LANAKILA KŪPUNA NEWS

October 2018 | No. 33

Inside This Issue:
A SPOOKTACULAR EVENT COMING SOON

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

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 everyone:

Happy Halloween! It’s Fall and the start of the season of gratitude … We are so grateful for the generosity of the Lanakila Senior Center members, family, friends and community members who think of Lanakila Multi-Purpose Senior Center throughout the year. The members of our cultural clubs and classes continue to be of service to the broader community as well as the center and for this we express our deepest appreciation for your service and beautiful hearts.

In the next few months, donations of holiday cards, craft supplies, material, door prizes, gift cards, plants, and other items that seniors would enjoy would be most appreciated. We have a number of special events and these would make wonderful door prizes and gifts.

Ohana Health, HMSA and Chaminade will be having a number of interesting health education workshops and we hope you will participate in them. There are sign-up sheets at the front desk.

LMPSC is also coordinating excursions to the Taiwan and Korean Consulate, Queen Emma Summer Palace, Waihole Poi Factory, the Army Museum, and the Pearl Harbor Aviation Museum. Walgreens Pharmacy will be coming to our center on October 10 and 11 for flu shots only.

Take a peek into a couple of new classes this session. We have Tai Chi with Tommy Amina on selected Saturdays from 8:30 am to 11:00 am in the Lanai, and Sing for Your Life starting October 5th from 10:30 a.m. to 11:30 a.m. in the Activity Room with instructor, Chanara Richmond.

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!

Mahalo to all the center members who helped celebrate Senior Center Month at the beginning of September. We hope you enjoyed the pumpkin and mango cheesescakess, pumpkin pie, chocolate cake, Samurai ice cream, and turkey wraps.

Chaminade students will be hosting three educational workshops in October: (1) Nutritional Needs for Older Adults, October 12; (2) Healthy Foods for Those with Diabetes, October 19; and (3) Recipes for Heart-Healthy Cooking, October 26, 2018. All these classes will take place from 10 to 11 a.m. in the Go Room.

Excellent presentations of the Kupuna Smiles Oral Health Class by the Farrington High School’s Health Academy students, Chelsea Calzo, Dulce Clemente and Jezabel Valencia in partnership with LMPSC; Jessica Lozano and Karli Kreutzfeldt from the Aloha Medical Mission; Dr. Jason Hiramoto from Kokua Kalili Valley; and Dr. Andrew Tseu, Dental Hygienist Linda Austin, and Public Health Nurse Heisook Forbes from the State Department of Health. Center members and community organization representatives had excellent questions and everyone learned about the positive lifelong impacts of good oral hygiene and how poor oral health affects your entire body. If you’d like a presentation for seniors you know, please ask me.

If you ride the bus or know people who ride the bus, please attend and encourage others to attend the HOLO meeting on October 17 at 8:00 a.m. at LMPSC. The city is piloting this card to use on the bus and needs to people to use and evaluate the card.

Please join us on 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 Costume Contest, Bake Contest, Games with Damien Memorial School’s Leo Club, and a Spooktacular Lunch.

Please reserve Wednesday, November 14, 2018, from 9 to 11 a.m. to enjoy a free Thanksgiving Program and Lunch together and honor our veteran center members as well. There will be a pre-program starting at 8 a.m.

Me ke aloha pumehana,
Susie Chun Oakland, Program Coordinator

Our Thanksgiving food drive begins October 1st! All canned goods collected will be gifted to the Calvary Assembly of God to assist those who are hungry.

–LMPSC Staff
See it to Believe it!

On August 30 we had a session on how to do magic tricks. Takeshi the Magician gave us some pointers on how to do some simple tricks. His advice was to test it over and over again because there are times that it doesn’t work. We were mesmerized by some of the optical illusions he performed with multi-colored ribbons, ropes, cards, silk scarves and even a rabbit in a hat. (Of course the rabbit was not a live one.) He has been performing and practicing magic tricks for 10 years and had just returned from a Magic Convention in Las Vegas. The most impressive trick was when he lifted a small table off the floor which was a “seeing is believing” moment.

We are constantly reminded about how important it is to keep physically active every day. Therefore, it was a productive way to spend the morning on Sept. 6 by exercising with Fran Patoskie from Kaiser Permanente. Exercising to help our balance is key to preventing falls that may critically change our lives. With the appropriate music, we did some breathing exercises and some dance steps to make it a fun workout. We were also reminded to do some weight-bearing exercises to maintain muscle strength, using water bottles, cans of food, or other weights.

Our talented members were featured on Sept. 13 as we enjoyed another Variety Show. The opening number was a Taiko drum performance by Judy Bianco and John Awakuni, followed by karaoke singers Harry Nakasone, Diane Kawakami, Richard Tada, Flora Nakasone, Yoshiko Sickels, Frank Toma and Bobby Ishihara. Adding variety to the program were Toguchi dancers Takako Goya, Yoshiko Kumura, Nobuko Oshiro and Yaeko Miyahira who did a dance, a ukulele number by Patrick Young, a hula by Diane Kawakami, and ending with a community sing led by the Toguchi dancers.

We celebrated birthdays on Sept 20 and honored these seven members: Stella Isara, Sally Kageyama, Joyce Kishimoto, Brigid Nakamura, Kurt Sekiya, Sumiko Teruya and Katherine Uejo. God bless you with many more healthy, happy years. We enjoyed a wonderful program by Elsie Kawamoto’s Karaoke group. Many thanks for presenting all of our birthday celebrants with gifts and also handing out gift cards as prizes for answering questions throughout the morning which added to the program. Singers were Nady Bradbury, Karen Wong, Myrtle Nyuha, Richard Satake, Joan Momohara, Gary Miyata, Yuki Sawada, Duana Shimamoto, Jean Yamanaka, Clarence Kane and Sensei Elsie Kawamoto. A couple of the familiar songs were “Basho Fu” and “Kawa no Nagare no Youni”. No doubt our own karaoke singers enjoyed other familiar tunes.

10/4 BRIAN SUZUKI
10/11 BINGO
10/18 BIRTHDAY/MARIAN ARAKAKI’S ENKA
10/25 NALEO NAHENAHE

Remember when...
Pineapples were 25 cents each?
Halloween Safety

BOO! Soon we will see ghosts, monsters, and pumpkins that tell us that it’s time for Halloween. While we all look forward to gobbling all those candies and cookies in our bag, we must be cognizant about Halloween Safety:

• Children should be accompanied by an adult
• Always walk on a sidewalk
• Use traffic signals drivers should slow down especially in residential neighborhoods

Have a safe and spook-tacular trick ’n treating day!

We had a special treat on Sept. 20 when the ever-so-lively troupers from Lanakila Senior Center danced and sang their way to entertain us. They (Richard, Diane, Frank, Karen, Flora and of course, Jane Higa) always put on a great performance. On Sept. 17, we enjoyed the karaoke singing of Brian Suzuki and his singers. We especially enjoyed nostalgic songs which were familiar to many of us so we participated in a sing-a-long. On Sept. 24, we were enlightened by Patrice Bemis from AARP about the importance of having an Advance Health Care Directive. This will enable you to put your health care wishes in writing and designate an individual to make health care decisions for you based on your directive.

Tanjoubi Omedetou Gozaimasu! to Sandra Fukuda (90+); Nobuko Hamada (90+); and Masato Matsui (90+). May you all have many more healthy years.

10/1 YUI BUYO WITH SENSEI YAGI AND SENSEI SUGAI
10/8 HMSA STEPHEN MCCALL- HEALTHY EATING, HAWAIIAN STYLE
10/15 BIRTHDAY- BARBARA SASAHARA AND FRIENDS; KARAOKE AND MAGICIAN
10/22 AARP- TERRY JOHNSON- “DISRUPTING AGING”
10/29 BINGO

Additional Upcoming Club Meetings

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

Filipino Cultural Club
Meetings 10/13, 10/27

Portuguese Cultural Club
Meetings 10/3, 10/17

Hawaiian Cultural Club
Meetings 10/2, 10/9, 10/16, 10/23, 10/30

Korean Cultural Club
10/4, 10/11, 10/18, 10/25
HAPPY BIRTHDAY (continued)

Katherine (Kathy) Uchihara
Matsue Uehara
Emiko Watanabe
Alfred Wong
Joyce Wong
Margaret Woo
Midgieann (Midge) Wright
Ying Jian Xu
Hideko Yagi

Irene Yamashita
Emiko Yasuda
Marion Yasui
Janet Tokoe
Janice Yokooji
Geraldine (Gerry) Young
Nancy Young
Patsy Young
Xiang Lan Zhong

HAPPY BIRTHDAY!

Beatrice Kong
Mae Kuboyama
Paula Sue Kurashige
Bonnie Lee
Velma Lee
Yiu Yuen Leung
Jacqueline (Jackie) Lowe
Lolita Lucas
Charlotte Luhiau
Aileen Lum
Fred Lum
Lita Lum
Mitsuko Lum
Rosa Marquez
Rio Martell
Masato (Mas) Matsui
Eleanor Mau-Okimoto
Ethel Mimori
Yaeko Miyahira
Robert (Hideo) Miyamoto
Barbara Miyano-Young
Alice Miyata
Umeko Mogi
Cynthia Mori
Jane Morreira
Arlene Nagamine
Masako Nakagawa-Hayashi
Hisae Nakahodo
Franklin Nakano
Masae Numata
Tsuruko (Tudi) Okimoto
Gilbert (Gil) Olayan
Helen Onoye
Carmen Orpilla
Gary Park
Junk Ok Park
Mal Soon (Anna) Park
Sue Ja Park
Rosita Pasalo
Betty Ann Querido
L. Kuuipo Ramos
Hokyu Rhee
Asae Rosales
Rita Schmid
Elaine Sensui
Karen Shishido
Elvanette Silva
Cecile Smith
Rachel Soong
Wilfred Soong
Sumie (Sumi) Sueishi
Wendy Tachikawa
Kay Takechi
Yasuko Takeuchi
James Tanaka
Kang Ming Tang
No Thi Thai
Jeanette Tokuhiro
Tuitogama’atoe (Tui) Tuitama

Welcome New Members!

Sheryle Curtis
Laura Hirayama
Evelyn Ho
Leatrice Kakesako
Darlene Madriaga
Beverly Mau

Mary Muraoka
Chanara Richmond
Karen Sakihama
Susan Sato
Elvanette Silva
Paulette Silva
Lois Sueda

Sarah Swisher
Hugh Taira
Yuriko Vaughn
Clemente Villanueva
Clarita Wickman
Margaret Woo

Chinese Cultural Club show off their smiles after their Oral Health Presentation
Thank you so much for your generosity!

**IN-KIND GIFTS**
- Chang, Grace
- Chang, Lynn
- Ching, Sylvia
- Davidson, Jeannie
- FeBenito, Vi
- Fuller, June
- Furumori, Sandi
- Hasegawa, Susie
- Ho, Leonard
- Ichikawa, Dorene
- Isa, Sharon
- Kainuma, Michi
- Kishimoto, Joyce
- Koyama, Florence
- Kym
- Kuakini Medical Center
- Lau, Shirley
- Liu, Emma
- Low, Edna
- Miyashiro, Walter
- Nhomi, Mieko
- Nip, Renee
- Oakland, Susie
- Paik, Phyllis
- Shiohira, Jeanette
- Sugiyama, Jean
- Terry, Anita
- Toma, Frank
- Tsuda, Siri
- Yamashiro, Jane

**PIKAKE** ($1000+)
- HawaiiUSA – Karl Yoneshige

**KAHILI GINGER** ($250+)

**HIBISCUS** ($100+)
- Ito, Janet
- Stevens, M/M Daly
- Young, David
- Young, Patrick

**BIRD OF PARADISE** ($50+)
- Oshiro, Nobuko
- Wong, Aileen

**ANTHURIUM** ($49 & UNDER)
- Caberto, Cathy
- In, Paul
- Kaneshiro, Cathy
- Soranaka, Alyce
- Sueda, Lois
- Sullivan, Toshi
- Wauke, Marian
- Yamashiro, Glenn

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**CHECK OUT WHAT’S NEW!**

**Tai Chi with Tommy Amina**
Selected Saturdays 2x a month
8:30 am – 11:00 am
Lanai

**Sing For Your Life**
(starting Oct. 5th)
Fridays
10:30 am – 11:00 am
Library Annex/Go Room*
*time and room may be subject to change

**Please feel free to observe classes prior to registering**

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**New Tai Chi class on selected Saturdays with Tommy Amina**

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**Magician, Takeshi, impresses the Okinawa Nenchosha Club with his magic**
<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>
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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></td>
<td>Basic Ukulele (Picking)</td>
<td>Nishiyma</td>
<td>Sewing Room</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>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</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></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/Sasahara</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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<tr>
<td>9:00am</td>
<td>Basic Ukulele (Strumming)</td>
<td>Nishiyma</td>
<td>Library Annex</td>
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<td>Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</td>
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<tr>
<td></td>
<td>Hawaiian Cultural Club</td>
<td>Antonio</td>
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<td>10:00am</td>
<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</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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<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>Tangonan/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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<td>10:30am</td>
<td>3D Origami</td>
<td>Yashima</td>
<td>Go Room</td>
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<td>11:00am</td>
<td>Tai Chi for Health</td>
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<td>Exercise with Karate</td>
<td>Hasegawa/Sato</td>
<td>Dance Studio</td>
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<tr>
<td>11:15am</td>
<td>Health &amp; Life Circle</td>
<td>Young-Sasae</td>
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<tr>
<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>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft Room</td>
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<td>Enka Class</td>
<td>Arakaki</td>
<td>Library Annex</td>
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<td></td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<td>10:30am</td>
<td>Hanafuda</td>
<td>Hagihara</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>Crafts by Florence</td>
<td>Tamura</td>
<td>Sewing 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>Fusion Exercise</td>
<td>Gittelmann</td>
<td>Lanai</td>
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<td>9:30am</td>
<td>Yui Buyo</td>
<td>Yagi/Sugai</td>
<td>Dance Studio</td>
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<td>Chinese Cultural Club</td>
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<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
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<td>10:30am</td>
<td>Sing For Your Life</td>
<td>Richmond</td>
<td>Library Annex/Go Room</td>
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<td>11:15am</td>
<td>American Sign Language</td>
<td>Mizusawa/Inatsuka</td>
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<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<td>Tai Chi with Tommy Amina</td>
<td>Amina</td>
<td>Lanai</td>
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<tr>
<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Asis</td>
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# OCTOBER 2018

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<th>SUN</th>
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<td></td>
<td>CERT Training (9:00 am)</td>
<td>GLC to Livestock Tavern</td>
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<td>Program Committee Meeting (8:30 am)</td>
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<td>Nutrition by SHINE (10:00 am)</td>
<td>LMPSC Open (8:30 am)</td>
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<td>HOLO Presentation (8:00 am)</td>
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<td>Korean &amp; Taiwan Consulate Excursion</td>
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<td>New Member Orientation (9:00 am)</td>
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<td>Recipes for the Heart by SHINE (10:00 am)</td>
<td>LMPSC Open (8:30 am)</td>
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<td></td>
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<td>SHOW &amp; SELL (8:00 am)</td>
<td>Halloween Program (9:00 am)</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!*

**Center Staff**

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Room</th>
</tr>
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<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>
<td></td>
</tr>
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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