

April 2024 | No. 99

# LANAKILA KŪPUNA NEWS



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CATHOLIC CHARITIES  
HAWAII

# A MESSAGE FROM SUSIE

Aloha Lanakila Multi-Purpose Senior Center Members, Friends and Family:

We would like to dedicate this issue to all the volunteers, who help make our senior center such a special place. The love, care, and kindness extended to one another through service is deeply appreciated.

To our full-time front desk, kitchen, and thrift shop volunteers Jean Sugihara, Diane Kawakami, Rose Yanagawa, and Mary Sueda, mahalo for your dedication and support daily. Your contribution to our center is immeasurable. Thank you to Richard Tada, Frank Toma, and Jimmy Toma for providing technical sound system support at many club, class, and special events. Sincere thanks to Amy Young for providing blood pressure checks twice a week for our members for so many years. Much appreciation to Amy Bratt and Atsuko Sakumoto for coming weekly to tend the gardens and prepare the beautiful succulent arrangements for sale at the thrift shop. Much mahalo to Pearl Lee who calls members weekly to provide telephone reassurance and friendly reminders to members for upcoming events. A big mahalo to Mae Hong, Giselle Miyashiro, Walter Miyashiro, Arlene Nagamine, Ron Oshiro, and Phil Uyehara for helping beautify our center on a daily or weekly basis.

Mahalo a nui loa to our members who serve as our 7 cultural club officers, including Chinese Cultural Club Officers Dorothy Mau, Cindy Choy, Blossom Mau, June Ng, Susan Chee, Chow Fook Choy, Channing Ching, Tommy Duvachelle, Beverly Mau; Filipino Cultural Club Officers Wilhelmina Ibay, Corazon Orinion, Evelyn Ambrocio, Leonarda Ramirez, Renilda Cordero, Sergia Ababa, Josephine Aquilar, Emelita Guillermo, Letty Dolor, Doris Maielua, Aurelia Sonson, Aurelia Tiburcio, Rodolfo Ibay; Hawaiian Cultural Club Officers Rolando Manuel, Carol Burrows, Puna Frank, Sharon Tulba, John Burrows; Korean Cultural Club Officers Suzie Hasegawa, Koong Ja Kim, Julie Umemoto; Japanese Cultural Club Officers Mary Sueda, Clarice Kumura, Jeanette Shiohira, Jean Sugiyama, Franklin Toma, Teresa Sasaki, Richard Tada, Alicia Nagasawa; Okinawan Nenchosha Club Officers Jane Higa, Richard Tada, Diana Kawaguchi, Diane Kawakami, Janet Ito, Phil Uyehara, Frank Toma, Flora Nakasone, Nancy Gakiya, James Toma, Jane Fujii, Mona Bernardo; and Portuguese Cultural Club Officers Betty Schoeppner, Puna Frank, Jane Morreira, Roseline Ho, Madeline Lum.

Our sincere thanks to our Class Instructors, Assistant Instructors, and Facilitators Naithan Alva, Marion Arakaki, Rochelle Arquette, Tony Baldomero, Harmony Brighter, Manny Espeleta, Cheryl Feagins, Christy Fujii, Daniel Gittelman, Catherine Graham, Suzie Hasegawa, Frances Hokama, Bob Higuchi, Jim Hino, Donald Hirai, Janet Ito, Marianne Kauahikaua, Diana Kawaguchi, Hiromi Kawasaki, Ken Koike, Dennis Kono, Lester Lau, Randy Lau, Sunny Lee, James Li, Temoana Makolo, Joan Matsukawa, Gladys Martin, Karen Matsunaga, Janet Miyashiro, Debbie Motokane, Brigid Nakamura, Joyce Nakamura, Flora Nakasone, Mel Nishiyama, Donald Ojiri, Gil Olayan, Elizabeth Pham, Rosie Ramiro, Ross Rasmussen, Dan Ream, Chanara Richmond, Teresa Sasaki, Yoko Shaw, Cheryl Shimizu, Aurelia Sonson, Aiko Sugai, Jean Sugihara, Mary Sueda, Brian Suzuki, Yasuko Takeuchi, Victor Tangonan, Mitsuko Toguchi Nakasone, Hideko Tokugawa, Hideko Usami, Phil Uyehara, Denise Werle, Leighton Wong, Stuart Yamada, and Pat Young as well as many class assistants who help the instructors in many different ways.

To our hundreds of volunteers who provide educational and recreational workshops, presentations, health screenings and assessments; performances to entertain many people in the community; making lei, craft items, and delicious food; keeping our senior center clean and beautiful through many service projects; representing Lanakila Senior Center at other community gatherings and service projects; doing advocacy work on behalf of Hawaii's kupuna, Keiki and ohana on many levels; and creating wonderful life experience and cherished memories for many, we are eternally grateful to YOU!

Me ke aloha pumehana,  
Cookie, Iris, Lodi, Riva, and Susie, Your Devoted Staff of Lanakila Senior Center

## Welcome New Members!



Alice Aoki  
Cynthia "Nalani" Baclaan  
Yunja "Ester" Byun  
Shirley Chu  
Blandina "Baby" Daet  
Susan Fujino  
Raquel Ganti  
Lily Gao  
Diane Kawamoto

Yung Ke  
Mina Kearney  
Nancy Kono  
Gail Kuranishi  
Wan Yi Liang  
Irene Masuoka  
Thomas Miyahira  
Me Lian Nie  
Viliamu "William" Pulusila

Wayne Suga  
Catharina "Cathy"  
Swindell  
Jerry Watson  
Vailima Watson  
William Yang  
Suji Pak Yokota



# Health Tips and Recipe

Written by Ke Ola Mamo Registered Dietitian-Kristie Yeung MS, RD, LD

## April: Spicy Tuna Cucumber Bites

Aim for 2-3 servings of fish per week to get enough heart-healthy omega-3 fats in your diet. Omega-3 fatty acids help to reduce inflammation in the body and are found in fish, seaweed, walnuts, chia seeds, and flaxseeds.

### SPICY TUNA CUCUMBER BITES



Prep time: 5 minutes | Makes 4 servings

#### Ingredients

- 1 Japanese cucumber sliced
- 2 5 oz cans of tuna drained
- 1/3 cup light mayo
- 1 tablespoon sriracha sauce
- 1/4 teaspoon garlic powder
- 1/2 teaspoon chili powder
- Dash of black pepper

#### Directions

1. First drain the canned tuna. Then mix tuna with mayo, sriracha, garlic powder, and chili powder in a bowl.
2. Wash cucumbers, then slice them into rounds. Spoon spicy tuna onto each slice. Sprinkle black pepper on top, then serve and enjoy!

\*Recipe adapted from sumofyum.com\*



This dish is an easy and refreshing appetizer or light meal that provides a satisfying crunch! Japanese cucumbers are high in fiber & water. They also provide Vitamin C, Vitamin K, and potassium. Canned tuna is convenient, affordable, and is high in heart-healthy omega-3 fats and lean protein.

# Cultural Club Reports

## OKINAWA NENCHOSHA CLUB UPDATE

By Diana Kawaguchi

### SHIIMII FESTIVAL

In April, one of the big family tradition amongst Okinawan people is the Shiimii festival, or grave sweeping festival, held during the week after April 5<sup>th</sup>. During this time, some roads including the Okinawan Expressway are expected to be jammed due to families driving to their ancestral tomb. It's a memorial service of their family's ancestors. On this day the entire family sweep, washes their ancestral tomb, & provide offerings to the dead. After that, the whole family gather in front of the tomb their ancestors are enshrined, enjoy eating the food, brought from their homes. This gathering shows that the entire family gets on well with each other, & they demonstrate their love & respect to their ancestors. One thing that must not be forgotten is to show gratitude towards the spirit, who is the guardian patron of the place, for allowing them to use the place for enshrining their ancestors.

**.February 29<sup>th</sup>:** Doug Oshiro and his Jukebox Singers took us down memory lane of our youth, from the 50's & 60's. Who remembers, Alex Drive Inn in Kapahulu, Paul Anka, who's 83 years old, but still entertains, & Tony Bennet? They sang "Sukiyaki" by Ryu Sakamoto, which was the only Japanese song that made the American hit Chart. The "Electric Slide", & songs by Elvis Presley & Misora Hibari. Group participating in "YMCA". What a great, entertaining, fun morning this was, to reminisce of our past!

#### **MARCH EVENTS:**

**.March 7<sup>th</sup>:** Tevita Apina also known by the ladies as "Tora" (Tiger) who watched him before, entertain at the new "Shirokiya" in the Ala Moana Center. The ladies were thrilled to see him entertain us. He's a local Waipahu boy of Tongan, Italian, Puerto Rican ancestry who can sing those Japanese heartwarming songs, captivating the audience with his emotions. He sang songs from his trip to various places in Japan. His plea to his audience was to "please continue to sing Enka songs, as Enka music is dying in Japan".

**.March 14<sup>th</sup>:** Nawahine Hula O' Lanakil with Kumu Hula, Te Moana, opened with an "Ole", a chant welcoming & giving thanks to all of you & to all of us. Entertainment of beautiful hula dancing by her large group of ladies. Group participating in "Little Brown Gal". Special entertainment by Clarisse Kumura, who did hand motions in her wheel chair, while John Hewitt played the sanshin to "Tinsagu Nu Hana" or "Balsam Flowers". Kumu Hula, Te Moana said everyone can learn to do Hula, as she even had a Kupuna, 96 years, young, who is Dorothy Mau.

**.March 21<sup>st</sup>:** Walk Wise Hawaii with Lance Rae & assistant Angie, whose in-laws, Jean & Bobbie Ishihara were in the audience, what a surprise this was! Walk Wise Hawaii is from the Hawaii State Dept. of Transportation to talk about Pedestrian safety. 20 years ago, 65-70% of our fatality were seniors. Today, it is down to 25-30%, due to seniors paying more attention to street crossing. Always use a crosswalk, be diligent, don't run, & keep looking & paying attention when crossing the street. If no crosswalk, walk on the left side of the roadway facing traffic. Wear bright or light colored clothing when out walking or jogging, watch for cars backing out of driveways, as drivers don't always see you

**"Umaribi-kariyushi yaibii-n", Happy Birthday to:** Marion Arakaki, Naomi Badamo, Judy Di Bianco, Lynne Howells, Doris Nagamine, Alicia Nagasawa, Toshi (Toby) Sullivan & Betty Taira.





# Cultural Club Updates

## JAPANESE CULTURAL CLUB UPDATE By Clarice Kumura



## It's Springtime

The first sign of the Spring season is a lot of plants and trees are growing and new, bright green leaves are appearing bringing new and fresh colors. Flowers are blooming and everyone would be able to feel this amazing smell in the air and enjoy the beauty of their bloom. Days become longer and nights are shorter which means we have more time for outdoor walking and a good time for meditation. It's a time when we should forget about worries, clear our mind and concentrate on the beauty around us and the sound of nature. HAPPY SPRINGTIME!

**March 4** - Our JCC members showcased their talents of singing and dancing. Richard Tada sang "Anata No Subete Wo"; Amy Imaguchi sang "Sakeyo"; Jean Murakami sang "Urizun Ko Ro"; Yoko Shaw danced a hula to "Blue Light Yokohama"; Eileen Clark sang "Sake Goyomi"; Barbara Sasahara sang and played ukulele to "Ue O Muite Aruko"; Sharon Nakai sang a medley of Misora Hibari songs; Diane Kawakami danced an Okinawan dance "Kanayo"; Paul Morisato sang "Young Love"; and Na Wahine Hula O Lanakila danced a hula to "Papalina Lahilahi".

**March 11** - Did you know that Gum Disease increases the risk of respiratory infections? that Toothless adults are more likely to have long lasting or never ending kidney disease than adults without missing teeth? or that Gum Disease is bad for diabetes? Linda Austin of the State Dept. of Health, and Dr. Sy Nakao, explained that oral health affects our overall health. It is important that we eat healthy, brush our teeth at least 2 times a day to prevent tooth decay and plaque buildup.

**March 18** - Woody and Friends entertained us with the melodious voices of Jean and Clarence Kane; Sharon Nakai, Sharon Akaki, and Woody. What a joy to hear beautiful singing!

**Tanjoubi Omedetou Gozaimasu to:** Caroline Harano; Lynne Howell; Sharon Isa; Tina Kanemaru; Alicia Nagasawa and Mae Wakazuru. Wishing you all many more Happy Birthdays!!



- Events for April** - 1 - Taichi with Randy Lau  
8 - Honolulu Fire Dept. (Kupuna Fire and Fall Prevention)  
15 - Birthday/Elsie Kawamoto  
22 - Medical Plan Extra Benefits  
29 - Koinobori Craft



## FILIPINO CULTURAL CLUB UPDATE

By Wilma Ibay

I love the cool breeze for the past weeks. Three months is gone and it's now the beginning of the second quarter of the year already. Time is flying so fast so I believe we should enjoy every moment that comes along

Last March 10, 2024 had a lunch get together at the beautiful home of CARMEN BAUTISTA who is so accommodating and willing to open her door for our small fun time. Lots of food, dancing and just enjoying each others company.

Last March 18, 2024 enjoyed the Corn beef and Cabbage lovingly prepared by our very own Susie Chun.

On March 11, 2024 attended the celebration of FILIPINO CULTURE and HISTORY and FILIPINO CAUCUS at the Hawaii State Capitol organized by Representative ROSEBELLA MARTINEZ.

In closing I may say : LIFE IS A GIFT so we should be HAPPY and ENJOY to the FULLEST while we can.

GOD BLESS US ALL.



Josephine Aguilar  
Pilsun Amina  
Marion Arakaki  
Rosita Asuncion  
Elizabeth Ayau  
Naomi Badamo  
Chong Ok Bang  
Waldtraut "Ursula"  
Belschner  
Debra "Deb" Braiman  
Debra "Hoku" Burrows  
Hyun Byun  
Douglas Cadiente  
Charles "Mark" Campbell  
Nancy Campbell  
Arceli Chan  
Mildred Chibana  
Mee Ok Choi Park  
Zhong Ying Xiao Chow  
Cynthia Chun  
Joett Colgan  
Carolyn Corrigan  
Judy Di Bianco  
Sandra Joy Eastlack  
Vera Egge  
Chitra Ensor  
Thomas Fujimoto  
Marietta "Mari" Fujio  
Sue Fujitani  
Sharon Funasaki  
Lelia Gateb  
Angela "Angie" Goodbody  
Michiko Goshi  
Claire Groom  
Donald Guerrero  
Lolita Guillermo  
Caroline Harano  
Kathy Haruno  
Charlotte Higa  
Yukio Higa  
Masataka "Masa" Hirayama  
Lynne Howells  
Terrie "Teruko" Ikemi  
Michiko Imai  
Herbert Imamura  
Sharon Isa  
Shizue Ishihara  
Fufina Ishikawa  
Amy "Emiko" Iwasaki  
Madeline Kageno  
Eileen Kajioka  
Tina Kanemaru  
Tina Kanemaru  
Doris Kaneshiro  
Hannah Kawakami  
Diane Kawauchi

HAPPY BIRTHDAY!



# HAPPY BIRTHDAY!

- Peter Kealoha
- Rhonda “Mahealani” Kekua
- Sandra Young Kim
- Ellen Kishimoto
- Yvonne “Yaeko” Kobashigawa
- Ruriko Kono
- Sharon Kuboyama
- Myong Suk “Sue” Kurashige
- Dorothy Kuromoto
- Reiko Kusumoto
- Gale Lane
- Lynette Lasiter
- Gisele Lau
- Elaine Lee
- Lillian Lee
- Lorraine Lee
- Marjorie “Margie” Lee
- April Leong
- Shu Zhen Li
- Melvin Ling
- Ann Lopez-Hirata
- Virgilio “Rudy” Lucas
- Darlene Madriaga
- Susan Maida-Giangarra
- Irene Masuoka
- Lorrin Matsunaga
- Yoshie Matsuura
- Elsie McGrew
- Roy Michinaka
- Leinani Miyashiro-Demond
- Frank Murakawa
- Doris Nagamine
- Alicia Nagasawa
- Carol Nakamura
- Stanley Nakamura
- Kathryn Narusawa
- Betty Ngai
- Shirley Nishizawa
- Greg Noji
- Sharon Nomura
- James Ogata
- Linda Oka
- Glenn Ooka
- Theodosia “Teddi” Pacarro
- Ana Rarangol
- Marjorie Sasuga
- Betty Ann Schoeppner
- Leslie Shibuya
- Joy Shimizu
- Arlene Shimokawa
- Toshi “Toby” Sullivan
- Stephanie Sur
- Catharina “Cathy” Swindell
- Setsuko Taguchi
- Betty “Komeno” Taira

## CHINESE CULTURAL CLUB UPDATE

By Dorothy Mau

At our March meetings we celebrated a few of the special holidays such as Girls Day and St. Patrick’s Day. History tells us of the patron Saint who was kidnapped and taken to Ireland. He was able to convert many Irish people to Christianity. Legends tell us that St. Patrick drove the snakes out of Ireland and used the shamrocks to explain the Trinity. Shamrocks are green three leaf clover plants and if you’re lucky 🍀 you’ll find a four leaf clover. Now we celebrate by eating corned beef cabbage. Many members enjoyed the onolicious Corned Beef cabbage cooked by our center’s director, Mahalo!

At our March 15th meeting, members were given the opportunity to cut out their own green shamrocks to wear. It was fun and laughter when saw Paul Morisato cutting so many shamrocks and gave them out to members to wear so none will be pinched for not wearing the Green.

Tommy Duvachelle played the songs My Wild Irish Rose and The Rose of Tralee for our enjoyment. We ended our meeting by singing Ni Wen Wo Ai or the Moon Represents My Heart and the closing song . Until next month, “Happy Easter!”



## HAWAIIAN CULTURAL CLUB UPDATE

By Roland Manuel

ALOHA! March was a full -on alarming month with festivities and sh-h times and Easter times: celebration of GOD'S resurrection and egg hunts.

I Will walk before. the Lord,  
 in the land of the living  
 I believe even when I said,  
 "I am greatly afflicted"  
 Precious in the eyes of the Lord.  
 I am your servant....  
 You have loosed my bonds.  
 To you I will offer sacrifice of  
 Thanksgiving  
 In the presence of all his people  
 My vows to the Lord I will pay...

E MALAMA PONO.....ALOHA



# Photo Gallery



Nalani's retirement party from CCH Transportation Program as a CCH Van Driver.



LMPSC members Ferdinand and Darlene Madriaga making pikake and basil plants for the Senior center! Mahalo!



Some photos of Aldrinana and Madi from Ka'akako Starbucks for bringing great coffee to Lanakila's Coffee, Tea, and Talk Story event this past March.



Lanakila Members Sylvia Ching, Leslie Masuno, Lucy Soong, Michael and Violet Tokumura enjoy the beautiful orchid display at the Kunia Orchid Show.



Margie Lee enjoys the beautiful orchids.



LMPSC Members Ann Sakamoto, Amy Sakagawa, Jeannie Salmon, Aileen Wong, Edna Jackson, Helen Katahira, and Linn Ito are excited to be at the Kunia Orchid Show.



Waipahu High School Community Health Worker interns Nicole, Winnie and Hemrina accompany our seniors to the Kunia Orchid Show.





# Mahalo

*Thank you so much for  
your generosity!*

## **PIKAKE (\$1000+)**

### **OHI'A A LEHUA (\$500)**

Aanerud, Gladys: IMO: Gladys Goka

### **KAHILI GINGER (\$250+)**

Toma, James & Dorene

### **HIBISCUS (\$100+)**

Harano, Caroline  
Ige, Janice  
Kurosaki, Trudy  
Levy, Gail  
Suzui, Carole  
Tokugawa, Hideko  
Villanueva, Clemente & Dionie  
Wong, Joyce

### **BIRD OF PARADISE (\$50+)**

Furukawa, Judy  
Kuhns, Kimiyo  
Young, Colette

### **ANTHURIUM**

### **(\$49 & under)**

Chang, Nohea  
Duvauchelle, Tommy  
Konno, Ginger  
Koyama, Earl  
Morimoto, Akiyo  
NARFE  
Okura, Clyde  
ONC: IMO: Jean Agena  
ONC: IMO: Keiko Nakama  
Orinion, Cora  
Takeshita, Karen  
Yamasaki, Glenn  
Yokooji, Janice

### **IN KIND DONATION**

Awakuni, Diane  
Bratt, Amy  
Brown, Rosa  
Clarke, Eileen  
Close, Lee Ann  
Colgan, Joett  
Fujita, Henry  
Goo, Glenn

Hirai, Donald  
Hong, Mae  
Ibay, Wilma  
Isekawa, Marilyn  
Kumamoto, Kikuko  
Larson, Betty Lou  
Maekawa, Dennis  
Matsunaga, Karen  
Mizushima, Diane  
Morreria, Jane  
Nagasawa, Alicia  
Nakamoto, Mary  
Nakamura, Joyce  
Nishiyama, Soon Wha  
Ontai, Gail  
Oshiro, Cynthia  
Sakagawa, Amy  
Sakoda, Eileen  
Sakumoto, Atsuko  
Yamaguchi, Hugh  
Yamamoto, Arlene

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## **HAPPY BIRTHDAY**

**(continued)**

Katsuko Taira  
Iris Takushi  
Lillian Tanaka  
Valerie Teruya  
Rosemarie Tom  
Yoshie Tomosada  
Gwendolyn "Gwen" Valdez  
Janet Wakakuwa  
Mae Wakazuru  
Hatsuko Walker  
Rui "Judy" Wang  
Keiko Watanabe  
Edward Wong

Liejun Wu  
Misako Yagi  
Sharon Yamamoto  
Gail Yamasaki  
Wallace "Wally" Yashima  
Cyrilla Yonehara  
Bok-Dong Yoon  
Lynn Yoshida  
Meili Zhang



# April 2024 Class & Club Schedule

\*Most classes and clubs are an hour long, unless noted otherwise below.

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	
	9:15 AM	Guitar	Hirai	Library Room	
	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	Fujii	Lanai	
	11:00 AM	Hula	Makolo	Courtyard	
	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	
	12:30 PM	Cribbage	Kono	Patio	
	Tuesday	TBA (day & time varies)	Composting Wormies Group*	Uyehara	TBA
		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	
9:00 AM		Beginner Macintosh (Apple) Class*	Rasmussen	ONLINE	
9:00 AM		Hawaiian Cultural Club (No mtg last Tues. of month)	Manuel	Activity Room	
9:15 AM – 12:15 PM		Pickleball	Baldomero, Yamada	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	Courtyard	
10:15 AM		Sahm Bo Dahn	Higuchi	Lanai	
10:30 AM		Intermediate Ukulele	Olayan	Lib Annex, Go Room	
11:30 AM		Chuan Tai Chi	Pham	Dance Room	
11:30 AM		Japanese Calligraphy	Usami	Sewing Room	
1:00 PM		Line Dance	Sonson, Matsunaga	Lanai	
Wednesday		11:30 AM – 2:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
		8:00 AM	Tai Chi*	Koike	ONLINE
	9:00 AM	Stretch & Tone	Werle	Lanai	
	9:30 AM	Portuguese Cultural Club (2 <sup>nd</sup> & 4 <sup>th</sup> Wed. of the month)	Frank	Activity Room	
	9:45 AM – 12:00 PM	Sewing by Nakasone	Nakasone, Ito	Craft Room	
	10:00 AM	Korean Dance Cultural Club	Hasegawa	Dance Room/Lanai	



# April 2024 Class & Club Schedule

Day	Time	Class	Facilitator	Location
	10:30 AM – 12:00 PM	Shigin	Tokugawa	Library Room
	10:30 AM	Garden Group* (Last Wed. of the month)	J. Nakamura	See facilitator
	10:30 AM	Happy Senior Serenaders	Ramiro, Young	Lib Annex, Go Room
	11:00 AM	Body & Brain Beg. Yoga & Tai Chi	Arquette	ONLINE
	11:00 AM	Yoga	Fujii	Lanai
	12:00 PM	Crafts by Janet*	Miyashiro	Craft Room
	12:15 PM – 1:45 PM	Chinese Traditional Dance	Feng, Hou	Dance Room
	1:30 PM	Fit & Flexible	Mayeshiro	Lanai
	2:00 PM – 2:45 PM	Conv. Mandarin Language	Xu, Hou	Dance Room
<b>Thursday</b>	9:00 AM – 1:30 PM	Digital Technology*	Lanakila Pacific	Sewing Room
	9:00 AM	Traditional Chinese Medicine	Fujio	Library Annex
	9:00 AM – 10:30 AM	Okinawa Nenchosha Club	Higa	Lanai
	9:00 AM – 11:00 AM	Hanafuda	B. Nakamura	Dance Room
	9:00 AM – 10:30 AM	Taisho Koto	Takeuchi, Sueda	Library Room
	9:15 AM – 12:15 PM	Pickleball	Hino, Lau	Lanakila Gym
	11:00 AM	Cribbage	Kono	Patio
	11:00 AM – 12:00 PM	Okinawan Dance	Kawaguchi	Lanai
	12:30 PM – 2:30 PM	Brian's Karaoke Class (2 <sup>nd</sup> & 4 <sup>th</sup> Thurs. of the month)	Suzuki	Library Annex, Go Room
	1:00 PM	Zumba Gold	Hokama	Lanai
<b>Friday</b>	8:00 AM	Tai Chi*	Koike	ONLINE
	8:30 AM	Basic (Beginning) Ukulele	Nishiyama, Young	Go Room
	9:00 AM	Fusion	Gittelman	ONLINE
	9:00 AM – 2:30 PM	Enka	Arakaki	Sewing Room
	9:30 AM	Chinese Cultural Club (1 <sup>st</sup> & 3 <sup>rd</sup> Fridays of the month)	Mau	Activity Room
	9:30 AM – 11:00 AM	Yui Buyo	Sugai	Lanai
	10:00 AM- 12:00 PM	Tap Dance	Feagins, Ferreira	Dance Room
	10:30 AM	Sing For Your Life	Richmond	Lib Annex, Go Room
	11:15 AM	American Sign Language	Shimizu	ONLINE
	12:00 PM – 2:30 PM	Ping Pong	Ream	Lanai
	12:30 PM – 2:30 PM	Beginner Oldies Karaoke	Murashige	Go Room
<b>Saturday</b>	9:00 AM – 11:30 AM	Filipino Cultural Club	Ibay	Activity Room
	9:15 AM	Beg. Inter. Conversational French	Graham	Library Room
	10:30 AM	Spanish	Shaw	Library Room
<b>Sunday</b>	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.

# April 2024

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Travel Club (1:00 pm)  <i>Spring Session Starts</i>	2 Ho'olu 'Aina Tour (9:00 am) CPR with HFD (1:30 pm)	3 Ti Leaf Lei Making Service Project (9:00 am) Iolani Palace Tour (11:00 am) Hawaii State Art Museum (11:00 am)	4 Strength Training w/ Televeda ONLINE (8:00 am)	5 Strength Training w/ Televeda Online (8:00 am) Milestone Book Workshop (2:00 pm)	6 Brain Health Using Chess (9:00 am) Tech Help Desk (9:00 am) Beginning Ukulele (9:00 am)
7	8	9 Strength Training w/ Televeda (8:00 am) BINGO (9:00 am) Kroc Center (10:00 am)	10 Ti Leaf Lei Making Service Project (9:00 am) Program Committee Meeting (8:30 am) Orange Xpress (12pm) Magic Island Walk (4:00 pm)	11 Strength Training w/ Televeda ONLINE (8:00 am) Coffee, Tea & Talk Story (8:30 am) Social Security (10:00 am) Food & Money Basics (10:30 am)	12 Beginner Yoga (11:00 am) Korean Culture and Cuisine (2:00 pm)	13 Brain Health Using Chess (9:00 am) Tech Help Desk (9 am) Beginning Ukulele (9 am) Honolulu Orchid Society Judging (9:30 am) Cybersecurity Presentation (10:00 am) Fall Prevention Awareness (10:00 am) Personal Tech (12 pm)
14	15	16 Strength Training w/ Televeda (8:00 am) Ke Ola Mamo: Sleep & Nutrition (9:30 am)	17 Ti Leaf Lei Service Project (9:00 am) Volunteer Appreciation Day Program (9:00 am) Magic Island Walk (4:00 pm)	18 Strength Training w/ Televeda ONLINE (8:00 am)	19	20 Brain Health Using Chess (9:00 am) Tech Help Desk (9:00 am) Beginning Ukulele (9:00 am) NARFE Meeting (9:30 am)
21	22	23 Strength Training (8:30 am) Oldies but Goodies Concert (12:00 pm) Repotting Orchids (1:30 pm)	24 Ti Leaf Lei Service Project (9:00 am) New Member Orientation (9:00 am) PAB Meeting (12:00 pm) Magic Island Walk (4pm)	25 Strength Training w/ Televeda ONLINE (8:00 am) Tech Thursday w/Televeda (9:00 am) Vaccinations (9:00 am)	26 Beginner Yoga (11:00 am)	27 Brain Health Using Chess (9:00 am) Tech Help Desk (9:00 am) Beginning Ukulele (9:00 am)
28	29 Caregiver Resources (1:00 pm)	30 BINGO with Televeda (9:00 am)				

\*Calendar subject to change

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# News Release

SOCIAL SECURITY

## **Social Security to Remove Barriers to Accessing SSI Payments**

Today, the Social Security Administration published a final rule, "Omitting Food from In-Kind Support and Maintenance (ISM) Calculations." The final rule announces the first of several updates to the agency's Supplemental Security Income (SSI) regulations that will help people receiving and applying for SSI.

"A vital part of our mission is helping people access crucial benefits, including SSI," said Martin O'Malley, Commissioner of Social Security. "Simplifying our policies is a common-sense solution that reduces the burden on the public and agency staff and helps promote equity by removing barriers to accessing payments."

SSI provides monthly payments to adults and children with a disability or blindness, and to adults aged 65 and older, who have limited income and resources. SSI benefits help pay for basic needs like rent, food, clothing, and medicine. People applying for and receiving SSI must meet eligibility requirements, including income and resource limits. Under our old rules, ISM includes food, shelter, or both a person receives - the agency counts ISM as unearned income, which may affect a person's eligibility or reduce their payment amount.

Under the final rule, beginning September 30, 2024, the agency will no longer include food in ISM calculations. The new policy removes a critical barrier for SSI eligibility due to an applicant's or recipient's receipt of informal food assistance from friends, family, and community networks of support. The new policy further helps in several important ways: the change is easier to understand and use by applicants, recipients, and agency employees; applicants and recipients have less information to report about food assistance received from family and friends, removing a significant source of burden; reducing month-to-month variability in payment amounts will improve payment accuracy; and the agency will see administrative savings because less time will be spent administering food ISM.

The agency continuously examines programmatic policy and makes regulatory and sub-regulatory changes as appropriate. Look for more SSI announcements in the coming weeks.

For more information on the SSI program, including who is eligible and how to apply, visit [Supplemental Security Income \(SSI\) | SSA](#).

To read the final rule “Omitting Food from In-Kind Support and Maintenance Calculations,” visit [Federal Register :: Omitting Food From In-Kind Support and Maintenance Calculations](#).

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