March 2023 | No. 86

LANAKILA KŪPUNA NEWS





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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 of the Hawai'i Community Foundation..



ATHOLIC CHARITIE: HAWAIʻI

A MESSAGE FROM SUSIE

Aloha Lanakila Senior Center Members and Friends:

We cannot thank AARP and the Wish of a Lifetime Foundation enough for sending our senior center 800 roses for Valentine's Day. Lanakila members were touched with the beauty and thoughtfulness these beautiful flowers conveyed to them. We passed out about 750 roses to the senior center members who attended classes, club activities, tax preparation, mini excursions, and Valentine's Day lunch leading up to Valentine's Day. The remaining roses were given to seniors on Valentines' Day during the Rose Drive-Through event on February 14, 2023. We also shared roses with other seniors in the community who came as guests to our senior center. The beautiful smiles on each person's face were priceless. Mahalo a nui loa to member Rosie Ramiro who also did handmade hearts that were filled with candies for all to enjoy.

A very big mahalo to many center members and friends from the community who donated beautiful, useful, and fun items for our first Show and Sell of the year on February 24th. Along with delicious food, fresh produce, locally made shrimp chips and chips made with sweet potato flour, a variety of plants, clothing, household items, and an assortment of other goodies, the Lanakila Senior Center clubs and classes were able to make money that will fund special events, supplies and other important items used throughout the year. We hope you were able to come and enjoy the camaraderie and great bargains!!

We thank Andy Nowinski for teaching us how to manage pests in a green and natural way; Bev and Henry Fujita for showing members their beautiful garden; Clint Evans for teaching us how to increase one's stamina, balance, and other important health tips; the Honolulu Fire Department for sharing fire safety tips, CPR, AED use, and first aid; LMPSC Member Collette Young who taught us how to make Jai and Judy DiBianco for teaching us how to make bread without using yeast, and Televeda for providing online Strength-Based Weight Training this past month.

Lanakila expresses its mahalo to James and Nathan from Lanakila Pacific; Ross Rasmussen; Stuart Holloway; and LMPSC members Hiromi Kawasaki, Jim Hino, and Steve Murashige for teaching center members how to use their cell phones, lap tops, computers, and other technology for free. Lanakila seniors are becoming more and more tech savvy and we are so proud of what everyone has accomplished in such a short time. There is so much more to learn and people are excited to do so.

Thank you to Maria and Ronan from Kalani High School, who are a part of the Community Health Worker Program in partnership with Kapiolani Community College. They provided fun origami classes and, in the process, got to know many of our members. They are embarking on a project that will help seniors locate their walking canes when they are misplaced and have partnered with engineering students at Kalani to design a technological solution. We look forward to their findings.

We have some cool mini excursions and tours coming up shortly as well as such interesting and fun activities being planned by our 7 cultural clubs. Mahalo to senior center members and friends from the community who have offered new opportunities, like a Cribbage Group, Travel Group, Shigin (a Japanese poetry class through song), and much more.

A big shout out to Randy Daguio, Jeremy Gonsalves, and Asher Valenzuela who have been volunteering at the Lanakila Senior Center for about 4 months already. They have been helping the staff and front desk volunteers keep the center tidy, assist with set up and clean up of special events, staff pickleball and other events, and many important tasks. MAHALO!

LMPSC Member Midge Wright did a service project on behalf of Lanakila Senior Center by making book marks for children visiting the Hawaii State Library in celebration of the Hawaii Public Library System's 110th Anniversary. MAHALO!

Thanks to LMPSC Members Wayne Uejo and Randy Mau, who introduced our center to Orange Xpress and their karaoke performers as well as an upcoming Veterans Benefits presentation by the Veterans of Foreign Wars (VFW) on March 1st; Randy Devol who performed a short jazz concert for us; and Glenn Sasaki and Les Del Prado for doing "Oldies but Goodies" concerts for LMPSC throughout the year. Music, food and fun... love it! Take it easy and stay warm. ⁽ⁱ⁾ Aloha, Susie Chun Oakland, Program Director

Welcome New Members!

Richard Barrett Teresita Barrett Anita Butac Eldora Chang Susan Chee Christopher Church Anna Giunta-Togo Tomi Griffin Kathleen Hikida Wayne Hikida Dexter Hong George I Arlene Kawamura Sunday Kenison Kimiyo Kuhns Janice Kujubu Jean Lagua Edwin Lautoa Nadine Lee Yong Sun Lee James Neff Stanley Olayan Gloria Reynon Arlene Shimokawa Young Sik Sim Taren Taguchi Hideko Tokugawa Danette Tomiyasu Carlos Vergabera Jeanette Yamane

Kazutoshi Yato



Newsletter | March 2023

Meet the Staff



Susie Chun Oakland Program Director



Riva Torno Program Specialist



Iris Hiramoto Membership Specialist

Irvine Program Support Assistant

Elizabeth "Cookie"

nity of hope



Lodi Tapawan Custodian

REMINDER: Please check-in daily for all members and visitors



Please scan your green LMPSC card at the Greeter Desk located at the front door **each** time you visit the Center. Visitors are also asked to check-in.

Welcome! Please have your green LMPSC card ready to sign in.



Scan your card over the scanner. The scanner will flash red and you will hear a beep.



All classes and activities will appear for the **day**. During the current session, a **green check mark** should appear for classes you have registered for. Verify your class(es)/event(s) attending, and touch **'Finish.'**



If you **forgot your card**, hit the button that says **'Sign In I don't have my card'** and type in your **first name and registered phone number** (start with area code).

Photo Gallery



Valentine's Day 2023 Program and Drive Thru Rose Pick Up



HFD showcases their Fire truck with LMPSC members.

Chinese New Year Bamboo Workshop. Photo courtesy of Dorothy and Bev Mau



Pauoa Gardens Home Tour, photos submitted by Donna Compton.

Photo by Joyce Nakamura

Cultural Club Reports

OKINAWA NENCHOSHA CLUB UPDATE By Jane Higa

HAMAURI (Happy Girls Day)

Every year on March 3rd, we celebrate girls day to wish and pray for the health, good fortune and prosperity for all the young girls. Families also display dolls dressed in decorative robes of the ancient imperial court. Girls day was introduced from China when they adopted the Chinese calendar.



On February 2nd we had a good work out with Denise Werle from Stretch and Tone.

After the exercise, three firefighters visited the center with their fire truck and most of our members went outside to see the fire truck and they talked about how they operated it and how high the ladder extend up and lots of questions were asked by our members.

On February 9th, we were fortunate to have 16 talented high school students from Okinawa with 6 teachers sent by the Department of Education of Okinawa, they performed by dancing, played the Sanshin, koto and drum. We fed them lunch, Jean S. made dessert and Joyce K. made goody bags and also they were so happy when we gave them leis and before they left, they gathered together and said "Kuaitchi sabitan" (thank you for the food) and "Ippee Nifee Deebiru" (thank you very much).

The following week , our talented members, Harry Nakasone, Flora Nakasone, James Toma, Dorene Toma, Sumiko Nakasone, Joyce Kishimoto, Richard Tada and Frank Toma sang, Mona Bernado danced the hula, Diane Kawakami danced Tinsagu Nu Hana, and Diana Kawaguchi, Takako Goya and Nobuko Oshiro danced Tinsagu nu hana and all our members ended the program, dancing the Kachashi.



Cultural Club Updates

JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura

Hina Matsuri- The Doll Festival

Hina Matsuri or Girl's Day, which was originated in Japan, is traditionally an occasion to pray for a young girl's growth and happiness. It is celebrated on March 3rd (the third day of the third month). Families celebrate their pride in their daughters by displaying dolls of the Emperor and Empress in a prominent place in the home. These dolls are not played with. They are usually gifts from the grandparents or inherited from the girl's mother and are quite delicate and expensive. Another tradition observed for Hina Matsuri is food served for the occasion. A pink mochi called Sakura mochi is filled with red bean paste, wrapped in a cherry leaf and eaten for dessert. Have a Happy Girl's Day!!

On February 6, we had a few lessons on the meaning of "Ikigai." Mr. Gerry Yahata, explained that to be happy in life, some of the things we should do are: exercise; stay hydrated; always have gratitude; and laugh at least 12 times day. We surely met our quota of laughter with

Mr. Yahata leading the way. On February 13, we had our annual New Year's Day Celebration with great entertainment by the Paradise Tanoshi Odori Kai led by Patricia Miyazono Imamoto. Dancers performed exotic Japanese dances in their beautiful kimonos.

Birthday celebrations for March are: Etsuko Nakagawa (90+); Pat Ching; Yoi Endo; Helen Katahira; James Kramer; Akiyo Morimoto; Linda Shimamoto; and Jean Sugiyama. May you all have a fun-filled day plus many more!!



Our deepest sympathy to the family of Yukiko Murata, a longtime JCC member, who passed away at the age of 106. Yukiko was an amazing lady.

Events for March:

- 6 Sing-A-Long (Brian Suzuki)
- 13 Taichi Exercise (Randy Lau)
- 20 Birthday/Victor's Kapakahi Group
- 27 HOLIDAY Prince Kuhio Day



PORTUGUESE CULTURAL CLUB UPDATE By Puna Frank



Portuguese Cultural Club take an excursion to Portuguese Heritage Center

Member Appreciation



"Dear Susie,

Thank you for such a nice surprise today. My mom certainly felt the \bigcirc !

With much appreciation, Aiko and Lana"

Submitted by Lana Crabbe, daughter of LMPSC member Aiko.

Tomeko Akamine Ann Akasaki Martha Alip Eleanor Arakaki Sally Arakaki **Bridget** Arrastia Lynda Asato Diane Awakuni Joanne Awaya Felipe Baliba Luzviminda Birks Wendy Calizar Remedios "Remy" Canon Adele Ching Mayette "May" Ching Patricia "Pat" Ching Janet Choung Canossa Choy Chow Fook Choy Karen Chun Umeko Cook Florentina Cuevas Jeannie Vee Davidson Ruth de Mesa Peter D'Errico Resurreccion "Rosie" Diego Tracylee "Tracy" Dudoit Yong Suk Duggins Jim Dunn Yoi Endo Dolores "Dee" Enomoto **Clarice Evans** Kay Fujii Lynn Fujishige Henry Fujita Cordelia "Cordie" Fukuhara Shizuko Fukumitsu Gayle Fukunaga Heidi Gagnon Anna Giunta-Togo Rita Goto Jesse "Kalu" Guevara **Ruth Haitsuka** Wynn Hamano Edward "Eddie" Hasegawa Sharon Hayashi Yong Ae "Linda" Hieda Edith Higa Howard Higa JoAnn Higuchi Wayne Hikida Amy Hirohata-Goto Brenda Ho Leila Hoe Yuezhen Huang Roy Imai

Sadao Imamori Yoko Inatsuka Faith Inoshita Valerie Ito **Robert Jewell** Chong Cha Jones Cathy Kaneshiro Shirley Kaneshiro Bok Sun Kang Helen Katahira Hiroshi Kato Marianette Kauahikaua Michael Kauhane Diana Kawaguchi Chun Eui Kim Duk Keum "Sandra" Kim Heesook "Clare" Kim Paullete Kim Earl Koyama Dorene Koyanagi James Kramer Elisa Kuwada Ann Chong Lee Hugh Lee Yeu Tsu "Margaret" Lee Erika Lees **Edmund Leong Roberta Wong Leung** Pearl Lopez Thelma Lum Felicitas Luna Hong Mei Ma **Raymond Mabuni** Kachorn Manalo **Roland Manuel** Amy Matano Lane Matsumoto **Robert Matsumoto** Randall "Randy" Mau Kazuko Meyer Stanford Miike Doreen Mivamoto **Rose Miyashiro Edward Miyata** Yasuko Miyazawa Akiyo Morimoto Lorna Murai Paul Nagamine Etsuko Nakagawa Litheia Nakamoto Peggy Nakamoto Susan Nakamoto James Neff Gen Yee Ng Fumiko Nishida Masako Ogawa Patrick Oka

HAWAIIAN CULTURAL CLUB UPDATE By Sharon Tulba



Photos submitted by Roland Manuel



Hi everyone and welcome back at Lanakila Senior Center. I know it's already the month of February, but I still wanted to say Happy New Year to you all. Hope you are all in good spirits, good health, and showing all your smiling faces when you greet al your friends here at the Center. I know I'm happy to be back. It's been a while since I wrote something for our newsletter, but happy to do one. For the month of January, we celebrated John Burrow's birthday at Young's Fish Market in Kapolei Commons. The food was so delicious and service was excellent. The month of February- it was my birthday on Valentine's Day so we had a luncheon at Teishoku Japanese Restaurant in the Kam Shopping Center with my awesome friends. It was another great time. Now, can't wait for our Show & Sell on Friday, February 24th- hope the weather will be good so people can come out and buy things, especially our pickled onions, energy bars, cookies, etc. Good luck hope all clubs will be able to sell great things. We will be celebrating Roland Manuel's birthday on March 10th. Sorry for the long message- it's been great writing something since I haven't done one in a long time. Aloha, God bless, take care, stay safe, and wishing everyone good health.

FYI

Guidance on Payments Received to Taxpayers

Getting ready to file your taxes? The Internal Revenue Service (IRS) provides clarification on special payments that were made in 2022. The State stimulus payment of up to \$300 per person that was received in 2022 is <u>not</u> reportable as income for either federal or state tax return. For more information please visit: <u>https://www.irs.gov/newsroom/irs-issues-guidance-on-state-tax-payments-to-help-taxpayers</u>





Mahalo

Thank you so much for your generosity!

PIKAKE (\$1000+)

OHI'A A LEHUA (\$500)

KAHILI GINGER (\$250+)

HIBISCUS (\$100+)

Hayashida, Karen Kumura, Clarice Levy, Gail Mau, Dorothy Moku, Marilyn Taira, Betty Yogi, Judith

BIRD OF PARADISE

(\$50+) Furukawa, Judy Kagami, Nancy Nakasone, Chieko Oshiro, Nobuko Pang, Carol Shimabukuro, Fujiko We, Liejun

ANTHURIUM (\$49 & UNDER)

Badamo, Naomi Isa, Harriet Kawamura, Arlene Kawauchi, Diane Koyama, Earl Lenchanko, Michael Morimoto, Akiyo Rainey, Faye Sari, Lynn Shigemitsu, Jon Sonson, Aurie Yamasaki, Glenn

IN-KIND GIFTS

Badamo, Naomi Batula, Woody & Joan Boyd, Susan Tamura Brown, Rosa Chan, Corinne Donnelly, Willa Ebata, Laura Ganeku, Char Hino, Irene Imamura, Mina Ishiki. Elsie Kawasaki, Mariko Ladrillono, Meriam Lees, Erika Lum, Elizabeth Ma, Hong Mei

Maekawa, Dennis Martin, Gladys Nakamoto, Litheia Oakland, Susie Chun Orlando, Brigette Park, Margaret Perry, Gwen Pressley, Calvin & Robin Shigemitsu, Jon Short, William Tangonan, Victor Toma, Franklin Wong, Val C. Young, Amy Young, Colette Young, Sharon Yun, San Zukemura, Carol

HAPPY BIRTHDAY (continued)

James Okahara Jane Onishi Kwang Suk Pak Ethel Pakele Steven Park Filomena "Fely" **R**aposas Joseph Ratcliffe Gloria Reynon Carol Richardson Niniek Roosman Celestina "Tina" Ruiz Patricia "Patti" Sakamoto Jean Shibuva Linda Shimamoto Kiyoko Shimoyama

William Short Jr. Faith Sodetani Lucile "Lu" Soong Lucy Soong Suzanne Stigar Aiko Sugai Jean "Jeannie" Sugiyama Bong Ki Sung Jane Tada Karen Takamine Priscilla Takimoto George Tamashiro Alice Tanaka Victor Tangonan David Teruva Karen Teruya

Yoshino Teruya Muitruong Thi Jean Tokunaga Carmen Tom **Eleanor** Tomita Carol Tovama Tan Kim Tran Kum Hui "Kay" Troedson Gordon Tsukamoto Taka Uehara Roberta Umeno Marian Wauke Leighton Wong Elaine Wong Karen Wong Leighton Wong

Thelma Wong Charlotte Yamamoto Sandra Yamane Feng Zhen Yang Judy Yano Kate Yashima Wayne Yasuda Alan Yee Ellen Yi David Yokoyama Diane Yoshida

March 2023 Schedule

Day	Time	Class	Facilitator	Location	
Monday	8:30 AM	Picking Ukulele	Nishiyama, Young	Sewing Room	
	9:00 AM – 10:30 AM	Japanese Cultural Club Sueda		Lanai	
	9:30 AM – 11:30 AM	Victor's Kapakahi Group	Tangonan	Lib Annex, Go Room	
	10:30 AM	Basic Japanese 1	Sasaki	Sewing Room	
	10:45 AM	Yoga	Hasegawa	Lanai	
	11:00 AM	Hula	Makolo	Dance Room	
	11:00 AM	Tai Chi for Health	Lau	Activity Room	
	12:00 PM	Ping Pong	Ream	Lanai	
	12:30 PM	Samulnori: Korean Percussion	Lee	Sewing Room	
	1:00 PM	Cribbage*	Kono	Go Room	
Tuesday	TBD	Composting Wormies Group	Uyehara	TBD	
	8:00 AM – 11:00 AM	Needle and Thread	Sueda	Sewing Room	
	8:00 AM	Beginner Online iPhone Class*	Rasmussen	ONLINE	
	8:00 – 11:00 AM	Mah Jong	Sugihara	Library Room	
	8:30 AM	Strumming For Fun	Hirai, Young	Lib Annex, Go Room	
	8:30 AM	Cheng Man Ching Tai Chi and Qi Kung	Gottdiener	Dance Room	
	9:00 AM	Beginner Macintosh (Apple) Class*	Rasmussen	ONLINE	
	9:00 AM	Hawaiian Cultural Club (1 st & 3 rd Tues of the month)	Manuel	Activity Room	
	9:15 AM	5 AM Pickleball Baldo Hino,		Lanakila Gym	
	9:30 AM	Music Lovers Group	Espeleta	Library Annex	
	10:00 AM	Beginner's iPhone Class* Kawasaki		Library Room	
	10:00 AM	Hula	Makolo	Dance Room	
	10:15 AM	Sahm Bo Dahn	Higuchi	Lanai	
	10:30 AM	Intermediate Ukulele	Olayan	Lib Annex, Go Room	
	11:30 AM	Japanese Calligraphy	Usami	Sewing Room	
	1:00 PM	Line Dance	Sonson	Lanai	
Wednesday	11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room	
	8:00 AM	Tai Chi*	Koike	ONLINE	

March 2023 Schedule

Day	Time	Class	Facilitator	Location	
	9:00 AM	Stretch & Tone	Werle	Lanai	
	9:30 AM	Portuguese Cultural Club (1 st & 3 rd Wed. of the month)	Frank	Activity Room	
	9:45 AM	Sewing by Nakasone	Nakasone, Ito	Craft Room	
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai	
	10:30 AM	Happy Senior Serenaders	Ojiri, Ramiro	Lib Anx, Go Rm; ONLINE	
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE	
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room	
	2:15 PM	Sahm Bo Dahn	Group	ONLINE	
Thursday	8:30 AM	Garden Group	Nakamura	See facilitator	
	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room	
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	enchosha Club Higa		
	9:15 AM	Pickleball Baldomero, Wong, Hino, Yee		Lanakila Gym	
	9:00 AM – 11:00 AM	Hanafuda	Nakamura	Dance Room	
	9:00 AM – 11:00 AM	Taisho Koto	Takeuchi, Sueda	Library Room	
	11:00 AM – 12:00 PM	Okinawan Dance	Kawaguchi	Lanai	
	12:30 PM – 2:30 PM	Brian's Karaoke Class (2 nd & 4 th Thurs. of the month)	Suzuki	Library Annex; Go Room	
	1:00 PM	Zumba Gold	Hokama	Lanai	
Friday	8:00 AM	Tai Chi*	Koike	ONLINE	
	9:00 AM	Fusion	Gittelman	ONLINE	
	9:00 AM – 2:30 PM	Enka	Arakaki	Sewing Room	
	9:30 AM	Chinese Cultural Club (1 st & 3rd Fridays of the month)	Mau	Activity Room	
	9:30 AM	Yui Buyo	Sugai	Lanai	
	10:00 AM- 12:00 PM	Tap Dance	Martin, Feagins, Koepke	Dance Room	
	11:15 AM	American Sign Language	Shimizu	ONLINE	
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai	
Saturday	8:30 AM – 11:30 AM	Filipino Cultural Club	Ibay Activity Room		
_	9:00 AM	Zumba Gold	Hokama	ONLINE	
Sunday	9:30 AM	Tai Chi for Health	Lau	ONLINE	
-	10:30 AM	Qi Gong	Lau	ONLINE	

*Special registration- see staff for more info. Do not fill out a registration form.

March 2023

SUN	ΜΟΝ	TUES	WED	THUR	FRI	SAT	
			1 SAVERS Collection (8:00 am) Veterans Benefit Workshop (11:00 am) Magic Island Walk (4:00 pm)	2 Ask Jim (8:00 am) Strength Training with Televeda (8:00 am)	3 Meet Your Kidneys (1:00 pm) Milestones Book Workshop (2:00 pm) Dinner Together Bento pickup 3:30, Zoom - 4:30pm	4	
5	6 Byodo-In Temple Excursion (10:00 am) Cribbage (1:00 pm) Reduce Your Energy Bill (1:00 pm)	7 Strength Training with Televeda (8:00 am) Sakura Tour (9:00 am) Hi's Locally Grown Food (11:30 am) Medicare and Home Health Care (2:00 pm)	8 Program Committee Meeting (8:30 am) Diabetes 101 (11:00 am) Safety Tips with HPD (11:30 am) Navigating a Volatile Retirement (2:00 pm) Magic Island Walk (4:00 pm)	9 Coffee, Tea & Talk Story (7:30 am) Strength Training with Televeda (8:00 am)	10 Calligraphy Workshop (10:30 am) Kidney Care (1:00 pm) Korean Cuisine and Language (2:00 pm)	11 Orchid Society Judging (9:30 am) Personal Technology (12:00 pm) Honolulu Blend Chorus (12:00 pm)	
12	13 Aging and Dying with Dignity (1:00 pm) Cribbage (1:00 pm) Early	14 Strength Training with Televeda (8:00 am) BINGO (9:00 am) / Registration Weel	15 Ka Makana Ali'i Walk (11:00 am) Magic Island Walk (4:00 pm)	16 Strength Training with Televeda (8:00 am) CPR Training with HFD (10:30 am)	17 Kidney Care: Physical Activity (1:00 pm)	18	
10	20	-				25	
19	20 Shredding (12:00 pm) Cribbage 1:00 pm)	21 Strength Training with Televeda (8:00 am)	22 New Member Orientation (9:00 am) PAB Meeting (12:00 pm) Magic Island Walk (4:00 pm)	23 Strength Training with Televeda (8:00 am) Senior Centers Leadership Meeting (12:00 pm)	24 Kidney Care: Medication Management (1:00 pm)	25	
26	27 Cribbage 1:00 pm)	28 Strength Training with Televeda (8:00 am)	29 Waikiki Aquarium Tour (11:00 am)	30 Strength Training with Televeda (8:00 am) Orchid Series Presentation (2:00 pm)	31 Chinatown Historical Tour (9:00 am)		
Susie Chun Oakland Progra		Program	n Director	suzanne.oakland@catholiccharitieshawaii.org			
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Lodi Tapawan		Cust	odian				
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Let's Keep in Touch

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