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CHAMINADE STUDENTS BACK AT CENTER

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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, and a Persons In Need grant from the May Templeton Hopper Fund of the Hawai‘i Community Foundation.
Why Get a Flu Shot?

71-85% of flu-related deaths occur in people age 65+!

A yearly flu shot is **highly** recommended for people over age 65. Try to get your shot before October, when flu activity starts to rise (but remember that you can get the flu all year-round). **The flu vaccine is now available.**

Check with your doctor if you have an allergy to eggs or other vaccine ingredients, or have ever had Guillain-Barre Syndrome. And don’t take the shot when you feel sick.

Flu symptoms include one or more of the following:
- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea
  (more common in children)

The flu can spread to others up to about 6 feet away. **If you are sick, stay home!** Cover your mouth when coughing. Wash your hands often with soap and water. If water is not available, use an alcohol-based hand rub. Do not share linen, eating utensils or dishes with those who are sick without washing them thoroughly. Frequently touched surfaces should be cleaned & disinfected often.


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Welcome New Members!

Christine Chun  
David Chun  
Karen Chun  
Claire Groom  
Consolacion Ramos  
Patsy Tamashiro  
May Watanabe

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A MESSAGE FROM DIANE

Say hello to the Chaminade University nursing students, under the supervision of Cera Kim-Sunada, who are here on Tuesday and Wednesday mornings through early October. They will be doing blood pressure checks, other health screenings, and planning a **health fair** at the Center that will be held on Wed., September 28th.

Remember to check out the annual **Hawaii Seniors’ Fair**, held at the Blaisdell Exhibition Hall on September 23, 24 & 25, 8:30 a.m. to 4:30 p.m. Stop by to say hello to staff at the Catholic Charities Hawai`i booth!

And to all grandparents, have a **Happy Grandparents Day** on Sun., September 11!

“If I had known how wonderful it would be to have grandchildren, I’d have had them first. “ Lois Wyse

Surely, two of the most satisfying experiences in life must be those of being a grandchild or a grandparent. ~Donald A. Norberg

Diane Terada, Division Administrator
A Month of Celebrations

Our annual FUN DAY was held on July 28. Mahalo to co-chairs Harry & Flora Nakasone for planning the event and all those who helped with the games. Besides winning prizes, everyone enjoyed the snacks they received.

We enjoyed the entertainment of Sensei Yamaguchi’s Shiyukai on Aug. 4. Dances performed in beautiful kimonos and talented karaoke singers added to the variety show. The delightful morning ended with the audience joining in the Tanko Bushi.

Two important events in the Okinawan culture were celebrated on Aug. 11: (1) Beiju when people reach age 88 and (2) Kajimaya, age 97. Our 6 Beiju celebrants were May Kawasaki, Clarence Nakasone, Yurie Takai, Doris Takara, Grace Tanouye, and Jane Yamashiro. Celebrating Kajimaya, were Masato Matsui and Amy Tari. All honorees were lavishly dressed in beautiful kimonos through the generosity of Toguchi Sensei. Program started with a parade of windmills and clanging of cymbals to signify the returning to childhood at age 97. Special guests were present for this auspicious occasion that ended with the Kachashi & bentos. Ippe Nifee Debiru to Toguchi Sensei’s Okinawan
dance classes for providing the entertainment.

Show & Sell on Aug. 18 was another event highlighting our culture as we made and sold our delicious andagi doughnuts. Although the profit margin was minimal, perpetuating our culture and the camaraderie of working together outweighed any profit margin. Thank you to everyone who bought tickets.

Our Birthday/Variety Show on Aug. 25 celebrated 9 of our members including special honorees Masako Kawada (91) and Sally Asato (89). Mahalo to our talented members who sang (Roy Nagamine, Harry Nakasone, Richard Tada, Jean & Bobby Ishihara) and dancers Toguchi Sensei, Diana Kawaguchi, Pat Takeuchi, Lari Koga, Diane Kawakami, and “Because of You” dancers Takako Goya, Chieko Tokuda, Yaeko Miyahira, Yoshiko Kumura, Suzuko Demola, Masako Asato, Kay Fukuvara, Yasuko Miyazawa, & Nancy Akamichi.

**Okinawan Proverb:** “Chu uyamee ru duu uyamee” (If you respect others, they will respect you.)

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**OKINAWAN NENCHOSHA CLUB UPDATE**  
By Irene Yamashita

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**WALK-IN REGISTRATION**  
Make sure you register to join your favorite classes!  
August 29 – September 02  
8:00 am – 10:30 am

**CHAMINADE HEALTH FAIR**  
September 28, 2016  
8:30 am – 11:30 am  
Sign up at the front desk!
Doris Wauke - We will truly miss Doris for her enthusiasm & dedication. She served as our Club’s Vice President, lead us in our Monday exercises, took care of the Bingo games, and cheerfully fulfilled other tasks assigned to her. Aloha Doris.

Gladys Goka - At 101 years old, Gladys was independent and caught the bus regularly to attend JCC meetings. We were fortunate enough to celebrate her 100 years old birthday with her family here at Lanakila. Aloha Gladys.

It’s back to school time and we all know how traffic is during this time of the year. Being the Akamai seniors that you are, we know that you will continue to be patient, alert, and street smart as a driver or pedestrian. Be safe on the road!

August was a month of fun-filled activities. On Aug. 1, we celebrated O-Bon with Sensei Madge Sodetani and her performers. Everyone who participated dressed in their happi coats and danced to Tankobushi. On the 8th, we learned a lot from the documentary film on the atomic bombing of Hiroshima. The following Monday, we heard from Kiyoko Ing of the Senior Medicare Patrol on “Don’t Get Scammed.” On Aug. 22, we enjoyed the performers from Sensei Yamaguchi’s karaoke and odori group.

Happy Birthday wishes for the month of September goes out to our 90+ years young members: Walter Ho, Yoshiko Kaneshiro, and David Young.

JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

A Busy Time

9/5 HOLIDAY
9/12 ALOHA TOFU VIDEO & SAMPLING
9/19 BIRTHDAY/BRIAN SUZUKI KARAOKE GROUP
9/26 RAINA ITAGAKI- PREMIER BENEFIT
CONSULTANT TO MEDICARE
FILIPINO CULTURAL CLUB UPDATE by Helen Castillon

Thank you Lourdes Sumaoang & Lita Singson for your participation on Show & Sell day!
Our club event on Aug. 27 was a success! The highlight was our center pieces & favors, slide show on past events, music, food, bingo & door prizes. Entertainment included Letty Dolor’s line dancers, fashionistas- judges were guests Willis & Letty who picked three winners. Thank you volunteers Kurt & Bernice, all members, and officers of FCC!

HAWAIIAN CULTURAL CLUB UPDATE by Sharon Tulba

We went on a field trip to Kapolei to see where the rail starts from, and tour through Kapolei. Afterwards, we had lunch at Makino Chaya. We all had a wonderful time!

Our Show & Sell was a success! Our lau lau plate and pickled onions all sold out. A lot of our items from elephant sale was also sold.

Janet taught us the hula to E Huli Makou, and we are discussing our next outing to The Plaza at Pearl City and Maluhia Hospital to visit our two members. Nursing students from Chaminade talked to us about blood pressure, our heart, and how we should watch our diets and exercise to stay healthy.

MEETINGS 9/6, 9/13, 9/20, & 9/27

PORTUGUESE CULTURAL CLUB UPDATE by Puna Frank

Bom dia...Obrigado to our trusty members, Rose, Jane, & Moana for manning our booth at Show & Sell. We unfortunately missed our 1k goal (Ha! Ha! Ha!) We sold out on fried rice and were able to close shop early. Come November, PCC, HCC and FCC will host Show & Sell. Be there...all it takes is commitment!

Our trek to Windward Mall was relaxing and rating the food was interesting. Thanks to our CCVan driver, Ray, we arrived early to pick places to dine. We rated Marukai Tei, a Chinese restaurant, a ramen shop, Hot Dog on a Stick, and Dairy Queens.

Ho Hos Restaurant is our next outing. Wanna join? There’s 2 or 3 more seats to accommodate any Lanakila EAD registered member. Until then...

MEETINGS 9/7 & 9/21
Mahalo

Thank you so much for your generosity!

Chinese Cultural Club
MEETINGS 9/2, 9/9, 9/16, 9/23, 9/30

Korean Cultural Club
MEETINGS 9/1, 9/8, 9/15, 9/22, 9/29

KAHILI GINGER ($250)
M/M John Kitashiro
Ms. Virginia Vance

HIBISCUS ($100+)
Mrs. Betty Chinen
Mrs. Linda Sekiya
Mrs. Juliet Shimabukuro
M/M Daly Stevens
Mrs. Anne Yamamoto

BIRD OF PARADISE ($50+)
Mrs. Salud Dizon
Mr. Warren Hasegawa
Ms. Elaine Kim
Mrs. Jean Nishida
Mrs. Ethel Yamaguchi

ANTHURIUM ($49 & UNDER)
Mrs. Elsie Hummel
Mrs. Stella Isara
Mrs. Madge Sodetani
Ms. Emiko Yoshida
Mr. Glenn Yamasaki
NARFE

IN-KIND GIFTS
Brighter, Harmony Gonsalves, Barbara Higa, Alice Ho, Walter Kaneshiro, Itsuko Kawada, Masako Kumamoto, Kikuko Li, Neng Low, Edna Lum, Elizabeth Nakasato, Dennis Okuma, Stella Paik, Grace Perry, Gwen Sasahara, Barbara Shito, Edith Tsutsumi, Alice Vance, Virginia Watanabe, Emiko Wauke, Doris Watake, Doris Yahiku, Family Yee, Lin How Yogi, Judi Yoshida, Emiko

Barbara Takeshita
Kathleen Tamashiro
Kay Tamashiro
Aileen Tanaka
Kenneth Tashiro
Peter Teruya
Sumiko Teruya
Takeo Teruya
Toshiko Tougus
Caroline Toyama
Yolanda Trejo
Jesus Tumolva
Katherin Uejo
Jane Uyesato
Rae Watanabe
Rose Watt
Cynthia Wong
Katherine Wong
Qi Yan Wu
Ruth Wuest
Yukiko Yahiku
Ethel Yamaguchi
Edith Yamamoto
Doris Yamane
Glenn Yamasaki
Jishao Yang
Edith Yasuda
Chong Hee Yasutake
Lin How Yee
Earl Yonemura
David Young
Sharon Young
Marion Yuen
Lilia Zarzosa

Happy Birthday!
<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
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<tr>
<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda/Koiko</td>
<td>Lanai/Activity Room</td>
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<tr>
<td>9:30am</td>
<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<tr>
<td>10:00am</td>
<td>Lei-Making Group</td>
<td>Tsutsumi</td>
<td>Craft Room</td>
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<tr>
<td>10:30am</td>
<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<tr>
<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<tr>
<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasagawa</td>
<td>Lanai</td>
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<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou</td>
<td>Library</td>
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<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara</td>
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<tr>
<td>8:00am</td>
<td>Fan Tai Chi</td>
<td>Koike</td>
<td>Lanai</td>
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<tr>
<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda/Takeuchi/Sueda</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Hawaiian Quilt, Etc.</td>
<td>Hirashiki/Takamoto</td>
<td>Craft Room</td>
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<td>Tai Chi</td>
<td>Koike/Hee</td>
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<td>Hawaiian Cultural Club</td>
<td>Dela Cruz</td>
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<td>10:00am</td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<td>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<td>Walking Group</td>
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<td>Library</td>
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<td>8:30am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
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<tr>
<td>9:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
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<td>9:30am</td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
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<tr>
<td>9:30am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Dance Studio</td>
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<tr>
<td>10:00am</td>
<td>Line Dance</td>
<td>Chang</td>
<td>Lanai</td>
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<tr>
<td>10:00am</td>
<td>Ellen's Ukulele</td>
<td>Kong/Tangonan/Lindo</td>
<td>Library</td>
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<tr>
<td>10:00am</td>
<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Tai Chi for Health</td>
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<td>Activity Room</td>
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<td>11:00am</td>
<td>Exercise with Karate</td>
<td>Kellett</td>
<td>Dance Studio</td>
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<tr>
<td>8:30am</td>
<td>Arts &amp; Crafts</td>
<td>Perry</td>
<td>Sewing Room</td>
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<td>9:00am</td>
<td>Okinawa Nenchoshia Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
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<td>9:00am</td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<tr>
<td>9:00am</td>
<td>Enka Class</td>
<td>Arakaki/Kishimoto</td>
<td>Library Annex</td>
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<td>10:00am</td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
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<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
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<td>9:00am</td>
<td>Folk Sing Along</td>
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<td>Library Annex</td>
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<td>9:30am</td>
<td>Fusion Exercise</td>
<td>Gittleman</td>
<td>Lanai</td>
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<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
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<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<td>11:00am</td>
<td>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing Room</td>
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<td>Filipino Cultural Club</td>
<td>Castillon</td>
<td>Lanai/Activity Room</td>
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<tr>
<td>CENTER CLOSED: Labor Day</td>
<td>GLC to Sakura Terrace</td>
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<td>Chaminade Health Fair (8:30) New Member Orientation (9:00) PAB (12:00)</td>
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**Let’s Keep in Touch**

1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322
www.catholiccharitieshawaii.org

**Center Hours**

Monday-Friday 7:30am-3:00pm
Saturday (2x/month) 8:30am-11:30am

**Center Staff**

<table>
<thead>
<tr>
<th>Vacant</th>
<th>Program Coordinator</th>
<th>Rm 7</th>
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<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<td>Rm 3</td>
<td>Ext. 22</td>
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<tr>
<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td>Rm 4</td>
<td>Ext. 24</td>
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<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
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<tr>
<td>Judy Taketa</td>
<td>Social Wkr/Case Mgr (M/W mornings)</td>
<td>Rm 6</td>
<td>Ext. 26</td>
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<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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