Inside This Issue:
GET READY FOR HEALTHY LIVING

Message from Susie  2
Cultural Club Updates  3
Mahalo to our Donors  6
Schedule of Clubs & Classes  7
Upcoming Events Calendar  8
A MESSAGE FROM SUSIE

Mahalo nui loa to AARP Hawaii, Audibel Hearing Center, Aloha Care, Bright Smiles Hawaii, Captioncall, Chinatown Lions Club, City Department of Parks and Recreation, City Mill, State Department of Commerce and Consumer Affairs, State Department of Health Injury Prevention Branch, West Honolulu Public Health Nursing Branch, City Department of Transportation Services, ‘Ekahi Ornish Lifestyle Medicine, City Elderly Affairs Division, Ethel Yamaguchi, Financial Benefits Insurance, First Hawaiian Bank, G Town Catering, Hawaii Academy of Nutrition and Dietetics, Hawaii Family Caregiver Coalition, Hawaii Institute of Integrative Health, HMSA, Hawaii Neurotrauma Registry, Hawaii USA Federal Credit Union, Honolulu Fire Department, Honolulu Police Department, Humana, Iron Circle Hawaii, Kalihi YMCA, Kalihi-Palama Health Center, Kokua Kalihi Valley, Kuakini Health System, Lanakila Elementary School, Maluhia Hospital, Massage Therapists Association of Hawaii, Mental Health America of Honolulu, Moiliili Community Center, Mokichi Okada Association (MOA) Hawaii, Mountain-Pacific Quality Health Foundation, National Disaster Preparedness Training Center, Ohana Health, Pacific Gateway Center, Pharmacare Hawaii, Project VISION Hawaii, Randy Lau, Rehabilitation Hospital of the Pacific, Roosevelt Leo Club, Roots Café, SKY Kombucha, United Healthcare, and YMCA of Honolulu for doing an outstanding job at the Senior Health and Wellness Fair on June 16th. We all have learned something new to take care of ourselves and our family and friends. I would like to express much gratitude to all these community partners and the Center staff, volunteers, and members for contributing to the success of this event.

Michelle Acosta and Angela Min from Volunteer Legal Services Hawaii conducted a Workshop on Care Planning for Seniors and Caregivers, including Durable Power of Attorney, Advance Health Care Directives, Basic Wills, Guardianship, and Conservatorship on June 20th. A big mahalo for sharing this important information with the Center members.

Mary Kalikolani Correa and Alyce Dodge came on June 30, 2017 to teach the Garden Club members about Hawaiian la’au (medicinal herbs). We are truly grateful to them for sharing their knowledge about the importance of many plants as a source of health and wellness.

I hope you will attend the All Hazards Emergency Preparedness Presentation by the City and County of Honolulu Emergency Management Department on Friday, July 7, 2017, from 12:00 to 1:30 p.m. John Cummings, III, will be teaching Center members how to prepare for various manmade and natural disasters.

Over 20 Center members participated in an Apple computer, iPad and iPhone class on Saturday, June 3, 2017. The group wants to continue to learn how to better utilize their devices. Members of the Hawaii McIntosh and Apple Users Society have agreed to teach basic computer, cell phone and iPad use on July 8, August 12, and September 9, 2017 from 8:30 a.m. to 10 a.m. in the Library Room. Please sign up if you are interested in attending.

On Saturday, July 8, 2017, between 8:30 to 11:00 a.m., please bring your recyclable items to the LMPSC Going Green Day #115: computers, printers, scanners (no limit); 1 TV per car; HI-5 beverage containers; used household cooking oil; cell phones, printer cartridges; batteries of all kinds; canned goods for Foodbank; useable clothing; used eye glasses and hearing aids; prom dresses, accessories; women business suits, accessories; and pet food, towels, blankets. Free towing of unwanted cars can be removed from your private property by calling 291-6151. Thank you to the Notre Dame Hawaii Club and Loyola Marymount Alumni Club and other community partners for volunteering to help out! Thank you to Jay Morford from Hawaiian Memorial and Representative Takashi Ohno for their donations towards event refreshments. For more information, please call Susie Chun Oak at 847-1322 or Rene Mansho at 291-6151.

On July 11, 2017, from 12:00 to 1:00 p.m., the Mediation Center of the Pacific will be holding a workshop at LMPSC to do live role playing with attendees, through their Kupuna Pono Program, to demonstrate how families can talk together and create plans to support their kupuna in all kinds of important life decisions. A signup sheet is at the front desk.

Pharmacist Patrick Uyemoto from Time’s Pharmacy will be available at LMPSC to help people review their medication and assist people with medication management on July 27, 2017, from 9:30-10:30am. We hope you will take advantage of this free service. It has been a busy but fun summer. We are seeing more people joining the Center and welcome people to be a part of our Lanakila Ohana.

Me ke aloha pumehana,
Susie Chun Oak

Welcome New Members!

Marvalene Adams  Ruth de Mesa  Giselle Miyashiro  Rosieta Ramiro
Elizabeth Antonio-Sarsale  Vera Egge  Jo-Ann Murata  Michiko Shimabukuro
Harry Arakaki  Alice Ishihara  Yoshiko Nakasone  Francis Shiroma
Wolletta Baldomero  James Kramer  Kay Nobori  Janice Suzuki
Carol Anne Burrows  Darlene Larimore  Walter Obata  Walter Tamura
Kicking off Some Summer FUN

On June 1, we were privileged to have a preview of the Lynne Nakasone Dance Academy’s 61st Anniversary Recital scheduled for Oct. 21 at the NBC Concert Hall to celebrate Grandmaster Lynne Nakasone’s 61 years of teaching Okinawan Dance in Hawaii.

It is interesting to note that as founder of the Academy, Sensei Nakasone received the prestigious U.S. National Endowment for the Arts National Heritage Award in 2012 and in 2014 the Japanese Government bestowed on her the Order of the Rising Sun Gold and Silver Rays for promoting exchange between Japan and the U.S through teaching Okinawan Dance in Hawaii. The program narrated by Lisa Nakasone Nakandakari featured a variety of traditional Okinawan dances depicting great joy of the four seasons and other interesting explanations of each dance. Adding to the enjoyment of the program was the performances of elementary children who were on Summer break. As Sensei Nakasone’s daughters are now instructors at the Academy, it is wonderful to see the younger generation engaged in continuing the culture.

Two young women from Kupuna Care came on June 8, to remind us once again how important physical activity is to maintain our health. Specific emphasis was made to help those in wheel chairs, or use walkers or canes to get around. Seeing these exercises demonstrated on stage was helpful. Regardless of what kind of exercises we do, it is important to remember to hydrate: Drink water before, during and after exercising. Prizes were awarded for answers to simple questions related to the presentation.

Birthdays were celebrated on June 15 by honoring eight of our members. Special honorees were Kay Tomomitsu (92) and Yoneko Tsuchiyama (91). God bless each one of you with continued good health. The Paranku Club of Hawaii provided the birthday entertainment with dancing and singing. It was an inspiration to see several dancers who were more than 90 years old beating their parankus in rhythm and dancing. The wonderful program ended with a sing-along of old favorites led by Paula Arakawa.

Our Father’s Day Celebration on June 22 was a special event as we enjoyed special bentos after being entertained by young people from the URIZUN Okinawan Minyo Group. Sensei Derek “Ichiro” Shiroma unfortunately could not be with us as his mother had just passed away, but three of his young performers, Travis Oshiro, Shelby Oshiro and Chantel Ikehara, did a fantastic job with their versatile musical talents, singing and dancing, while playing the sanshin and guitar. The Nenchosha Club would like to express our deepest sympathy and condolences to the Shiroma Family in their loss, as Sensei Derek has been such a strong supporter of our Club.

Okinawan Words & Phrases:
Nankuru Naisa (Shrug off worries-Everything will be fine)
Maa Kai Ga (Where are you going?)
Tanabata Matsuri (Star Festival)

Tanabata Matsuri, the Star Festival, is celebrated on the seventh day of the seventh month. Tanabata commemorates the meeting of two lovers who lived on opposite sides of the Milky Way. They were allowed to meet only once a year on this night. To celebrate the festival, people write poems and special wishes on colorful strips of paper called tanzaku, and hang them from the limbs of bamboo trees. You can write your own special wish and hang them on bamboo branches set up in front of the house.

On June 5, Ms. Ushijima of the The Rice Factory explained about the different types of rice and also, that freshness is very important to providing superior flavor. After tasting samples of their rice, we were all inspired to check out the different quality of rice at their factory located at 955 Kawaiahao Street. On June 19, we were thoroughly entertained by the beautiful karaoke singers lead by Nelson Yoshioka. On June 26, we had fun, games and lots of prizes at our indoor picnic coordinated by Jean Sugihara.

Birthday celebrants for the month of July are: John Kitashiro (90+); Lillian Yajima (90+); and Emi Yoshida (90). Tanjoubi Omedetou Gozaimasu!

7/3 MR. & MRS. EBISU (KARAOKE)
7/10 DR. KALANI BRADY (LMPSC)
7/17 REAL PROPERTY TAX CREDIT FOR HOMEOWNERS (FUSAO NISHIBUN)
7/24 BIRTHDAY/SENSEI YAMAGUCHI- ODORI AND KARAOKE
7/31 VARIETY SHOW (JCC MEMBERS)
HAWAIIAN CULTURAL CLUB UPDATE  
By Sharon Tulba

Aloha Eveyone– I apologize for not doing a report from our club for a long time. Hope everyone is in the best of health. At our last meeting, we had a treasurer’s report, spoke about Show & Sell, and excursion on July 11th to Haleiwa. We also recapped on the Health & Wellness Fair on June 16th. We are so fortunate to have two wonderful ladies with us these past several months: Rose Kamau-Labonac and Marvalene Adams. They have taught us how to call each other by our Hawaiian names and how to greet each other in Hawaiian.

Our President, Frances Dela Cruz isn’t doing so well, so please keep her in your prayers. Have a great and blessed day. Aloha nui loa!

7/11 EXCURSION
7/18 MEETING
7/25 MEETING

PORTUGUESE CULTURAL CLUB UPDATE
By Puna Frank

Bom dia and mahalo club members for attending meetings, outings, and special events in June. June birthday celebrants Alice & Puna enjoyed the Royal Kitchen Buffet with club members. It’s always a pleasure to dine with friends who can grind!

Thank you to those who attended LMPSC’s Health & Wellness Fair on June 16th. It was a success! We Seniors are BIG BUSINESS.

Thank you Susie, for the invite to attend the Senior Summit at NBC, and the World Youth Congress at Iolani High School. Both events were mind boggling in the sense that seniors do have a say in many issues that affect our lifestyle. Get involved!

Our biggest sympathy to families of Ben Ramos, Peter Acosta Sr., and Jerry Ojiri. Get well to Frances D., Edna L., and Helen C.

7/5 MEETING
7/19 EXCURSION

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 7/7, 7/14, 7/21, 7/28

Filipino Cultural Club
Meetings 7/8 & 7/22

Korean Cultural Club
Meetings 7/6, 7/13, 7/20, 7/27
Thank you so much for your generosity!

KAHILI GINGER ($250+)
Murata, Carrie

HIBISCUS ($100+)
Inouye, Hester
Ohno, Takashi
Shiroma, Alice
Stevens, M/M Daly
Wong, M/M Alfred

BIRD OF PARADISE ($50+)
Bulda, M/M Leonardo
Kusumoto, Lorraine
Nakamura, Doris
Tatsuta, Jane
Tsuha, Lydia
Wauke, Marian
Yamasaki, Glenn

IN-KIND GIFTS
Burrows, John
Chang, Grace
Chock, Mona
Kawasaki, Mariko
Lee, Toni
Lum, Fred
Madigan, Bill
Morreira, Jane
Moy, Lei Jayne
Nakano, Gail
Ojiri, Donald
Ojiri, Helen
Okuma, Stella
Takai, Yurie
Tamashiro, Patsy
Thi, Richard
Underwood, Stephanie
Yoshida, Mark

ANTHURIUM ($49 & UNDER)
Ah Yat, Eddie
Ching, Adele
Demola, Suzuko
Fukuhara, Kay
Gima, Lillian
Goo, Dennis
Keliiholokai, Demitrius
Kido, Eiko
Kusumoto, Reiko
Matias, Judy
Miyazawa, Yasuko
Nakagawa, Esuko
Nakama, Keiko
Newcomb, Charlotte
Rainey, Faye
Sawai, Lorraine
Sugiyama, Jean
Tokuda, Chieko
Wasa, Betty
Wong, Joyce
NARFE
Stretch & Tone

Check Out What’s New!

Brain Exercise
Mondays at 11:00 am – 12:00 pm
Participate in activities and exercise that help stimulate cognitive development

Did You Know?
The Caregiver Advise, Record, Enable (CARE) Act requires Hawaii’s acute care hospital to:
- Provide the patient w/opportunity to designate a family caregiver on their medical record.
- Notify you prior to the patient’s discharge or transfer to another facility.
- Offer you instructions on the medical tasks you will need to perform at home after the patient is discharged.

For more info: visit aarp.org/hi or call 866-295-7282

Health & Wellness Fair
<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>FACILITATOR</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
</tr>
<tr>
<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Room</td>
</tr>
<tr>
<td>9:30am</td>
<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
</tr>
<tr>
<td>10:00am</td>
<td>Lei-Making Group</td>
<td>Tsutsumi</td>
<td>Craft Room</td>
</tr>
<tr>
<td></td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>10:30am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
</tr>
<tr>
<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
</tr>
<tr>
<td></td>
<td>Brain Exercise</td>
<td>Oh</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou</td>
<td>Library</td>
</tr>
<tr>
<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara</td>
<td>Library</td>
</tr>
<tr>
<td>8:00am</td>
<td>Fan Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
</tr>
<tr>
<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda</td>
<td>Sewing Room</td>
</tr>
<tr>
<td></td>
<td>Hawaiian Quilt, Etc.</td>
<td>Hirashiki</td>
<td>Craft Room</td>
</tr>
<tr>
<td>9:00am</td>
<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
</tr>
<tr>
<td>9:30am</td>
<td>Hawaiian Cultural Club</td>
<td>Dela Cruz</td>
<td>Activity Room</td>
</tr>
<tr>
<td>10:00am</td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
</tr>
<tr>
<td></td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
</tr>
<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Group</td>
<td>Library</td>
</tr>
<tr>
<td>8:30am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
</tr>
<tr>
<td>9:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
</tr>
<tr>
<td></td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
</tr>
<tr>
<td>9:30am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>10:00am</td>
<td>Line Dance</td>
<td>Chang</td>
<td>Lanai</td>
</tr>
<tr>
<td></td>
<td>Ellen’s Ukulele</td>
<td>Kong/Tangonan/Lindo</td>
<td>Library</td>
</tr>
<tr>
<td></td>
<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>11:00am</td>
<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
</tr>
<tr>
<td></td>
<td>Exercise with Karate</td>
<td>Kellett</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>9:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
</tr>
<tr>
<td></td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
</tr>
<tr>
<td></td>
<td>Enka Class</td>
<td>Arakaki/Kishimoto</td>
<td>Library Annex</td>
</tr>
<tr>
<td></td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
</tr>
<tr>
<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
<td>Lanai</td>
</tr>
<tr>
<td></td>
<td>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>9:00am</td>
<td>Folk Sing Along</td>
<td>Group</td>
<td>Library Annex</td>
</tr>
<tr>
<td></td>
<td>Fusion Exercise</td>
<td>Gittelman</td>
<td>Lanai</td>
</tr>
<tr>
<td></td>
<td>Yui Buyo</td>
<td>Yagi</td>
<td>Dance Studio/Activity Room</td>
</tr>
<tr>
<td>9:30am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Library</td>
</tr>
<tr>
<td>10:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
</tr>
<tr>
<td>11:00am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>9:00am</td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
<td>Lanai/Activity Room</td>
</tr>
</tbody>
</table>
## Center Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Office</th>
<th>Extension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suzanne Chun Oakland</td>
<td>Program Coordinator</td>
<td>Rm 7</td>
<td>Ext. 29</td>
</tr>
<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<td>Rm 3</td>
<td>Ext. 22</td>
</tr>
<tr>
<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td>Rm 4</td>
<td>Ext. 24</td>
</tr>
<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
<td>Ext. 28</td>
</tr>
<tr>
<td>Cyan Curtis, LSW</td>
<td>Case Management</td>
<td>Rm 6</td>
<td>Ext. 26</td>
</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kori Higdon</td>
<td>VISTA Worker</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gracie Baluyot</td>
<td>CSCEP Worker</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Center Hours

- **Monday-Friday**: 7:30am-3:00pm
- **Saturday**: 8:30am-11:30am
**Lanakila MP Senior Center**  
**GOING GREEN DAY #115**  
**E-WASTE RECYCLING**  
**Saturday, July 8, 2017**  
**8:30 -11:00 AM - 1640 Lanakila Ave**

• Please save your recyclable waste for this date and help turn trash into cash for community programs. Please bring canned goods and clothing! Mahalo

• Acceptable Items

  • Computers, printers, scanners - no limit
  • 1 TV per car
  • HI-5 beverage containers
  • Used household cooking oil
  • Cell phones, printer cartridges
  • Batteries, all kinds
  • Canned goods for Hawaii Food Bank
  • Usable clothing
  • Used eye glasses and hearing aids
  • Prom dresses, accessories
  • Women business suits, accessories
  • Pet food, towels, blankets
  • Free towing of unwanted cars, call 291-6151

• Sorry, we cannot accept: Metal, tires, paint, microwave ovens, motor oil, hazardous fluids, cardboard, paper, plastics, wood, and bulky items.

• For information contact: Suzanne Chun Oakland @ 847-1322
  
• For questions contact: Rene Mansho @ 291-6151 / renemansho@hawaii.rr.com

• Mahalo for recycling!
• Every family wants the best for their elders
  • Every family eventually has disagreements regarding elder care and support
  • Family disagreements cost everyone in time, money and emotions

• To make things right and restore harmony, the Kupuna Pono Program helps families talk and create plans to support their Kupuna

• To learn more about this program and see a live demonstration, you are invited to
  
  • the Lanakila Multi-Purpose Senior Center on:
    
    • Tuesday, July 11 2017
    12:00-1:00 pm
    • 1640 Lanakila Avenue
    Honolulu, Hawaii 96817

• The Mediation Center of the Pacific will provide information about how a family conference works and how to schedule one for your family.
  
  • Strong family relationships are maintained through love, respect and open communication.

For more info, call 847-1322

• Lanakila Multi-Purpose Senior Center is a program of Catholic Charities Hawai`i and is funded in part by the State of Hawaii via contract with the State Executive Office on Aging and the C&C of Honolulu, Elderly Affairs Division, and a Persons In Need grant from the May Templeton Hopper Fund of the Hawaii Community Foundation and Catholic Charities Hawai`i.
FREE Pop-Up Legal Advice Clinic in Kalihi
Saturday, July 29, 2017

•Do you have a legal issue and need legal advice?
•Volunteer attorneys will be available to meet with you individually to provide legal advice for the following types of cases:

**Family Law**
- Divorce,
- Child Custody, Child support,
- Guardianships, Adoptions

**District Court**
- Landlord-Tenant, Small claims,
- Consumer Debt Collections

**Estate Planning**
- Simple Wills, Power of Attorney,
- and Health Care Directives

**Bankruptcy**
- Chapter 7 only

**Veterans Benefits**
- Disability Benefits, Discharge Upgrade

•**WHERE IS IT?**
  - **Lanakila Multi-Purpose Senior Center**
  - 1640 Lanakila Avenue
  - Honolulu, HI 96817

•**WHEN IS IT?**
  - Saturday, July 29, 2017
  - 9:00 a.m. to 12:00 p.m.
  - *Walk-ins will be accepted,
  - *but there is no guarantee that you will
  - *be seen by an attorney.

•This service is **FREE** to all low and moderate income individuals.
•Please call by **July 14th** to qualify and reserve your spot: **(808) 528-7046**

•Presented By:
  - Volunteer Legal Services Hawai‘i
  - 545 Queen Street, Suite 100, Honolulu, Hawai‘i 96813.

•Volunteer Legal Service Hawai‘i is a non-profit legal service organization whose mission is to provide low-cost legal services to low income to moderate income individuals in the State of Hawai‘i. This event is supported by the Hawai‘i State Judiciary through an appropriation by the Hawai‘i State Legislature.