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LOTS TO SEE AT THE HEALTH & WELLNESS FAIR

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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.
A MESSAGE FROM SUSIE

Aloha everyone:

Mahalo a nui loa to Generations Magazine for featuring the Lanakila Multi-Purpose Senior Center (LMPSC) in their April/May 2017 Issue. Thank you to Center members, volunteers, community members, and staff for supporting the Show and Sell on May 9, 2017. We could not have done it without the help of the Japanese Cultural Club, Okinawan Nenchosha Club, Portuguese Cultural Club, Korean Cultural Club, Hawaiian Cultural Club, Enka Class, Walking Group, and Crafts by Florence who hosted various booths selling food, plants, books, appliances, jewelry, and other household goods. This is a fundraising opportunity for our clubs, classes and LMPSC and your generosity and support is truly appreciated.

Kudos to the Department of Accounting and General Services for installing a new water fountain in the Activity Room, cleaning the roof and gutters, fixing the leaky roofs, and installing new air conditioners at the Center. Your hard work has made the Center a healthier, safer and more comfortable environment for our guests and our Center members and guests!

The Memorial Day Program service to honor Center members who have passed away was beautifully done. Mahalo to Mary Sueda for being such a gracious Mistress of Ceremony, Sensei Takeuchi and the Taisho Koto Class for their special performance, Honpa Hongwanji Mission Reverend Joshin Kamuro for his inspirational message, Harry and Flora Nakasone and Marion Arakaki and the Enka Class their beautiful performances. We thank Helen Palama and Mona Bernardo for taking care of the reception table, Jean Sugihara for making the reception table beautiful and welcoming, the Japanese Cultural Club for making the carnations and helping in the kitchen, and Jane Higa and the Okinawan Nenchosha Club for the beautiful stage decorations. A big mahalo to Center members, staff, and Carole Ann Cox Burrows from the Honolulu Cookie Company for the delicious donation of cookies. Special thanks to Dancetta Feary, a realtor at Locations Inc., for providing the butterflies that symbolize the beauty that these members brought to all of our lives and their happy spirits.

On June 3, 2017, from 8:30 to 10:00 a.m., Joanne Matsukawa and Terrence Young from the Hawaii McIntosh and Apple Users Society will be teaching Center members how to use the iPad, iPhone, and laptop computers. Mahalo for their generous donation of time.

A big mahalo to the many organizations that will be providing fun, educational activities at the Health and Wellness Fair on Friday, June 16, 2017, from 9 to 11 a.m. at LMPSC. See the flyer found on page 7 in this newsletter issue. There will also be a farmer’s market selling fresh fruits and vegetables. A special mahalo to the Chinatown Lions Club and Roosevelt High School Leo Club for providing manpower along with many Center volunteers!!

AARP will be having a Caregiver Fair on June 24, 2017 from 9 to 11 a.m. at Catholic Charities Hawaii in Makiki. The Elderly Affairs Division of the City and County of Honolulu has invited Center members and staff to a Senior Summit on June 22, 2017, from 8:30 a.m. to 4:00 p.m. at the Neal Blaisdell Center.

Hawaii will be hosting a World Youth Congress from June 17 to 25th. LMPSC members Puna Frank, Dorothy Mau, Mary Sueda, and Richard Tada will represent the Center in an intergenerational activity on June 23 to create an age-friendly community using the game “Mindcraft”.

We are still looking for a Zumba instructor. If anyone knows of someone willing to give of their time, we would appreciate you letting our staff know. We also invite people to join the Hawaiian Quilt Making, Japanese Calligraphy, Karate, and Crafts by Florence.

The Boys Scouts of America Eagle Scout Project organized by Eagle Scout candidate Titan Mitchell will take place on Friday and Saturday, June 30 and July 1, 2017. He will be building a covered bench, sidewalk and picnic area for the seniors as his Eagle Scout Project. The Oahu Contractors Association has generously agreed to help renovate the Go Room by building metal shelving for storage and installing tile carpeting. They will be starting the renovation on Saturday, July 8, 2017, from 8 a.m. to noon.

The LMPSC will also be hosting a Going Green Recycling Service Project on Saturday, July 8, 2017, from 8:30 a.m. to 11 a.m. Please see the flyer on page 8 for more details. Mahalo to the Notre Dame Club of Hawaii, Chinatown Lions Club, and Roosevelt Leo Club. A big mahalo to Rene Mansho and local recyclers for giving of their time on a Saturday to participate in this community service project. Their commitment to our island home is truly amazing.

We would like to express our mahalo to Marty Kaili, Mary Sueda, Joe Sugihara and others for helping our staff with taking care of the Center facility, while our custodian, Lodi, was on vacation. It was seamless with everyone’s kokua.

Me ke aloha pumehana (with warmest love),
Susie Chun Oakland

Welcome New Members!

Wilhelmina Bernas
Daphne Hanai

Amy Iwasaki
Demetrius Keliiolani

Standford Tsugawa

Newsletter | June 2017
Merry Month of May

A look back at the “Merry Month of May” started out with an entertaining session on May 4th with Stan Miike’s Ukulele “Opala Trio” leading us in a variety of sing-along songs. Those of us who were not familiar with the old Japanese favorites that some grew up with, could sing “You Are my Sunshine” and other timeless favorites. A hula number by Cherille Nakamatsu added to the program. More favorites included Hawaiian songs like “Omakalapua” for those who love the old Hawaiian favorites from the “good old days”. Ending the nostalgic morning of singing that kept us all engaged, were Gospel songs and “Amazing Grace”.

Our Mother’s Day celebration on May 11th was made special with Frances Nakachi Sensei and her dancers entertaining us. MC Randy introduced each number and explained the background of dance before the dancers in colorful kimonos with fans or flags performed. Ending the program was an impromptu number by Toguchi Sensei’s dancers who were called to the stage. Ippe Nihei Debiru! Everyone enjoyed the special Mother’s Day bentos after the program.

Our Birthday celebration on May 18th honored 8 of our members. Special honorees were Ruth Onaga (96) and two 92-year-olds, Doris Nakamura and Lorraine Kusumoto. Congratulations to each one, and God bless you with many more birthdays. Special birthday entertainment was provided by our talented members with a Variety Show. Many thanks to Toguchi Sensei’s dancers (Suzuko Demola, Takako Goya and Yaeko Miyahira); karaoke singers Jean Ishihara, Janet Ito, Flora Nakasone, Joyce Kishimoto and Bobby Ishihara; a special original comedy entitled “Spam Musubi” pantomimed by Diane Kawakami, Nancy Yeda, Richard Tada and Frank Toma (hana hou!); and Clarice Kumura’s presentation of “Mihaiju”. To keep us physically fit to end a morning of fun, Joyce Kishimoto got us exercising to “Chicken Fat”. Good job, everyone!

Our annual Memorial Day Service held by the Center on May 25th was a special time for us to remember Lanakila members who died during the past year. It was a meaningful time for relatives and friends who gathered for the special program of offering flowers, listening to a message and the symbolic releasing of butterflies in the courtyard after the service. Many thanks to our Nenchosha Club members who brought flowers and arranged the beautiful bouquet that graced the stage.

Okinawan Words & Phrases:
Umaku (Rascal)
Gachimaya (Glutton or Greedy Eater)
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Chichi No Hi Omedetou Gozaimasu (Happy Father’s Day)

Father’s Day presents an interesting challenge to our children - what to get Dad and what to do. While we appreciate thoughtful gifts of zori or Zippy's gift certificate or pajamas, hopefully our children will show appreciation just by saying "otousan, itsumo arigatou" (Dad, thank you for everything) ; or, "genki de itsumademo nagaiki shite ne" (take care of your health and live long). Happy Chichi No Hi!

We had another successful Sushi Rice Bowl sale on Show and Sell Day. We do appreciate your suggestions for an even more successful sale next year.

On May 1st, we celebrated Boys’ Day with the Lanakila Headstart Keiki by playing fun games such as fishing pole, bean bag throw, crayon rubbing and ring toss. Also, special arigato to Mrs. Nihei and her daughter Atsuko Sakumoto for sharing their beautiful miniature Japanese pieces and explaining each piece. What a wonderful learning experience. On May 8, we were treated to a cooking class presented by Ethel Yamaguchi. Check out her Healthy Foods cookbook on sale for only $5.00. On May 15, we enjoyed the music of Moana Gray and her ukulele serenaders with songs that we all remembered. On May 22, we had a last minute change of plans and played Bingo. Thank you all for adjusting to this change.

Birthday celebrants for the month of June are Alice Sasano (90+) and Kay Tomomitsu (90+). Enjoy your special day!

6/5 RICE GROWING
6/12 HOLIDAY (KAMEHAMEHA DAY)
6/19 BIRTHDAY/NELSON YOSHIOKA KARAOKE SINGERS
6/26 INDOOR PICNIC

Laura Abat
Jean Akamine
Tokiko Akuna
Anavilla Alfonzo
Dorothy Alvarado
June Alves
Minoru Arakaki
Yoshiko Arakaki
Jane Arakawa
Yaeko Arashiro
Monica Bernardo
Simeon Campado
Inocencia Caneso
Rosita Cardenas
Clifford Chan
Stephen Cheah
Richard Cheong
Ethel Chow
Adelaida Del Banco
Frances Dela Cruz
Emine Dial
Edna Estrella
Elouise Frank
Cherie Frankes
Doreen Fujita
Ronald Gabriel
Alejandrina Gonong
Jane Gray
Bong Ok Ha
Edward Hanaumi
Stephanie Hashimoto
Robert Hee
Aileen Hifumi
John Higa
Betty Ho
Lucy Ige
Philip Ige
Koren Ihara
Sadako Imoto
Mitsuko Ishihara
Theresa Kaneshiro
Ralph Kawano
Elaine Kim
Hyang In Kim
Koongia Kim
Louise Kim
Mary Kishimoto
Mary Keopke
Ellen Kong
Yoshiko Kumura
Meriam Ladrillono
Stephen Lai
J. Kukea Lee
Kum Yeon Lee
PORTUGUESE CULTURAL CLUB UPDATE
By Puna Frank

Bom dia...Thanks to CCH driver Stacey, and guests Cookie & Josefina for joining us on our journey to Kahuku. Have you visited the Macadamia nut outlet in Kualoa? It’s a must see! Free Kona coffee & mac nuts at “Chinatown prices.” Shopping was fun! The shrimp was well-worth waiting for. Some lunched at a nearby wagon of organic-healthier kau-kau. Returning via Laie Point was extra special for our members who’ve never ventured to this awesome, breath-taking scenic lookout! Cookie even shared the Mo’o island legend with us.

Mahalo Everyone! Don’t forget...Stay hydrated!

6/7 MEETING 6/21 EXCURSION

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 6/2, 6/9, 6/16, 6/23, 6/30

Filipino Cultural Club
Meetings 6/3 & 6/17

Korean Cultural Club
Meetings 6/1, 6/8, 6/15, 6/22, 6/29

Hawaiian Cultural Club
Meetings 6/6, 6/13, 6/20, 6/27

HAPPY BIRTHDAY!
(Continued)

Betty Teruya
Hideko Toguchi
June Tokuda
Carolyn Tokunaga
Franklin Toma
Nishie Tomiyama
Kay Tomomitsu
Toneko Tsuchiyama
Siri Tsuda

Tak Ming Tsui
Ruth Tsukayama
Alice Tsutsumi
Rosemarie Tucker
Elaine Ushiro
Jane Uyetake
Virginia Vance
Eufemia Vicente
Ji Qin Wang

Betsy Wong
Florence Wong
Yong Tang Xie
Kathy Yoshimoto
Jin Lian Zhang
Mahalo
Thank you so much for your generosity!

KAHILI GINGER ($250+)
Hawaii State Teachers Association

HIBISCUS ($100+)
Joyce, Sally
Ojiri, Donald
Ontai, Eddie
Stevens, M/M Daly

BIRD OF PARADISE ($50+)
Ho, Gim Shui
Kim, Elaine
Wong, Aileem

ANTHRURIUM ($49 & UNDER)
Kumura, Wallace
Matias, Judy
Young, Geraldine
NARFE

IN-KIND GIFTS
Alvarado, Dorothy
Bernardo, Mona
Tamura-Boyd, Susan
Bulda, M/M
Burrows, John
Chang, Grace
Fujitani, Sue
Harano, Caroline
Heller, Kathryn
Higa, Takejiro
Kainuma, Carolyn
Lee, Toni
Nagawara, Alicia
Okuma, Stella
Shigetani, Kate
Underwood, Stephanie
Wong, Kalfred
Yamaguchi, Ethel
Yara, Linda
Young, Amy

Reminder

Walk-in Registration for Summer 2017 Session
June 5 – June 9
8:00 am – 10:30 am

Understanding Lab Results Workshop will be on break, and will resume on July 12, 2017

Kodak Moments

Our member enjoying themselves at our May Show & Sell hosted by the Japanese Cultural Club

Taisho Koto members teach the visiting students of Farrington High School about the instrument
Senior Health & Wellness Fair
Friday, June 16, 2017
9:00 — 11:00 a.m.
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue

Join us for fun & educational activities at this FREE event!
And more!

Thanks to the Following participating organizations!
- AARP Hawaii
- Audibel Hearing Center
- Aloha Care
- Bright Smiles Hawaii
- Caption Call
- Chinatown Lions Club
- DCCA, Office of Securities Commissioner
- DOH, Injury Prevention Branch & West Honolulu PHN
- C&C Dept. of Transportation Services
- Ekahi Ornish Lifestyle Medicine
- Financial Benefits Insurance
- First Hawaiian Bank
- Hawaii Academy of Nutrition and Dietetics (HAND)
- Hawaii Family Caregiver Coalition
- Hawaii Inst. of Integrative Health d.b.a. Hawaii Health Fdn.
- Hawaii Medical Service Assn.
- Hawaii Neurotrauma Registry
- Honolulu Fire Dept.
- Humana
- Kalihi-Palama Health Center
- Kuakini Health System
- Lanakila Elementary School
- Maluhia Hospital
- Mental Health America of Honolulu
- Mokichi Okada Assn. (MOA) Hawaii
- Mountain-Pacific Quality Health Fdn.
- Natl. Disaster Preparedness Training Ctr. (NDPTC)
- Ohana Health
- Pharmacare Hawaii
- Project VISION Hawaii
- Rehabilitation Hospital of the Pacific
- Roosevelt Leo Club
- St. Francis Health Systems

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. Catholic Charities Hawai`i, Catholic Charities Hawaii and its programs do not endorse any specific service or product.
• 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

• SOARES TRUCK RENTAL

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

• Mahalo for recycling!
<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Facilitator</th>
<th>Location</th>
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</thead>
<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</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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<td></td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<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>
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<tr>
<td></td>
<td>Brain Exercise</td>
<td>Oh</td>
<td>Sewing Room</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>
<td>Library</td>
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<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>
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<td></td>
<td>Hawaiian Quilt, Etc.</td>
<td>Hirashiki</td>
<td>Craft Room</td>
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<td>9:00am</td>
<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td>9:30am</td>
<td>Hawaiian Cultural Club</td>
<td>Dela Cruz</td>
<td>Activity Room</td>
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<td>Harmony’s Hula</td>
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<td></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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<tr>
<td>8:00am</td>
<td>Walking Group</td>
<td>Group</td>
<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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<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
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<td></td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
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<td>9:30am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Dance Studio</td>
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<td>10:00am</td>
<td>Line Dance</td>
<td>Chang</td>
<td>Lanai</td>
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<td>Ellen’s Ukulele</td>
<td>Kong/Tangoan/Lindo</td>
<td>Library</td>
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<td>Tai Chi for Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<tr>
<td>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
<td>Lanai</td>
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<td>9:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
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<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<td></td>
<td>Enka Class</td>
<td>Arakaki/Kishimoto</td>
<td>Library Annex</td>
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<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<td>Okinawan Dance</td>
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<td>Crafts by Florence</td>
<td>Tamura</td>
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<td>Folk Sing Along</td>
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<td>Fusion Exercise</td>
<td>Gittelman</td>
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<td>Yui Buyo</td>
<td>Yagi</td>
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<td>Mau</td>
<td>Library</td>
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<td>10:00am</td>
<td>Sahm Bo Dahn</td>
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<td>11:00am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<td>9:00am</td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
<td>Lanai/Activity Room</td>
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## Center Staff

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<tr>
<th>Name</th>
<th>Position</th>
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<th>Extension</th>
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<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>
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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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<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
<td>Ext. 28</td>
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<tr>
<td>Cyan Curtis, LSW</td>
<td>Case Management</td>
<td>Rm 6</td>
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<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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<td>Kori Higdon</td>
<td>VISTA Worker</td>
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<tr>
<td>Gracie Baluyot</td>
<td>CSCEP Worker</td>
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## Center Hours

**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