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Keep Loved Ones Close and Germs Away

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Aloha to Lanakila Senior Center’s Members, Friends and Family:

Free tax preparation is starting this month each Monday and one Saturday at Lanakila Multi-Purpose Senior Center. All the appointment slots are full from February to April 2020. Mahalo to AARP and VITA for assisting the community with this valuable public service! At this point if you do call our front desk volunteers at 847-1322, you will be placed on a wait list.

Fourteen of our center members, two staff members, and a PAB member attended the Opening Day of the Hawaii State Legislature on Wednesday, January 15, 2020. Thank to Diana Antonio, Puna Frank, Joyce Fujimoto, Jane Higa, Jocelyn Ho, Rudy Ibay, Carol Mae Kamalu, Jack Katahira, Dorothy Mau, Arlene Nagamine, Lenora Springer, Mary Sueda, Jean Sugihara, Richard Tada, Riva Torno, PAB Brandon Mitsuda. We were well represented. Also, thank you to Amy Bratt, Mae Matsumoto, Brigid Nakamura, and Mary Sueda for crocheting scrubbies. Mahalo to the Senators, House Members, legislative staff, Governor David Ige and First Lady Dawn Ige, Lt. Governor Joshua Green and Mrs. Jaime Green for making our seniors feel so welcomed at the Capitol.

We look forward to seeing you at our Show and Sell on Friday, February 7, 2020, from 8 to 10:30 a.m. at Lanakila. Thank you so much to center members, friends and family who donated great clothing, material for sewing, craft items, household goods, books, DVDs, and other useful goods for the event. There will be ono food made by our seniors again. Please enjoy the camaraderie and excellent bargains!!!

Lanakila is hosting a Caregiver’s Support Group on Thursday.

There will be a Valentine’s Lunch on Friday, February 14, 2020. Cost is $3.00. Please sign up at the front desk.

Thank you to all the Lanakila Senior Center members who are inviting their friends and family to join LMPSC. For those who would like to become members or know of people who are interested, the person needs to visit Lanakila Senior Center at least twice and observe the class and/or club they may be interested in so that they feel comfortable at our center. They need to be 60 years and older and independent. Membership is free. This year, if people want to join a cultural club, the annual suggested donation to be a club member is $7.00. If a person wants to join a class, the suggested donation starts at $6.00 for a 10-week session. Next year, suggested donations will go up to an additional $2.00 per class for a 10-week session.

Our senior center is the designated beneficiary from Catholic Charities Hawaii for the Hawai‘i Visitor Industry’s 42nd Annual Charity Walk on Saturday, May 16, 2020 starting at 7 a.m. at Ala Moana Beach Park. We hope you will register as a walker. You may register on-line at CHARITYWALKHAWAII.ORG/OAHU and indicate that your organization is Catholic Charities Hawaii. If you would prefer to donate cash and sponsor our walkers, then please write checks payable to: CHARITY WALK and we will turn it in with our LMPSC walkers’ forms.

We continue to celebrate our 50th Anniversary year and are doing various fundraisers to defray the cost of a number of events. Thank you so much for all those who have helped! We truly appreciate your generosity.

Mahalo to Sheraton Waikiki for their generous donation of 5 chairs for the lanai. We had a number of our lanai chairs stolen by people hopping over our perimeter fence and taking things. We appreciate Jason Ito and Ray Noda for their kokua. We also thank Kevin Auger for his family’s donation of leather chairs and padded folding chairs. We appreciate their kindness.

We also received a report that a few lockers were broken into in the lanai area. A group of males were also caught on security camera footage stealing tools from our greenhouse. We have reported these incidences to the Honolulu Police Department, but we urge all of our center members to please be careful. Thanks very much for your cooperation.

On behalf of everyone at Lanakila Multi-Purpose Senior Center, we wish you a very Happy Valentine’s Day!

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

Welcome New Members!

Susan Choy
Sylvia Fujiwara
Sharon Hata
Leila Ishiki
Shiling Lee

Steve Nagareda
Haeyong Kai Ream
Jeannie Salmon
William Tate
Colette Young

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OKINAWA NENCOSHOSHA CLUB UPDATE
By Irene Yamashita

An Okinawan Tradition

After a nice holiday break, we welcomed the New Year on Jan. 16 with a traditional Okinawan program presented by the Toguchi Dancers. What an impressive sight it was, for the opening number, to see dancers on stage as well as on the floor, all thirteen dancers adorned with beautiful Bingata Kilmons and brilliantly colored Hanagasa hats which are both used to perform classical dances. The red in the Hanagasa hat represents a large red lotus flower, the blue symbolizes the sky, and the silver waves, the ocean. Several numbers were performed by different groups of dancers in different attire, as well as a solo number by Diana Kawaguchi. The dancers were: Nancy Akamichi, Jane Asato, Suzuko Demolal, Kay Fukuhara, Takako Goya, Yoshiko Kumura, Yaeko Miyahira, Yasuko Miyazawa, Nobuko Oshiro, Sharon Shiraki, Yoshiko Sickels, Chieko Tokuda, and Janice Yokooji. To add to the traditional dances, Hawaii Taiko Kai performers Judy Di Bianco and John Awakuni performed a couple of taiko numbers as they did at our last meeting on December 12. For their closing number, all dancers were dressed in green jackets, which was another impressive sight as they were on stage and on the floor. Everyone then participated in the kachashi to end the morning before receiving the symbolic mochi for long life, to begin the new year.

On Jan. 23 we honored nine January birthday celebrants. They were: Jane Asato, Suzuko Demolal, Doris Doughty, Sumie Furukawa, Jocelyn Ho, Kikuko Kumamoto, Harry Nakasone, Grace Tanouye and Grace Tsukayama. God bless each one of you with many more birthdays. The Elsie Kawamoto Karaoke group provided the special birthday entertainment. Before starting with the program, however, each birthday celebrant was presented with a gift. As we were also celebrating Chinese New Year’s, those born in the Year of the Rat, were also recognized with gifts. Throughout the morning, door prizes were given out, one recognizing the oldest member and another to a member who would be traveling in February. Another feature that added to the program was a video screen set up with the words of the songs being sung so members could follow along as well as sing along with many of the familiar numbers. Singers, in addition to Sensei Elsie Kawamoto, were: Gary Shimabukuro, Mae Fujimoto, Woody Batulu, Clarene Kane, Jean Yamanaka, Simon Sanidad, Duane Shimamoto, Richard Sataki, and Joan Momohara. Impromptu performances are always welcome additions to any program, as were hula dances by Joan Momohara to “Waikiki” and Diane Kawakami and Mona Bernardo to “E Hula Makou”. Many thanks to Sensei Elsie Kawamoto and her karaoke group for their generosity and blessing us with their talented singing.

Tai Chi celebrating the New Year with a special luncheon, program, and group picture.
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

O-Iwai Shimasho! Let’s Celebrate!

Well, how have you all been doing with your New Year's resolution. It’s been a month now and if you’re struggling with whatever you’re attempting to achieve, please be assured that you will find good health, good friendship and lots of laughter in our Japanese Cultural Club. Just continue to attend our gatherings and “woosh!” all your worries are gone.

January went by so fast but we had so much fun with our first entertainment on Jan 6 by Shiawase Kai. They entertained us with their fabulous karaoke singing, Japanese dances, and hula performances. On Jan. 13, Mr. Douglas Park, talked about early detection and treatment of diabetes to decrease the risk of developing the complications of diabetes. We learned that exercise and good nutrition are definite ways of preventing diabetes. On January 27 Kumu Harmony Brighter gave her blessings to JCC members with her Mele Oli. We were all mesmerized by the hula performances of the beautiful ladies of Kumu Harmony Brighter’s halau.

Tanjoubi Omedetou Gozaimasu to: Lorraine Sawai (90+); and Florence Tokuda (90+). May you both have many more healthy years.

HAWAIIAN CULTURAL CLUB UPDATE
By Roland Manuel

A Toast To All

There is a time that we remember when we did not know no pain
When we believe in forever and everything would stay the same
Now our hearts feel like December when someone said our names
Cause we can’t reach to call all of you, but we know we will one day

The Hawaiian Cultural Club wishing everyone a prosperous New Year 2020.
Here’s a toast to everyone today. Here’s a toast to the ones we lost on the way. Here’s to all the memories old and new today.

Remember to always check in when you come to the Center. The staff will be drawing a name from My Senior Center every month based on those who have checked in to the monitor. This month the winner is... Flora Nakasone!
Please claim your prize with staff.

Congratulations!
HAPPY BIRTHDAY
(continued)

Robert Uesugi
Laurita Villanueva
Nancy Withers
Jintang Yang

Violet Yim
Hisako Yogi
Betty C.L. Young
Kyung Ae Yun

CHINESE CULTURAL CLUB UPDATE
By Evelyn Ho and Rebecca Ho

Chinese New Year

“Ping On Yah (Yea)”: If you were at LMPSC’s Christmas Program, you would immediately recognize it as “Silent Night”. It was a neat time for our members to learn to sing the lyrics in Chinese, and it was probably the first time that many people heard it sung in Chinese. Among our CC members who volunteered to sing, said it was a challenge to brave singing in public. Those not so talented found the experience fun and enjoyed the teamwork.

Narcissus flower bulb carving was a treat at our January 10, 2020 meeting. Dorothy Mau demonstrated the art of the narcissus flower “sui sin fah” which translates to “Water Fairy Flower”. It is one of the activities to get ready for Chinese New Year. The narcissus symbolizes Chinese New Year because it is one of the first flower bloom in the Spring.

The Chinese New Year in Hawaii always begins with Chinatown Open House. Various venues would open the year with an open house at their establishment and bring the Lion to bless them with success for the new year. Firecrackers would announce the Lions and a performance with great ceremony and rituals commence with the feeding of Lai Sees to bless the venue with good luck and the chasing away of evil spirits. Everyone feeds the Lions with money in order to be blessed with good luck.

Congratulations to our slated of officers for 2020 - President: Dorothy Mau, Vice President: Cindy Choy, Secretary Evelyn Ho, Treasurer: Tan Fung Chan, Sergeant of Arms: Chow Fook Choy and Klaus Lai, Auditor: Irene Kuhns, and Advisor: Thelma Wong.

2/7- MEETING
2/14- MEETING
2/21- MEETING
2/28- MEETING

Additional Upcoming Club Meetings

Korean Cultural Club
Meetings 2/6, 2/13, 2/20, 2/27

Portuguese Cultural Club
Meetings 2/12, 2/26
FILIPINO CULTURAL CLUB UPDATE
By Wilhelmina Ibay

New Beginning

2020 New Year- new beginning as new set of officers will be leading the club:
President: Rodolfo Ibay
Vice President: Remy Canon
Secretary: Wilhelmina Ibay
Treasurer: Leonie Ramirez
Auditor: Virgilio Lucas
Sgt at Arms: Carmen Bautista, Wilfred Cervano, Benjamin Sarcena
Board of Directors: Letty Dolor, Renilda Cordero, Estelita Singson, Aurelia Tiburcio

First club meeting was held on January 3, 2020. We plan on having our club’s anniversary celebration on August 15, 2020. We chose Virgilio and Lolita Lucas to represent the club on the forthcoming Senior Valentine’s Day Dance to enjoy dancing, singing and meeting new friends.

Happy birthday to January born babies: Lorenza Baloran, Estelita Singson, Carolina Jacinto, Luvimina Valentín, and Almeda Pasion.

Celebration was on January 25, 2020 with new and returning members with singing, dancing, and sharing lots of food.

Mahalo
Thank you so much for your generosity!

PIKAKE
($1000+)

OHI’A A LEHUA
($500+)
District 50 Lions Club

KAHILI GINGER
($250+)
Katahira, John & Family
Kitashio, John

HIBISCUS
($100+)
Chinese Women’s Club of Honolulu
Fujita, Henry M/M
Lum, Madeline
Nitta, Irene
Stevens, Daly M/M
Takenoto, Karen
Toma, Franklin
Wong, Joyce

BIRD OF PARADISE
($50+)
Gray, Moana
Inouye, Hester
Kimura, Grace
Masuda, Marion
Nakai, Sharon
Tsukayama, Grace
Yi, Ellen
Anonymous

ANTHURIUM
($49 & UNDER)
Aki, Tsunako
Diego, Resurreccion
Kim, Paullete
Kimura, Alyson
Ogata, James
Nakasone, Yoneko
Pasalo, Rosita
Tokuda, Chieko
Uejo, Kazue
Werilli, Wolfgang
Yamasaki, Glenn

Yara, Charlie
Yasuda, Emiko

IN-KIND GIFTS
Abedor, Chris
Brown, Gilbert
Chang, Grace
Compton, Donna
Feary, John
Gakiya, Nancy
Hayashi, Masako
Kahikina, Sharon
Lum, Madeline
Ng, Gordon
Nip, Renton
Rainey, Faye
Saito, Eileen
Sasaki – Young, Pat
Springer, Lenora
Tanaka, Lillian
Thi, M/M Richard
Tomomitsu, Gail
Wong, Joyce

CDC and DOH Provides Guidance on Coronavirus Outbreak in China

A novel (new) coronavirus is causing an outbreak of respiratory illness that began in the city of Wuhan, Hubei Province, China. This outbreak began in early December 2019 and continues to grow.

• CDC recommends that travelers avoid all nonessential travel to China.
• There is an ongoing outbreak of respiratory illness caused by a novel (new) coronavirus that can be spread from person to person.
• Chinese officials have closed transport within and out of Wuhan and other cities in Hubei province, including buses, subways, trains, and the international airport. Other locations may be affected.
• Older adults and people with underlying health conditions may be at increased risk for severe disease.

The situation is evolving. Notice will be updated as more information becomes available.

If you have traveled to Wuhan and feel sick, you should do the following:
1. Seek medical care right away.
2. Stay home.
3. Not travel while sick.
4. Cover your mouth and nose with a tissue or sleeve (not your hands) when coughing or sneezing.
5. Wash hands often with soap and water for at least 20 seconds.

For more information, please visit:
CDC recommendations: http://go.hawaii.edu/AP1
DOH guidance: http://go.hawaii.edu/AP7

ANNOUNCEMENTS
The Hali’a (Memory) Clinic begins on February 11, running from 12:00pm – 4:00pm in the library annex. The Clinic provides medical care to persons with memory loss, and support for their caregivers. You will receive medical screening and consultation, get connected to services to help you maximize quality of life, learn about brain health, and sample brain healthy foods. Please talk to Social Worker Cyan Curtis, for more information or leave a message at 527-4791 and she will get back to you.

Our first Caregiver Talk Story session was held on January 23, 2020, which was facilitated by Judy Taketa and Corinne Gyotoku. It was well attended with good discussion and great feedback for future sessions. HOLD THE DATE - the next session will be held on February 27, 2020, from 1 pm to 2:30 pm in the Sewing Room. Sessions are open to Center members who are caring for a spouse or other family member, and adult children who are providing care and support for their parents who come to Lanakila. Please sign up at the front desk or leave a voicemail for Corinne Gyotoku, Case Manager Assistant at 527-4798.

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<th>Time</th>
<th>Class</th>
<th>Facilitator</th>
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<tr>
<td>Monday</td>
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<tr>
<td>8:00am</td>
<td>Special Events Group</td>
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<td>Library</td>
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<td>8:30am</td>
<td>Ukulele Picking</td>
<td>Nishiyama</td>
<td>Sewing Room</td>
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<td>Japanese Cultural Club</td>
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<td>Beg. Taisho Koto</td>
<td>Takeuchi</td>
<td>Library</td>
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<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Go Room</td>
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<td>10:00am</td>
<td>Harmony’s Hula</td>
<td>Brighter</td>
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<td>10:30am</td>
<td>Body &amp; Brain Beg. Tai Chi &amp; Yoga</td>
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<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>Go Room</td>
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<td>Tai Chi For Health</td>
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<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou</td>
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<td>Ping Pong</td>
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<td>7:30am</td>
<td>Mah Jong</td>
<td>Sugihara</td>
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<td>8:00am</td>
<td>Sword &amp; Fan Tai Chi</td>
<td>Koike</td>
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<td>Needle &amp; Thread</td>
<td>Sueda/Hirashiki</td>
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<td>Basic Ukulele</td>
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<td>Hawaiian Cultural Club</td>
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<td>Tai Chi</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>
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<td>Intermediate Ukulele</td>
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<td>Gentle Yoga</td>
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<td>Special Events Group</td>
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<td>Principles of Tai Chi</td>
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<td>Adv Beginner Ukulele</td>
<td>Olayan</td>
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<td>Stretch &amp; Tone</td>
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<td>Portuguese Cultural Club</td>
<td>Frank</td>
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<td>10:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone</td>
<td>Craft Rm/Sewing Rm</td>
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<td>Intro to Yoga</td>
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<td>Veteran’s Talk Story</td>
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<td>10:30am</td>
<td>Line Dance **exp. required</td>
<td>Chang</td>
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<td>Happy Senior Serenaders</td>
<td>Ojiri/Ko</td>
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<td>Victor’s Kapakahi Group</td>
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<td>T’ai Chi For Health</td>
<td>Hasegawa</td>
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<td>Health &amp; Life Circle</td>
<td>Young-Sasaki</td>
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<td>Men &amp; Women’s Shed</td>
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<td>Enka</td>
<td>Arakaki</td>
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<td>Korean Dance/Club</td>
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<td>Dance Studio/Craft Rm</td>
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<td>Okinawa Nenchosha Club</td>
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<td>Taisho Koto</td>
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<td>Hanafuda</td>
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<td>Okinawan Dance</td>
<td>T. Nakasone</td>
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<td>Crafts by Florence/Beads Wrksp</td>
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<td>Ping Pong</td>
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<td>Folk Sing Along</td>
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<td>Fusion</td>
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<td>Chinese Cultural Club</td>
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<td>Sahm Bo Dahn</td>
<td>Kakahira</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</td>
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<td>Tap Dance</td>
<td>Koepke</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>
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### February 2020

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<td>AARP Tax Preparation (Appointment required)</td>
<td>Quarterly Resources Meeting (11:30 am)</td>
<td>GLC to Nico’s Upstairs</td>
<td>Ti Leaf Lei Making (12:30 pm)</td>
<td>SHOW &amp; SELL (8:00 am)</td>
<td>LMPSC Open (8:30 am) VITA Tax Service (Appointment required)</td>
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<td>AARP Tax Preparation (Appointment required)</td>
<td>C&amp;C Vday Dance at Blaisdell (9:00 am)</td>
<td>Program Comm. Meeting (8:30 am)</td>
<td>Valentine’s Day Luncheon (11:00 am)</td>
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<td>CENTER CLOSED: President’s Day</td>
<td>Self Defense (10:30 am)</td>
<td>LMPSC Open (8:30 am)</td>
<td>VITA tax service</td>
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<td>AARP Tax Preparation (Appointment required)</td>
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<td>-New Member Orientation (9:00 am)</td>
<td>Caregivers Support (1:00 pm)</td>
<td>GLC to Nico’s Upstairs</td>
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<td>GLC to Nico’s Upstairs</td>
<td>Caregivers Support (1:00 pm)</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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<table>
<thead>
<tr>
<th>Center Staff</th>
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<tbody>
<tr>
<td>Susie Chun Oakland</td>
</tr>
<tr>
<td>Riva Torno</td>
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<tr>
<td>Iris Hiramoto</td>
</tr>
<tr>
<td>Cookie Irvine</td>
</tr>
<tr>
<td>Cyan Curtis, LSW</td>
</tr>
<tr>
<td>Corinne Gyotoku, MSW</td>
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<tr>
<td>Lodi Tapawan</td>
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