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Mahalo for Your Support

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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 Lanakila Multi-Purpose Senior Center Ohana:
This was another fun-filled and productive month for Lanakila Senior Center. We continue to do friendly phone calls to our senior center members. We have called over 1,000 members so far. If we do not talk with members personally, we do leave messages (for those who have phone message recorders) to make sure they are doing okay and to call us at the center Monday through Friday should they need anything or want to touch basis with us. There are members whose phone numbers are not in service. I hope you will call us at 847-1322 to update your records.

We truly appreciate everyone who drove by and donated clothing to our senior center for our Savers Funraiser this past month. We were able to earn several hundred dollars from your generosity, which will be saved for future operating expenses when our center is open again. Our next Savers Funraiser will be on October 29, 2020, from 9 to 10 a.m. I hope you can save clothing for us to earn more money for our senior center and replenish our thrift shop.

Mahalo to senior center members who helped us with client satisfaction surveys in August. We truly appreciate your feedback, suggestions, and honesty. From April to July 2020, LMPSC has hosted 89 online classes, presentations, and meetings. To date, we have had two food box distribution events. From August 1st to the end of the year, we have scheduled an additional 300+ online classes, presentations, demonstrations, virtual tours, and community meetings.

We hope you are enjoying your experience and for those who would like to join us online, please call our staff with your email address. We would be happy to email our monthly newsletter and Zoom invitations to the specific classes and events you would like to participate in. For those who are not LMPSC members yet, so long as you are of age, 60 years and older, Membership Specialist Iris Hiramoto can email or send you our center’s membership application form. Please fill it out and email or sent it back to her, then you will have access to all our members’ benefits. Membership is free.

We have had educational workshops on Medicare, financial fraud, cooking classes, photography, legacy storytelling, mask making, a presentation on the new HOLO card that will replace the bus pass and can be used for the rail system, benefits that seniors and veterans may be eligible for, classes on diabetes and kidney health, gout, decluttering, health education classes on 10 Ways to Love Your Brain, personal safety, legal matters like Wills, Advanced Health Care Directives, and more. We also have scheduled virtual tours, historic presentations, virtual visits to museums, and more. We have American Sign Language, Basic Ukulele, Body and Brain Yoga and Tai Chi, Chair Yoga, Fusion, Happy Senior Serenaders, Harmony’s Hula, Stretch and Tone, Sword and Fan Tai Chi, Tai Chi, and Tai Chi for Health.

Our deepest mahalo to the Hawaii Public Housing Authority for inviting us to receive meat, fruits and vegetable food boxes, tofu and Japanese bread as a part of the Aloha Cares Emergency Food Box Program. A big mahalo to the HPHA staff, Chinatown and Manoa Lions Club members, representatives from UH Center on Aging, and Catholic Charities Hawaii Transportation staff for their kokua as volunteers. Our staff and seniors are very thankful for thinking of and caring for them.

Thank you to Steve Tokita for presenting “The Art of Rightsizing: Take the Clutter Out of Your Life”. It was an informative and motivational approach to decluttering. Mahalo also to Norma Kop, Jaz, Mae Fuji and Judy Bell from the Executive Office on Aging’s Senior Medicare Patrol making us aware of Medicare Fraud and how to help prevent fraud from occurring. Kudos to Chef Paul Onishi for demonstrating how to make a vegan loco moco (so onolicious). We were able to cook along with him virtually. He has consented to doing 2 cooking classes per month.

A big mahalo to Peter Reyes and Michelle Kaahiu from Catholic Charities Hawaii for informing center members about government benefits that seniors are eligible for and assisting members with the process. Thank you very much to Dr. Michael Cheang from the University of Hawaii at Manoa for leading two series of interesting workshops on Photography and Life Story for the next few months.

Mahalo a nui loa to Dawn Pasikala, Susan Lee, and the National Kidney Foundation of Hawaii for their Kidney 101 presentation. It was most enlightening and helpful in the prevention and management of kidney disease. Mahalo also to Christine Spencer from Alzheimer’s Association of Hawaii for doing a series on 10 Ways to Love Your Brain. Thanks also to Dianne Lim-Tam for sharing her talent teaching us how to make yummy meals using the Insta-Pot as well as face mask making. Finally, thanks to the City’s Department of Transportation Services for their HOLO card educational presentation. This will impact people who ride The Bus, Handi-Van, and future rail system.

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 susanne.oakland@catholiccharitieshawaii.org or call me at (808) 847-1322.

Finally, in preparation for the October, November, December, and January monthly newsletters, I would appreciate receiving a photo from you via email or text of yourself, your family or something special. My hope is that we can include photos of our center members and community partners with a funny, inspirational or thoughtful message to our seniors. My email address is susanne.oakland@catholiccharitieshawaii.org and my cell phone for texting purposes is (808) 778-9146.

Take care from all of us at Lanakila Senior Center and Catholic Charities Hawaii.

Me ke aloha pumehana,
Susie Chun Oakland, Program Coordinator

Welcome New Member!

Carol Cabebe
Joyce Gum
Lenora Gum

Marianette Kauahikaua
Elaine Kawada
Donna Punzal

Florence Shibuya
Janet Tokuda
Lindsey Zanuck
Red Cross Emergency App
Red Cross has an Emergency application that you can download to your phone for weather alerts and warnings, and tips on what to do before, during and after disasters. Click here for their various useful mobile apps.

Update in School Street Development
Shared by the School St. Redevelopment Project Team, “The next phase of planning and design is well underway and headed to a final community meeting to be held in late September or early October. Prior to the final meeting, the team will be meeting with city council members individually to give them a project update. The information presented to council members can be seen on the project website. We encourage you to visit the site to access the most up-to-date project information. We welcome your comments that can be submitted on the website.”

Census 2020
If you still need help with filling out your Census 2020 survey, please visit www.myCensus2020.org. https://2020census.gov has more details for each language, including samples & video instruction but here are all of the helpline phone numbers:
- English: 844-330-2020
- Japanese: 844-460-2020
- Tagalog: 844-478-2020
- Chinese (Mandarin): 844-391-2020
- Chinese (Cantonese): 844:398-2020
- Vietnamese: 844-461-2020
- Korean: 844-392-2020
- Spanish: 844-468-2020

In total, there are 59 different languages featured for the 2020 Census on the website!

Benefits of Tai Chi
Tai Chi Instructor, Ken Koike shares the benefits of Tai Chi and actively practicing this art even online.
- Encourages Physical Activity during Pandemic
- Safe, Convenient, Easy at the convenience in your home
- Meet Positive People and Foster Current Contacts
- Enhance Your Health (Mind, Body & Spirit)
- Improve Your Balance, Flexibility & Strength
- Prevent Falls & Accidents
- Improve Sleep Quality
- Increase Energy, Endurance, Agility & Overall Fitness
- Aids in Relieving Chronic Pain
- Improve Overall Feelings of Well-being
- Improve Mind, Memory & Concentration
- Have Fun!

COVID Relief for Families Needing to Provide Child Care
Families First Coronavirus Response Act created Paid Sick Leave and Paid Family Leave. These programs can be used for children if child care or schools are closed or moved to total online instruction. Talk to your employer or HR representative.
Community Info & Resources

State Offers One-Stop Hotline for Crisis Support
The Dept. of Health, in partnership with the University of Hawaii at Manoa Myron B. Thompson School of Social Work, has expanded its hotline for crisis support for a service called Hawaii C.A.R.E.S. (Coordinated Access Resource Entry System.) This includes access to mental health resources and substance use treatment services 24 hours a day, seven days a week. To access Hawai‘i C.A.R.E.S., call 1(800)753-6879.

Sense of Smell and Taste in Aging
Ever wondered why certain foods may not be as flavorful as they used to be? As you get older, your sense of smell can fade which can affect taste. Some tips include adding color and texture to make your foods more interesting. Add some mustard, onion, garlic, ginger, lime or lemon juice for a little zing to your plate. Visit the National Institute on Aging’s website to learn more about [how smell and taste change as you age](https://www.nia.nih.gov/health/top-questions-about-your-senses).

Resources for Vets
For benefits, yoga, reading, nutrition and food, and more resources for Veterans, please visit [https://content.govdelivery.com/accounts/USVA/bulletins/298f1cf](https://content.govdelivery.com/accounts/USVA/bulletins/298f1cf).

Dental Patient Care
In the era of COVID-19, here are some ways your dental providers are treating dental patients. Dental offices may be checking in with you before your visit to ask if you are sick or anyone in your household is sick. Certain treatments may require you to obtain a COVID-19 test before the visit. You may also be asked to not bring anyone with you to the visit. Dental visits may be a little different in the office, in the treatment room, and even after your visit.

Mahalo
Thank you so much for your generosity!

PIKAKE ($1000+)
Harris United Methodist Church

OHI‘A A LEHUÁ ($500)
Kalihi Business Foundation, Inc.

KAHILI GINGER ($250+)
Chock, Mona & Young, Patrick

HIBISCUS ($100+)
Duvauchelle, Thomas
Higa, Jane
Kawakami, V.C.
Toma, Frank

BIRD OF PARADISE ($50+)
Takabayashi, Alda Mae IMO:
Gertrude Yee
Shiohira, Jeanette

ANTHURIUM ($49 & UNDER)

IN-KIND GIFTS
Min Plastics & Supply, Inc.
For their generous donation of Sneeze Guards to upgrade our senior center

Savers Donors
Asato, Lynda
Ayau, Elizabeth
Baldomero, Tony M/M
Bratt, Amy
Choi, Jane
Chun Oakland, Susie
Clarke, Eileen
Deville, Paul
Donnan, Muriel
Grospi-Brough, Sandra
Hata, Sharon
Ibay, Rudy
Inatsuka, Lillian
Ito, Janet
Ito, Lettie
Kaili, Marty

Kawakami, Diane
Kimura, Clarice
Kobayashi, Joyce
Kondo, Violet
Kotake, Alice
Kuhns, Irene
Matsunaga, Karen
Mau, Beverly
Mizushima, Diane
Nakajo, Gay
Oka, Linda
Otake, Emmie
Oyadomari, Violet
Scheiber, Karen
Springer, Lenora
Tatatu Family
Teramoto, Cynthia
Toma, Frank
Underwood, Stephanie
Yokooji, Janice
Young-Sasaki, Pat
Zukemura, Carol
Okinawa Festivities Continue

This year would have been the 38th anniversary of the Okinawan Festival, which is traditionally held during the Labor Day weekend. But due to the covid 19 outbreak and safety reasons, the decision was made to cancel this event. This will be the second time the Okinawan festival has been cancelled, as the first was in 2016 because of a possible hurricane disaster.

**OKINAWAN FESTIVAL:** celebrates all things Okinawan, and brings together Okinawans and Okinawans-at-heart.

The first Okinawan Festival was held in Hawaii in 1982 at the McCoy Pavilion in the Ala Moana Park. Prior to 1982, Hui O’Laulima and the then “UOA” (United Okinawan Association) had joint sponsorship of this cultural jubilee. In 1985, the Festival had outgrown McCoy Pavilion, so it was moved to Thomas Square, and the Honolulu Academy of Arts. In 1990 to celebrate the 90th anniversary of Immigration, it was moved to Kapiolani Park where it has been held for 27 years. Then in 2018 the festival was moved to the Hawaii Convention Center.

To put on an event like this, it takes over 4,000 dedicated volunteers comprising of various Okinawan club members/family/friends and High School clubs. At the Festival, singing, dancing, eating Okinawan foods, and everyone’s favorite, andagi (Okinawan donut), and many other tasty treats are just part of experiencing Okinawan culture. It’s a fun-filled Labor Day weekend event that the entire family can enjoy.

Although the actual event has been cancelled we will still celebrate a VIRTUAL OKINAWAN FESTIVAL on Saturday, September 6, and Sunday the 7th.

**2020 VIRTUAL OKINAWAN FESTIVAL:** www.huoa.org and it will take you to www.okinawanfestival.com

This year’s Virtual Okinawan Festival will be Live Stream on Saturday, September 6th from 2-5 P.M. and at 7-8 P.M. there will be a VIRTUAL BON DANCE! On Sunday, September 7th, the festival will be Live Stream from 2-5 P.M. You will be able to view the Okinawan Festival Program in its entirety, two weeks later around September 18th on the HUOA YouTube page, https://www.youtube.com/channel/UC61hEnfb8Tenl9AqG6o_dTnQ

Since the recent rise in covid19, the new scheduled virtual andagi sale was postponed. In the future there will be different drive-thru pop up sales i.e. anda dog (hotdogs)/sushi/teriyaki chicken.

There will also be an HUOA Online Marketplace. You can shop online from the comfort of your home! This Online Marketplace will launch during the week of the Virtual Okinawan Festival (ETA September 1st), and will be accessible year round. Visit www.okinawanfestival.com to purchase limited edition Okinawan Festival t-shirts/bon dance towels/face masks and more.

Don’t miss this fun filled event the **2020 VIRTUAL OKINAWAN FESTIVAL!** View from the comfort of your own home, front-row seats for your continued safety.
Chinese Cultural Club Update
By Dorothy Mau

Club Remembers Fellow Member

Ni Hao Ma? Jun How How, doh Jay!
How are you? Very well, thank you!

Chinese Cultural Club members are very grateful to LMPSC and Catholic Charities Hawaii for doing so much for us especially during this time of Pandemic crisis! Program Coordinator Susie Chun Oakland, Cooke, Riva and Iris, her staff work tirelessly for us. You are all so awesome!

We learn to do zoom and teleconferencing and there’s always something to keep us alert! Thanks again for the multitude of things you do for us. We are kept physically, mentally and emotionally well! Just to mention a few, thank you for the phone calls, emails, zoom meetings and classes, and the food boxes!

CCC members and friends are saddened by the passing of our long time and dedicated member Edna Low. She was our Show and Sell chair until she contracted cancer. She visited whenever possible with her loving smiles. Edna loved her Tai Chi and crocheting yarn leis. She was very talented and one of her yarn leis took first place for our club's lei contest. Edna is survived by a son and daughter. Our condolences to her family and we bid her Farewell and Aloha!

Take care everybody and we shall meet again once more in the near future! Joy Ghin or See you again in Cantonese.

Aloha Cares Food Distribution in partnership with HPHA 8/20/20

SAVERS Donation
FUNraiser Drop-Off 8/6/20

Happy Birthday
(continued)

Donato Manangbao
Suping Mei
Beatrice Mikami
Janet Miura
Walter Miyashiro
Dorothy Miyata
John Moore
Tsuruko Nagamine
Steve Nagareda
Betty Nakamura
Brigid Nakamura
Lynn Nakamura
Yoshiko Nakasone
Bing Kwan Ng
Gordon Ng
Barbara Nomura
Elton Ogoso
Kiyoko Portuondo
Faye Rainey
Consolacion Ramos
Alice Rodrigues
Virginia Rolland
Yoshie Saiki
Eileen Saito
Janice Santo
Ayako Sasahara
Susan Sato
Kurt Sekiya
Roy Shigemura
Dorothy Shimomura
Francis Shiroma
Lester Stigar
Lourdes Sumaonang
Ethel Tagawa
Hugh Taira
Kazuyo Takagi
Janet Takamune
Barbara Takeshita
Kathleen Tamashiro
Kay Tamashiro
Aileen Tanaka
Kenneth Tashiro
Peter Teruya
Sumiko Teruya
Takeo Teruya
Aurelia “Auring” Tiburcio
Caroline “Akiko” Toyama
Yolanda Trejo
Katherine Uejo
Jane Uyesato
Nieves Vargas
Gladys Watanabe
Rae Watanabe
Cynthia Wong
Valerie Wong
Qi Yan Wu
Ruth Wuest
Ethel Yamaguchi
Edith Yamamoto

Doris Yamane
Glenn Yamasaki
Chalres Yara
Chong Hee Yasutake
David Young
Sharon Young
Marion Yuen
Lilia Zarzoso
## AMERICAN SIGN LANGUAGE
Cheryl Mizusawa

**Fridays**
11:15 am – 12:15 pm

Learn American Sign language to communicate with family or friends.

*(Resumes 9/18/20)*

## BASIC UKULELE
Melvin Nishiyama

**Mondays**
8:30 am – 9:15 am

Brush up on your strumming and chords with this beginner level course.

*(On Break)*

## BODY & BRAIN YOGA & TAI CHI
Carol Miyasato & Elizabeth Kiai

**Wednesdays**
1:00 pm – 2:00 pm

Stretching and flexibility for circulation & health. Anyone from ages 60 to 120 can take this class. Accommodations to the exercises are often suggested by the instructor.

## CHAIR YOGA
Marianette Kauahikaua

**Tuesdays**
8:00 am – 9:00 am

Improve health & happiness using breathing techniques, exercises and meditation all in the comfort in your own chair.

## FUSION
Daniel Gittelman

**Fridays**
9:00 am – 9:45 am

Seated full-body workout to achieve strength, balance, and cardio! Sturdy chair is required.

## HARMONY’S HULA
Kumu Harmony Brighter

**Mondays & Tuesdays**
10:00 am – 11:00 am

Learn the hula of various Hawaiian songs with Kumu Harmony. Any level welcome!

*(On Break)*

## HAPPY SENIOR SERENADERS
Donald Ojiri

**Wednesdays**
10:30 am – 11:30 am

Play to some local favorites. Experience in playing ukulele required.

*(On Break)*

## STRETCH & TONE
Denise Werle

**Wednesdays**
9:00 am – 9:45 am

Tone and strengthen your body with various movements using light weights or body weight.

*(On Break)*

## TAI CHI
Ken Koike

**Wednesdays & Fridays**
8:00 am – 9:00 am

Exercises to nurtures one’s “Mind, Body & Spirit.” Primarily Yang style Tai Chi with a focus on stretching, qi gung and basic tai chi principles.

## TAI CHI FOR HEALTH
Randy Lau

**Days & Times Vary**

Experience meditative movements seated in a chair. Sturdy chair is required.

## TAI CHI FOR HEALTH
Randy Lau

**Days & Times Vary**

Experience meditative movements seated in a chair. Sturdy chair is required.

For a helpful, easy-to-follow tutorial on Zoom, watch: [https://www.youtube.com/watch?v=9isp3qPeQOE](https://www.youtube.com/watch?v=9isp3qPeQOE)

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 your **full name** as your screen name. Please note that Zoom classes are done **LIVE**, so please be on time.

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**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](http://www.zoom.us)) and are FREE! Please contact Susie Chun Oakland at susanne.oakland@catholiccharitieshawaii.org or Riva Torno at (808) 847-1322 or riva.torno@catholiccharitieshawaii.org to receive more information.

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 your **full name** as your screen name. Please note that Zoom classes are done **LIVE**, so please be on time.
# September 2020

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<td>Knock Out Gout via Zoom (1pm)</td>
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<td>Photography Workshop via Zoom (12pm)</td>
<td>Hall’a Clinic via Zoom (1pm)</td>
<td>Life Story Workshop via Zoom (2pm)</td>
<td>Cloth Mask Presentation via Zoom (9am)</td>
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<td>Financial Fraud by American Savings Bank via Zoom (11:30am)</td>
<td>Kidney Care Series via Zoom (1pm)</td>
<td>PAB Meeting (12pm)</td>
<td>Caregiver Support Group (10am)</td>
<td>Diet &amp; Nutrition via Zoom (1pm)</td>
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## Center Staff

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| Lodi Tapawan       | Custodian           |                                           |

Let’s Keep in Touch
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