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Kupuna Independent Life Series at LMPSC

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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.
Aloha Center Members and LMPSC Ohana:

Happy Halloween!! I hope you are in good health and spirit!! On Thursday, August 10, 2017, we had our quarterly Show and Sell event. The clubs, classes and center raised over $1,000 collectively, which will go towards supporting our center operations and club and class activities. Mahalo to everyone who came and supported the Center. Our next Show and Sell will be on Tuesday, November 7th, from 8 to 10:30 a.m. There will be great items for the holiday season!

Mahalo to Detective Christopher Duque for doing a special presentation on computer safety last month. It was most interesting and helpful to our members using electronic devices.

The Homeowner’s Real Property Tax Exemption Workshop conducted by Fusao Nishibun on Monday, August 28, 2017, was very informative. I have asked Mr. Nishibun to utilize LMPSC each year to host a workshop to help homeowners, who earn $60,000 or less in household income, to file their annual homeowner’s tax credit application or file for a homeowner’s real property tax exemption if they have not done so already. This could save homeowners literally hundreds or thousands of dollars depending on the value of the person’s property. The dates that have been established for 2018 are June 19 at 11 a.m. in the Sewing Room and July 10, 2018, at 11:30 a.m. in the Library Room. Center members and others from the public will be able to take advantage of this community service.

There are center members interested in helping develop a Men’s Shed program at the Center. Mr. Doug Maynes and Mr. Wilfred Sasaki said they would be willing to help be a part of a planning group to establish a program at our center. The first planning meeting will be on Wednesday, October 11, 2017, at 12:30 p.m. in the Library Room. All interested Center members (men and women) are welcome to attend. Please sign up at the reception desk.

September was National Senior Center Month. To celebrate this occasion, we had cake and ice cream on Thursday, September 14, 2017, from 10:30 to 11:30 a.m. Thank you to the 120+ members who helped us recognize the importance of senior centers in our communities nationwide!

Come join us on Tuesday, October 31, 2017 for our Center Halloween Celebration. It will be lots of fun. We would love to have you dress for our costume contest (scariest, cutest and unique), enjoy sandwiches and chips, enter our bake contest (cakes, pies, and cookies), participate in a scavenger hunt, receive a trick or treat goodie bag, and enjoying fellowship together. I hope you will bring your ukulele, guitar, singing voice, and dancing energy too! Please sign up at the reception desk.

Friday, November 3, 2017 is the LMPSC Veteran’s Day Program from 8:30 a.m. to 11 a.m. We will be honoring our 143 center members who are veterans. We will order bento’s from MW Restaurant. Veteran Center members and their guest will be treated to a delicious bento. For other members who want to attend, the bento will be $10 each. Please sign up and pay at the reception desk.

The Hawaii USA Federal Credit Union will sponsor the lunch for the November 20th Thanksgiving Celebration from 9 to 11 a.m. Lunch will be made by Kahai Street Kitchen. AARP Community Service Committee will be helping us serve the meal to the LMPSC members. All members are invited to attend this celebration. Please sign up at the reception desk.

Please reserve LMPSC’s Christmas Party on Friday, December 15, 2017, on your calendar!

Me ke aloha pumehana (with warmest love),

Susie Chun Oakland, Program Coordinator
To end the month of August, we were “entertained” by Steven McCall of HMSA on Aug. 31. It was a fun time as we learned how to “Laugh, Sing and Move”, which was the title of the session. This is one of the many health education workshops offered by HMSA. If we thought that all educational sessions were boring, Mr. McCall as an instructor proved otherwise. Learning can be fun as well as educational. First, we learned that we can Fake laugh and end up laughing hilariously. Health experts say that laughter is the best medicine. Comedians are paid to make people laugh because humor can make us forget our problems for a while and even diffuse a stressful situation. Mr. McCall demonstrated how any type of movement, even exercising our arms by holding a chopstick as a baton to direct an imaginary choir or band and just waving our arms has physical benefits. As each of us were given chopsticks to start the session, following his animated gestures kept us in sync with his movements. Lastly, we learned about singing. Just as karaoke singers learn how to breathe properly in order to sing, we ended the session by singing a variety of songs popular to our generation. As music is a universal language that unites us and adds to any program, we were given song sheets to sing “Take Me Out to the Ballgame”, “Tiny Bubbles”, “Put on a Happy Face”, and “Hukilau” to mention a few. As he introduced each number and proficiently started playing the tunes on the piano, we were inspired and motivated join in the sing-along.

On Sept 7 we played BINGO as a “filler” but it is always a fun way for all members to participate and be engaged. Then on Sept. 14, Sensei Marion Arakaki’s Seniors (all 80+ yrs) sang for us. Among the karaoke songbirds who shared their vocal talents were Roy Nagamine, Lorraine Kusumoto, Doris Nakamura, Karen Takemoto, Frank Murakawa, Shizue Ishihara, Jean Ishihara, Bobby Ishihara, Frank Toma and Amy Hagihara. Good job, everyone! The morning ended with Sensei Marion leading us in a sing-along of old (mukashi) favorites from song sheets like Furusato, Mikan No Hana Saku Oka, Amefuri, Teru Teru Bozu, Yuke Yake Koyake, etc.

Our September birthdays were celebrated on Sept. 21. Nine birthday celebrants were honored including Kurt Sekiya (90) and Violet Isara (94) who were the special honorees to blow out the birthday candles. Congratulations and God bless each one of you with continued good health. Birthday entertainment was presented by the Shiyukai dancers and karaoke singers. Most impressive were the beautiful kimonos worn by the dancers with matching fans that added to their performances. We also enjoyed the singing of their karaoke singers. The wonderful program ended with everyone dancing the Tanko Bushi.

Okinawan Words & Phrases:
Kii chi ki ti (Be careful)
Hekuna (Hurry up!)
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Celebrating Halloween in Japan

Halloween is almost upon us, but what exactly does that mean in Japan? Halloween in Japan first gained popularity when Tokyo Disneyland started holding Halloween events in the late 90’s. Halloween in Japan is known as "a day on which adults can wear costume." Trick-or-treating? Children in costumes will not wander around their neighborhood knocking on doors in hopes of filling a bag with candy. However, candy will be given out to children on Halloween at various parties and events while saying "Torikku otoriito". While trick-or-treating remains a Western tradition, Japan does boast a Halloween event for children hosted by the yakuza--what could be more scarier than that!?

Want learn how to manage diabetes? Letitia Wilson and James Robert, representatives of Mountain-Pacific Quality Health, educated us on controlling diabetes by eating healthy, monitoring our blood pressure, checking our weight, exercising daily and keeping blood sugar in a healthy range. Then again on Sept. 25, Ms. Wilson taught us to do chair exercises to strengthen our joints, and to do deep breathing. Staying healthy is important, so if you're interested in receiving materials on diabetes, please contact our JCC officers. On, Sept. 18, Sensei Yamaguchi brought her lovely Japanese dancers and karaoke singers to perform for us. What a talented group!

Birthday celebrants for the month of October are: Sandra Fukuda (90); Nobuko Hamada (90); Kikuo Kageno (90+); Mae Kuboyama (90+); Masato Matsui (90+); and Jane Mizumoto (90). Tanjoubi Omedetou Gozaimasu!

10/2 HMSA STEVEN McCALL– BRAIN FITNESS
10/9 ROBERT & SHIRLEY IIDA – JAPANESE CULTURE & TRADITIONS
10/16 BIRTHDAY AND BRIAN SUZUKI KARAOKE SINGERS
10/23 SHARON NAKAI & FRIENDS
10/30 BINGO & INTRODUCTION OF 2018 SLATE OF OFFICERS

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 10/6 & 10/20

Filipino Cultural Club
Meetings 10/14 & 10/28

Hawaiian Cultural Club
Meetings 10/3, 10/10, 10/17, 10/24, 10/31

Korean Cultural Club
Meetings 10/5, 10/12, 10/19, 10/26

Teresa Agno
Rosita Aguilar
Mildred Akamine
Margaret Amano
Shareen Asagi
Grace Asato
Virginia Au
Shigeru Awakuni
Wilhelmina Bernas
Henry Bjornson
Jean Bjornson
Magdalena Bruno
Leonardo Bulda
Juanita Camit
Chuen Wing Chan
Teresa Chang
Mildred Chang
Pauline A. C. Choy
Delphine Chun
Louise Cuba
Marie Daido
Eugene Dilda
Mary Ann Dudoit
Miyuki Ebisu
Carla (Pua) Fabella
Estella Favor
Lorraine Fay
Violeta Fe Benito
Cecilia Fong
Patrick Freitas
Ellen Fujimoto
Takako Fujiwara
Hisayo Fukuda
Sandra Fukuda
Hisako Furuike
Lillian Gima
Nobuko Hamada
Marian Hayashida
Keishang He
Henry HEE
Tomie Higa
Kyoko Hijiriida
Diana Hopkins
Jie Cong Huang
Stella Imose
Toshiko Inouye
Mabel Ishimoto
Sumiko Isokane
Takashi Ito
Chun Ja Jitchaku
Kikuo Kageno
Robert Kaneshige
Jean Kaneshiro
Fumie Kawano
Grace Kikuyama
Song Suk Kim
PORTUGUESE CULTURAL CLUB UPDATE
By Puna Frank

Bom dia....thank you loyal members for keeping up with your and my hectic schedules! Next Show & Sell is November 7th. Quickly approaching is voting for 2018 officers! HELP! We need your kokua! Come join us on Oct. 4th to qualify for special benefits including our Oct. 18th Pagoda luncheon. The Center has October Aloun Farm tour excursions, Veteran’s Day program in November, and Christmas in December! “It’s never too late so make it a date!” See you all on our next meeting on Oct. 4th at 9:00 am. Ate ja!

10/4 MEETING 10/18 EXCURSION

HAPPY BIRTHDAY!

(cont’d)

Katherine Uchihara
Matsue Uehara
Emiko Watanabe
Alfred Wong
Joyce Wong
Midgieann Wright
Ying Jian Xu
Hideko Yagi
Masue Yamada
Joan Yamane

Irene Yamashita
Emiko Yasuda
Marion Yasui
Janet Yokoe
Janice Yokooji
Geraldine Young
Nancy Young
Patsy Young
Xiang Lan Zhong

Mahalo students
and staff from
Yamaguchi
Prefectural
University for
sharing the
FumaNet exercise
with our Lanakila
Senior Center
members! It was fun
and definitely
worked our brains!
**Mahalo**

Thank you so much for your generosity!

**PIKAKE ($1,000+)**
- Dr. Lei Ahu Isa
- Hawaii Federal Credit Union

**KAHILI GINGER ($250+)**
- Takeya, Kenneth
- Vance, Virginia

**HIBISCUS ($100+)**
- Bernardo, Mona
- Kawakami, Bessie
- Stevens, Daly M/M
- Yamaguchi Prefectural University
- Young, David

**BIRD OF PARADISE ($50+)**
- Nitta, Irene
- Oshiro, Nobuko
- Teruya, Sumiko

**ANTHURIUM ($49 & UNDER)**
- Fabella, Carla
- Kaneshiro, Yoshiko Higa
- Kikuyama, Kendall
- Okahara, James
- Sodetani, Madge
- Tokuda, Chieko
- Tsukamoto, Adele
- Wasa, Betty
- Yamasaki, Glenn
- NARFE

**IN-KIND GIFTS**
- Alvarado, Dorothy
- Baldomero, Anthony
- Bernardo, Mona
- Chun, Candace
- Chun, Ronald
- Eastlack, Sandra Joy
- Ganeko, Violet
- Guernsey, Debbie
- Higa, Alice
- Hong, Mae
- Ichikawa, Dorine
- Kawasaki, Mariko
- Kim, Koong Ja
- Komoto, Tomiko
- Koyama, Florence
- Lush, Laurie
- Miyazawa, Yasuko
- Nhomi, Mieko
- Ojiri, Donald
- Pang, Carol
- Takahashi, Sachiko
- Takai, Yurie
- Tcheou, Yuriko
- Tsutsumi, Alice

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**Check Out What’s New!**

**KUPUNA INDEPENDENT LIFE SERIES**

**When:** Every Wednesday  
Starting from **October 4th** until **December 20th**  
**Time:** 8:30 am – 12:30 pm  
**Location:** LMPSC- Library Annex

*Participate in educational presentations, crafts, obtain resources, and enjoy some breakfast & lunch!*

**UNDERSTANDING LAB RESULTS**

**When:** Every Wednesday  
**Time:** 11:15 am – 12:30 pm  
**Location:** LMPSC- Sewing Room

*Learn about common lab results you may see and what they mean and what you need to know*

**JEANETTE’S MANICURES**

**When:** Every Friday  
**Time:** 11:00 am – 12:00 pm  
**Location:** LMPSC

*Enjoy basic nail care- filing & trimming, with Jeanette Akamine*

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**ATTENTION MEMBERS WHO VOLUNTEER:**

Please be sure to record your volunteer hours by completing the volunteer hour slip at the front desk by the 20th of each month. Mahalo for your time & dedication to the center!

Please see a staff member if you have any questions!

-LMPSC Staff
<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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<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>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
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<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou</td>
<td>Sewing Room</td>
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<tr>
<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>
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<tr>
<td>8:30am</td>
<td>Needle &amp; Thread Workshop</td>
<td>Sueda</td>
<td>Sewing Room</td>
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<td>Hawaiian Quilt, Etc.</td>
<td>Hirashiki</td>
<td>Craft Room</td>
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<tr>
<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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<tr>
<td>10:00am</td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<tr>
<td>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
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<td>8:30am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
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<td>9:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Room/Sewing Room</td>
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<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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<td></td>
<td>Ellen’s Ukulele</td>
<td>Kong/Tangonan/Lindo</td>
<td>Library</td>
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<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
<td>Sewing Room</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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<td>Exercise with Karate</td>
<td>Kellett</td>
<td>Dance Studio</td>
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<tr>
<td>9:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
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<td></td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
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<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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<tr>
<td>10:30am</td>
<td>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing Room</td>
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<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
<td>Lanai</td>
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<td>11:30am</td>
<td>Hanafuda</td>
<td>Hagihara</td>
<td>Library</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>Fusion Exercise</td>
<td>Gittelman</td>
<td>Lanai</td>
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<td>Yui Buyo</td>
<td>Yagi</td>
<td>Dance Studio</td>
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<td>9:30am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Library</td>
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<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
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<td>11:00am</td>
<td>American Sign Language</td>
<td>Macdonald/Mizusawa</td>
<td>Library</td>
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<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>
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<td>Lanai/Activity Room</td>
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### OCTOBER 2017

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- **If you’re interested in joining any of our presentations & activities at the Center, please sign up at the front desk. Don’t forget to also check our bulletin boards in the hallway for many community events and information!**

### Center Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Room</th>
<th>Extension</th>
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</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>
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<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
<td></td>
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<tr>
<td>Gracie Baluyot</td>
<td>CSCEP Worker</td>
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</tbody>
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### Let’s Keep in Touch

1640 Lanakila Avenue  
Honolulu, HI 96817  
(808) 847-1322  
[www.catholiccharitieshawaii.org](http://www.catholiccharitieshawaii.org)

**Email:** suzanne.oakland@catholiccharitieshawaii.org

### Center Hours

Monday-Friday 7:30am-3:00pm  
Saturday (2x/month) 8:30am-11:30am
Kupuna Independent Life Series
Fall 2017

The Kupuna Independent Life Series is a comprehensive approach to assisting seniors, age 55+ with health education, support for living productive independent lives, and proactive engagement in the community.

Fall Series Schedule:
Every Wednesday from 8:30am – 12:30pm
October 4 - December 13, 2017

Location:
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue
Honolulu, Hawaii 96817

For questions or additional information, please contact:
HCAP’s Kaliki-Palama District Service Center
(808) 847-0804

Facebook.com/HCAPhi
Twitter.com/HCAPhi
Instagram.com/HCAPhi
Community Meetings!

HPHA Administrative Offices
Redevelopment at School Street

The Hawai‘i Public Housing Authority (HPHA) invites members of the community to attend planning sessions for the proposed redevelopment of the HPHA Administrative Offices.

Come and learn the latest information on the School Street Redevelopment Project.

Wednesday Meeting, October 18, 2017
6:00 pm – 8:00 pm
HPHA Administrative Offices
1002 North School Street, Bldg. A
Or
Thursday Meeting, October 19, 2017
10:30 am – Noon
Lanakila Senior Center
1640 Lanakila Avenue

For additional information about the Redevelopment of the HPHA Administrative Offices at School Street, please visit the website below to stay connected to our neighbors and keep you informed of the process:

www.schoolstredevelopment.org

For more information about the meeting or if you require special accommodations, please contact: bob.fard@rhf.org with subject: “School Street Meetings – October 18-19” at least 48 hours in advance.