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HAPPY SENIOR CENTER MONTH

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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.
A MESSAGE FROM SUSIE

Aloha everyone:
I wanted to introduce Ben Domingo, our new SCSEP worker. He is assisting our Custodian Lodi Tapawan in keeping Lanakila Senior Center clean and beautiful. Please say hello to Ben when you see him.

The sale of tickets for Lanakila Multi-Purpose Senior Center’s 50th Anniversary Celebration on Friday, November 1, 2019, is going well. From September 3rd to the end of the month, center members may still purchase tickets for $20.00 at the front desk, but they may now purchase tickets for their guests at the price of $29.00 while seats last.

Mahalo a nui loa to Sarita Corn and Hawaii’s Hearts for hosting a cooking demonstration featuring the delicious Lemon Splashed Mahimahi, homemade fresh fruit salad and brown rice. The beautiful decorations that was given to center members celebrating their birthdays and the excellent entertainment by Mika Kane and Ryan Nakagawa made the entire afternoon a delicious and fun experience.

Show and Sell on Thursday, August 8, 2019, from 8:00 to 10:30 a.m. was very successful. Thank you to the Okinawa Nenchosha Club, Korean Cultural Club, Portuguese Cultural Club, Chinese Cultural Club, Hawaiian Cultural Club, Men and Women’s Shed Group, Folk Sing Along, Sewing by Nakasone, and Happy Senior Serenaders did a super job making the delicious food and organizing many great things to enjoy. Mahalo to all who attended the event and bought so many food and treasures from LMPSC. We truly appreciate your support!

Mahalo to Dennis and Debbi Saiki and the Aloha Mustang and Shelby Club for hosting the Cars, Coffee, and Manapua event on August 10th. Lanakila Senior Center members got to see the beautifully cared for older cars, talk story with their owners, and reminisce about the “good old days” with friends and family.

On August 14, 2019, the Honolulu Fire Department trained about 15 senior center members on how to do CPR and use the AED machine to save lives. Mahalo to the firefighters who did an excellent presentation.

The Honolulu Police Department had a “Meet the Major” community event on Wednesday, August 21, 2019, from 6 to 8 p.m. at Lanakila Senior Center. District 5 Major Darren Izumo and his staff met with seniors and other residents from the community living in the urban Honolulu area. We appreciate all the officers who spent their evening listening to our concerns and educating us on all the laws they are responsible for enforcing, the limited number of officers to serve a large population, and the policies, ordinances, and statutes that are in place that guide their actions.

The Arthritis Foundation hosted a free seminar featuring Dr. Barry Shibuya, who spoke about gout and arthritis on Tuesday, August 27, 2019. It was a most informative session. Mahalo!

On Monday, September 9, 2019, from 11 a.m. to 1 p.m., Lanakila will be celebrating Senior Center and Grandparents Day with a free bento, games, and a gift bag put together by Stephanie Soto, granddaughter of one of our center members, and the Waipahu LDS Youth Group. The sign-up sheet is at the front desk. No meals on wheels will be served that day.

Starting on September 16th, sign-ups will begin for this year’s Veteran’s Day and Thanksgiving Celebration set for Wednesday, November 20, 2019, from 9 to 11 a.m. We will be honoring our center members, who are veterans, and gathering in fellowship to enjoy a delicious lunch and program to celebrate this time of THANKSGIVING. Mahalo a nui loa to HawaiiUSA Federal Credit Union and the Ke’ehi Memorial Organization for their generosity.

If you are interested in learning more about the resources in our community, please join us for the Quarterly Community Resources Meeting on Tuesday, September 17, 2019, from 12 to 2 p.m. at LMPSC. We will have lunch served and a $5.00 donation to cover a portion of this expense would be appreciated. Let me know if you are attending at 847-1322.

Me ke aloha pumehana (with warmest love),

Susie Chun Oakland, Program Coordinator

Welcome New Members!

Linda Agu
Nohea Chang
Uilani Ciacci
Leonara Ferrer
Edward Ishida
Virginia Ishida
Susan King
Eleanor Konishi
Dorene Niibu
Kiyoko Shimabukuro
Dixie Sinkovits
Dolores Strubhart
Julie Ann Tamayori
Lucille (Lucy) Taketa
James (Jimmy) Toma
Donald Touchi
Richard Vierra
Frederick Wong
Nancy Young
OKINAWA NENCHOSHA CLUB UPDATE
By Irene Yamashita

All Things Okinawan

The month of August was a special month for the Nenchosha Club as we celebrated two cultural events, honoring our 87 and 97-year-old members. The 8th month (Beiju) and 9th month (Kajimaya) were combined and held in the month of August. Another cultural practice was making our popular Okinawan doughnuts (Andagi) for the August Show & Sell. However, we started the month by having Elsie Kawamoto’s Karaoke Singers entertain us on August 1, enjoying a wonderful variety program as they include audience participation.

Our annual Andagi Sale held on August 8 which is our only fundraiser for the year, went very well, thanks to our hard-working Board and others who helped. Presale of tickets helped as some of them ended up being donations. It was rewarding to realize a margin of profit after all the hard work. We are so grateful to the Jikoen Temple for loaning us their equipment as in years past, as well as having two of their members bringing their equipment and setting them up on Wednesday afternoon and also arriving early Thursday morning to assist us with their expertise in frying the andagi so we could have them cooled and packaged for the 8:00 Show & Sell start time. Ippe nifee debiru to all who helped with the successful fundraiser.

Birthdays for the month were celebrated on August 15 with Sensei Seiichi Yagi’s Nankura Naisha providing the entertainment. The eight members were honored were: Florence Higa, Lillian Inatsuka, Diane Kawakami, Yoshiko Minami, Alice Miyasato, Rumiko Nagamine, Emi Otake, and Richard Tada. God bless each one of you with many more happy, healthy years. The program was a mix of Japanese and Okinawan dances with a display of beautiful authentic kimonos. Their last number, Asatoya Yunta, was followed by the Kachashi.

Two important events in the Okinawan culture, Beiju and Kajimaya, were celebrated on August 22. As last year’s celebration was cancelled due to a storm warning, we included last year’s honorees with this year’s. Congratulations to our eight Beiju celebrants Tsuneko Aki, Henry Isara, Yoshiko Ishiki, Janet Ito, Jean and Robert Ishihara, Helen Palama and Lillian Tanaka. As Kajimaya signifies returning to childhood at age 97 the program started with our one Kajimaya celebrant, Stella Okuma in her wheel chair, leading a parade of a sanshin player, taiko drummer, clanging cymbals and members holding pinwheels marching through the aisle to the front of the stage. President Jane Higa gave a brief background of the auspicious celebration which has evolved from the early days of riding in a wheel barrow through the village to an open convertible. Special guests and each honoree were introduced and presented with flower leis and gifts of mochi signifying long life. Banzais were led by Frank Toma to the Honorees and Henry Isara to the Guests and Members. A program of Okinawan dances by ten members of the Toguchi Dancers followed the special celebration which ended with the Kachashi and delicious bento lunches.

9/5- JOHN CUMMINGS
9/12- HMSA STEPHEN McCALL
9/19- SHIWASE KAI/BIRTHDAY
9/26- VARIETY SHOW
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Traffic Courtesy

Summer vacation is over and hopefully you had a great time doing all the fun activities together with your grandchildren, grandnieces or grandnephews. But, it’s back to school time and we all know how traffic is during this time of the year. Being the akamai seniors that you are, we know that you will continue to be patient, alert and street smart as a driver or pedestrian. Be safe on the road!

August was a busy month with lots of activities going on. On the 5, we enjoyed the dancers from Mei Wai Kai and joining them in Bon Odori. We had so much fun dancing by following the steps and hand motion of the dancers. Lynn Sekiya did a great job emceeing this program. Then on the 12th, we learned so much from Pat Bermis, RN, representing AARP. She taught us about the aging process and how we can help prevent dementia. Exercising, eating healthy and keeping active is a sure way to regenerate our brain cells. On the 19th, the talented Lanakila Happy Serenaders, lead by Donald Ojiri, shared their beautiful group singing and hula dancing accompanied by their own ukulele playing. It was even more enjoyable since we were familiar with all the songs and could sing along.

Tanjoube Omedetou Gozaimasu! to Members who are 90+ years young. They are Yoshiko Kaneshiro; Kurt Sekiya and David Young. May you all have many more healthy years.

9/2- LABOR DAY- HOLIDAY
9/9- ISLAND HOSPICE- TEHANE BELLENGER
9/16- BIRTHDAY CELEBRATION/MELLOW FRIENDS KARAOKE
9/23- DIABETES- DOUGLAS PARK
9/30- HEALTHY EATING- CHEF PAUL ONISHI

Additional Upcoming Club Meetings

Filipino Cultural Club
Meetings 9/14, 9/21

Korean Cultural Club
Meetings 9/5, 9/12, 9/19/, 9/26

Portuguese Cultural Club
Meetings 9/11, 9/25

Hawaiian Cultural Club
Meetings 9/3, 9/10, 9/17, 9/24
HAPPY BIRTHDAY

(continued)

Ruth Wuest
Ethel Yamaguchi
Edith Yamamoto
Doris Yamane

Glenn Yamasaki
Charles “Charlie” Yara
Chong Hee Yasutake
David Young

Sharon Young
Marion Yuen
Lilia Zarzosa

CHINESE CULTURAL CLUB UPDATE
By Dorothy Mau

Full Moon Celebration

A very special birthday celebration was held on August 23, 2019 for all of its members who signed up when they attended at least 2 meetings on Friday from 9:30 am – 10:30 am. Delicious chow mein and char siu bao was ordered from Golden Palace Restaurant and Jackie’s Bakery in Chinatown.

It is traditional to serve noodles as the long noodles symbolized long life. Chinese people have a Cantonese saying, “Cheong Mang Hoo Kwai” meaning “May you have long life and good fortune.” In the Chinese Pantheon, there are three male Gods depicted together in art and one is Show, the God of Long Life. Show holds in one hand a large peach and in the other hand a long staff which hangs a gourd and a scroll. The peach, gourd, and scroll are also symbols of long life.

Another important event is the Chinese Moon Festival which falls on September 13th- this year of the pig. Chinese full moon always falls on the 15th day of the 8th month in the lunar calendar. The round moon cake is served. There are many varieties such as lotus seeds, red beans, melon seeds, or nuts with one or two or no yolks of salted duck eggs. If you want to see the moon shine at its brightest this year, you must stay up and watch it on the night of September 13th.

One of several legends tell of the Moon Goddess Chang O of the Hsia Dynasty she stole and ate the pill of youth and immortality. Having taken the pill, she soared up to the moon. There she lived where her youth and beauty was preserved , but she was allowed to return to earth only once each year on Moon Festival Day.

9/6- MEETING
9/13- MOON FESTIVAL CELEBRATION
9/20- EAD ASSESSMENT
9/27- MEETING- PRACTICE CHINESE SONG

Phone-A-Friend Project for Homebound Elders

PHONE-A-FRIEND is for people 65 and older who live alone and have little or no contact with people outside their home. Trained volunteers will provide regularly scheduled calls, help prevent isolation, decrease loneliness, and provide a safety check. For information call Iris Hiramoto at 847-1322.
PIKAKE ($1000+)

OHI'A A LEHUA ($500+)

KAHILI GINGER ($250+)

Kitashiro, John IMO: Alice Kitashiro

HIBISCUS ($100+)

Stevens, Daly M/M

Takara, Doris

Wakabayash, Marvan M/M IMO: Amy Tari

Wakabayash, Asa

IMO: Amy Tari

BIRD OF PARADISE ($50+)

Kimura, Grace

Nakata, Sally

Oshiro, Noburo

ANTHRURIUM ($49 & UNDER)

Johnson, Dick M/M

IMO: Amy Tari

Nakamura, Doris

Pasalo, Rosita

Shimabukuro, Kiyoko

Sugiyma, Jean

IMO: Amy Tari

J.F. Tachibana

Wauke, Marian

Yamsasaki, Glenn

Anonymous IMO: Amy Tari

IN-KIND GIFTS

Alvarado, Dorothy

Antonio, Diana

Asato, Ben

Chan, Lily

Ching, Marilyn

Compton, Donna

Endo, Yoi

Flores, Rodney

Furumori, Sandra

Hsieh, Haley

Ibara, Amy

Isa, Sharon

Kainuma, Carolyn

Kamioaka-Fuller, June

Kealoha, Linda

Kitashiro, John

Kobashigawa, Sharon

Lum, Madeline

Madigan, Bill

Masaki, Marilyn

Mau, Dorothy

Miyasato, Alice

Nazarino, Mary

Oakland, Susie

Oshiro, Todd

Pearce Wong, Donna

Sasahara, Barbara

Segawa, Howard

M/M

Shigetani, Kate

Tataki, Steven

Woo, Pat

Thank you so much for your generosity!

My Senior Center Check-In System

Thank you all, who have been diligent about checking in to your classes via our new touchscreen system called My Senior Center. Here’s a little reminder of how it works:

Welcome!
Please have your green LMPSC card ready to sign in.

Scan your card over the scanner. The scanner will flash red, and you will hear a beep.

All classes will appear for the day. Verify your class(es) or any presentations you will attend, and touch ‘Finish.’

If you forgot your card, hit the button that says ‘Sign In I don't have my card’ and type in your first name and phone number (start with area code).

Remember to always check in when you come to the Center. The staff will be drawing out a name from My Senior Center based on those who have checked in to the Center.

This month the winner is Yasuko Takeuchi! Please claim your prize with staff. Congratulations!

Cars, Coffee & Manapua
<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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<tr>
<td>10:00am</td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
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<tr>
<td>10:30am</td>
<td>Body &amp; Brain Beg. Tai Chi &amp; Yoga</td>
<td>Miyasato/Kiai</td>
<td>Library Annex</td>
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<tr>
<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
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<td>Brain Exercise</td>
<td>Oh</td>
<td>Sewing Room</td>
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<td></td>
<td>Tai Chi For Health</td>
<td>Lau</td>
<td>Activity Room</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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<td><strong>Monday</strong></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>Sword &amp; Fan Tai Chi</td>
<td>Koike/Hee</td>
<td>Lanai</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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<td>9:00am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Library Annex</td>
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<td>Hawaiian Cultural Club</td>
<td>Tulba</td>
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<td>Tai Chi</td>
<td>Koike/Hee</td>
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<tr>
<td>10:00am</td>
<td>Advanced Beginner Ukulele</td>
<td>Olayan</td>
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<td>Harmony's Hula</td>
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<td>Dance Studio</td>
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<tr>
<td>10:30am</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>Katalhira/Higuchi</td>
<td>Lanai</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><strong>Tuesday</strong></td>
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<tr>
<td>8:00am</td>
<td>Special Events Group</td>
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<td></td>
<td>Principles of Tai Chi</td>
<td>Olayan</td>
<td>Dance Studio</td>
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<td>8:30am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</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 <strong>experience required</strong></td>
<td>Chang</td>
<td>Lanai</td>
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<td>Happy Senior Serenaders</td>
<td>Ojiri/Ko</td>
<td>Library</td>
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<td>Victor’s Kapakahi Group</td>
<td>Tangonan</td>
<td>Sewing 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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<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>
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<td>Activity Room</td>
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<tr>
<td>11:15am</td>
<td>Health &amp; Life Circle</td>
<td>Young-Sasaki</td>
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<td>Men &amp; Women’s Shed</td>
<td>Maynes</td>
<td>Activity Room</td>
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<td><strong>Wednesday</strong></td>
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<tr>
<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>
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<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
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<td>10:00am</td>
<td>Hanafuda</td>
<td>Hagihara/Kimura</td>
<td>Sewing Room</td>
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<td>11:00am</td>
<td>Okinawan Dance</td>
<td>Toguchi Nakasone/Kawaguchi</td>
<td>Lanai</td>
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<td>Crafts by Florence/Beads Workshop</td>
<td>Tamura</td>
<td>Go Room</td>
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<td><strong>Thursday</strong></td>
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<td>9:00am</td>
<td>Folk Sing Along</td>
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<td>Fusion</td>
<td>Gittelman</td>
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<td>Yui Buyo</td>
<td>Yagi/Sugai</td>
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<td>Chinese Cultural Club</td>
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<td>Sahm Bo Dahn</td>
<td>Katalhira/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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<tr>
<td>11:15am</td>
<td>American Sign Language</td>
<td>Mizusawa/Inatsuka</td>
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<td>11:00am</td>
<td>Chair Zumba</td>
<td>Kimata</td>
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<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<td><strong>Friday</strong></td>
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<td>8:30am</td>
<td>Tai Chi w/ Tommy</td>
<td>Amina</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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Let's Keep in Touch
1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322
www.catholiccharitieshawaii.org
Email: suzanne.oakland@catholiccharitieshawaii.org

September 2019

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<th>SUN</th>
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<tr>
<td>CENTER CLOSED- LABOR DAY</td>
<td>GLC to Vein</td>
<td>Wahiawa Agricultural Tour Excursion</td>
<td>LMPSC Open (8:30 am)</td>
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<td>Janet's Craft Class (9:30 am)</td>
<td>Learn Something New by Ohana Health* (10:00 am)</td>
<td>Program Comm. Mtg (8:30 am)</td>
<td>Flu Shots by Don Quijote Pharmacy (9:00 am)</td>
<td>Cooking Demo &amp; Crafts with Students from Korea (11:00 am)</td>
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<td>New Member Orientation (9:00 am)</td>
<td>GLC to Vein</td>
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<td>PAB (12pm)</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!

*Open to the public, please check-in as ‘Guest’ on the monitor at the front entrance.

Let’s Keep in Touch
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Honolulu, HI 96817
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Center Hours
Monday-Friday 7:30am-3:00pm
Saturday (2x/month) 8:30am-3:00pm