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CHAMINADE NURSING STUDENTS RETURN

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Aloha everyone:

I hope you and your family are doing well after the impact of Hurricane Lane. It seemed that most of our Center members were very diligent and made every effort to prepare well. Thank you for taking your responsibility seriously taking appropriate steps to ensure your safety and that of your family, friends, and neighbors.

I know this is early, but I wanted you to SAVE THE DATE for Lanakila Multi-Purpose Senior Center’s 50th Anniversary Celebration. It will be NEXT YEAR on Friday, November 1, 2019, from 10 a.m. to 1 p.m. at Pagoda Floating Restaurant. If you are interested in being a sponsor and a part of the program, please let me know.

We express our appreciation to Longs Drugs and Don Quijote Pharmacy for providing flu and shingles shots at our center this past month. If you missed these opportunities, Walgreens Pharmacy will be coming to our center on October 10 and 11 for flu shots only.

Mahalo to Hope Young from Kokua Mau for taking the time to speak to over 50 center members about Advance Health Care Directives and POLST (Provider Orders for Life-Sustaining Treatment). A special thank you goes to Center Member Helen Katahira for encouraging members to learn about these important planning tools for our individual health!

On September 10th, please join us for cake and ice cream to celebrate Senior Center Month nationwide at 10:30 a.m. in the Center’s Lanai Area.

In August and September, Chaminade University students are coming to the Center providing various health screening services, educational workshops, and a possible cooking class for center members every Friday from August 31 to September 21, 2018. They will be at the senior center from 7:30 a.m. to 3:00 p.m. Please take advantage of these free health services.

There will be a Kupuna Smiles Oral Health presentation by the Farrington High School Health Academy in partnership with LMPSC, Aloha Medical Mission, Kokua Kalihi Valley, and the State Department of Health on Monday, September 17th, at 9 a.m. Please sign-up so that we have enough dental kits for attendees.

Please also reserve Tuesday, October 30th, from 8 to 10:30 a.m. for Lanakila’s next Show and Sell as well as Wednesday, October 31st, for the Center’s Halloween celebration.

Happy Labor Day!

Me ke aloha pumehana,
Susie Chun Oakland, Program Coordinator

Please continue your part to “be green” by bringing your own reusable bag when you shop at our center’s thrift store. Because of the recent $0.15 bag charge in all stores, we have seen a dramatic decrease in a donation of bags. Mahalo for your kokua!

–LMPSC Staff
On August 2 we started the month by playing Bingo which is always fun, especially when you win some prizes and everyone can participate. The anticipation of winning keeps us engaged and excited, plus being rewarded by snacks by just showing up, is always a treat.

Our annual Andagi Sale on August 9 for Show & Sell was a tremendous success, thanks to the ticket presales and to those who bought the delicious Okinawan doughnuts on that day. We sold out early so anyone who bought tickets and got there late ended up making a donation to the club. The Board members would like to acknowledge and thank the Jikoen Hongwanji Temple for loaning us the equipment and especially two of their faithful workers, Michael Shiroma and Jimmy Toma, who helped the club with their expertise on Wednesday and Thursday. Many thanks to everyone who helped in any way as this is the Nenchosha Club’s only fundraiser during the year.

Birthdays for the month was celebrated on August 16 when we honored these seven members: Taeko Fujino, Florence Higa, Lillian Inatsuka, Diane Kawakami, Alice Miyasato, Emmie Otake, and Richard Tada. God bless our birthday celebrants with many more healthy years. A program of Okinawan dance and karaoke songs presented by Shiyukai, led by Sensei Yamauchi was very special and entertaining. Dancers in their colorful kimonos were Hisako Fukuda, Keiko Hirayama, Tomoko Oshiro, Machiko Otte and Aimee Uwayne. To add variety to the program, we enjoyed karaoke singing by Tatsuko Koike and Tom & Betsy Nishioka. The wonderful birthday program ended with the audience joining the dancers in the Tankobushi.

Not everything goes according to plans and that was the case for our annual Beiju celebration to honor our 88-year-olds that was scheduled for Thursday, August 23. Due to the weather forecast of a major hurricane heading toward the Islands and many events being cancelled, our Beiju celebration was rescheduled for September 13. As of this writing, all schools were going to be closed on Thursday and Friday as well as City, County and State offices, except for essential workers. As Beiju is one of our special celebrations in our culture, we look forward to honoring our Beiju members in September.
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Labor Day- Celebrating Hard Work

Labor Day in the United States pays tribute to the contribution and achievements of American workers and is traditionally observed on the first Monday of September. Did you know that in Japan, November 23 is a national holiday when people commemorate labor and give thanks to Japan's workers. Labor Day is dedicated to honoring labor, celebrating production and encouraging people to express mutual gratitude since work evolves not only in agricultural and physical labor but also services of research industries. It is an opportunity for numerous celebrations at temples and shrines all over Japan to thank those contributing to their prosperity. Back here in Hawaii, let's celebrate Labor Day with parties, picnics, parades and athletic activities.

Happy Labor Day!

Here are the events that occurred in August. On August 6 we celebrated O-bon with the Mei Wa Kai dancers together with Sensei Madge Sodetani and Sensei Chieko Johnson. Our JCC members also participated bon-dancing to songs such as Tanko Bushi, Zumpa Ondo and Omikoshi Ondo. What an enjoyable time! On August 13, we heard from Jason Julian from Assertive Technology who introduced us to many devices that senior citizens could use to be independent. Some of the devices included utensils to help people with Parkinson to be able to feed themselves, TV remote with large numbers, talking clock for the hearing impaired, digital magnifier, and so many others. To purchase these devices, you can call 532-7113 or you can go on-line at maxiaids.com.

On August 20, we enjoyed nostalgic Hawaiian songs sung by Dr. Lorraine Stringfellow and her friends from Na Kupuna Makua Alii. Their hula performances were awesome!

Happy Birthday! to Yoshiko Kaneshiro (90+); Kurt Sekiya (90) and David Young (90+). May you all have many more healthy years.

9/3 LABOR DAY- HOLIDAY
9/10 VARIETY SHOW; GRANDPARENT'S DAY
9/17 BIRTHDAY; BRIAN SUZUKI KARAOKE GROUP
9/24 AARP ADVANCED CARE PLANNING- PATRICIA BEMISE

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**Additional Upcoming Club Meetings**

**Chinese Cultural Club**
Meetings 9/7, 9/14, 9/21, 9/28

**Filipino Cultural Club**
Meetings 9/8, 9/22

**Portuguese Cultural Club**
Meetings 9/5, 9/19

**Hawaiian Cultural Club**
Meetings 9/4, 9/11, 9/18, 9/25

**Korean Cultural Club**
9/6, 9/13, 9/20, 9/27

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Sharon Abreu
Cipriana “Mary” Acosta
Yong Cha Ahn
Takemitsu Akamine
Tsuneko Aki
Thomas Amina
Miyoko Ante
Diana Antonio
Aileen Asato
Wolletta Baldomero
Penelope Ellen “Penny” Brouillette
Esperanza “Espie” Celestial
Angela Chan
Lorraine Chang
Aileen Chinen
Sumiko Chinen
Fong Sio Chong
Mal Soon Chu
Becky Chun
Christine Chun
Sharon Chun
Sheila Daoang
Maile Duvauchelle
Lillian Erice
Cresencia “Sencia” Foronda
Jane Fujii
Grace Fujimoto
Joyce Fujimoto
Frances Fujita
Edwin Fukushima
Jean Ganiko
Francisca “Frances” Gascon
Janet Ginoza
Patsy Gomez
Odette Goo
Cheng Ai Guerin
Kayoko Hand
Katherine Hirai
Xuan Vo Huynh
Sally Im
Yaeko (Ma) Inouye
Stella Isara
Kenneth Ishii
Yoshiko Ishiki
Elizabeth Kaalekahio
Hilda Kagehiro
Sally Kageyama
Marty Kaili
Yoshiko Kaneshiro
Tong Yul Kim
Vivian Kim
Joyce Kishimoto
Sin Cha Ko
Patsy Kobayashi
Dorothy Komomua
Evelyn Kuromoto
Jane Kwon
Lily Loo
Welcome New Members!

Christine Abedor
Toshitsugu Fujimoto
Leonard Ho
Leila Hoe
Paul Hoe
Yong Jin Kim
Viola Lara
Ethel Tagawa

Announcements

If you have already been assessed with Elderly Affairs Division (EAD) regarding transportation with Catholic Charities Hawaii van (for excursions and entertainment groups) and are still waiting for a reply, please see the front desk. The staff at Lanakila Multi-Purpose Senior Center is assisting our transportation program in collecting names of those still waiting for follow-up with their ridership.

If you would like to take part in Catholic Charities Hawaii transportation services, and have not yet been assessed, please call the City & County Elderly Affairs Division at 768-7700.

If you are already taking part of these services, and need to schedule your annual assessment, please call the City & County Elderly Affairs Division at 768-7700.
**Be Prepared!**

Hurricane season is still upon us, so please make sure you and your family are prepared for any natural disaster. Below are some tips:

**SENIOR, FAMILY AND COMMUNITY PREPAREDNESS**

With Hurricane season upon us, please take the time to talk with your family about how to best prepare for this and other natural and manmade disasters. The following information is provided by the City and County of Honolulu’s Department of Emergency Management.

**LEARN** – Educate yourself on disasters that can affect you and your family.

**PLAN** – Create and exercise a Family Disaster Plan. Locate a secondary meeting place and designate an off island contact.

**INDIVIDUAL, FAMILY and BUSINESS DISASTER PLANNING** – Disaster planning is everyone’s business. Carefully review this information and take the time today to discuss preparedness with family, friends, and co-workers.

**DEVELOP A 7-DAY DISASTER SUPPLIES KIT**

Your disaster supplies kit should contain enough of the following items to last for 7-days (14 days preferred):

- **Water** – One gallon of water per person per day for seven days for drinking and sanitation.
- **Food** – Non-perishable food that does not require cooking. Popular local foods such as spam, corned beef, vienna sausages, canned fruits and vegetables,
- **Eating utensils** – Paper plates, cups, mess kits, forks, chop sticks. Don’t forget a non-electric can opener for canned foods.
- **Light** – Flashlight and/or a portable fluorescent light.
- **Spare batteries** – Check annually.
- **First Aid** – Get a good kit and consider enrolling in a certified first aid course.
- **Whistle** – Important for signaling for help. A whistle carries much further than a human voice and uses less energy than yelling.
- **Dust Mask** – Helps to filter contaminated air.
- **Sanitation** – Moist towelettes, wipes, garbage bags, plastic ties for personal sanitation.
- **Tools** – Wrench or pliers to turn off utilities, duct tape
- **Maps** – Local area maps.
- **Prescription** – Special medications and glasses.
- **Baby** – Infant formula and diapers.
- **Pets** – Pet food and extra water for your pet.

**ESTABLISH A PERSONAL SUPPORT NETWORK** – A personal support network is made up of individuals who will check on you in an emergency to ensure you are okay and to give assistance if needed.

**IF YOU NEED TO EVACUATE** – Public shelter locations and opening times will be broadcast over the TV and radio if an emergency dictates an evacuation. Know which shelters are closest. Be aware that public shelters are hot, crowded and noisy. Please remember that you must bring all of your disaster supplies with you. On Oahu, if an evacuation is ordered, City buses will become evacuation shuttles taking you to the nearest designated public shelter. Transportation during emergencies are free and buses can be flagged down anywhere along their route. You do not need to be at a bus stop.

**ADDITIONAL DISASTER SUPPLIES FOR SENIORS** –

- Prescription medicines, list of medications including dosage, and a list of allergies
- Incontinence supplies
- Extra wheelchair batteries, oxygen
- Medical insurance and Medicare cards
- List of style and serial numbers of medical devices such as pacemakers
- List of doctors and relatives or friends who should be notified if you are injured

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**Thank you so much for your generosity!**

**KAHILI GINGER ($250+)**
Crisafulli, James

**HIBISCUS ($100+)**
Stevens, M/M Daly

**BIRD OF PARADISE ($50+)**
Alvarado, Dorothy
Furukawa, Judy
Gomi, Shirley
Kagami, Nancy
Kinoshita, M/M Karl
Nago, Kosei
Nakata, Sally

**ANTHURIUM ($49 & UNDER)**
Akamine, Jeanette
Mau, Carol
Shimomura, Dorothy
Yamasaki, Glenn

**IN-KIND GIFTS**
Ahana, Audrey
Amarino, Lani
Arakaki, Sally
Asao, Bryant
Burrows, John
Daido, Lynn
Fukunaga, Gayle
Harada, Andy
Imada, Mildred
Ishimoto, Mabel
Kageyama, Sally
Kainuma, Michi
Kamioka, Jane
Kim, Savina
Kishimoto, Joyce
Kumamoto, Kikuki
Lee, Toni
Lindo, Cecilia
Lum, Elizabeth
Lum, Madeline
Ma. Hong Mei
Matsumoto, Mae
Maunakea, Dexter
Melick, Amy
Morriera, Jane
Oakland, Susie
Oka, Linda
Olayan, Gilbert
Paik, Grace
Shirakawa, Kazuo
Sullivan, Toshi
Takamine, James
Take moto, Florence
Tari, Amy
Tatsuta, Jane
Tsuchiyama, Yoneko
Yamamoto, Jean
Young, Amy

**Be Prepared!**

LMPSC’s newly renovated outdoor storage space!
<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>
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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>Basic Ukulele (Picking)</td>
<td>Nishiyama</td>
<td>Go Room</td>
</tr>
<tr>
<td>11:00am</td>
<td>Lei-Making Group</td>
<td>Tsutsumi</td>
<td>Craft Room</td>
</tr>
<tr>
<td>8:00am</td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<tr>
<td>9:00am</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>Hasegawa</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>Brain Exercise</td>
<td>Oh</td>
<td>Go Room</td>
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<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou/Sasahara</td>
<td>Library</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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<tr>
<td>9:00am</td>
<td>Basic Ukulele (Strumming)</td>
<td>Nishiyama</td>
<td>Library Annex</td>
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<td></td>
<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td>11:00am</td>
<td>Hawaiian Cultural Club</td>
<td>Antonio</td>
<td>Activity Room</td>
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<tr>
<td>12:00pm</td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<tr>
<td>8:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katabira/Higuchi</td>
<td>Lanai</td>
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<tr>
<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></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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<td>Veteran’s Club Talk Story</td>
<td>Yashima</td>
<td>Go 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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<tr>
<td></td>
<td>Ellen’s Ukulele</td>
<td>Tagonan/Lindo</td>
<td>Sewing Room</td>
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<td>Happy Seniors Serenaders</td>
<td>Ojiri/Ko</td>
<td>Library 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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<td>12:30pm</td>
<td>Men &amp; Women’s Shed</td>
<td>Maynes</td>
<td>Activity 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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<td></td>
<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</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>Hanafuda</td>
<td>Hagihara</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Nakasone/Kawaguchi</td>
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<td></td>
<td>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing Room</td>
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<tr>
<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/Sugai</td>
<td>Dance Studio</td>
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<td>9:30am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
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<td>10:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katabira/Higuchi</td>
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<tr>
<td>11:15am</td>
<td>American Sign Language</td>
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<td>11:30am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<tr>
<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
<td>Lanai/Activity Room</td>
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# SEPTEMBER 2018

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<thead>
<tr>
<th>SUN</th>
<th>MON</th>
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<tr>
<td>CENTER CLOSED-LABOR DAY</td>
<td>CERT Training (9:00 am)</td>
<td>GLC to Red Lobster</td>
<td>Janet’s Xmas Card Making (9:30 am)</td>
<td>Chaminade Health Screenings (7:30 am)</td>
<td>LMPSC Open: FCC (8:30 am)</td>
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<tbody>
<tr>
<td></td>
<td>Celebrate Senior Center Month!</td>
<td>CERT Training (9:00 am)</td>
<td>Program Committee Meeting (8:30 am)</td>
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<td>Meditation-HMSA* (11:00am)</td>
<td>Chaminade Health Screenings (7:30 am)</td>
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<tr>
<td>FALL ‘18 SESSION STARTS</td>
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<td>Chaminade Health Screenings (7:30 am)</td>
<td>LMPSC Open: FCC, NARFE (8:30 am)</td>
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<tr>
<td></td>
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<td>New Member Orientation (9:00 am)</td>
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<td>GLC to Red Lobster</td>
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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!

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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-3:00pm

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**Center Staff**

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suzanne Chun Oakland</td>
<td>Program Coordinator</td>
<td>Rm 7</td>
</tr>
<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<td>Rm 3</td>
</tr>
<tr>
<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td>Rm 4</td>
</tr>
<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td>Rm 7</td>
</tr>
<tr>
<td>Cyan Curtis, LSW</td>
<td>Case Management</td>
<td>Rm 6</td>
</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
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**Catholic Charities Hawaii**