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Stay Safe by Staying Inside

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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

Happy Spring, everyone!

We miss you all and hope that you are doing well. With the temporary closure of Lanakila Multi-Purpose Senior Center, since March 17, 2020, LMPSC’s staff continues to work daily. We contacted all center members about the closure, speak to center members over the phone to support their interests and concerns, contacted all class instructors and guests for the many events that were planned for March and April to notify them of the postponement of all these activities, have completed the installation of the new air conditioning units in the Sewing and Library Rooms, cleaned the carpets, maintained the beautiful center grounds, painted various areas of the center, cleared large bulky items that needed to be removed since there is more space in our refuse bin now, completed consolidating the client satisfaction surveys from all of you, continue to update our center records for renewing members and adding information on new members who have recently joined the senior center, prepared the April 2020 newsletter, programmed the My Senior Center computer program with future events/classes/club events, and continue to provide reports to our funders. We have also joined forces with government agencies, non-profits, and business and community organizations to address the community’s needs for emergency supplies, food, community resources to address issues that are arising with the closure of many community venues, places of employment, government offices, and much more.

You have been respectful of the guidance issued by the Center on Disease Control and the Department of Health and have earnestly tried to comply with their recommendations. Mahalo for observing the City and County of Honolulu Mayor’s Order and the Governor’s Proclamation to Stay Home/Work at Home. We know many families have new financial worries, others do not have enough food or supplies, while others have taken it upon themselves to share what they have with others. Even with all that has happened, it is amazing to hear every day of the acts of kindness and generosity that has taken place on a daily basis in Hawaii to make sure that our seniors, families and the community at large are cared for. Thank you for doing your part.

We would like to take this time to acknowledge the 512 volunteers who helped our senior center this past year. April is a time to recognize the volunteer efforts of our reception, front desk, kitchen, garden, tech, club officers, and class instructors, assistant instructors, and facilitators for their generous spirit of giving. Lanakila Multi-Purpose Senior Center is truly blessed to have so many caring people give their time, talent and resources to make our senior center such a fun and vibrant place to be. We hope you enjoy photos of some of some of the volunteers in this issue.

We have postponed the Volunteer Appreciation Day this month, but hope to re-schedule this celebration when we are given the “all clear” by public officials.

Thank you to Pastor Aaron Tsang, Nadan Tsang, Samuel Lim, and Christine Lim for helping Lanakila Senior Center paint the Craft Room exterior wall on Wednesday, March 18, 2020. Nadan and Sam did this as a service project of Hawaii Baptist Academy Middle School. It looks great!

Our heartfelt mahalo to Davin-Jay Cruz and John Feary for volunteering as our receptionist these past few months. Their great personalities, John’s beautiful music, and Davin’s thoughtful goodies for our staff and volunteers is deeply appreciated. We will miss you both very much.

A big mahalo to Brigid Nakamura, Madeline Kageno, Lovyna and Douglas Maynes, Tomie Higa, Eileen Saito, Linda Yara and Violet Kagawa for helping to make yarn lei for the upcoming State Veterans Cemetery Memorial Ceremony. LMPSC is helping the Girl Scouts of Hawaii make lei for the May Memorial Services in Kaneohe to honor our veterans. Mahalo to Jackie Boland from AARP for donating the yarn. Also, a big mahalo to Punu Frank, Madeline Lum, Dorothy Mau, and Aileen Wong for making ti leaf lei for the Punchbowl Cemetery Memorial Services for our veterans. We truly appreciate all your efforts.

With the shortage of face masks for our seniors, health care workers, and first responders, mahalo to Mary Sueda, Stephanie Underwood, Amy Hagihara, and Linda Yara for helping us make face masks to address this important community challenge. Diane Terada, Carolyn Lee and the University of Hawaii are contributing needed materials to do this, along with our center members.

Our heartfelt mahalo to Christy Nishita from the University of Hawaii Center on Aging. She organized some friends, colleagues and family members and collected beautiful messages from children to our seniors and put it into beautiful collages for our center members to enjoy.

Much thanks to center members of clubs and classes, whose members bring smiles and joy to people in the community with their songs, dancing, and instrumental playing. A big mahalo to our volunteers who make center pieces, door prizes, lei and other items to sell in our thrift shop and concession, and the many treats, coffee, other goodies, fresh vegetables, fruits, and flowers that are shared with center members each day.

Although we have not determined when the center will re-open, please feel free to call us at the senior center. Our phone number is (808) 847-1322. Stay well and happy. Hugs to all of you.

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

Welcome New Members!

Leonore Higa                        Ronald Powell                        Nelson Tamashiro
Kazuko Hokama                      Sharyn Sekine                        Edwin Wong
Charlene (Char) Kihara              Gail Tamashiro

Newsletter | April 2020
Recognizing our Volunteers

AARP Community
Service Committee
AARP Foundation Tax-Aide
Abedor, Christine
Akamichi, Nancy
Ako, Diane
Amina, Tommy
Antonio, Diana
Arakaki, Marion
Arakawa, Lei-Nani
Arquette, Rochelle
Asato, Benjamin
Asato, Jane
Baba, Pauline
Barras, Anleigh
Bernardo, Mona
Bratt, Amy
Brighter, Harmony
Brown, Gilbert
Burrows, Carol
Burrows, John
Canape, Peter
Canon, Edward
Canon, Remedios
Canon, Todd
Cervano, Fred
Chang, Lorraine
Chinatown Lions Club
Chinen, Betty
Ching, Candance
Ching, Evan
Choy, Chow Fook
Choy, Cindy
Chun, Phil
Chun, Sharon
Clarke, Eileen
Close, Lee Ann
Cockett, Jeff
College students from
Korea
Cordero, Renilda
Cruz, Davin-Jay
Defensor, Ramon
Deaulx, Caroline
Demola, Suzuko
Dias, Marcia
Dolor, Letty
Duvauchelle, Thomas
Egge, Vera
Endo, Yoi
Espeleta, Manuel
Fajardo, Encarnacion (Shoni)
Fe Benito, Violeta
Feary, John
Flores, Rodney
Frank, Elouise
Fujii, Jane
Fujino, Taeko
Fujita, Beverly
Fujita, Henry
Fukuhara, Kay
Gakiya, Nancy
Galban, James
Girl Scout Troop 873
Gittleman, Daniel
Goya, Takako
Gray, Jane Moana
Greenwell, Judy
Hagihara, Amy
Hajijifari, Kekayat
(Hersia)
Hanakahi, Barry
Hasegawa, Suzie
Hee, Robert
Higa, Jane S.
Higuchi, Robert
Hirai, Donald
Hirano, Nancy
Hiyoshi, Hiroko
Ho, Evelyn
Ho, Jocelyn
Ho, Roseline
Hokama, Bonnie
Hong, Mae
Ibay, Rudolpho (Rudy)
Ibay, Wilhelmina (Wilma)
Imamura, Herbert
Imamura, Hermina
Inatsuka, Lillian
Iniba, Julie
Isara, Henry
Ito, Janet
Iwamoto, Tsuyako
Joyce, Sally
June (friend of Suzie
Hasegawa)
Kagawa, Violet
Kageyama, Sally
Kaili, Marty
Kainuma, Carolyn Michi
Kamalu, Carol Mae
Katahira, Helen
Katahira, Jack
Kawaguchi, Diana
Kawakami, Diane
Kawasaki, Mariko
Kiai, Elizabeth
Kim, Koong Ja
Kim, Jongsun
Kimata, Chieko
Kimura, Alyson
Kishimoto, Joyce
Ko, Sin Cha
Kobashigawa, Sharon
Koepke, Mary
Koga, Laraine
Koike, Ken
Kong, Yueh Mui
Kotani, Betty
Koyanagi, Dorene
Kramer, James
Kuhns, Irene
Kumamoto, Kikuko
Kumura, Clarice
Kumura, Yoshiko
Kwon, Jane
Lai, Klaus
Lau, Randy
Lee, Toni
Leigh, Susan
Lim, Samuel
Lindo, Cecilia
Llanza, Josefina
Lucas, Lolita
Lucas, Virgilio
Manuel, Rolando
(Roland)
Marquez, Laura
Martin, Gladys
Matsui, Masato
Matsumoto, Lane
Matsumoto, Mae
Mau, Dorothy
Maunakea, Dexter
Maynes, Douglas
Maynes, Lovyna
Miike, Mildred
Minami, Lillian
Miyahira, Yaeko
Miyasato, Carol
Miyashiro, Janet
Miyashiro, Jean
Miyashiro, Walter
Miyazawa, Yasuko
Mizusawa, Chery
Morimoto, Akiyo
Morisato, Kiyomi
Morreire, Jane
Murata, Carrie
Murata, Jo-Ann
Nagamine, Arlene
Nagaseawa, Alicia
Nakagawa, Etsuko
Nakamura, Brigid
Nakasone, Flora
Nakasone, Harry
Nakasone, Mitsuko
Naunu, Pauline
Nhomi, Mieko
Niibu, Doreen
Nishimura, Sheila
Nishiyama, Melvin
Notre Dame Hawaii
Oh, Junko
Ojiri, Donald
Oka, Linda
Okuda, Dale
Olayan, Gilbert
Oshiro, Nobuko
Oshiro, Ronald
Paik, Grace
Palama, Helen
Pang, Carol
Pangan, Anita
Park, Eugenia
Penaroza, Bhakti
Pilialoha, Milton
Piper, Dawn
Ramiro, Rosieta
Ramirez, Leonie
Ramos, Wendy
Ream, Paul (Dan)
Reever Vuky & 62
youth & adults
Richmond, Chanara
Roosevelt High School
Leo Club
Saito, Eileen
Sakamoto, Patricia
Sakumoto, Atsuko
Sarcena, Ben
Sasahara, Ayako
Sato, Stanley
Sekiya, Lynn
Shigetani, Kate
Shimabukuro, Juliet
Shinbo, Stephen
Shiohira, Jeanette
Shiraki, Sharon
Shiroma, Alice
Sickles, Yoshiko
Sindon, Lita
Soong, Myrna
Springer, Lenora
Sueda, Mary
Sugai, Aiko
Sugihara, Jean
Sumida, Val
Sumida, Val’s son
Suzuki, Yoshiko
Tada, Jane
Tada, Richard
Taira, Hugh
Takra, Doris
Takemoto, Karen
Takeuchi, Patricia
Takeuchi, Yasuko
Tamura, Florence
Tamura-Boyd, Susan
Tanaka, Aileen
Tanaka, Lillian
Tangonan, Victor
Tatsuta, Jane
Tcheou, Yuriiko
Tengan, Yoshiharu
Tiburcio, Aurelia
Tokuda, Chieko
Toma, Franklin
Toma, James
Tomiyama, Nishie
Tsang, Nadan
Tsang, Pastor Aaron
Tsuchiyama, Yoneko
Ttsumui, Alice
Tulba, Sharon
Umemoto, Julie
Underwood, Stephanie
University of Hawaii
School of Nursing
Usami, Hideko
Vance, Virginia
Vargas, Nieves
Vicente, Eufemia
Villanueva, Clemente
VITA Hawaii Tax Help
Werle, Denise
Wong, Aileen
Wong, Edwin
Wong, Joyce
Wong, Therma
Yagi, Misako
Yamashita, Irene
Yanagawa, Rose
Yara, Charles
Yara, Linda
Yashima, Sue
Yashima, Wallace
Yi, Ellen
Yokooji, Janice
Yoshikida, Emiko
Yoshimori, Jeannette
Young, Amy
Young, Audrey
Young, David
Young, Patrick
Young-Sasai, Patricia
Yu, Jin Suk
Zukemura, Carol

*Our friends who have passed
Being Active At Home

Staying at home can be a drag. However, that doesn’t mean we need to be. Exercise at home, call a friend or family member. We can all stay connected even if we are apart. Here are some ways you can still be active at home.

Ken Koike, instructor of Tuesday’s Tai Chi classes expresses although these are challenging times, we will persevere. He encourages practicing at home as part of a routine, and its essential that you do to maintain the benefits of tai chi. He adds, “We desperately need to nurture our “mind, body & spirit” and stay healthy. Practicing tai chi should help.”

Review and practice the following YouTube videos as often as you can.

Ba Duan Jin (Qi Gung):  [Link](https://www.youtube.com/watch?v=XmD9K68Wwc)

Yang 8 Form (mirror view):  [Link](https://www.youtube.com/watch?v=lH4JZ6aqCbA)

8 Form sequence also attached

8 Form - back view:  [Link](http://www.youtube.com/watch?v=MhWlldVyWVs)

Note: To view videos “Control click”

Tai Chi for Health instructor, Randy Lau, states that by visiting Facebook, and searching the Facebook page called "LauShen Gung Fu" you can view his live broadcasts.

He plans to do seated and other classes via Facebook live. Visit [www.facebook.com](http://www.facebook.com)

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8 Form Sequence

- **Opening movement**
  1) Repulse the Monkey  (Right then Left)
  2) Brush the knee   (Left then Right)
  3) Part the Horse’s Mane  (Left then Right)
  4) Cloud Hands   (2 Left then 2 Right)
  5) Golden Pheasant (stand on one leg)  (Right then Left)
  6) Heel Kick    (Right then Left)
  7) Grasp the Bird’s Tail   (Right then Left)
  8) Cross Hands at Wrists  Closing
What You Should Know About Coronavirus (COVID-19)

Look out for Symptoms
Symptoms of fever, cough, and shortness of breath may appear 2-14 days after exposure. If you develop emergency warning signs, including trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face, get medical attention immediately. Please note that older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes are at higher risk in developing more serious complications from COVID-19.

How it Spreads
The virus is thought to spread mainly from person-to-person.
- Within 6 feet
- Through respiratory droplets produced when an infected person coughs or sneezes

Protect Yourself and Others by:
- Clean your hands often: wash with soap and water for at least 20 seconds. If soap & water is not readily available, use a hand sanitizer that contains at least 60% alcohol. Lastly, avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. Put distance between yourself and other people.
- Clean & disinfect frequently touched surfaces.
- Stay home if you are sick. Effective March 23, 2020, Mayor Kirk Caldwell issued a Stay At Home order for residents of Oahu until April 30, 2020. Please stay home at all possible so we can flatten the curve on this spread.

For more information, please visit the Centers for Disease Control and Prevention at www.cdc.gov and The State of Hawaii Department of Health at https://health.hawaii.gov

Resources for COVID-19
Kokua Mau provides continuous care through webinars: https://kokuamau.org/covid-19-resources/

Hawaii State Public Library System have made accommodations for library material on loan and access to e-resources. Click on the “Learn” or “Browse” tabs to access their e-services at www.librarieshawaii.org. Online collection includes:
- eBooks and audiobooks
- Digital subscriptions to newspapers and magazines, New York Times
- Online classes
- Online language learning
- Many online resources for homework, recreation and research

SBA (Small Business Administration) Economic Injury Disaster Loan program should become available in the next week to businesses that are being impacted by the Coronavirus (COVID-19), it is important to know how you can start preparing today. There are 3 SBA forms that will be required (SBA Form 5, SBA Form 413, and SBA Form 2202) in addition to other information listed below:
- Loan application (SBA Form 5), completed and signed (this is electronic/online in the portal)
- Tax Information Authorization (IRS Form 4506-T), completed and signed by each applicant, each principal owning 20 percent or more of the applicant business, each general partner or managing member; and, for any owner who has more than 50 percent ownership in an affiliate business. Affiliates include, but are not limited to, business parents, subsidiaries, and/or other businesses with common ownership or management
- Personal Financial Statement (SBA Form 413) completed, signed, and dated by the applicant, each principal owning 20 percent or more of the applicant business, and each general partner or managing member
- Schedule of Liabilities listing all fixed debts (SBA Form 2202 may be used)

For the latest information please keep checking invest.hawaii.gov

Many Grocery Stores have designated hours to allow seniors to shop early before “the crowd” to get groceries and supplies. Here are just a few:
- Foodland: Every Tuesday, Thursday, Saturday dedicated to seniors ages 60+ and an accompanying caregiver or assisting family member at all locations.
- Times: Times Supermarkets will reserve the first hour of its store opening every day for seniors and people with serious chronic medical conditions. The change will go into effect on Friday until further notice. (effective 3/20/2020)
- Target: Target will reserve the first hour of shopping daily for senior citizens.
- Whole Foods: Whole Foods Market stores will open for seniors 60 and older one hour before opening. Hours of operation are subject to change. Please call the store for the most current information.
DRIVING CREDENTIALS AND COVID-19 EMERGENCY ORDERS

What does it mean for those needing a State Identification Card, Driver’s License, Motor Vehicle Registration or Safety Check?

HONOLULU – The Hawaii Department of Transportation (HDOT) Highways Division announces the following changes to its vehicle licensing and safety check programs as part of the effort to reduce face-to-face interactions during the COVID-19 pandemic.

Driver’s Licenses and State IDs

- The state is invoking a 90-day waiver on all expired driver’s licenses and State identification cards. If your driver's license or State ID expires between March 23 and May 15, your credentials will be considered valid in the State of Hawaii for an additional 90-days.

- In coordination with the county driver’s licensing centers, HDOT has suspended all in-person driver’s license transactions and in-vehicle testing. There are limited non-in-person driver’s license services available such as online ordering of duplicates currently offered by the City and County of Honolulu for eligible residents, and mail-in duplicates and renewals offered by all counties. Please visit the county’s website or contact the county that issued your driver’s license or state ID for instructions on using their mail-in services.

- The 90-day waiver for driver’s licenses also applies to Commercial Driver’s License (CDL) holders. Additionally, HDOT is allowing extension of the Medical Examiner’s Certificate (MEC) and hazardous materials endorsement expiration for motor carriers through the period of the Governor’s emergency proclamation which began March 4 and was extended to May 15.

- Transportation Security Administration (TSA) is accepting expired driver’s licenses or State IDs that expired on or after March 1 for use at TSA checkpoints. See https://www.tsa.gov/coronavirus for more information.

- On March 23, President Donald Trump announced that the Oct. 1, 2020 REAL ID deadline would be extended. The new deadline has yet to be announced.

Periodic Motor Vehicle Inspection (Safety Check)

The annual safety check requirement is suspended, and no safety checks will be done through the month of April. If your safety check is expired, it will remain valid through May 31. Also, you may renew your vehicle registration online or with your expired safety check certificate during this grace period.

Vehicle Registration

Vehicle registrations may still be done online or by mail even though your safety check may have expired. Not all counties allow online renewals after your registration submission deadline. Please check your county’s website or contact your county office for further information.

City and County of Honolulu

http://www.honolulu.gov/csd

County of Maui

https://www.mauicounty.gov/1328/Motor-Vehicle-Licensing

County of Hawaii

https://www.hawaii.gov/departments/finance/vehicle-registration-licensing

County of Kauai

http://www.kauai.gov/Portals/0/ Mayor/PIO/NR032320FD.pdf?ver=2020-03-23-100938-193

HDOT thanks the counties and the community for their social distancing efforts.

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So many changes have occurred in the past month that it is incredible. Events have been cancelled in record numbers due to the spread of the coronavirus, including our 50th Anniversary celebration at the Pagoda which was scheduled for March 19. After all the preparations were made, on March 14, the restaurant cancelled the event because we had 150 people which exceeded the number they could allow at that time. However, three days later, the Center was closed by Catholic Charities from Monday, March 16, as Seniors are among the most vulnerable. We have added new words to our vocabulary, like coronavirus, pandemic, social distancing, quarantine, etc. Because of the global pandemic, throughout the country, mayors and governors have issued emergency orders and in Honolulu we have been ordered to shelter in place (lockdown) from Monday, March 23, until April 30, and workers to work at home except for essential workers.

Looking back at the weeks before our scheduled 50th Anniversary celebration was scheduled, on Feb. 27, Tom Amina, a Tai Chi instructor at the “Y” who also has a class at the Center on Saturdays, along with several of his “students”, demonstrated the hand and leg movements which are key to providing balance for us seniors. Slow movements to music created an atmosphere of focusing our minds on the movements with eyes following our hands. For those of us who are not familiar with tai chi, this was an interesting and helpful session.

On March 5, Sharen Nakashima, representative from the U.S. Census Bureau, spoke about a Census being taken every 10 years as mandated by the Constitution. The U.S. Government is in the process of taking the 2020 Census to record where everyone is living on April 1. It is very important for each family to fill out a form as Federal funds are allocated based on the number of people in our state, including children.

We celebrated birthdays on March 12 and honored four members: Diana Kawaguchi, Etsuko Nakagawa, Jean Sugiyama and Suzanne Stiger. God bless each one of you with many more birthdays. The Pearl City Community Church entertained us with a wonderful Variety Show. There was something for everyone to enjoy as eight hula dancers did a variety of numbers (“I Believe”, “Kanaka Wai Wai”, “How Great Thou Art”, You Alone); ukuleles accompanying our singalongs of familiar hymns and choruses, and Japanese children’s songs that many of us grew up with. An encore performance by Mr. Toa of his impersonation of Elvis Presley’s “Don’t Be Cruel”, “All Shook Up” and “Blue Suede Shoes” as he energetically twisted and danced through the aisles, may have been the highlight of the morning to many Elvis fans. Mahalo Nui Loa to the Pearl City Community Church for a very enjoyable morning. It was a fitting way to end the month as our 50th Anniversary Celebration for March 19 was cancelled and the Center will be closed at least for the month of April.

“Be grateful for what you have, not regretful for what you don’t have.”

No upcoming events for the month of April as Center is closed.
JAPANESE CULTURAL CLUB UPDATE
By Clarice Kumura

Spring has Sprung

Have you noticed that Spring has arrived with a vengeance despite our current situation? Trees are sprouting, birds are singing, breeze is blowing and weather is pleasant. In Japan, spring means Cherry Blossoms or Sakura is blooming. The Sakura symbolizes human life, transience and nobleness. All of Japan seems to catch spring fever when the cherry trees bloom. We all need to get back our normal daily lives. Let’s take a moment to reflect and smell the blossoms. We can also get back to normal daily chores like spring cleaning!

March has been a challenge because of the coronavirus pandemic but we “marched” on as best as we could. On March 2, we learned from Mrs. Sharon Nakashima about the importance of filling out the Census 2020 questionnaire. She emphasized that our response is important to our local community and our country. By law, our response is required; otherwise, they will need to send a Census Bureau interviewer to your home to collect your answers. On March 9, we listened to beautiful karaoke singing by the group “Senior Moments” led by Woody Batula. The singers were awesome as they entertained us with gusto.

JCC’s 50th anniversary celebration originally scheduled for Monday, March 30, 2020 at Lanakila Senior Center has been postponed until further notice.

Tanjoubi Omedetou Gozaimasu to birthday celebrants who are 90+ years young: Shizue Ishihara; and Madeline Kageno. May you both have many more healthy years.

EVENTS TO BE ANNOUNCED WHEN LMPSC OPENS

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... Keiko Nakama!

Please claim your prize with staff.

Congratulations!
Dear Lanakila Senior Center Members:
We would appreciate you emailing or sending us a short story, poem, picture with a short caption that you would like to share with our center members and community friends in LMPSC’s newsletter. Please email your contribution to: suzanne.oakland@catholiccharitieshawaii.org or mail to:
Susie Chun Oakland, Program Coordinator
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue
Honolulu, Hawaii 96817

Chinese Cultural Club Update
By Evelyn Ho and Dorothy Mau
Keeping the Faith

Ni Hau Ma? How are you? CCC is sending everyone a Social Distance Big Hug! Everyone is vigilant of the Coronavirus (COVID19) pandemic. As leaders we take the responsibility to do our best to keep our members informed for their health and safety. As Seniors we are the at risk group! To be protected and keep the virus from spreading, we need to wash our hands with soap for at least 30 seconds, no touching of face, no handshakes, no hugs and kisses. Social distance hugs, elbow touch, feet touching and there’s other forms of greetings developed.

Our Lanakila Senior Center is now closed ‘til further notice! President Trump, Governor Ige, Mayor Caldwell and other prominent leaders in our community have also issued closure, or cancellations of our many events and travels. People who are now arriving in Hawaii will be quarantined for 14 days.

This is very difficult time for many people. We need to stay calm and help one another. However people became anxious and panicked and emptied the stores of toilet tissues, canned goods, disinfectant wipes and other supplies.

Our pastors ask us to have FAITH in God and to cooperate as “one “ and we will soon return to a normal life. “There is no battle that God won’t help us to win. There is no heartache that God won’t help us to let go of.”

As a friendly reminder, remember to get that “grab and go “emergency kit ready for yourself, your family, and pets for 14 days!

On March 13, 2020, CCC had an excellent PowerPoint presentation of Census 2020 by Sharen T. Nakashima and two Chinese translators, Raymond Chan (Cantonese) and Robert Su (Mandarin). It’s of utmost importance that everyone is counted. For the Chinese population, help is available at Kukui Gardens or the Chinese Chamber of Commerce. Until we resume our activities at Lanakila, May God bless each and everyone of you with faith, good health and safety!
Honoring our King & Queen

It was Saturday February 22, 2020 when the FILIPINO CULTURAL CLUB celebrated Valentine’s and February birthdays. The club representatives at the 51st Senior Citizens Valentine Dance at the N B C, VIRGILIO and LOLITA LUCAS were honored with a special program at LMPSC. A trophy donated by EUFEMIA VICENTE was presented to the couple. Lolita Lucas, Mrs. FCCH Valentine, was crowned by Susie Chun Oakland - LMPSC Program Coordinator. There was line and folk dancing led by talented LETTY DOLOR. For some reason or another the February celebrants: Rosalina Carpio, Helmer Dela Cruz, Violeta Calpito and John Zaleski were not able to attend. There were also some door prizes that made the event more fun. As always socialization and sharing the onolicious food on the table as a culmination of the celebration.

Photo courtesy of Wilma Ibay

IN-KIND GIFTS

PAKIKE ($1000+)
OHI’A LEHUA ($500+)
KAHILI GINGER ($250+)
HIBISCUS ($100+)
Kogha, Laraine
Lind, Judy
Michinaka, Roy
Nagamine, Doris
Ojiri, Donald
Onishi, Paul M/M
Paik, Phyllis
Stevens, Daly M/M
Tanaka, Lillian
Yashima, Wallace
M/M

BIRD OF PARADISE ($50+)
Gray, Jane
Yu, Jin Suk

ANthurium ($49 & UNDER)
Fukuhara, Kay
Higa, Leonore
Hirai, Donald
Lenchanko, Michael
Nakata, Hatsuko
Nishida, Jean
NARFE
Sullivan, Toshi
Yamasaki, Glenn

Additional Upcoming Club Meetings

Hawaiian Cultural Club
No meetings

Korean Cultural Club
No meetings

Portuguese Cultural Club
No meetings

Mahalo

Thank you so much for your generosity!
Exercise Your Brain

The Rules of Sudoku
Fill a number in to every cell in the grid, using the numbers 1 to 9
You can only use each number once in each row, each column, and in each of the 3×3 boxes

For more fun and interactive games, visit:
https://games.aarp.org/category/word

Sudoku by www.sudokuoftheday.com
# CLASSES CANCELLED IN APRIL

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Facilitator</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Special Events Group</td>
<td>Group</td>
<td>Library</td>
</tr>
<tr>
<td>8:30am</td>
<td>Ukulele Picking</td>
<td>Nishiyama</td>
<td>Sewing Room</td>
</tr>
<tr>
<td>9:00am</td>
<td>Japanese Cultural Club</td>
<td>Sueda</td>
<td>Lanai/Activity Rm</td>
</tr>
<tr>
<td>9:30am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Go Room</td>
</tr>
<tr>
<td>10:00am</td>
<td>Harmony's Hula</td>
<td>Brighter</td>
<td>Dance Studio</td>
</tr>
<tr>
<td>10:30am</td>
<td>Body &amp; Brain Beg. Tai Chi &amp; Yoga</td>
<td>Miyasato/Kiai</td>
<td>Library Annex</td>
</tr>
<tr>
<td>11:00am</td>
<td>Intro to Yoga</td>
<td>Hasegawa</td>
<td>Lanai</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Basic Japanese Language</td>
<td>Tcheou/Sasahara</td>
<td>Library</td>
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<tr>
<td>12:45pm</td>
<td>Ping Pong</td>
<td>Ream</td>
<td>Dance Studio</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</td>
<td>Sueda</td>
<td>Sewing Room</td>
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<tr>
<td>9:00am</td>
<td>Basic Ukulele</td>
<td>Nishiyama</td>
<td>Library Annex</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>10:15am</td>
<td>Sahm Bo Dahn</td>
<td>Katabira/Higuchi</td>
<td>Lanai</td>
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<tr>
<td>11:00am</td>
<td>Intermediate Ukulele</td>
<td>Olayan</td>
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<tr>
<td>11:30am</td>
<td>Gentle Yoga</td>
<td>Ako</td>
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<td>12:45pm</td>
<td>Ping Pong</td>
<td>Ream</td>
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<td>8:00am</td>
<td>Special Events Group</td>
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<td>Adv Beginner Ukulele</td>
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<td>9:00am</td>
<td>Stretch &amp; Tone</td>
<td>Werle</td>
<td>Lanai</td>
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<tr>
<td>9:30am</td>
<td>Portuguese Cultural Club</td>
<td>Frank</td>
<td>Activity Room</td>
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<tr>
<td>10:00am</td>
<td>Sewing by Nakasone</td>
<td>Nakasone/Ito</td>
<td>Craft Rm/Sewing Rm</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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<tr>
<td>11:15am</td>
<td>Health &amp; Life Circle</td>
<td>Young-Sasaki</td>
<td>Sewing Room</td>
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<tr>
<td>12:30pm</td>
<td>Men &amp; Women's Shed</td>
<td>Maynes</td>
<td>Activity Room</td>
</tr>
<tr>
<td>9:00am</td>
<td>Enka</td>
<td>Arakaki</td>
<td>Library Annex</td>
</tr>
<tr>
<td>9:30am</td>
<td>Korean Dance/Club</td>
<td>Lee</td>
<td>Dance Studio/Craft Rm</td>
</tr>
<tr>
<td>10:00am</td>
<td>Okinawa Nenchosha Club</td>
<td>Higa</td>
<td>Lanai/Activity Room</td>
</tr>
<tr>
<td>11:00am</td>
<td>Taisho Koto</td>
<td>Takeuchi/Sueda</td>
<td>Library</td>
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<tr>
<td>11:15am</td>
<td>Crafts by Florence/Beads Wrksp</td>
<td>Tamura</td>
<td>Go Room</td>
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<tr>
<td>12:45pm</td>
<td>Ping Pong</td>
<td>Ream</td>
<td>Dance Studio</td>
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<tr>
<td>9:00am</td>
<td>Folk Sing Along</td>
<td>Group</td>
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<tr>
<td>9:30am</td>
<td>Chinese Cultural Club</td>
<td>Mau</td>
<td>Library</td>
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<tr>
<td>10:00am</td>
<td>Sahm Bo Dahn</td>
<td>Katabira/Higuchi</td>
<td>Library Annex</td>
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<tr>
<td>11:00am</td>
<td>Sing For Your Life</td>
<td>Richmond</td>
<td>Library Annex</td>
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<tr>
<td>11:30am</td>
<td>Tap Dance</td>
<td>Koepke/Martin</td>
<td>Dance Studio</td>
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<tr>
<td>8:30am</td>
<td>Tai Chi Chuan</td>
<td>Amina</td>
<td>Lanai</td>
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<tr>
<td>12:00pm</td>
<td>Filipino Cultural Club</td>
<td>Ibay</td>
<td>Lanai/Activity Room</td>
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### April 2020

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<thead>
<tr>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
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<th>THUR</th>
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#### EVENTS CANCELLED OR POSTPONED IN APRIL:
- AARP Tax Preparation
- Caregiver Support Group
- Frank Delima Show
- Hali‘a (Memory) Clinic
- Senior Fun Walk Excursion
- Volunteer Appreciation Day
- Lunch Excursions
- Program Comm. Mtg
- New Member Orient.

<table>
<thead>
<tr>
<th>CENTER CLOSED: Good Friday</th>
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</thead>
</table>

Please utilize this calendar to jot down your own activities that allows you still practice social distancing.

---

**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 Staff**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Susie 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>Corinne Gyotoku, MSW</td>
<td>Case Management</td>
<td>Rm 6</td>
</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
<td></td>
</tr>
</tbody>
</table>

**Center Hours**

Monday-Friday 7:30am-3:00pm  
Saturday (2x/month) 8:30am-3:00pm