LANAKILA KŪPUNA NEWS

October 2020 | No. 57

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DRIVE THRU FUNRAISER

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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:

We hope you are doing well and staying healthy! Happy Halloween, everyone! This month, Lanakila Senior Center is having its Annual Center Member Donation Drive. Members should be receiving a letter from LMPSC in the mail shortly. Any donation is truly appreciated!

Our thanks to Jane Asato, Amy Bratt, Judy Greenwell, Janet Ito, Flora Nakasone, Rosie Ramiro, Atsuko Sakumoto, Mary Sueda, and Linda Yara for helping Lanakila Multi-Purpose Senior Center with a community service project to make scrub caps for Kuakini Health Systems hospital personnel. Disposable scrubs are on back order until December of this year and these homemade reusable cloth scrubs are most appreciated by their doctors, nurses and other health personnel.

A big mahalo to Mary Sueda, Joyann Yoshikawa and Laura Bennett for making more face masks for seniors, children and others in the community. Your service on behalf of Lanakila Senior Center to provide these useful items to center members, grandchildren of center members, Lanakila Elementary School, and Kuakini Health Systems is truly appreciated.

Mahalo to senior center members who provided community service by participating in the Hawaii Caring for Neonates Read-A-Thon book collection and the 27th Annual Children and Youth Day goodie bag production. We truly appreciate your generosity on behalf of Hawaii’s keiki and ‘opio.

Finally, with regards to senior center service projects, thank you to the City and County of Honolulu and the Office of Council Member Joey Manahan for the donation of 30,500 reusable Hanes cloth masks. We were able to share these masks with residents of Hawaii Public Housing Authority; children of various pre-schools, elementary, middle and high schools and faculty; non-profit organizations serving families; and kupuna throughout Oahu.

In October, there are lots in store for our center members, including Financial Education by American Savings Bank; 10 Ways to Love Your Brain by the Alzheimer’s Association - Aloha Chapter; cooking demonstrations by Chef Paul Onishi; a COVID-19 presentation by Dr. Virginia Hinshaw from the University of Hawaii School of Medicine; Photography and Life Story Classes by Dr. Michael Cheang from the University of Hawaii; Veteran’s Benefits by Director of the State Office of Veteran Services Ronald Han; a Hana Buddhist Temple presentation by Historic Hawaii; a virtual tour of the Pearl Harbor Aviation Museum; Senior Living Options and Estate Planning by Locations, Inc. and an attorney; How Vision Changes with Age and What You Can Do About It by Dr. Peggy Perkinson from the University of Hawaii Center on Aging; Making Your Home Safe and Fall Prevention by Stan Michaels from the State Department of Health; Sleep Hygiene and Its Importance in Daily Living by Hawaii Neuroscience; Advanced Healthcare Directives presentations by Kokua Mau and the Legal Aid Society of Hawaii; and Halloween Storytelling by Lanakila Senior Center members Rosie Ramiro and Vera Egge. See the calendar at the end of this newsletter.

A friendly reminder that on October 21, 2020, from 9 to 10 a.m., we will have a donation drive-through event to receive donations of clothing, books, and household items for our next Savers Funraiser. Your donations will help the center earn more money for our senior center programs and help to replenish our thrift shop.

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.

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 suzanne.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 Members!

Hannah Kawakami
Naomi Kobayashi
Jeanette Leong
Hozue Masuda
Kailianu Michaels
Charlene Nakagawa
Violet Tokumura
Edna Tsukamoto
Takako Welch
**Community Info & Resources**

**Apply for CARES Act Funds**
Those affected by the financial impact of COVID-19 are encouraged to apply for the utility bill assistance from government and nonprofit sources, according to Hawaiian Electric. Millions of dollars available to assist with utility bills, other costs until the end of the year. Deadline is fast approaching, so if interested, please check eligibility requirements and a list of programs at www.hawaiianelectric.com/COVID19. In Honolulu, funds are being administered through Aloha United Way, Council for Native Hawaiian Advancement and Helping Hands Hawai‘i.

**DA BUX Double Up Food Bucks**
If you have SNAP-EBT, did you know you can double the value by purchasing healthy fruits and vegetables at selected markets? Make the most of your money with healthy foods. For more information, call the Senior Intake Line at Catholic Charities Hawaii at (808) 527-4777.

![DA BUX Double Up Food Bucks image](image)

**Wear Your Mask Correctly**
Not only can wearing your mask help the stop of spreading viruses, but it is important to be mindful that you and others are wearing it correctly. Several recommendations from the CDC notes that mask should cover your nose and mouth and secure under your chin. Two or more layers will help to stop the spread of COVID-19. For more detail and great illustration, visit: [https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html?deliveryName=USCDC_2067-DM36401](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html?deliveryName=USCDC_2067-DM36401).

**CDC Eviction Moratorium**
An important step in addressing public health and eviction crises. View the National Housing Law Project for many resources and detailed legal analysis, that addresses where the Order applies, what housing is covered, what types of evictions are prohibited, etc. Visit: [https://www.nhlp.org/campaign/protecting-renter-and-homeowner-rights-during-our-national-health-crisis-2/](https://www.nhlp.org/campaign/protecting-renter-and-homeowner-rights-during-our-national-health-crisis-2/).

**Social Security Announces New Service**
The Social Security Administration announced a new service for people awaiting a hearing decision. This fall, Social Security will offer the opportunity for an online video hearing using the Microsoft Teams platform. This is a new free service and allows applicants and their representatives to participate in the hearing from anywhere they have access to a camera-enabled device. For more information, please visit [https://www.ssa.gov/news/press/releases/](https://www.ssa.gov/news/press/releases/).
Get To Know Our Members

Corinne Chan
“Thank you so much for LMPSC’s great zoom offerings and your efforts to keep members engaged while we’re at home. I also have been practicing ikebana at home.”

Florence Shibuya
“As a new member recently retired after working for over sixty years, enjoy the many friends I have. I try to stay healthy by walking daily and when the tennis courts open will continue playing and continue taking Zumba. My thinking is to keep learning new things so I will try learning other languages such as Spanish, Korean, Chinese and detailed Japanese.”

Rosie Ramiro
Volunteering her sewing skills to make scrub caps for Kuakini Hospital!

In the Tanaka’s Garden
The kandaba grows
With Pele’s tear drops
The kandaba leaf matures
With lots of tender pat on the leaves,
The kandaba leaves mature
In no time the harvest will be plentiful
To make
Kandaba Jushi
(Sweet Potato Leaf Porridge)

Drip, Drop, Drips, Drops
Tiny little rain drops
Falling from the heavenly sky
Make my quarantine Garden a happy oasis

Cruising over the Koolau Mountains
And riding over the Pali Road
Breathing the morning fresh air
Make me a Happy Lanakila Citizen

Submitted by Jeanette S. Akamine, LMPSC Member
Cooking Hong Kong Singapore Rice Noodles
By Frawn Madriaga

INGREDIENTS

Homemade Singapore Mei Fun-stir fried thin rice noodles with pork, shrimp, vegetables.

• 100 g dried rice noodles
• 8 whole Shrimp, peeled and deveined
• 2 whole Eggs
• 1 cup Shredded Napa Cabbage
• 1/2 cup shredded carrot
• 1/2 cup shredded red onion
• 1 fresh green pepper, shredded (I use half green and half red)
• 1 scallion or green onion, cut into 2 inch sections
• 1/3 cup Chinese Char Siu or sausage, finely sliced or shredded
• 1.5 tbsp. vegetable oil
• 1/2 tbsp. golden curry powder

FOR STIR FRY SAUCE
• 1 tbsp. cooking wine
• 1/2 tbsp. light soy sauce
• 1 tsp. dark soy sauce
• 2 tsp. sesame oil
• 1/2 tbsp. oyster sauce, optional
• 1 tsp. sugar
• 1/2 tsp. salt or as needed

VARIOUS NOODLES
• RICE NOODLES
• CHINESE CHAR SIU
• SHRIMP
• CHICKEN
• DUCK
• VEGETABLE OIL OR OLIVE OIL
• CURRY POWDER
• 1 tbsp. cooking wine
• 1/2 tbsp. light soy sauce
• 1 tsp. dark soy sauce
• 2 tsp. sesame oil
• 1/2 tbsp. oyster sauce
• DASH
• PEPPER

https://www.chinasichuanfood.com/singapore-mei-fun
INSTRUCTIONS

• Pre-soak the rice noodles for around 20 to 30 minutes until soft and then drain.
• Heat up around 1/2 tablespoon oil in pan and make a thin omelet. Then shred the egg omelet on your cutting board after cooling down.
• Slice other ingredients and mix the stir fry sauce in a small bowl.
• Heat up around 1 tablespoon oil in wok over medium fire. Add shrimp and Char Siu meat or sausage or ham to fry for around 10 to 20 seconds until aroma. Add other side ingredients including carrot, green pepper, onion and cabbage to fry for another 30 seconds or until they are slightly soften.
• Spread the curry powder on the mixture and mix well.
• Add rice noodles in and after that stir in the stir fry sauce in. Make quick movements to coat all the contents with stir fry sauce evenly.
• Add shredded egg omelet and scallions or green onions. Fry for another 20 seconds or so.
• Transfer out and serve hot.

Recipe Notes

• Since both soy sauce and oyster sauce contains salt, I spare salt in this recipe. For any reason you need to cut or reduce any of the ingredients, increase the salt amount accordingly.
• Please test with small batch portion of chow mein or other rice noodles. If you are trying to make a larger batch, make sure you get a larger wok and stronger fire.

Photo by Ferdinand Madriaga
Try This...
Submitted by Myrna Bianco, a Faithful Our Town Reader

How smart is your right foot?

This is hysterical. You have to try this.

It is absolutely true. I guess there are some things that the brain cannot handle.

1. While sitting in a chair, lift your right foot off the floor and make clockwise circles.

2. Now, while doing this, draw the number ‘6’ in the air with your right hand. Your foot will change direction.

I told you so! And there is absolutely nothing you can do about it! You and I both know how stupid it is, but before the day is done you are going to try it again, if you’ve not already done so.
Thank you so much for your generosity!

Mahalo

Thank you so much for your generosity!

More Brain Stuff
. . . From Cambridge University.

Olny srmat poelpo can raed tih.

cdnoult blveice taht I cluod
aulaclty uesdnatnrd waht I was rdanieg.
The phaonmneal pweor of the hmuan
mnid, aoccdrnig to a rscheearch at
Cmabrigde Unervtisy,

it deosn't mtaer in waht oredr the ltteers
in a wrod are, the olny iprmoatnt tihng is
taht the frist and lsat ltteer be in the rght
pclae. The rset can be a taotl mses and
you can sitll raed it wouthit a porbelm.

Tih is bcuseae the huamn mnid deos not
raed ervey lteter by istlef, but the wrod
as a wlohe. Amzanig huh? yaeh and I
awlyas tghuhot slpeling was ipmorantt!

if you can raed tih psas it on !!

Submitted by Ken Takeya

PIKAKE ($1000+)
Kline-Welsh Behavioral Health
Foundation General Fund

OHI'A A LEHUA ($500)
Okinawa Nenchosha Club

KAHILI GINGER ($250+)

HIBISCUS ($100+)
Harano, Caroline
Ito, Janet
Miyashiro, Janet
Oakland, Michael M/M
Tanaka, Drusilla

BIRD OF PARADISE ($50+)
Amano Family IMO: Marjorie
Amano
Ishima, Robert M/M

ANTHURIUM ($49 & UNDER)
Chun, Sharon
Fujii, Jane
Lee, Alyson
Nagamine, Rumiko
Yamasaki, Glenn

IN-KIND GIFTS
Akamine, Jean
Amina, Gina
Bennett, Laura
Chang, Nohea
Furumoto, Chieko
Iwata, Nathan
Kimura, Alyson
Mansho, Renee
Nip, Renee
Sueda, Mary
Tamura, Florence
Japanese Society Honors 80 Year Olds

Every year in September the United Japanese Society of Hawaii asks various senior citizen clubs to submit the names of their club members (Japanese and Okinawan Club) who are turning 80 that year so they can be honored at the “Nenchosha Ian Engel Taikai” (senior citizen festival). The honorees are treated to lunch, goodie bags and Japanese and Okinawan music and dance. This year because of the virus they will not have this function.

Below the Members who were honored last year are, Mary Sueda, Cathy Kaneshiro, Nancy Akamichi, Yoshiko Sickels, Janice Yokooji and Jane Fujii and the rest are members of Lanakila Center who came to support the celebrants.

By Diana Kawaguchi

Everyone PLEASE be careful because people are going crazy from being locked down at home!
I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad.
I didn’t mention any of this to the washing machine, because she puts on a different spin on EVERYTHING! Certainly couldn’t share with the refrigerator, because he’s been acting cold and distant!
In the end, the iron straightened me out! She said the situation isn’t all that pressing and all the wrinkles will soon get ironed out!
The vacuum, however, was very unsympathetic...told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blowover soon!
The toilet looked a bit flushed but didn’t say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!
You can just about guess what the curtains told me: they told me to “pull myself together!”
We will survive!

Above copied from a friends e-mail.
After reading this, my tape measure reminded me of the 6’ social distancing, and the water faucet said “don’t forget to wash your hands constantly with soap and water for 20 seconds. In addition the water faucet said: “the most important thing is not to forget to DRINK my delicious water to keep your body and brain healthy and strong! Then the light bulb told me: “after every darkness, there is a light at the end of the crisis, so keep the FAITH, WE SHALL OVERCOME!”
My pumpkin reminded me to tell everyone to have a very HAPPY and SAFE Halloween, and don’t forget to wear your MASK when going out!

Tankitooti kwimisooki (an Okinawan saying to be careful, take care of yourself)
“New” Normal

If this were a “normal” October, we, in Hawaii would be so excited to see all of our grandchildren getting ready for the magic night of Halloween! At LMPSC< many of its members would be thinking of creating a costume to wear as they gather for the annual Halloween festivities at the Center. However, we have been made to be aware for a “new normal.”

In Japanese culture, we celebrate “Otsukimi” or Moon Viewing. It had its roots in China and has now refined the occasion to admire the full moon during the mid-autumn festival. People give sweet round cakes and “tsukimi-dango” or full moon dumplings along with taro potatoes and edamame. Many things that are yellow and round are labeled moon viewing, after the shape and color of the full moon. This includes egg yolks, so noodles with an egg yolk on top are known as “moon-viewing noodles.” What we in Hawaii call “loco-moco,” which is a scoop of rice, topped with a hamburger and egg on top, the Japanese people enjoy a “moon-viewing hamburger” which consists of a fried egg on a hamburger. These concepts are so different from the Japanese people who seem to become very romantic and very sentimental when they gaze at the moon as compared with Western customs associating moonlight with madness and the legend of transforming into a werewolf.

Whatever you decide to do this Halloween, have a very happy and safe adventure.

HAPPY BIRTHDAY!

Aileen Unten
Mitsuko Watanabe
Alfred Wong
Amy Wong
Joyce Wong
Margaret Woo
Midgieann “Midge” Wright

Ying Jian Xu
Hideko Yagi
Jane Yamada
Irene Yamashita
Emiko Yasuda
Marion Yasui
Janet Yokoe
Janice Yokooji
Mimi Yoshikawa
Nancy Young
Patsy Young
Xiang Lan Zhong

Aileen Unten
Mitsuko Watanabe
Alfred Wong
Amy Wong
Joyce Wong
Margaret Woo
Midgieann “Midge” Wright

Ying Jian Xu
Hideko Yagi
Jane Yamada
Irene Yamashita
Emiko Yasuda
Marion Yasui
Janet Yokoe
Janice Yokooji
Mimi Yoshikawa
Nancy Young
Patsy Young
Xiang Lan Zhong

Happy Birthday!
<table>
<thead>
<tr>
<th>Class</th>
<th>Instructor</th>
<th>Days</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>AMERICAN SIGN LANGUAGE</strong></td>
<td>Cheryl Mizusawa</td>
<td>Fridays</td>
<td>11:15 am – 12:15 pm</td>
<td>Learn American Sign language to communicate with family or friends.</td>
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<tr>
<td><strong>BASIC UKULELE</strong></td>
<td>Melvin Nishiyama</td>
<td>Mondays</td>
<td>8:30 am – 9:15 am</td>
<td>Brush up on your strumming and chords with this beginner level course.</td>
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<tr>
<td><strong>BODY &amp; BRAIN YOGA &amp; TAI CHI</strong></td>
<td>Carol Miyasato &amp; Elizabeth Kiai</td>
<td>Wednesdays</td>
<td>1:00 pm – 2:00 pm</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>
</tr>
<tr>
<td><strong>CHAIR YOGA</strong></td>
<td>Marianette Kauahikaua</td>
<td>Tuesdays</td>
<td>8:00 am – 9:00 am</td>
<td>Improve health &amp; happiness using breathing techniques, exercises and meditation all in the comfort in your own chair.</td>
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<tr>
<td><strong>FUSION</strong></td>
<td>Daniel Gittelman</td>
<td>Fridays</td>
<td>9:00 am – 9:45 am</td>
<td>Seated full-body workout to achieve strength, balance, and cardio! Sturdy chair is required.</td>
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<tr>
<td><strong>HARMONY’S HULA</strong></td>
<td>Kumu Harmony Brighter</td>
<td>Mondays &amp; Tuesdays</td>
<td>10:00 am – 11:00 am</td>
<td>Learn the hula of various Hawaiian songs with Kumu Harmony. Any level welcome!</td>
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<tr>
<td><strong>HAPPY SENIOR SERENADERS</strong></td>
<td>Donald Ojiri</td>
<td>Wednesdays</td>
<td>10:30 am – 11:30 am</td>
<td>Play to some local favorites. Experience in playing ukulele required.</td>
</tr>
<tr>
<td><strong>STRETCH &amp; TONE</strong></td>
<td>Denise Werle</td>
<td>Wednesdays</td>
<td>9:00 am – 9:45 am</td>
<td>Tone and strengthen your body with various movements using light weights or body weight.</td>
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<tr>
<td><strong>TAI CHI</strong></td>
<td>Ken Koike</td>
<td>Wednesdays &amp; Fridays</td>
<td>8:00 am – 9:00 am</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>
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<tr>
<td><strong>TAI CHI FOR HEALTH</strong></td>
<td>Randy Lau</td>
<td>Days &amp; Times Vary</td>
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<td>Experience meditative movements seated in a chair. Sturdy chair is required.</td>
</tr>
<tr>
<td><strong>TAI CHI FOR HEALTH</strong></td>
<td>Randy Lau</td>
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<td></td>
<td>For a helpful, easy-to-follow tutorial on Zoom, watch: <a href="https://www.youtube.com/watch?v=9isp3qPeQOE">https://www.youtube.com/watch?v=9isp3qPeQOE</a></td>
</tr>
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**LMPSC Online Classes**

Lanakila Multi-Purpose Senior Center offers online classes to Center Members 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@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 you full name as your screen name. Please note that Zoom classes are done LIVE, so please be on time.
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<th>SUN</th>
<th>MON</th>
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<td>1</td>
<td>- Financial Education (9am)</td>
<td>- Dance with Me Online (10:15 am)</td>
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<td>- Share Your Garden (10:30 am)</td>
<td>- 10 Ways to Love Your Brain (1pm)</td>
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<td>Photography Workshop (12:00 pm)</td>
<td>Travel Virtually (9:15 am)</td>
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<td>Surviving &amp; Thriving During The Pandemic (10:00 am)</td>
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<td>Kidney Care Series (1:00 pm)</td>
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<td>Cooking with Chef Paul Onishi (11:30 am)</td>
<td>VA Benefits Presentation (11:30 am)</td>
<td>Program Committee Mtg (8:30 am)</td>
<td>Life Story Wrksp (1:00 pm)</td>
<td>Aviation Museum Virtual Tour (10:30 am)</td>
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<td>Senior Living Options (11:30 am)</td>
<td>Hali‘a Memory Clinic (12pm)</td>
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<td>Making Your Home Safe (8:30 am)</td>
<td>10 Ways to Love Your Brain (1pm)</td>
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<tr>
<td></td>
<td>Cooking with Chef Paul Onishi (11:30 am)</td>
<td>PAB Mtg (12pm)</td>
<td>Life Story Wrksp (1:00 pm)</td>
<td>Advanced Health Care (11:00 am)</td>
<td>Halloween Storytelling (1:00 pm)</td>
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<td>Sleep Hygiene (11:30 am)</td>
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**Center Staff**

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<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:suzanne.oakland@catholiccharitieshawaii.org">suzanne.oakland@catholiccharitieshawaii.org</a></td>
</tr>
<tr>
<td>Riva Torno</td>
<td>Program Specialist</td>
<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:ihiramoto@catholiccharitieshawaii.org">ihiramoto@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>
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</table>

**Let’s Keep in Touch**

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