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Online Opportunities Expand

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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 Lanakila Multi-Purpose Senior Center Ohana:

I hope you are keeping in touch with your friends and your family to see how they are doing. The Lanakila Senior Center remains closed during the month of August, since Hawaii has not reached Phase 3 of the Center on Disease Control guidelines for reopening states across the USA.

Thanks to the ingenuity and creativity of center members, instructors, volunteers, community partners and staff, we continue to expand online classes, educational workshops, and fun events, while observing and encouraging our center members to stay safely at home. We have had educational workshops on brain health, fraud prevention, personal safety, and legal matters in July. In August, we will be offering educational opportunities to learn about the HOLO card, which will be used for the bus, handi-van and the rail system. There will also be online Photography (Take a Photo Class), Life Story (Legacy Class), COVID-19 and Medicare Class, Benefits Enrollment Center presentation, and Medicare Fraud. Please call us if you would like to receive a Zoom invitation for these events.

We have also been busy modifying the senior center to build WiFi capability and invest in equipment that will make more classes available online, install sneeze guards in key areas and hand sanitizer dispensers for members and guests to use, acquired a thermometer for temperature checks, and drafting center policies that will establish clear protocols to follow while using the senior center. We are also upgrading office signage (thanks to the donation of time and talent of Doug Maynes), so it will be easier to find administrative offices.

LMPSC staff continue to maintain the physical facility and received very good news that we have exceeded the goals of the State and City contracts in services we promise to deliver in terms of exercise, health promotion, paraprofessional counseling, service projects, and health education. If you have topics for health education or suggested classes that we can explore and offer to center members, please let me know.

Mahalo to the Cyberlions Club and Peggy Oyama for their generous gift of face shields, which they produced for LMPSC with a 3-D printer. How cool is that! (see picture to the right).

On August 20, 2020, LMPSC is partnering with Hawaii Public Housing Authority to provide two meat and fresh vegetable and fruit boxes for center members who are 65 years and older or disabled. We thank Ham Produce and Seafood for helping us put the items together and deliver these food boxes to the senior center for distribution. Letters were sent to members 65 years and older in July and responses must be received by LMSPC staff on the specified deadline, if senior center members are interested. Details will then be sent out to these members in early August with details about the Food Box Drive Through.

Please continue to be vigilant in having an updated emergency kit of supplies during hurricane season. If you would like more information about how to prepare, please feel free to email me at suzanne.oakland@catholiccharitieshawaii.org or call me at (808) 847-1322.

Me ke aloha pumehana,
Susie Chun Oakland, Program Coordinator

Welcome New Member!

Sandra Joy Eastlack
Senior Highlights

Highlighting the many talents of our seniors over the years. These items are displayed in various spots throughout the Center. Sorry, not intended for sale!
Aloha Senior Citizens of Lanakila Multi-Purpose Senior Center,

We are excited to announce two new projects with the help of University of Hawaii professor, Michael Cheang. By now, for all center members who has their emails on file, should have already received Zoom invitation to these two presentations. Click on the link of the stated day and time and Dr. Cheang will present on these two creative projects. We hope you enjoy it!

**Take a Photo Project (Aug. 3 & 10)**

**What it is:** Each month, we will announce a topic or a theme (e.g., flowers in your garden, foods you like to eat, people, your pet, places, birthdays, things, etc.). We invite you to use your mobile phones or your digital camera to take a photo based on each month’s topic.

**What to submit:** Your photo and a few short sentences to tell us about the photo that you took. Please submit your entry by email to riva.torno@catholiccharitieshawaii.org (or hand over your photo and your story of the photo to the LMPSC staff at the office by making an appointment first) by the deadline.

How it works: Each month, we will feature a few photos in our newsletter, and include the stories you tell about the photos.

**Life Story and Legacy Project (Aug. 5 & 12)**

**What it is:** The Life story and Legacy Project is to guide elders to write a few things about their lives a bit at a time. Each week elders will be given a few questions to answer about their lives. E.g., early childhood memories of people, places, foods, events, the hanabutta days, funny stories, etc.

Each week, we will pick one or two elders’ stories to feature in the LMPSC newsletter.
**Keeping Cool In Your Mask**
Summer’s here, and hot weather may make it even more uncomfortable to wear our mask. AARP share five tips that may make it easier.

1. **Choose the right fabric**
   A light breathable fabric, like cotton, will likely keep your face cooler and can avoid heat rash or chaffing to the face.
2. **Keep it dry**
   Having a damp mask will make it more uncomfortable and less effective in filtering respiratory particles.
3. **Time trips to beat the heat**
   Venture out on the cooler parts of the day.
4. **Skip the makeup**
   Heat and sweat can make a gunky mess under your mask. It can cause your skin clogged pores and create a lot irritation.
5. **Bring a spare**
   Swap for another when your mask becomes icky.

To read the whole article, visit [www.aarp.org](http://www.aarp.org)

**Social Security Remains Open During Pandemic**
Although walk-ins are not available at this time, the Social Security Administration is able to be reached by phone Monday thru Friday from 8:30 am to 3:30 pm at 1-855-572-4879 for Honolulu residents or calling the national number at 1-800-325-0778. You may also visit SSA.gov as many services can be completed online. Services online include:

- Apply for [Retirement](https://www.aarp.org), [Disability](https://www.aarp.org), and [Medicare](https://www.aarp.org) benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and
- Much more.

**Potential Scam in Hawaii**
It was brought to the attention of SMP Hawaii that a group calling themselves the Senior Citizens Alliance has been contacting people in Hawaii asking them to fill out a questionnaire. It is advised that this questionnaire and group be ignored. Investigation amongst this shows they attempt to obtain data from older Americans, for their own gain.


**Hearing Aids**
Info on hearing aids: [https://medlineplus.gov/hearingaids.html#utm_source=newsletter&utm_campaign=july22](https://medlineplus.gov/hearingaids.html#utm_source=newsletter&utm_campaign=july22)
Affordable Mobile/Internet Options
The Assistive Technology Resource Centers of Hawaii are helping people with low-no cost technology and vision devices. If you also have a laptop or tablet you no longer need, you can donate it to them. Please contact Executive Director Barabara Fischlowitz-Leong at (808) 532-7110 or Barbara@atrc.org.

Laughter is the Best Medicine
Turn that frown upside down, Here is a good read why laughter is the best kind of medicine! https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm

Memory Clinic
We are now offering a virtual Hali‘a (Memory) Clinic. This clinic is for members of Lanakila Multi-Purpose Senior Center and seniors who are served by the Catholic Charities Hawaii Case Management Program. Hali‘a’s Clinic is for interested seniors from these programs who may have memory concerns and includes telehealth appointments with a geriatrician and nurse. We are also offering an opportunity for persons with memory loss and their caregivers to socialize and learn about important topics including brain healthy foods. Please talk to Cyan Curtis, Iris Hiramoto, or Susie Chun Oakland for more information.

Reporting Scams
The United States Attorney’s Office for the District of Hawaii reminds seniors about these tips to avoid being a victim of a scam. 1) Do not share banking or personal info over the phone 2) Don’t click on email links from unknown sources 3) Hang up on unfamiliar Robocalls 4) If you must pay your bill over the phone, make sure you are calling the number provided on your bill 5) If you choose to donate to a charity, make sure your choice is legitimate.
REPORT SCAMS TO: United States Attorney’s Office for the District of Hawaii: usahi.covid19@usdoj.gov Tel: 1.808.541.2850 or Hawaii State Office of Consumer Protection: cca.hawaii.gov/ocp/consumer-complaint/ Tel: 1.808.587.4272 or National Center for Disaster Fraud: disaster@leo.gov Tel: 1.866.720.5721

COVID-19 Testing for TheBus Riders
If you are a TheBus rider or driver who believes to have been exposed to coronavirus, the following health centers are available to do COVID-19 testing by calling ahead:

<table>
<thead>
<tr>
<th>Health Center</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kalihi Palama Health Center</td>
<td>381-7009</td>
</tr>
<tr>
<td>Kokua Kalihi Valley Comprehensive Family Services</td>
<td>791-9410</td>
</tr>
<tr>
<td>Koolauloa Health Center</td>
<td>293-9231</td>
</tr>
<tr>
<td>Waianae Coast Comprehensive Health Center</td>
<td>697-3170</td>
</tr>
<tr>
<td>Waimanalo Health Center</td>
<td>259-7948</td>
</tr>
</tbody>
</table>

- People are encouraged to see their own doctor. If they do not have a doctor and need to see one for COVID-19 or any health reason, Oahu’s community health centers stand ready to see them.
- When you go to the health centers and you don’t have health insurance, the City has contracts in place with both the health centers and labs for COVID-19 testing.
- For more information on the health centers, you can visit the Hawaii Primary Care Association website at www.hawaiipca.net.
Announcing a 2020 Zoom Educational Series:
Your Statewide Alzheimer’s Association – Hawaii

• Learn all about the Alzheimer’s Association - Hawaii from your own computer via Zoom! With this 5-part series given by their Hawaii leadership team of experts, you will learn about: their services and resources in every Hawaii County; dementia basics; warning signs of dementia; dementia-related behaviors; brain health; and, the latest information on research and advocacy nationally and in Hawaii.

• The Alzheimer’s Association® is the leading voluntary health organization in Alzheimer’s care, support and research in the world. VISION: A world without Alzheimer’s and all other dementia. TM
MISSION: The Alzheimer’s Association leads the way to end Alzheimer’s and all other dementia - by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

• SESSION 1: Wednesday, July 29, 10-11:30am
  • Getting Acquainted
  • Presenter: LJ R. Duenas, Executive Director
  • Understanding Alzheimer’s Disease & Related Dementias
  • Presenter: Tonya Hammond-Tullis, M.A.C., Program Specialist, Oahu

• SESSION 2: Wednesday, August 19, 10-11:30am
  • The Ten Warning Signs Presenter: Steve Tam, former Director of Development; Volunteer
  • Sponsorship Chair for Oahu Walk to End Alzheimer’s, Former Caregiver

• SESSION 3: Wednesday, September 9, 10-11:30am
  • Dementia-Related Behaviors
  • Presenter: Tonya Hammond-Tullis, M.A.C., Program Specialist, Oahu

• SESSION 4: Wednesday, September 30, 10-11:30am
  • Healthy Living for Your Brain and Body
  • Presenter: Christine Spencer, Maui County Regional Coordinator

• SESSION 5: Wednesday, October 21, 10-11:30am
  • Advancing the Science and Public Policy: Updates to Research and Our Work in Advocacy
  • Presenters: LJ R. Duenas, Executive Director, and Ian Ross, Public Policy and Advocacy Manager

Please register for one or any number of sessions by contacting
• Jody Mishan, (808) 295-2624 or at jmishan@hawaii.rr.com
Hi Everyone,

"HAPPY BIRTHDAY" July babies. Let’s celebrate with this birthday cake my granddaughter Chantel drew the Uchinaa characters and gave it to the baker to make this cake. Liliha Bakery did a beautiful job.

This is July already, half year has gone by, and we are getting older but we don’t feel it. Is there anything good about getting old? Yes, here’s the list:

1. Senior Discount
2. No stress
3. No major decisions to make
4. We dress comfortably, not stylish
5. We are beautiful
6. When I wake up, my eyebrows are already on my face
7. Our hair color change
8. We develop wrinkles from decades of smiling, but it feels soft when they hug you
9. Sometimes I’m looking for my phone while I’m talking on it
10. I’m so old, I can laugh, cough, sneeze, and pee all at the same time, hahaha

Here’s another video you can enjoy, “Tinsagu Nu Hana” which Chantel, Shelby Oshiro and Travis Oshiro put this together for Jikoen Hongwanji Temple (link to the YouTube video is below.)

Be safe and take care, and hope to see everyone soon.

Link to the Tinsagu Nu Hana video: https://youtu.be/4wAUOt3-tYw

Happy Birthday!
HAPPY BIRTHDAY

Mahalo
Thank you so much for your generosity!

PIKAKE ($1000+)
Harris United Methodist Church

OHI‘A A LEHUA ($500)

KAHILI GINGER ($250+)

HIBISCUS ($100+)
Kamioka-Fuller, June
Sakamoto, Patricia
Young, David

BIRD OF PARADISE ($50+)
Ishihara, Robert M/M

ANTHURIUM ($49 & UNDER)
Akamine, Jean
Fujii, Jane
Hata, Sharon
Kawauchi, Diane
Raposas, Fiolmena
Yamasaki, Glenn
Young, Amy

IN-KIND GIFTS
MASKS MAKERS
Asato, Jane
Bennett, Laura
Bratt, Amy
Greenwell, Judy
Hagihara, Amy
Ito, Janet
Lee, Toni

Lei Makers
Fong, Kathy
Frank, Puna
Higa, Tomie E.
Hong, Mae
Inn, Michelle
Kagawa, Violet
Kageno, Madeline
Kiyabu, Helen
Maynes, Doug & Lovyna
Nakamura, Brigid
Nakamura, Judy
Oka, Calvin
Oka, Irene
Springer, Lenora
Yara, Linda

Drapery Shoppe
Ham Produce & Seafood
Hawaii Pacific Health
Min Plastics & Supply, Inc.
Nomura, Barbara
Velasquez, Richard

HAPPY BIRTHDAY
(continued)

Amy Wakamiya
Kathryn Weldon
Helen Wong
Esther Wright
Anne Yamamoto
Stanley Yamamoto
Chiyoko Yamane
LMPSC Online Classes

Lanakila Multi-Purpose Senior Center offers online classes during the mandated Stay at Home order. All classes are held online via Zoom (www.zoom.us) and are FREE! Please contact Susie Chun Oakland at suzanne.oakland@catholicharitieshawaii.org or Riva Torno at (808) 847-1322 or riva.torno@catholiccharitieshawaii.org to receive more information. For a helpful tutorial on Zoom, watch: https://www.youtube.com/watch?v=9isp3qPeQoE

<table>
<thead>
<tr>
<th>AMERICAN SIGN LANGUAGE</th>
<th>BASIC UKULELE</th>
<th>BODY &amp; BRAIN YOGA &amp; TAI CHI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheryl Mizusawa</td>
<td>Melvin Nishiyama</td>
<td>Carol Miyasato &amp; Elizabeth Kiai</td>
</tr>
<tr>
<td>Fridays</td>
<td>Mondays</td>
<td>Wednesdays</td>
</tr>
<tr>
<td>11:15 am – 12:15 pm</td>
<td>8:30 am – 9:15 am</td>
<td>1:00 pm – 2:00 pm</td>
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<tr>
<td>Learn American Sign language to communicate with family or friends.</td>
<td>Brush up on your strumming and chords with this beginner level course.</td>
<td>Stretching and flexibility for circulation &amp; health. Anyone from ages 60 to 120 can take this class. Accommodations to the exercises are often suggested by the instructor.</td>
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<thead>
<tr>
<th>CHAIR YOGA</th>
<th>FUSION</th>
<th>HARMONY’S HULA</th>
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<tbody>
<tr>
<td>Marianette Kauahikaua</td>
<td>Daniel Gittelman</td>
<td>Kumu Harmony Brighter</td>
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<tr>
<td>Tuesdays</td>
<td>Fridays</td>
<td>Mondays &amp; Tuesdays</td>
</tr>
<tr>
<td>8:00 am – 9:00 am</td>
<td>9:00 am – 9:45 am</td>
<td>10:00 am – 11:00 am</td>
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<tr>
<td>Improve health &amp; happiness using breathing techniques, exercises and meditation all in the comfort in your own chair.</td>
<td>Seated full-body workout to achieve strength, balance, and cardio! Sturdy chair is required.</td>
<td>Learn the hula of various Hawaiian songs with Kumu Harmony. Any level welcome!</td>
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<tr>
<th>STRETCH &amp; TONE</th>
<th>TAI CHI</th>
<th>TAI CHI FOR HEALTH</th>
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<tbody>
<tr>
<td>Denise Werle</td>
<td>Ken Koike</td>
<td>Randy Lau</td>
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<tr>
<td>Wednesdays</td>
<td>Wednesdays &amp; Fridays</td>
<td>Days &amp; Times Vary</td>
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<tr>
<td>9:00 am – 9:45 am</td>
<td>8:00 am – 9:00 am</td>
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<tr>
<td>Tone and strengthen your body with various movements using light weights or body weight.</td>
<td>Exercises to nurtures one’s “Mind, Body &amp; Spirit.” Primarily Yang style Tai Chi with a focus on stretching, qi gung and basic tai chi principles.</td>
<td>Experience meditative movements seated in a chair. Sturdy chair is required.</td>
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Log on 10-15 minutes prior to the meeting, especially if it is your first time on Zoom as you may need to download the application. Use you full name as your screen name. Please note that Zoom classes are done LIVE, so please be on time.
## August 2020

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<tr>
<th>SUN</th>
<th>MON</th>
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<td>Photography Workshop via Zoom (12:00 pm)</td>
<td>COVID-19 &amp; Medicare Presentation (8:30 am)</td>
<td>Life Story Workshop via Zoom (12:00 pm)</td>
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<td>Photography Workshop via Zoom (12:00 pm)</td>
<td>Prevent Medicare Fraud &amp; Abuse (11:30 am)</td>
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<td>Benefits Enrollment Presentation (11:00 am)</td>
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<td>HOLIDAY Statehood Day</td>
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<td></td>
<td>Senior Centers Mtg via Zoom (12:00 pm)</td>
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### Center Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Susie Chun Oakland</td>
<td>Program Coordinator</td>
<td><a href="mailto:susanne.oakland@catholiccharitieshawaii.org">susanne.oakland@catholiccharitieshawaii.org</a></td>
</tr>
<tr>
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<td><a href="mailto:riva.torno@catholiccharitieshawaii.org">riva.torno@catholiccharitieshawaii.org</a></td>
</tr>
<tr>
<td>Iris Hiramoto</td>
<td>Membership Specialist</td>
<td><a href="mailto:i.hiramoto@catholiccharitieshawaii.org">i.hiramoto@catholiccharitieshawaii.org</a></td>
</tr>
<tr>
<td>Cookie Irvine</td>
<td>Program Support Asst.</td>
<td><a href="mailto:cjoseph@catholiccharitieshawaii.org">cjoseph@catholiccharitieshawaii.org</a></td>
</tr>
<tr>
<td>Cyan Curtis, LSW</td>
<td>Case Management</td>
<td><a href="mailto:cyan.curtis@catholiccharitieshawaii.org">cyan.curtis@catholiccharitieshawaii.org</a></td>
</tr>
<tr>
<td>Corinne Gyotoku, MSW</td>
<td>Case Management</td>
<td><a href="mailto:corinne.gyotoku@catholiccharitieshawaii.org">corinne.gyotoku@catholiccharitieshawaii.org</a></td>
</tr>
<tr>
<td>Lodi Tapawan</td>
<td>Custodian</td>
<td></td>
</tr>
</tbody>
</table>

**Let’s Keep in Touch**

1640 Lanakila Avenue  
Honolulu, HI 96817  
(808) 847-1322  
www.catholiccharitieshawaii.org