LANAKILA KŪPUNA NEWS

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WORKING UP A SWEAT IN THE SUMMER

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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 and Minnie K. Fund via the Hawai`i Community Foundation.
Aloha! Summer is here. The beautiful beaches, sunny skies, laughter at family and friends gatherings, and a chance to enjoy some rest and relaxation. Please keep hydrated and take care of your skin in the sun. The Senior Center will have many fun and educational classes, workshops, and special events. The events calendar is on our center bulletin board for easy reference and the sign up boards can be found at the front desk counter. Our center calendar can also be found on the last two pages of our monthly newsletters online at Catholic Charities Hawaii’s website under senior programs.

A big mahalo to Lanakila’s Health and Life Circle Class and Girl Scout Troop 873 for partnering together to refresh and update our class board in our Center hallway across from the Library Room. We truly appreciate the thoughtful and caring design of the board to share with our members and the public some of the great classes we offer at our senior center. Mahalo to Evan Ching, Bryant Asao and Wayne Ogata for making the great photos of all our special events and club and class activities available on our television screen in Lanakila’s concession area.

Lanakila’s Spring Show and Sell was held on Tuesday, May 7, 2019, from 8 to 10:30 a.m.!!! Thank you to the Hawaiian Cultural Club, Japanese Cultural Club, Men and Women’s Shed Group, Okinawa Nenchosha Club, Portuguese Cultural Club, Walking Group, our center members, and our community partners for making our fundraising event a great success!

A big mahalo to everyone who donated flowers and plants that made the beautiful arrangements that graced the stage for Lanakila’s Memorial Program on May 23rd. Thank you everyone who made the white carnations for each person to present in honor of our members’ memories, and the 7 cultural clubs for donating delicious refreshments. Mahalo Sensei Takeuchi and the Taisho Koto class, MC Mary Sueda, our kitchen volunteers, Frank Toma and Richard Tada for the technical support, Frank Toma for his wonderful rendition of “I’ll Remember You”, and people for sharing memories on behalf of Center members. Thank you to Reverend Alan Urasaki from the Honpa Hongwanji Mission for sharing such an inspirational message and sharing memories of his boyhood and everyone who attended and honored our center members in such a beautiful way.

On Saturday, June 8, 2019, from 8:30 to 11:00 a.m., Lanakila Senior Center will be hosting a Going Green Recycling Service Project at 1640 Lanakila Avenue. Please bring your recyclables and help us keep our Earth healthy and clean, support other worthy community programs that support our families, and earn cash for the center to support the many programs we offer to the community. See the flyer enclosed in this newsletter for more details.

If you are in need of free legal services, feel free to come to our senior center on Saturday, June 15, from 9 a.m. to 12 p.m. You may call (808) 528-7046 to make a reservation with Volunteer Legal Services Hawaii. Walk-ins will be accepted, but there is no guarantee that you will be seen by an attorney.

Join us for Lanakila’s 3rd Annual Health and Wellness Fair on Friday, June 21, 2019, from 9 to 11 a.m. It will be fun, informative, and a place where you can see old friends and meet new friends. Pre-order your barbecue chicken plate for $5.00. There will be fresh produce sold, flower arranging, tai chi, Yui Buyo, Kupuna Aikido, pain management, diabetes care, blood pressure, vision and hearing testing and a presentation, fire and safety tips, senior IDs, massage, learning of options to obtain free telephones for people who are hard of hearing, dental information, and much more.

On June 25, 2019, from 11 a.m. to 2:00 p.m., the City’s Real Property Tax Office staff are coming to LMPSC to inform center members and the public about the real property tax credit for homeowners to help them reduce their property taxes if they meet certain eligibility requirements. Should you have any questions, please call Arce at (808) 768-3977. Mahalo to our LMPSC members and community volunteers for helping the City make 941 ti leaf lei for the Veteran’s Memorial at Punchbowl Cemetery on May 28th on behalf of Lanakila Senior Center.

Welcome New Members!

Mary Beralas
Arceli Chan
Karen Chow
Pauline (Haunani) Clarke
Kay Fujii
Caryn Gushikuma
Sharon Kahikina
Fredrick Kolios
Kiyomi Morisato
Anita Pangan
Leighton Sakamoto
Eunice Taylor

Me ke aloha pumehana (with warmest love),
Susie Chun Oakland, Program Coordinator
What is the difference between a “Vegetarian” and a “Vegan”? That was one of the questions asked of Chef Paul Onishi on May 2, 2019 during the Q&A time after he gave a Food Demonstration of preparing a brown rice dish which we were able to sample. Before his demonstration, however, he shared his very interesting life story of growing up with two grandmothers (both of whom lived past 100 years of age) with totally different backgrounds. One was an educator and began a language school in Wahiawa while the other was illiterate and was embarrassed because of it. Nevertheless, they were both positive influences on him that spoke to what grandmothers can mean in a child’s life as both grandfathers died young. He went on to share how he became a professional sushi chef, even starting his own catering business that served Hollywood celebrities. Details of his life’s journey were featured in two newsletter issues of The Island Vegetarian, a publication of the Vegetarian Society of Hawaii, and entitled “Confessions of a Food Service Professional aka Food Abuser” copies of which were distributed at the beginning of the session. Facing some serious health issues after visiting a cardiologist, he heard about and entered the Ekahi Ornish Reversal program and learned how to transition to a plant-based diet with exercise and meditation which he credits for transforming his life. Due to his culinary background and training, he is now passionate about teaching others about this healthy lifestyle and teaches healthy vegan cooking classes at the Japanese Cultural Center.

For the food demonstration, brown rice, quinoa, frozen vegetables and meat substitutes were used to prepare the rice dish. Some ingredients that are used in vegan cooking and unfamiliar to many of us were liquid amino used in place of shoyu, dehydrated meat substitutes that are hydrated before use, agave as a sweetener rather than honey, etc. It was an education that resulted in some members signing up for the vegan classes.

Mother’s Day was celebrated on May 9 with entertainment provided by Frances Nakachi Sensei and Master Teacher Terry Higa of Hawaii Taiko Kai. A special program of Japanese and Okinawan dances by the Nakachi dancers as well as numbers by members of the Taiko Kai, added to the celebration. One of the dances included a banner with the words “Happy Mother’s Day” as part of the dance. That was a nice surprise. The wonderful program ended with everyone doing the kachashi and enjoying special Mother’s Day bentos.

Our May birthdays were celebrated on May 16 with seven birthday celebrants being honored: Violet Ganeku, Lorraine Kusumoto, Doris Nakamura, Chiyoko Oshiro, Michiko Runyon, Alice Shiroma and Karen Takemoto. God bless each one of you with many more birthdays! Three karaoke singers who called themselves “Senior Moments” provided the birthday entertainment, ending the program with the popular favorite “Nada SouSou”.

(Note: The Center’s Memorial Service was held on May 23.)

6/6- MELLOW FRIENDS
6/13- FATHER’S DAY- URIZUN
6/20- LYNNE NAKASONE DANCE ACADEMY
6/27- NAKAMA TAIKO
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

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

Well, it's time to celebrate Father's Day and sometimes you guys are overshadowed by Mother's Day. But we really do appreciate you and would like to express our love and respect to all the Dads, Grandpas, and Uncles. After all you are our Superheroes. So to make you proud here are some of our words of appreciation, in Japanese, from your loved ones:

• Otosan, iiroo arigatou (Dad, thank you for everything)
• Otosan, itsumo itsumemo kenmei kurete arigatou-ne (Dad, thank you for always working hard)
• Otosan, itsumademo genkide-ite-ne (Dad, please stay healthy for years to come)

Okay, all the grateful expressions being said, don't forget to get back to your normal everyday household chores. (LOL) Happy Chichi No Hi!

On May 6, we celebrated Boy's Day with the Headstart Keikis. They had so much fun playing games such as Fishing Pole, Mechanical Fishing, Ring Toss, and Crayon Resist Drawings. Actually, even our members enjoyed the games as well. On May 13, we enjoyed our Mother's Day program with Sensei Tcheou’s odori and karaoke group. They entertained us with beautiful Japanese dances, group singing accompanied with Koto and Ukulele playing. It was wonderful to hear ukulele and koto music blend beautifully together to such songs as Sukiyaki, Nada Sou Sou, Koko Ni Sachi Ari, Kawa No Nagare No Yoni and others. Then on May 20, we heard beautiful singing from Elsie Kawamoto’s vocal class. The students sang a variety of Japanese songs to which we could all sing along since a monitor was setup for us to follow.

On May 7, we again had a successful Show and "Sellout" of our Chirashi Bowl, Spam Maui, baked goods and gently used clothing and other items. Once again, it wouldn't have been possible without the generous donations from members and volunteers who showed up early to kokua. MAHALO!

Tanjoubi Omedetou Gozaimasu! to Gladys Nakoa (90+) May you have many more healthy years.

6/3- VICTOR’S KAPAKAHI GROUP
6/10- MOUNTAIN PACIFIC QUALITY, LETICIA WILSON, RN (DIABETES)
6/17- BIRTHDAY/FOLK SING – ALONG WITH MOANA GRAY
6/24- INDOOR PICNIC

Additional Upcoming Club Meetings

Filipino Cultural Club
Meetings 6/1, 6/15

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

Portuguese Cultural Club
Meetings 6/5, 6/19

Hawaiian Cultural Club
Meetings 6/4, 6/18, 6/25

CALLING ALL DRIVERS!
The Center is offering FREE car wash for all center members who drive on Wednesday, June 26th and Thursday, June 27th. This car wash is part of a community service project by a missions trip group from the mainland. If you would like your car washed, please sign up at the front desk! For safety reasons, this is by appointment only. Donations welcomes!
HAPPY BIRTHDAY

(continued)

James Takamiya
Florence Takemoto
Betty Teruya
Dorinda Teruya
June Tokuda
Carolyn “Carol” Tokunaga
Franklin Toma
Nishie Tomiyama
Kazuko Toyama
Yoneko Tsuchiyama
Siri Tsuda
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
Janice Yoshizawa
Jin Lian Zhang

CHINESE CULTURAL CLUB UPDATE
By Dorothy Mau

Lei for May

The month of May was beautiful with flowers and lei for “May Day is Lei Day” in Hawaii. Club members learned to make ti-leaf lei from President Mau and Program Coordinator Susie Chun Oakland. The lei were donated for the veterans laid to rest at Punchbowl Cemetery.

President Mau wishes to thank everyone who greeted her with music and songs for her birthday on Friday, May 24th. Early in the morning the Happy Senior Serenaders with Moana Gray and Don Ojiri were jolly and peppy singing and playing the piano & ukulele for Dorothy.

Lenora Springer received a warm welcome and was our pro-tem secretary. Pro-tem membership roll calls were done by Tan Fung Chan and Cindy Choy. Xie xie to all members for their support.

God speed to Evelyn Ho who is under the weather.

Members present at the meeting donated $2.00 per name to be placed in the 50th anniversary souvenir booklet.

On June 20th, members born in the months of January to June will be treated to a light lunch of long life noodle and char siu bao.

The executive board will hold its meeting on June 7, 2019. Plans to increase our treasury, by-law changes, and program will be discussed.

Happy Father’s Day to all wonderful fathers in the world.

6/7- Board Meeting
6/14- Meeting with Cindy
6/21- Meeting with Cindy
6/28- Happy Birthday Celebration

Members pose for a photo after a fun tour at Lion’s Coffee
Thank you so much for your generosity!

PIKAKE ($1000+)
Yamashita, Irene

OHI'A A LEHUA ($500+)
Pedro Factora & Siri Tsuda

KAHILI GINGER ($250+)

HIBISCUS ($100+)

Tanaka, Lillian
Tengan, Yoshiharu
Yoshimori, Jeannette

Tsukayama, Grace

ANTHURIUM ($49 & UNDER)

Acosta, Iluminada
Brown, Gilbert
Carpio, Rosalina
Ching, Marilyn
Dolor, Leticia
Frank, Punahou
Fujimoto, Richard
Fukuhara, Kay
Ganeku, Violet
Gray, Moana
Hiyoshi, Hiroko
Ibay, Wilma
Ichikawa, Dorine
Inatsuka, Lillian
Iniba, Juliana
Iwasaki, Amy
Hanakahi, Barry
Kaili, Marty
Kuhns, Irene
Kumamoto, Kikuko
Lucas, Lolita
Lee, Rosalia
Liao, Miao Feng
Madigan, William
Matsuda, Yoshihiro
Miyahira, Yaeko

Miyashiro, Yoko
Miyazawa, Yasuko
Morisato, Paul
Nakamoto, Lethia
Nakamura, Brigid
Nakasone, Chieko
NARFE
Oshiro, Nobuko
Pasion, Almeda
Raposas, Filomena
Sagadraca, Jonan
Sarmiento, Estelita
Singson, Estelita
Sugiyama, Jean
Tamura-Boyd, Susan
Takamura, Susan
Tan, Fung Chan
Tokuda, Chieko
Tsuechiyama, Yoneko
Vicente, Eufemia
Wong, Chun Hui
Ying

IN-KIND GIFTS
Alvarado, Dorothy
Antonio, Diana
Brown, Gilbert
Burrows, John
Fukuda, Sandra
Fujii, Ellsworth

Fujino, Takeo
Furumori, Sandra
Ichikawa, Dorine
Isa, Sandra
Kainuma, Carolyn
Kawakami, Bessie
Kim, Elaine
Ko, Sin Cha
Lee, Toni
Low, Edna
Michioka, Kathy
Miyahira, Betsy
Morreira, Jane
Nakamura, Brigid
Nitta, Irene
Oka, Linda
Okami, Amy
Richmond, Chanara
Saito, Eileen
Tsuda, Siri
Tsutsumi, Alice
Vance, Virginia
Yoshida, Emiko

Memorial Program 2019
Remembering Lanankila members who passed away with a message by Reverend Urusaki, songs, sharing stories, and offering of flowers
<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>Special Events 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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<td>Beg. Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<tr>
<td>9:30am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Sewing Room</td>
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<td>10:00am</td>
<td>Harmony's Hula</td>
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<td>Dance Studio</td>
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<td>Lei-Making Group</td>
<td>Tstsumi</td>
<td>Craft Room</td>
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<tr>
<td>10:30am</td>
<td>Body &amp; Brain Beg. Tai Chi &amp; Yoga</td>
<td>Miyasato/Kai</td>
<td>Library Annex</td>
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<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
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<td>Brain Exercise</td>
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<td>Tai Chi For Health</td>
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<td>Harmony's Hula</td>
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<td>Dance Studio</td>
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<td>10:30am</td>
<td>Japanese Calligraphy</td>
<td>Usami</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Intermediate Ukulele</td>
<td>Olayan</td>
<td>Library Annex</td>
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<td>8:00am</td>
<td>Special Events Group</td>
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<tr>
<td>8:30am</td>
<td>Needle &amp; Thread/Hawaiian Quilt</td>
<td>Sueda/Hirashiki</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
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<td>Hawaiian Cultural Club</td>
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<td>Activity Room</td>
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<td>Viola</td>
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<td>Harmony's Hula</td>
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<td>Japanese Calligraphy</td>
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<td>Sahm Bo Dahn</td>
<td>Katahira/Higuchi</td>
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<td>Stretch &amp; Tone</td>
<td>Werle</td>
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<td>9:00am</td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</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>9:30am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Dance Studio</td>
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<td>Veteran's Talk Story</td>
<td>Group</td>
<td>Go Room</td>
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<tr>
<td>10:00am</td>
<td>Line Dance **experience required</td>
<td>Chang</td>
<td>Lanai</td>
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<td></td>
<td>Happy Senior Serenaders</td>
<td>Ojiri/Ko</td>
<td>Library</td>
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<td>Victor's Kapakahi Group</td>
<td>Tangaon</td>
<td>Sewing Room</td>
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<tr>
<td>10:30am</td>
<td>3D Origami</td>
<td>Yashima</td>
<td>Go Room</td>
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<tr>
<td>11:00am</td>
<td>Exercise with Karate</td>
<td>Hasegawa/Sato</td>
<td>Dance Studio</td>
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<td>Tai Chi For Health</td>
<td>Lau</td>
<td>Activity Room</td>
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<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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<td>9:00am</td>
<td>Enka</td>
<td>Arakaki</td>
<td>Library Annex</td>
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<td></td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft Room</td>
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<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
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<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
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<td>10:00am</td>
<td>Hanafuda</td>
<td>Hagiroma/Kimura</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Toguchi/Nakasone/Kawaguchi</td>
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<td>Crafts by Florence/Beads Workshop</td>
<td>Tamura</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>Fusion</td>
<td>Gittelman</td>
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<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>11:00am</td>
<td>Sing For Your Life</td>
<td>Richmond</td>
<td>Library Annex</td>
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<td>11:15am</td>
<td>American Sign Language</td>
<td>Mizusawa/Inatsuka</td>
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<td>12:00pm</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
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<td>Tai Chi w/ Gil</td>
<td>Olayan</td>
<td>Activity Room</td>
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<td>8:30am</td>
<td>Tai Chi w/ Tommy</td>
<td>Amina</td>
<td>Lanai</td>
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<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Canon</td>
<td>Lanai/Activity Room</td>
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## June 2019

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<td>GLC to The Surfing Pig</td>
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<td>9</td>
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<td>11 CENTER CLOSED: King Kamehameha Day</td>
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<td>Program Com. Mtg. (8:30 am)</td>
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<td>Gyotaku Painting Wksp (9:30 am)</td>
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<td>LMPSC Open (8:30 am)</td>
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<td>GLC to The Surfing Pig</td>
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<td>16</td>
<td>17</td>
<td>18 Diabetes/ Obesity by Ohana Health* (10:00 am)</td>
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<td>26 New Member Orientation (9:00 am)</td>
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<td>GLC to The Surfing Pig</td>
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</tbody>
</table>

*Open to the public, please sign up at the front desk.

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**Center Staff**

<table>
<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>
<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](http://www.catholiccharitieshawaii.org)
Email: suzanne.oakland@catholiccharitieshawaii.org

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**Center Hours**

Monday-Friday 7:30am-3:00pm
Saturday (2x/month) 8:30am-3:00pm
• Lanakila MP Senior Center
• GOING GREEN DAY #180
• E-WASTE RECYCLING
• Saturday, June 8, 2019
• 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
- SHRED DOCUMENTS: 9:00 AM– 11:00 AM Prevent Identity theft. 2 BOX MAX per CAR
- Computers, printers, scanners
- 1 TV per car
- HI-5 beverage containers
- Batteries, all kinds
- Canned goods, non-perishable items
- Usable clothing, household items
- 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

• SORRY, WE CANNOT ACCEPT: METAL, TIRES, PAINT, MICROWAVE OVENS, MOTOR OIL, COOKING OIL, HAZARDOUS FLUIDS, CARDBOARD, PAPER, PLASTICS, WOOD, AND BULKY ITEMS.

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

• Mahalo for recycling!