



Kaleidoscope

June 2019
Vol. XXX No.6

Moiliili Senior Center * 2535 South King Street * Honolulu, Hawaii 96826 * PH: 955-1555

A Program for those 60 years old 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

SENIOR CENTER NEWS:

ALOHA & MAHALO Kawika Maano! At the end of May, Kawika retired as our driver. We want to thank him for being such a great driver and wish him well. He will be missed by his co-workers and all the seniors he has serviced. As Kawika leaves us, we want to welcome Carrie Murata. Carrie will be our Assisted Transportation Driver.

THANK YOU to the volunteers who helped at the "Anything & Everything" sale in May. These volunteers came early to set up, sold items, and cleared up everything at the end of the sale. We appreciate all that you do for the senior center and we could not have these sales without your help. We made over \$500!

PARKING ALERT! All day care for the children during the summer at Moiliili Community Center will start on June 3 and end on July 26. There will be limited parking. Please be dropped off, take the bus or carpool. Also, **YOU** need to be aware of what is happening around you. **THINK OF YOUR SAFETY!!!** Don't be in a rush when being dropped off at the center. Have your driver pull up to the parking lot attendant and the tree, not in the middle of the driveway, in the tunnel or in front of the ramp. Watch for vehicles backing up - you are **NOT** stronger, faster or larger than a vehicle: don't try to walk around the back of the vehicle especially when it is backing up. **BE AWARE! BE PATIENT! BE SAFE!** Thank you.

We have an abundance of soothing, healing, instrumental CDs in the senior office, room 203. If you are interested in getting **FREE** CDs for yourself or someone else, please stop by and help yourself to them.

EXCURSION PEOPLE ... help us, help you. When paying for excursions, please be sure that the staff marks you "PAID". Sometimes, staff are handling many different things at once, especially when we are short handed. Please do not feel offended if we ask you if you'd like to make a payment and you have already done so. If you are marked "PAID", then we would not need to ask about payments. Thank you for your assistance.

WAIVERS - MCC/MSA has a new insurance company and **ALL** participants must fill them out. We ask that students and instructors turn the forms in as soon as possible. If you

received a waiver form and turned it in to the MSC office, you do not need to fill another one out for another class. Forms are in your attendance folders and in the senior office. Thank you for your cooperation.

Be Careful!!!! Last year several participants fell and hurt themselves. Please be aware of yourself and know your limitations. For some people, it may mean moving from a cane to a walker, not spinning around in exercise class, wearing proper footwear, feeling steady/balanced before moving, or knowing when to rest. **PLEASE!!!** Be careful. We want you to keep coming to the center for as long as you are able.

REMINDER: Please check your name off in the attendance folder for each and any class you attend. We need to do reports every month and we ask that you be counted. This will help us reach our contract goals. Thank you for your cooperation.

The students of MSC's Painting and Drawing Class will exhibit their work from
July 2 through July 30
Hoomaluhia Gardens, Exhibition Room
If you missed the art show at MCC in May, this is your chance to see art works in mixed media from the members of the painting and drawing class. Enjoy the day in the gardens and stop by the exhibition room and be amazed at the range of skills and techniques.

Moiliili Community Center T-shirts are for sale in the main office for \$10. If you would like to purchase a shirt, please see the staff in the main office.

MAHALO! MAHALO! MAHALO! to performers
*Heels N' Harmony & Na Kupuna O Moiliili members @ Arcadia.

Do you need a ride to your doctor's appointment? Carrying all those shopping bags home too difficult? We can help! MSC's Assisted Transportation service provides transportation for registered MCC/MSA members to and from their appointments with a MSC staff member as an escort. Transportation services are available from 9:00 a.m. to 12:30 p.m., Monday - Wednesday. Appointments must be made at least 24 hours in advance. Schedule an appointment today!

We have a "SUPER SENIOR" section in our newsletter. If you know of a senior who you think is "SUPER", fill out our nomination form and with the consent of the senior, we will feature the person in "Kaleidoscope". Forms are available in class attendance folders and in the senior office.

REMINDER: If your class uses the air conditioner, please turn it off at the end of your class. Air conditioners should not be set lower than 73 degrees, anything lower uses more electricity and the Weinberg building is not connected to the main building's photovoltaic system. Thank you for your cooperation.

PARKING ISSUES: Drivers, when parking in lined stalls, please park within the stall. If you are over the line, you are taking up 2 stalls. If this happens, staff needs to check classrooms to see where you are and ask you to straighten your car. Also, please do not remove reserved parking space cones. These parking spaces are for volunteer instructors, speakers or special project volunteers. If you move these cones, your teacher/speaker may leave because there are no parking spaces available and then your class/seminar will be cancelled. As a reminder, if you have an afternoon class, please do not park in the covered parking lot if your class goes beyond 2:00 p.m. The Child Care program needs to block off half of the lot for the children before they arrive. We realize parking is tight at the center and we are trying to think of alternatives. If you have any suggestions, please let us know. Thank you for your cooperation.

REMINDER!!!! No one from MCC is allowed to park on the 2nd level, above Down to Earth. If MSC/MCC members park upstairs, their vehicles will be towed. There is a camera installed to monitor vehicles. Thank you for your attention pertaining to this matter.

EXCURSION SUGGESTIONS. We need more interesting excursions that can accommodate a large number of people so we can hire a bus. If you have any ideas, please let the senior office staff know so we can try to schedule an excursion.

MCC Restrooms : For the safety of all, please do not prop the doors open. Each classroom has a set of keys for the women's and men's restroom. Please kokua and make sure that the keys are back in its place by the end of your class. Lost keys cost money to replace.

HELP WANTED: MOILIILI COMMUNITY CENTER IS LOOKING TO HIRE DRIVERS. If you know someone who may be interested, please have them apply in the main office. We are currently looking for a van (No CDL) and a bus driver (CDL) for all programs.

Lei 'Ilima Club Craft Workshops

June 4 - Celebrate National Rose Month by making a variety of roses with ribbon, ti leaves, or paper. You will need to bring your quilling tool and glue if you want to quill a rose. Also, bring a thin square washcloth if you would like to learn how to make a washcloth rose. Materials to make the other types of roses will be provided.

July 9 - Quill a flower pot for the rose that you quilled at the June workshop. Bring quilling tool, Elmer's Glue, scissors, and quilled roses.

August 13 - hand stitch a tenugui bag. Bring a bon dance towel to sew your bag or pick up a used one at our June workshop. Also bring needle, thread, and scissors.

Scheduled workshops in Room 202 from 9:30 - 11:30 a.m. Please sign up in the senior office if you would like to attend.

Thank you all for your continued participation in our Senior Center Program. We continue to partner with the Moiliili Community Center, as we are one program under the Community Center. We are asking all senior center participants to become members of the Community Center. The annual membership fee is \$35.00 for 2019. Your participation as MCC members helps support our endeavors to continue to offer classes, activities and services. MCC member's benefits: 25% off all purchases of \$10 or more at our "Hidden Treasures" Thrift Store; One Plus One Drive Inn will offer a 10% discount on a purchase of plate lunches; and Subway - Moiliili will offer a 10% discount on any sandwich/salad, excluding special offers. Other exclusions may apply to both places. Just show your current MCC Membership Card to receive your savings. Offers are valid through the end of this year. Mahalo for your support of the Center.

All the 2nd floor air conditioners are operational! The temperature should be set at 73 degrees. To turn the units on and off, please use the on/off switch that the unit is plugged into. You do not need to manually turn on and off the unit itself. When using the air conditioners, the windows and doors need to be closed. Thank you for your cooperation.

We would like to thank everyone for their generous donations of goods to the Thrift Store and the Senior Center. Sometimes the main office is inundated with an abundance of goods and it becomes unsafe to walk through the office. For this reason, the main office accepts donations in bulk on Tuesdays and Fridays between 8:00 a.m. - 4:00 p.m. to reduce the

congestion in the main office. Thank you for your cooperation.

ATTENTION Seniors! When paying by check for your Moiliili Community Center membership and including a donation to the senior program, please make a note on the membership/donation envelope that the donation is for the Moiliili Senior Center. If you are making a donation to the Community Center, then you do not need to make any notations. Reminder - ALL checks must be written to: **MOILIILI COMMUNITY CENTER**, not the senior center. Returned checks will be assessed a \$25.00 fee. Mahalo.

Registration Card Update!! \$1.00 charge for every year you have not updated! Cards should be checked annually for current information, especially your emergency contacts, health status, etc. It takes just a few minutes.

Fire & Lockdown Drills: MCC will hold periodic fire and lockdown drills. Please listen to staff for instructions. Thank you.

Your Kokua, please. Your help in maintaining the rooms, emptying waste baskets, turning off lights & fans, and reporting problem areas immediately will help in alleviating further problems. Also, your help in maintaining the restrooms is needed. Only wash your hands in the sink to avoid any clogging. Mahalo.

Senior Helpline phone number 768-7700, for the island of Oahu: They can assist you in finding the resources or information you may need.

DONATION POLICY: Donations are welcomed to help balance our budget: \$2.00 suggested per activity, or \$20.00 per month. **REMEMBER**, this is a **suggested amount and is a donation**, so if you are unable to, don't worry. Subsidy monies are available for those interested in participating and find it difficult to pay; see Director. All Senior Center participants are asked to pay the MCC membership fee of \$35.00 for 2019.

Attention all class participants: It is **YOUR** responsibility TO CHECK YOURSELF IN THE CLASS ATTENDANCE FOLDER AND CHECK FOR ANY FLIERS OR ANNOUNCEMENTS, which include last minute notices or other information. All participants **MUST** be registered with the senior office.

MCC NEWS:

VOLUNTEERS WANTED: Looking for "responsible",

regular volunteers for the Thrift Store, especially for Thursdays, Fridays or Saturdays. If interested, see Bonnie at the Thrift Store.

THE MOILIILI BOOK REPRINTING PROJECT. New pages added and other pages updated. Everything (almost everything) you ever wanted to know about Moiliili. Pre-publication \$25. At publication date \$35. Distribution was expected in May, 2019. Check with the main office for updates. Please write checks to: the Moiliili Community Center (memo line: book project) and send it to: Moiliili Community Center, 2535 South King Street, Honolulu, Hawaii 96826 (add \$20 if you wish shipping).

EXCURSION REMINDER: Excursion participants, please carpool or use the bus to allow parking for those who attend classes. **NO RESERVING SEATS**, except for your partner. Whenever you are going from one place to another, please return to your original seat. All participants must remain with the bus as the bus pick-up point will be determined by the driver. **DO NOT** ask to be dropped off somewhere else or along the way. If you plan to leave the group at some point, let your Escort know. Also, each participant must have an updated registration. If there are any special needs, please let the staff know about it before the excursion.

A REMINDER: Sign up for any of the special activities noted, such as seminars, workshops, excursions. Activities may be canceled due to lack of interest or at speaker's request, and only those on the list would be notified. Also, if you have any suggestions or ideas for activities, please submit information to the senior office.

ACTIVITIES, SPECIAL EVENTS & EXCURSIONS

- *Sign up for all excursions, seminars, workshops, special events, etc. in person. **NO** phone reservations.
- *Sign up for you and your spouse only.
- *Call for cancellations. **NO REFUNDS** for late cancellations.
- *Payments for excursions due one week prior. **When paying, please be sure that you are marked "PAID"**.
- *Those needing assistance must bring a companion.
- *Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

MOVIE: "THE GIRL IN THE SPIDER'S WEB" (2018)

(1-hr. & 55-mins., DVD, Action, Crime, Drama. Rated R for violence, language and some sexual content/nudity.)

Starring Claire Foy & Beau Gadsdon. Young computer hacker Lisbeth Salander and journalist Mikael Blomkvist find themselves caught in a web of spies, cyber criminals and corrupt government officials.

Date: Friday, June 21

Time: 12:15 p.m.

Place: MSC, room 202

Cost: Donation

CRAFT WORKSHOP: CHIGIRI-E

The Japanese style of doing a collage picture by tearing washi paper to form. Workshop for all ages and levels. LIMIT: 12.

Date: Saturday, June 1 & July 6

Time: 9:00 a.m.

Place: MSC, room 202

Cost: Supplies

CRAFT WORKSHOP: KUMIHIMO

Traditional Japanese art of braiding cord; can be used with a pendant or other decorative ways. Beginners learn basic braids; Advanced do own project. LIMIT: 10 per class.

Date: Thursday, June 6 (Adv)

Thursday, June 13 (Beg)

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

SEMINAR: LIVING WELL WITH DIABETES

Here in Hawaii, nearly 600,000 people are living with prediabetes or diabetes, affecting 1 in 3 individuals: over 154,000 people with diabetes and an additional 442,000 with pre diabetes. Diabetes is the 7th leading cause of death in Hawaii and nationwide. Fortunately people living with diabetes can live healthy and active lives with proper care and treatment. Terri Dietz, from the diabetes Hawaii chapter will share on Diabetes 101: "A Healthier You" and offer education and resources to help those with diabetes live productive and healthier lives. Margie Gentilella, RN, will present on how seniors living with diabetes can age safely at home, perform activities of daily living and maintain a wonderful quality of life.

Date: Tuesday, June 18

Time: 9:00 - 10:30 a.m.

Place: MSC, room 105

Cost: Donation

Our wishes to our *June* birthday participants.

BEREAN, THERESA
BONNEY, HAZEL
CABRAL, ERNA
ENOMOTO, PATRICIA
FUKUDA, HISAKO
GOO, RONALD
GRAFF, ELEANOR
GUM, LAURETTA
HASEGAWA, FAYE
HIGA, MABEL
HORIUCHI, HAROLD
HORSTMAN, PHYLLIS
ISHII, JUNE
KANESHIRO, HILDA

KANESHIRO, LINDA
KIKUTA, HENRIANN
KITAGAWA, GRACE
KODANI, IRENE
KON, BETTY
LEE, LYDIA
LEE, MAY
LUM, YVETTE
MAEDA, CLYDE
MALIVUK, KARL
MARTIN, HANK
MASUDA, PONCHO
MATSUMOTO, TERUKO
MIHARA, AMY

SEMINAR: FALL PREVENTION

Everyone wants to stay as healthy, mobile, and independent through as much of their lives as possible. Taking a fall is the one thing that is most likely to prevent this dream from being a continuing reality. Most premature deaths among the elderly start with a fall. Learn how to keep yourself and your loved ones as safe as possible. Anne Chipchase will lead us through a 40 minute program highlighting the most important elements!

Date: Friday, June 21

Time: 9:15 a.m.

Place: MSC, room 105

Cost: Donation

EXCURSION REMINDER: SENIOR CITIZEN PROM 2019

This excursion is closed. RSVPs were turned in in May. This notice is a reminder for those we have called on the list who need transportation service on June 7.

Date: Friday, June 7

Departure Time: 9:45 a.m.

Return Time: 1:15 p.m.

Cost: Transportation Donation: \$2.00

CLASS/ACTIVITY ANNOUNCEMENTS: Sign up Senior Office, rm. 203

ADULT HULA AUANA. No class on June 1 & 8.

ZENIDAIKO. No classes in June & July.

OKINAWAN DANCE. No class on June 4 & 11.

UKULELE PRACTICE. No class on June 6.

SOROBAN. Class resumes on 9/3.

SOLO UKULELE I & II; Classes begin Friday, July 5. Classes are in a 20-week session, room 202. SUI - 11:00 - 12:00 p.m.; SUII (must complete SUI and instructor must approve advancement.) - 9:30 - 10:45 a.m. Inst: Allen Tanabe. Learn to read music and play the melody. Must have own ukulele & dedication to practice. Cost: \$25 for text book & \$10 for music notes, music sheets and additional study materials are due at the beginning of the course. Other optional fees will be announced if the need arises. See

MURAKAMI, NANCY
MURRAY, MIMI
NAGAMI, MACHIKO
NAITO, CARL
SAKAMOTO, NANCY
SATO, JANET
SATO, SETSUKO
SHEPHERD, CATHERINE
SHIMABUKURO, RICHARD
SHIOHIRA, JEANETTE
SHIRAIISHI, ANNETTE
SUEHISA, MICHIKO
TAKAMURA, ITSUKO
TAKARA, RICHARD
TAKESHITA, EDNA
TAMURA, JEANNE

TANABE, ALLEN
TANAKA, ETSUKO
TERAMOTO, CYNTHIA
TERUYA, KATHLEEN
TSE, SILVIA
TSUKAMOTO, SACHIE
UYETAKE, JUDITH
WADA, EDNA
WATAI, MARIE
WOLFF, MARION
WONG, FLORENCE
YAMADA, EVELYN
YOSHIOKA, EVELYN

information sheet for required materials. Minimum: 3 students per class

NEW CLASS: BON ODORI, Wednesdays, 9:30 a.m. - 10:30 a.m., room 105. Class began on April 3. Instructor: Amy Toba. Bon Odori, meaning simply Bon Dance, is a dance performed during Obon, the Japanese Buddhist festival that commemorates the dead. Obon is held outdoors during the summer months - in the street or in temple parking lots and courtyards.

LOST & FOUND:

*Found - a beautiful shawl that was left at the Pagoda Ballroom when Rhythm & Life classes had their Christmas party in December.

*Found - 2 Asian designed beaded bracelet found in room 305. If any of the above mentioned items are yours, please claim them in the senior office, room 203.

CARD GAMES. Instructor Glen Yasuoka. Card Games class favorites - Kings Corner, Paiute, Black Jack, and even Hanafuda. With one of a kind card games by yours truly - Monday, 9:00 - 10:30 a.m., room 202.

CLASS NAME CHANGE: DARTS-MODIFIED has changed to **MODIFIED GAMES.** Instructor, Glen Yasuoka focuses on **HAND-EYE COORDINATION.** He has modified bowling, ping-pong and darts to keep our hand-eye coordination strong. Join Glen as he starts off his class with simple hand-eye coordination exercises and then play modified games to sharpen your skill. The coordination of hand and eye movements involves processing visual input-size, shape, direction, movement and energy needed for the hands perform these tasks. Studies show that as we get older, the ability to perform these tasks, reaction time, dexterity (skills performing task, especially with the hands), and perceptual motor skills decline (The ability to interpret to become aware of something through the senses). Simply, your brain slows down. Fortunately, there are ways to prevent further decline. One of the ways is to come to the hand and eye coordination exercises and modified games class. Thursdays, 8:00 - 9:00 a.m., room 202. Glen Yasuoka has modified the game for seniors. Feel free to come and try it out.

AEROBIC & TONING EXERCISE WITH MURIEL. Tuesdays & Thursdays, 2:00 - 3:30 p.m., room 305. Currently, the class follows exercise CDs. **BRING:** water, mat & towel. Since this is an afternoon class, please do not park under the covered parking lot. The Child Care program uses that area for their program and if one car is parked there, they cannot use the area for the children. Instructor: Muriel Takahashi.

ZUMBA GOLD: with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Class will meet when there is no seminar scheduled in room 105. When there is a seminar scheduled in room 105, class will meet in room 207-8. Please check monthly calendar.

Zumba/PiYo, Tuesdays, 11:30 a.m.- 1:00 p.m., Weinberg Studio. A great combination of fun and fitness as you dance your way to a healthier you. Instructor: Grace Hada. Accepting more students.

***Adult Hula Auana** with Kumu Hula April Chock. New session begins 6/29, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Next session begins . Learn modern hula. Wear loose clothing. Suggested Donation: \$20 - MSC seniors; \$35 - MCC members.

***Japanese/Okinawan Doll Making & Kimekomi** with Masako Ogawa. 6-week class begins Wednesday, 6/26, 10:00 a.m. - 12:30 p.m., room 207-8 and begins Saturday, 6/22, 9:30 a.m. - noon. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Suggested Donation: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

***Ribbon/Crochet Lei Making** with Coryn Tanaka. New session begins 6/21, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, ruler, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Suggested Donation: \$20 - MSC seniors; \$30 - MCC members. Sorry, class is FULL at this time.

***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:45 p.m. - 6:45 p.m., room 305, 10-week session begins Monday, 7/8. Excellent class for all ages, focuses on cardio exercise, muscle tone, range of motion, warm-ups and floor exercise and cool downs. Bring towel & water. Class Suggested Donation: \$30 - MSC & MCC members.

CLASS REMINDER: Do not enter the classroom until the previous class has vacated. Those in class, gather your belongings & exit quickly to allow for the next class to set up. Visit with friends outside, not in the classroom.

LUNCH PROGRAM AT MCC

Lanakila Meals on Wheels serves hot and nutritious meals at the Center Mondays through Fridays, at 11:00 a.m. There is no charge for meals. Participants are given an opportunity to make a donation to the program and all contributions are used

to support Lanakila Meals on Wheels program. Participants must be registered and members of the Moiliili Community Center. To register for this program, see Gerath in room 105.

MCC THRIFT STORE

Thrift Store: Open Tuesday - Saturday, 10:00 a.m. - 3:00 p.m. Drop off donations when store is open. *Note: MCC members get 25% discount with purchase of \$10 or more.

COMMUNITY ANNOUNCEMENTS:

BASIC COMPUTER CLASSES FOR SENIOR CITIZENS, "Seniors Helping Seniors". Senior Citizens are invited to sign up for a free 2-hour computer class to learn basic computer concepts that include: e-mail, use of internet, composing documents, just having fun being comfortable with computers and smart phones! Volunteer Instructors: Mr. Allen Liang, Mr. Shane Tajima, and Volunteer Coordinator: Rene Mansho. Classes run on June 3, 4, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26, July 1, 3, 5, 8, 9, 10, 15, 16, 17, 22, 23, 24, 29, 30, 31, August 5, 6, 7, 12, 13, 14, 15 - Aloha Luncheon. Time: 9:00 - 11:00 a.m., 12:00 - 2:00 p.m., and 2:30 - 4:30 p.m. Place: Great Aloha Run Carole Kai Charities, Inc, Office, 418 Kuwili Street, Suite 102. Reservations are required. You must call Rene @528-7388 or e-mail: rene@greataloharun.com. Classes are 2 hours for Beginners, and Intermediate classes will be offered after mastery of basic skills are demonstrated. Sponsored by: the HPH Great Aloha Run, Tsuha Foundation, and Harry & Jeanette Weinberg Foundation Computer Center.

LIHEAP (Low-Income Home Energy Assistance Program). June 3- 28, 2019, Monday - Friday, 9:00 a.m. - Noon. Apply at 5 convenient locations: Central, 99-102 Kalaloa Street, Aiea (488-6834); Palama, 783 North King Street (at the cafeteria), Honolulu (847-0804); Leahi, 1915 Palolo Avenue, Honolulu (732-7755); Leeward, 85-555 Farrington Hwy., Waianae (6969-4261); and Windward, 47-232 Waihee Road, Kaneohe (239-5754). If you need help paying your energy bill, this program may help. **BRING:** all of the following documents to apply for Gas/Electric Bill Payment Assistance or Energy Crisis Intervention.

1. Current original HECO Electric bill or HAWAII GAS bill (If utility subscriber is different from applicant and does not live in household, they must sign a form and show ID)
2. Proof of residence (Provide a document other than utility bill that shows current address. Example: Phone bill, cable bill, etc.) Welfare recipients who are part of the household must show documented proof of current address.
3. Photo ID (For all household members 18 yrs & older)

4. Social Security Numbers (Verification for all household members)
5. Proof of age or disability (Birth certificate for ONE child 0 - 5 years or Disability documentation) Only if no one in house is over 60 years old and household receives no rent subsidies
6. Proof of income (For all household members. Bring all that apply: last pay stubs for all jobs since January 2019; Self Employed Log/Receipts showing income/expenses for 2019; 2019 Award letters for Social Security, Welfare, Unemployment, & SSI; Pension/Retirement statements, etc. *Regardless of income, if there is at least one person in the household that receives SNAP (Food Stamps) or SSI benefits and all program requirements are met, then household may qualify.
7. Proof of non-citizen status (If you were born outside the US, please bring your Passport and/or Permanent Resident Alien Card, etc.)

LIHEAP is a program of Honolulu Community Action Program, Inc. In partnership with the US Department of Health & Human Services and Hawaii Department of Human Services. Applications must be submitted in person.

37TH ANNUAL ORCHID SHOW & PLANT SALE, Friday, June 7, Saturday, June 8 (9:00 a.m. - 5:00 p.m.), and Sunday, June 9 (9:00 a.m. - 3:00 p.m.), Chicken Sale (Saturday Only) 9:00 a.m. - 2:00 p.m., Aiea Elementary School Cafetorium, 99-370 Moanalua Road, Aiea. Free Admission.

2019 SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP). This program provides low-income seniors with eligible fresh produce with the goal of improving their health and nutritional status. Each participant will receive a book of coupons worth \$50 to exchange for fresh, nutritious, and unprocessed locally grown fruits, vegetables, herbs, and honey from an authorized farmer, farmers' market, or roadside stand (outlet). Applications must be certified each year. Forms must be received by September 20, 2019. Forms are available in the senior office. Eligibility requirements are but not limited to: 60 years and older; maximum household income \$26,603 One Person, \$36,001 Two Persons, \$9,398 per additional household member (including children); and must be a resident of the United States. A detailed requirement list is available in the senior office. For more information, call the State of Hawaii - Dept. of Labor and Industrial Relations, Office of Community Services at 586-8675 or the Hawaii Foodbank at 954-7889.

Happy Father's Day!

