



Holo holo!

Hawaiian for "to go out for pleasure."

The news bulletin of the Kupuna Support Program at
Mō'ili'ili Community Center • Spring Edition **MAY 2024**

2535 South King Street, Honolulu, HI 96826

Announcements (808) 955-1555

Mahalo for being a part of our `ohana!

We look forward to updating our records as Kupuna and their families plan for travel, graduations, and other celebrations.

Please note in June you will receive an email requesting medical updates, and emergency contact information.

Upcoming Events:

Magic Show in Classroom - Date to be announced via email as we secure the date.

Health Talk - Skin Cancer: Friday, May 17
11:00am-12pm, Room 105.

Chi Gong – Chair exercises have been added to your Kupuna classes each morning.

Fine Motor Skills project - Mother's Day painted potted flowers, grown by seeds.

Program Reminders:

Hot Meals:

URGENT: To avoid charges for a hot meal on a day Kupuna cancels, kindly call (808) 294-4645 *before* or by 7:30AM on the day of cancellation. Thank you. Please note if you call the main line, those messages are not checked until 8:00am causing your reported absence to be missed and a lunch to be ordered and charged to your account. Help us save you money. Thanks.

Health & Wellness Tips:

There are four core elements of exercise that are important for people with Parkinson's Disease:

1. Aerobics – e.g. brisk walking, stationary cycling – activities that get the heart pumping.
2. Strengthening – e.g. using weights or resistance bands to improve muscle strength.
3. Balance – e.g. tai chi, dance to help you be steadier on your feet.
4. Stretching – e.g. mat exercises, yoga to provide flexibility.

[Best Exercises for People with Parkinson's Disease | APDA](#)

www.apdaparkinson.org/article/what-exercise-to-do-with-parkinsons/

Volunteer Spotlight: HBA volunteers Chase & Reeve returned a second time to play games with Kupuna. – Thank you to Senior, Ade Nakamura for her generous goodies during our Spring and Easter holiday.

MCC KSP Main Line (808) 955-1555

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