Inside This Issue:
HAPPY NEW YEAR LMPSC!

Message from Susie  2
Cultural Club Updates  3
Clubs & Classes  6
Mahalo to our Donors  10
Schedule of Clubs & Classes  11
Upcoming Events Calendar  12
Aloha and Hauoli Makahiki Hou, everyone!

2018 is here! On behalf of our Lanakila ohana, we hope your new year will be filled with lots of laughter and happiness, good health, and, most of all, love.

Mahalo to Alda Mae Takabayashi, Alice Tsutsumi and the Lei-Making Class, Baskin and Robbins, Brian Kunioka and Coach Rolavich, Emmie Otake, Michi Kainuma, City Mill, Iris Hiramoto, Jade Dynasty, Janet Miyashiro, Japanese Cultural Center, L&L Drive Inn, Linda Yara, Little Village Restaurant, McDonald’s, Pagoda Floating Restaurant and Catering, Roberts Hawaii, Saint Theresa’s Co-Cathedral, Sally Dizon, the Oakland Ohana, Times Supermarket, and Toni Lee for their most generous donations towards our Christmas Celebration. We truly appreciate their thoughtfulness. A big mahalo to all the classes and clubs who performed for us and our faithful volunteers for helping wrap presents, fold programs, plan the entertainment, be the MC and sound system crew, and set up and clean-up for this event. Special thanks to Jean Sugihara for coordinating the entertainment. We are so grateful that Governor and Mrs. David Ige, Pamela Witty-Oakland representing Mayor Kirk Caldwell, Senators Donna Kim and Karl Rhoads, Representatives Sylvia Luke and Takashi Ohno, Council Member Carol Fukunaga, representatives from the City’s Elderly Affairs Division Sally Esaki and Carol Nakainai, Liliha/Kapalama Neighborhood Board #14 Chair Wes Fong, Participant Advisory Board Chair Mark Yoshida and Members Katherine Balatico, Carole Kaapu and Alda Mae Takabayashi, and our dedicated instructors and assistant instructors could join us.

Our gratitude to Anne Chipchase from Ohana Health, who prepared a delicious meal and cooking demonstration on Monday, December 18th, teaching center members and offering entrees that were good for people with diabetes, high blood pressure, and high cholesterol.

Mahalo to Ace Tufu and the staff with Honolulu Community Action Program for planning and thoughtfully putting together the educational workshops for our seniors for 10 weeks culminating in a holiday party on December 20th.

Our leadership team of club officers from 7 cultural clubs, instructors and facilitators of 40 classes and groups, and staff will be participating in a Leadership Conference on Thursday and Friday, January 4 and 5, 2018, to share with one another what their respective groups do at the Center, to be briefed on the 2018 Calendar of Events and class schedule. They will also learn about the new My Senior Center registration system as well as the Center’s new phone system and efforts to WIFI the senior center building. They will participate in CPR, first aid, and emergency preparedness activities, and Aloha United Way will familiarize them with resources available in our community that the seniors of Lanakila can use.

HMSA will be providing a series of health workshops on topics that Center Members expressed interest in attending everyone month. Please refer to the Calendar of Events enclosed in this newsletter for this and many more events.

Mahalo to TJ Max and United Laundry Services for your generous donations of decorations, towels, and linen to our Center. Kudos to all our members and friends in our community for your donation of furniture, office supplies, household goods, clothing, cleaning supplies, plants, food and refreshment, and so much more. Your thoughtfulness and generosity has contributed towards additional income for new and expanded programs and a more beautiful, safe and inviting senior center. Mahalo to Ward Village and Catholic Charities Hawaii for bringing Christmas cheer to some of our members with thoughtful gift during the holidays. Kung Hee Fat Choy! Have a wonderful 2018!

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

Welcome New Members!

Teresa Dagulo
Ronald Oshiro
Happy New Year!

HAPPY NEW YEAR! We begin the year 2018 with the following Officers and Board members:

President  Jane S. Higa
1st Vice President – Harry Nakasone
2nd Vice President – Elaine Hirashiki
Recording Secretary – Irene Yamashita
Corresponding Secretary – Patricia Takeuchi
Treasurer – Diane Kawakami
Assistant Treasurers – Janet Ito & Richard Tada
Auditors – Juliet “Sue” Shimabukuro & Franklin Toma
Advisors – Mitsuko Toguchi-Nakasone, Yoshiharu Tengan & Tomie Higa
Membership – Laraine Koga
Entertainment (Program) – Flora Nakasone
Hospitality – Janet Ito
Audio/Visual – Franklin Toma & Richard Tada

Thank you to our Board members and all our other volunteers for all the work you do every week to enhance our senior years.

To finish the year 2017, on Nov. 30 we heard from Andrew Char a Postal Inspector from the U.S. Postal Service. He informed us what the postal inspectors do and also covered a wide range of scams using the U.S. mail, the most common of them being Foreign Lottery and Prize Money. Because many seniors live alone and are vulnerable, they have become victims, many of them even losing their life savings. He also covered white collar crimes that use the postal service including thefts by postal workers. Stealing mail from someone’s mailbox is a federal crime and the fastest way to report this is to call 911. He cautioned us to never leave mail in your mailbox with the flag up for your mailman to pick up if you are paying a bill by check. It is safer to drop them into a mailbox so they won’t get stolen. Following Mr. Char’s presentation, we were entertained by Toni Lee and her Korean Club dancers in their colorful costumes. Mahalo Toni for your very graceful hulas and the delightful performances by your ladies.

On Dec. 7 we played Bingo and closed out the year on Dec. 14 by celebrating seven December birthdays followed by a Variety Show that started and ended with Christmas Carol singing accompanied by Patrick Young on the ukulele. Many thanks to our talented performers Shizue Ishihara, Frank Murakawa, Jean Ishihara, Diane Kawakami, Bobby Ishihara, Janet Ito, Frank Toma, and Toguchi Sensei’s singers and dancers. The program ended with the Kachashi and bentos for all, that was made possible by your generous donations. Ippe Nifei Debiru.

Leadership Training
January 4 & 5
8:30 am – 11:30 am
Leaders, be sure to RSVP!

Diabetes 101
January 12, 2018
11:00 am – 12:00 pm
Please sign up at the front desk!
**JAPANESE CULTURAL CLUB UPDATE**  
By Clarice Kumura

**New Year’s Resolution**

2017 has been a great year for members of our JCC Club. Now it’s time to look forward to 2018 by setting New Year’s Resolution that focus on bettering your overall health, both physically and mentally. So where else can you accomplish your New Year’s Resolution? None other than at Lanakila Senior Center. Here you can attend exercise, dance, singing, ukulele, and brain challenging classes. You can be assured to stay committed to achieving your new year's resolution since your fellow senior friends will constantly remind you about attending classes. Have a Happy and Healthy New Year!!!

We had a grand finale for our December meeting. Besides celebrating birthdays, we were entertained for an hour by Stan Miike, Bobby Ishihara, Masa Hirayama and Sam Tokunaga. They were so versatile and talented -- playing ukulele, guitar, harmonica and of course, singing. You could feel their energy as we joined them in singing familiar Japanese and oldies American songs. No one fell asleep. Yes, we would gladly welcome them back again.

Birthday celebrants for January 2018 are: Nobue Akashi (90+); Violet Ho (90+) and Amy Tari (90+). Happy Birthday!!!

**1/8 NEW YEAR’S PARTY- JEAN SUGIHARA (TAIKO DRUM) & HARMONY’S HULA**
**1/15 HOLIDAY**
**1/22 BIRTHDAY/MIYUKI EBISU**
**1/29 STAN MIKE AND FRIENDS**
HAPPY BIRTHDAY
(Cont’d)

Amy Tari
Turiko Tengan
Lillian Thrasher
Iroma Tom
Orie Toma
Mui Truong
Adele Tsukamoto
Grace Tsukayama
Maluina Tuaifaiva
Consuelo Tumolva
Jann Uyeda
Roy Uyeda
Suzanne Van Schoor
Kathleen Vance
Consuelo Villanueva

Conchita Watanabe
Gertrude Werilli
Jane Williams
Aileen Wong
Clifford Y B Wong
Joan Wylie
Florence Yamada
Kimiko Yamaguchi
Iris Yamashiro
Clara Yee
Nobu Yoshioka
Callie Young
Hengfar Yuen
Run Tian Zhong

HAPPY BIRTHDAY!

PORTUGUESE CULTURAL CLUB UPDATE
By Puna Frank

Happy New “Dog” Year! Let’s continue to keep it educational and informative, yet fun! Personally I learned so much in 2017. The health workshops offered were well worth attending…not only as refresher courses, but being kept updated on well found data in this age of technology.

Stay tuned for newer and better things to come. Join ourohana! Come learn, share, and serve. Lanakila Multi-Purpose Senior Center has so much and more to offer in 2018!

1/3 NO MEETING

Additional Upcoming Club Meetings

Chinese Cultural Club
Meetings 1/12, 1/19, 1/26

Filipino Cultural Club
Meetings 1/6 & 1/20

Hawaiian Cultural Club
Meetings 1/9, 1/16, 1/23, 1/30

Filipino Cultural Club
Meetings 1/11, 1/18, 1/25
Advanced Enka
Thursdays at 9:00 am

American Sign Language
Fridays at 11:15 am

Basic Japanese
Mondays at 12:00 pm

Brain Exercise
Mondays at 11:00 am

Chinese Cultural Club
Fridays at 9:30 am

Ellen’s Ukulele
Wednesdays at 10:00 am

Exercise w/ Karate
Wednesdays at 11:00 am

Filipino Cultural Club
Select Saturdays at 9:00 am

Folk Sing Along
Fridays at 9:00 am

Fusion Exercise
Fridays at 9:00 am

Hanafuda
Thursdays at 10:30 am

Happy Senior Serenaders
Wednesdays at 10:00 am

Harmony’s Hula
Mondays & Tuesdays at 10:00 am

Hanafuda Workshop

Hawaiian Cultural Club
Tuesdays at 9:00 am

Intro to Yoga
Mondays at 11:00 am

Wednesdays at 9:30 am
Japanese Cultural Club
Tuesdays at 10:00 am

Japanese Calligraphy
Mondays at 9:00 am

Korean Cultural Club
Thursdays at 9:00 am

Lei-Making Group
Mondays at 10:00 am

Line Dance
Wednesdays at 10:00 am

Mah Jong
Tuesdays at 7:30 am

Men & Women’s Shed
Wednesdays at 12:30 pm

Needle & Thread / Hawaiian Quilt
Tuesdays at 8:30 am

Okinawa Nenchosha Club
Thursdays at 9:00 am

Okinawan Dance
Thursdays at 10:30 am

Portuguese Cultural Club
Wednesdays at 9:00 am

Sahm Bo Dahn
Tuesdays at 10:15 am

Sewing by Nakasone
Wednesdays at 9:00 am

Stretch & Tone
Wednesdays at 8:30 am

Tai Chi
Tuesdays at 9:00 am
State launches Kupuna Caregivers Program to help working caregivers pay for support services for older adults

Earlier this year, Governor David Ige signed into law a program to help Hawaii’s working caregivers. The Kupuna Caregivers Program is taking launch by The Hawaii Executive Office on Aging (EOA). Working caregivers who pay for services to support their kupuna may now be eligible for financial help up to $70 per day to cover costs of adult day care, chore services, home-delivered meals, homemaker services, personal care, respite, or transportation.

For more information on eligibility, please contact the Aging and Disability Resource Center (ADRC) at (808) 643-2372 or (808) 643-0899. Program funding is limited and available until June 30, 2018.
Lanakila Multi-Purpose Senior Center to Install Automated Check-In System in April 2018

A new, automated check-in system called MySeniorCenter will soon be installed in the foyer at Lanakila Multi-Purpose Senior Center (LMPSC). It’s specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to the State of Hawaii Executive Office on Aging and the City and County of Honolulu’s Elderly Affairs Division.

Moreover, by quickly and accurately detailing which services we’re providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada—so it’s a proven tool.

A Change for the Better
The new system is extremely easy to use. Here’s how it works:

• All visitors and volunteers will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you.)
• Instead of signing into our book, you’ll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see below).

Press the touchscreen to select the programs you’ll be participating in that day.
• Press FINISH.

A Smooth Transition
Even though MySeniorCenter is designed to be user-friendly, LMPSC staff members and volunteers will be available in the foyer for the first four weeks to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be more efficient and we’ll stand a better chance of receiving funding for future activities.

MySeniorCenter will be installed in March 2018.
Mahalo
Thank you so much for your generosity!

KAHILI GINGER ($250+)
Arashiro, Daniel
Kunioka, Brian & Coach Rolovich (Pay it For Challenge)
Tomomitsu, Kay
Wong, Kalfred
Young, Patrick M/M

HIBISCUS ($100+)
Co-Cathedral of St. Theresa
Kainuma, Carolyn
Kashiwamura, Tamie
Lee, Yeu Tsu
Miyashiro, Giselle
Shiroma, Edwin

IN-KIND GIFTS
Bolster, James
Ciano, Cheryl
Eastlock, Sandra
Furukawa, Judy
Lau, Shirley
Lum, Elizabeth
Ma, Hong Mei
Matsuda, Gladys
Miura, Wally
Moreira, Jane
Nagamine, Stan
Nago, Gail
Nhomi, Mieko
Otake, Emmie
Sato, Amy
Takaki, Steven
Takeya, Ken
Terada, Diane
TJ Maxx
Yara, Linda

BIRD OF PARADISE ($50+)
Choy, Chow Fook M/M
Kaneshiro, Yoshiko
Lai, Stephen
Oshiro, Norma
Tanaka, Drusilla IMO: Stella
Nakayama

ANTHRURIUM ($49 & UNDER)
Furutani, Norene
HCC
Imamura, Herbert M/M
Kina, Joan
NARFE
Paik, Phyllis
Shiohira, Jeanette
Sugamoto, Laverne
Tanouye, Grace
Uejo, Kazue
Wauke, Marian
Yamasaki, Glenn

LMPSC 2017 Xmas Program Highlights:
<table>
<thead>
<tr>
<th>TIME</th>
<th>CLASS</th>
<th>FACILITATOR</th>
<th>LOCATION</th>
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<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>
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<tr>
<td>10:30am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</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>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
</tr>
<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/Hirashiki</td>
<td>Sewing 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>10:00am</td>
<td>Hawaiian Cultural Club</td>
<td>Dela Cruz</td>
<td>Activity 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>9:30am</td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</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>10:15am</td>
<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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<tr>
<td>11:00am</td>
<td>Exercise with Karate</td>
<td>Sato</td>
<td>Dance Studio</td>
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<tr>
<td>11:15am</td>
<td>Health &amp; Life Circle</td>
<td>Young-Sasaki</td>
<td>Sewing Room</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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<tr>
<td>9:00am</td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft</td>
</tr>
<tr>
<td>9:00am</td>
<td>Enka Class</td>
<td>Arakaki/Kishimoto</td>
<td>Library Annex</td>
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<tr>
<td>11:00am</td>
<td>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing Room</td>
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<tr>
<td>10:30am</td>
<td>Hanafuda</td>
<td>Hagihara</td>
<td>Go Room</td>
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<td>9:00am</td>
<td>Folk Sing Along</td>
<td>Group</td>
<td>Library Annex</td>
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<td>9:00am</td>
<td>Fusion Exercise</td>
<td>Gittelman</td>
<td>Lanai</td>
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<tr>
<td>9:30am</td>
<td>Yui Buyo</td>
<td>Yagi</td>
<td>Dance Studio</td>
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<tr>
<td>10:00am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Library</td>
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<tr>
<td>11:15am</td>
<td>American Sign Language</td>
<td>Macdonald/Mizusawa</td>
<td>Library</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
<td>Lanai/Activity Room</td>
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</table>
**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!**

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### JANUARY 2018

<table>
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<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
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<tr>
<td>CENTER CLOSED: New Year's Day</td>
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<td>Leadership Training</td>
<td>Leadership Training</td>
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<tr>
<td>Winter Session Begins</td>
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<td></td>
<td>Diabetes 101 (HMSA) (11:00 am)</td>
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<td>CENTER CLOSED: Martin Luther King Jr. Day</td>
<td>Leadership Training</td>
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<td>FCC, NARFE, Shazzy Exercise</td>
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<td>New Member Orientation (9:00am- LIB)</td>
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<td>Gardening (10:30 am)</td>
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### Center Staff

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

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### Let’s Keep in Touch

1640 Lanakila Avenue  
Honolulu, HI 96817  
(808) 847-1322  
www.catholiccharitieshawaii.org  
Email: suzanne.oakland@catholiccharitieshawaii.org

### Center Hours

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