to keep our mind sharp with brain ashibi (games).

Finally on the 25th, our members took the stage with singing and dancing. Even members in the audience got involved with a special chair exercise dance choreographed by Joyce Kishimoto. Ippe Nifee Deebiru to all participants.

Sangwachi (March) will begin with a Tai Chi demonstration. Kwimisooree njiin (Please attend) all our meetings for you’ll never know when we’ll have surprise special guests.

Events: 3/3—Nuuanu YMCA Tai Chi 3/10—Naleo Nahenahe 3/17—Birthday
3/24—Wong’s Meat Market 3/31—Honolulu Fire Department

Walk in Registration

Monday, March 14th to Friday, March 18th
8:00am to 10:30am
Save $1 on your Class Registrations
Lanakila Multi-Purpose Senior Center was lucky enough to have the amazing nursing students from Chaminade University conduct an awesome Senior Health Fair. The nursing students are often here doing blood pressure screenings. On Feb. 17, they went above and beyond in conducting a health fair with valuable information for LMPSC members. Included were topics on healthy diet and cooking, different exercises for seniors, and various health screenings. Chaminade Nursing Students led classes in Zumba Exercise. They made turkey lettuce wraps for our members at the Cooking Demo. The turkey lettuce wraps were very healthy and delicious. Along with Chaminade Nursing Students, the Vision Van Project came and conducted vision screenings.
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<td>10:00</td>
<td>Harmony’s Hula♦</td>
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<td>Tai Chi For Health</td>
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<td>Beg.Taisho Koto</td>
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<td>Basic English*</td>
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**Walk-In Registration**

**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**