



Holoholo!

Hawaiian for "to go out for pleasure"

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

2535 South King Street, Honolulu, HI 96826

Announcements (808) 955-1555

Dear Families: We appreciate your valuable input. Over the past month, we collaborated with one of the Kupuna daughters, who brings expertise in physical therapy. Together, we implemented exercises to assess balance and gait. Moving forward, these exercises will be conducted every four months & shared with you.

Dementia Resource by Certified Professional.
Please Visit: <https://daanow.org/discovery-center/>

[100's of FREE Dementia Training Videos \(youtube.com\)](#)

[Welcome to Teepa Snow's Positive Approach to Care \(PAC\) Channel! \(youtube.com\)](#)

Memory Games: Games that help exercise the brain include Trivia quizzes, Sudoku, Bingo, and Word puzzles – it's just a matter of finding the best activity for your Kupuna. **BONUS:** Multi-tasking is proven to help deter the decline; visit link for more details: <https://tinyurl.com/2hrf6fma>

Nutrient-Rich Hot Lunches: Our Hot lunches continue to be provided by Palolo Chinese Home. The hot lunches focus on low sodium and high nutrition.

Chair Exercises: Kupuna each month practice meditation, chair exercises & yoga for flexibility strength, better circulation, and joint health.

Art and Fine Motor Skills: This month Kupuna are participating in Girl's Day themed art along with Saint Patrick's Day and Easter. Encourage them to talk with you about their progress.

Entertainment and Social Activities: Come visit us and the Kupunas in class. Call in advance so that we maintain our social distancing and mask rules. Join us for daily singing, engaging games like bingo, beach ball, and the ever-entertaining "Name That Tune."

Keiki Visits on Wednesdays: Experience the joy of intergenerational connection as we welcome Keiki visits on the last Wednesday of every month. The Children from MCC's after-school program will engage in wordplay, puzzles, and spelling games. These moments promise heartwarming connections for everyone involved..

Welcome New Kupuna: Tia, Sadako, Setsuko and Hui Joo "Kim". A warm welcome! Thank you for joining our MCC, KSP family.

KSP will be Closed on the upcoming State holidays: March 26 and March 29th

URGENT: To avoid charges for a hot lunch, kindly **call (808) 294-4645** before 7:30am on the day of your cancellation. Thank you.

Contact Us (808) 955-1555

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Mindful Meditation and Shakuhachi Soundscapes with Haiku Reflection

Stress to Harmony

Stress in my body
Is released through the flute's breath
Harmony is reached

Vera

Homeless Man at Bus Stop

Man sits, birds gather
Counts money, shares bread with friends
I share my rice ball

Adelaide Nakamura

尺八の
虹の音響く
招き猫

しゃくはちの
にじのねひびく
まねきねこ

Shakuhachi sounds
Beckons rainbows
Maneki neko

Setsuko Tokumine

What a Happy Gift
On a grey day is
This Rainbow's reflection
In the puddle at my feet

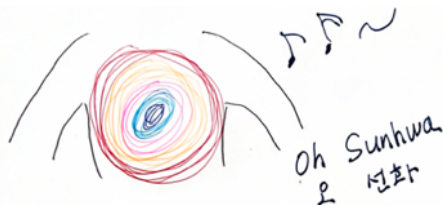
Karen H.

Shaped like a heart
A green slate
With thoughts of
Healing and Peace

Mila C.

Banzai Meditation Class

**In the waterfall
Let it flow through and relax
Like meditation**



나는 무지개를 떠올렸네
나는 무지개를 초대했네
무지개는 내 몸안에 들어왔네
무지개를 내게 에너지를 주었네
그 순간!
무지개의 노란색은 내몸은 감사네~
2/8/24 Sunny

I focus on my body
Invited the rainbow
The rainbow entered my body
Rain gives me energy
Golden Light gives me Energy
Surrounds my body!

Sunny Oh

輪になって
つなぐ言の葉
アロハレイ

わになって
つなぐことのは
アロハレイ

Circle of Life
Words string us all together
Aloha Lei

Emiko Shimoyama