



# *Kaleidoscope*

**August 2023**

Moiliili Senior Center Program at Moiliili Community Center  
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A program for those 60 years and above, living from Ward Avenue through to Hawaii Kai. This program is partially funded by State funds through the Elderly Affairs Division, Department of Community Services, City and County of Honolulu and the State of Hawaii Executive Office on Aging and administered by Moiliili Community Center. MCC- An Aloha United Way Agency

**Aloha! CHELSIE!**

Aloha Senior Center Participants,  
I would like to inform you all that I will be leaving MCC to pursue other opportunities. Thank you very much for your kindness and welcoming me to the MCC ohana. I truly enjoyed my time here and I am so glad I got the chance to get to know you. I have learned so much from each of you, and I will take the lessons I have learned with me as I move on to my next chapter. I hope you all continue to stay healthy and well!

Mahalo,  
Chelsie

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## **VOLUNTEERS NEEDED**

We are looking for volunteer instructors or leaders for classes such as Ping Pong, Friendly Matters, Kanikapila, Yoga, Meditation, Aerobics, Technology Assistance, Cultural/Educational seminars, etc.

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## **ARACDIA FOLLIES 2023**

We are lucky to have been invited to Jack Cione's Follies held at the Arcadia Retirement Residence. This year's theme is "**Broadway Babies**". Join us for an entertaining and spectacular afternoon. Sorry, we do not have transportation for this event. MCC's own Thrift Store manager, Bonnie Parsons is in this show.

Date: Thursday, September 7, 2023  
Meet Time: 2:30 P.M. in the Arcadia Lobby  
Show Time: 3:00 P.M.

**Reservations Required**  
**Contact Senior Office to reserve your spot.**

*Welcome .... JEFF!*

Aloha everyone!

I am delighted to introduce myself as Jeff Ching, the new Program Director of the Moiliili Senior Center and Kupuna Support Program. Firstly, I would like to acknowledge the work of Chelsie Arume, our former Director. Chelsie has dedicated her time and expertise to maintaining programs that have greatly benefited our seniors. Your feedback and input are valuable to us. I encourage you all to share your ideas, suggestions, and thoughts with me and the rest of the team. Together, we can shape the future of the Moiliili Senior Center and Kupuna Support Program.

Our monthly newsletter "Kaleidoscope" will keep you updated on upcoming events, highlight success stories, and provide valuable resources. If you have any questions, concerns, or would like to schedule a meeting, please do not hesitate to reach out to me at 808 955-1555 or by email [jeffc@moililicc.org](mailto:jeffc@moililicc.org) I am here to serve you, and I am genuinely excited about the remarkable journey we are about to embark on together.

I eagerly anticipate the opportunity to meet every one of you soon.

Warmest Regards,

Jeff Ching  
Program Director Moiliili Senior Center and Kupuna Support Program

## COVID-19 SAFETY PROTOCOLS



We no longer require members to check their temperatures upon arrival and departure from the center and no longer have

the attendance station in front of the main office.

Please check yourself in on the attendance logs located in each classroom. MASKS ARE STILL REQUIRED. For any Senior Center inquiries, please see staff in Room 203.

Please see the Senior Center Bulletin Board on the first or second floor for updates and information on classes and events.

Please keep in mind that the following safety protocols will continue to remain in place:

- MASKS MUST BE WORN AT ALL TIMES
- Please sanitize your hands upon arrival and departure of MCC.
- If you are feeling sick in any way, please do not come to the center.
- If you are traveling off-island, please quarantine for five days and take a covid test on the fifth day. If the test is negative, you may return to the center.
- Classrooms and studios will be sanitized between each class.
- No sharing food or eating together on MCC property.

Thank you again for your cooperation throughout these unprecedented times. If you have any questions or concerns, please feel free to contact the senior center staff.

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## CLASS REMINDERS, CHANGES, & UPDATES

### Upcoming Holidays:

Moiiliili Community Center will be closed on the following holidays:

- Friday, August 18 – Statehood Day
- Monday, September 4 – Labor Day

### Class Information:

- **Mindfulness Meditation:** Class canceled on Aug 10<sup>th</sup>.
- **Beginning Ukulele:** Session ends Aug 10<sup>th</sup> | *New session begins September 7<sup>th</sup>*
- **Soroban** class will resume on September 5<sup>th</sup>.

- Please ask to join waitlist for the following classes:
  - *Group Singing*
  - *Line Dance I*
  - *Line Dance II*

## UPCOMING EVENTS & WORKSHOPS

### Chigiri-e Workshop – Saturday, August 5, 2023, 9:00am – 12:00pm Room 105

Chigiri-e is a Japanese art form in which the primary technique uses colored paper that is torn to create images that may resemble a watercolor painting. Kits to be purchased at the workshop for \$10.

### Ukulele Basics Workshop – Every other Thursday, 10:15am – 10:45am

August Class Dates: 8/3/23, (*New Session begins September 7<sup>th</sup>*)

Learn and practice basic ukulele chords and transitions to assist in the Beginning Ukulele class. Workshops will be before class, every other week.

### Virtual on ZOOM Lei Ilima Craft Workshop – Wednesday, Aug 13, 2023, 1:00 pm – 3:00 pm on ZOOM

Frida Kahlo Paper Craft & Popsicle stick easel. Please contact the Senior Center Office for a supply list and additional information.

### Movie Monday – Monday, Aug 28, 2023, 11:00am Room 105

Every last Monday of each month is **Movie Monday**. Come enjoy a movie with us! The August Movie will be ***The Nutty Professor*** Sherman Klump, a morbidly obese and kind-hearted professor at Wellman College, creates an experimental formula that reconstructs someone's DNA for weight to be lost more easily.



### Medicare 101 – Tuesday, August 15, 2023, 10:30am – 11:30am Room 202

Join Premier Benefit Consultant, Daryn Fujii, and learn Medicare Basics including topics like enrollment periods, different parts of Medicare, Medicare

Supplement Plans, Prescription Drug Plans, and Medicare Advantage Plans. This information will help you choose the right plan for you. This seminar will have an emphasis on Medicare Part C.

**Incontinence Seminar – Friday, August 11, 2023,  
11:30am – 12:30pm Room 105**

Learn about Incontinence issues from Dr. Lori Yamashita.

**Niko Niko Genki Taisoo – Televised – Thursdays  
8:00am on OLELO**

MSC’s own Faye Murata’s Niko Niko Genki Taisoo Exercise Program is showing on **OLELO (channel 54)** every *Thursday at 8:00am*. If you have a chance, watch it and enjoy the morning exercises!

**A Celebration of the 25th Anniversary of Rhythm & Life in Hawaii - Saturday, Nov. 18, 2023. Special Guests Rhythm & Life Group of Shizuoka.**

House of Hong Restaurant 11:00 am – 2:00 pm Cost \$35.00 Tickets on sale, Cash only, Contact Senior Center Office.

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**OPPORTUNITY FOR VIRTUAL CLASSES**

Moiliili Senior Center has purchased tech equipment to make virtual classes available to all our members. We now have the ability to show virtual classes in-person at the center and can show in-person classes online through Zoom. Class instructors, if you are interested in streaming your virtual class at the center or if you are interested in posting your in-person class online, please contact the Senior Center staff.

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**GENERAL REMINDERS**

**Parking**

There is limited parking at MCC. Please be dropped off, take the bus or carpool if possible. Our Parking Attendant, Theresa, will be directing traffic and coordinating the parking. Please be courteous and follow instructions. Please think about your safety and the safety of those around you. For the safety and well-being of all our members, we kindly ask that when your classes are over to immediately leave the center to avoid overcrowding and parking issues.

**Senior Center Registration Forms**

Please remember to update your registration forms. You may fill out registration forms at the Senior Center Office in Room 203.

**Community Center Membership Fees**

Please remember to renew the \$40 annual membership fees. Memberships should be paid for each calendar year. All payments must be given to the main office. Please be sure to place cash/checks in the membership envelopes and fill out the envelope with name, phone number, and address. Checks may be payable to Moiliili Community Center.

**Air Conditioners**

If your class uses an air conditioner, please keep the doors and windows shut. Air conditioners should not be set lower than 75 degrees. Please do not turn on the ceiling fans in any classroom. Thank you for your cooperation.

**Online Payment Option**

You may now pay membership fees and make donations online at [moililicc.org](http://moililicc.org). If you do wish to pay online, there will be a 6% processing fee. You may opt out of paying the processing fee by choosing “I don’t want to cover the processing fee for Moiliili Community Center” on the “Your Details” page when making a payment. If you have any questions or concerns, please contact Senior Center Staff or the MCC Main Office.

**Donation Policy**

Monetary donations are welcomed to help balance our budget. A \$2 donation per activity or a \$20 donation per month is encouraged



but is not mandatory. This is a suggested amount and is a donation, so if you are unable to, please do not worry. Subsidy monies are available for those interested in participating and who find it difficult to pay; see MSC Program Director.

MCC is now accepting donations for the Thrift Store, Rummage Sale, etc. Donations will be accepted on **MONDAYS AND FRIDAYS ONLY**. MCC staff will not accept donations on any other day. All donations should be turned in to the main office.

## MCC Restrooms

For the safety of all, please do not prop the restroom doors open. Each classroom has a set of keys for the women's and men's restroom. Please make sure that the keys are back in their place by the end of your class.

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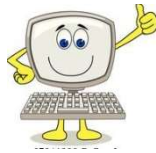
## SENIOR CENTER SERVICES

### Assisted Transportation and Escort

Senior Center Driver, Sukil, is available from 9:00am – 2:30pm Monday through Friday to assist in transportation/escort service to doctor's appointments, grocery shopping, haircuts, post office, and other necessary places. Appointments are first come, first served. Please call ahead of time to reserve your transportation needs. Individuals must be physically able to get in and out of the minivan.

### Technology Assistance

If you need assistance utilizing technological devices (smartphone, tablet, laptop, etc.) or need assistance accessing information via internet, you may make an appointment with Senior Center Director, Jeff, to receive assistance. You will need to bring your own device to the appointment. Appointments are first come, first served. Please call ahead of time to schedule an appointment.



### Shopping Delivery

Participants may order groceries from their supermarket and pay online or contact us to make the order if comfortable giving us credit card information for that transaction. Please note: We do not retain or keep credit card information on file. The information is deleted after the order is placed. We will pick up the goods and deliver them to the members.

### Telephone Reassurance

We are continuing to check-up on Senior Center members via telephone calls. These calls assure members' well-being and provide updated information from the Senior Center. If you do not wish to be contacted for telephone reassurance, please notify staff.

## Call- I'm OK

Call – I'm OK is a telephone check-in system to support seniors who live alone. Call the special phone number to say, "I'm OK." If you do not call, we will call your home. If there is no answer, we will call your emergency contact. If no one knows where you are or has not seen you, staff will go to your home for a wellness check. Please contact the Senior Center to register for this service.

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*All services are free. Senior Center staff will not accept tips. Donations to the Senior Center Program are welcomed. If you are interested in any of these services, please contact the Senior Center office.*

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## COMMUNITY INFORMATION AND RESOURCES

### Senior Information and Assistance Handbook

This handbook is a key resource for our kupuna, their families and caregivers to assure our elders are comfortable, healthy, and have safe living environments as they age in place. The Senior Information and Assistance Handbook provides valuable information on senior housing options, meal assistance, transportation, community services and much more. Family and caregivers can also find resources for adult day-care, in-home care, safety and fall prevention and support group classes.

\*Please see staff for a hard copy of this handbook.

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## Hidden Treasures Thrift Store

Hidden Treasures offers a wide range of items for sale: vintage clothes, antiques, books, small appliances, dishes and much, much more.

### Store Hours:

Tuesday through Saturday

10:00 a.m. to 3:00 p.m.

Sunday & Monday: **CLOSED**

Phone number: 808-942-0595

