



Kaleidoscope



May 2013
Vol. XXIV No. 5

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:

April was Volunteer month and May is Older American's Month. The Senior Center has much to celebrate as Ms. **Betty Goya** was named outstanding female volunteer for Oahu through the Retired Senior Volunteer Program. At the young age of 92, Betty has been volunteering for over 12 years in many aspects at the Center - making crafts, helping with collation of the newsletter, crocheting baby blankets for the Navy Marine Relief Society, and assisting with community projects. Congratulations, Betty! And Thank you for your hard work and busy hands!



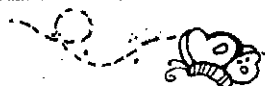
The Community Center will be having its annual fundraiser "Ignite the Spirit, New Beginnings" the evening of **May 4, Saturday at JCCH Manoa Grand Ballroom**. We thank **everyone** who donated goods & monies toward this fundraiser. All monies made helps to balance the agency's budget, thus lowering our program's budget debt. Thank you.

MSC MINI BAZAAR / RUMMAGE SALE - \$2426.72 - net income!!! **WOW!** Thank you to all who donated goods, shopped, volunteered to help with set-up, sales, and take down. Everyone worked hard; we did great!

Let's start early to build up our inventory of craft items to sell for this year's craft sales. On **Thursday, May 30, 9:30 - 11:30**, come to room 209 for items you may need to create with. We have yardage, buttons, batting, yarns and all kinds of items. Then from 12 - 1:30 pm, we will sell the materials and yarn to anyone wanting to purchase for themselves. The monies go to help our operating expenses. Thank you!

HELP WANTED: Looking for a volunteer to do our telephone reassurance calls Friday mornings from 7:45 a.m. - 9 a.m. If interested, talk to the staff in the senior office.

Moiliili Senior Center is always in search of teachers or group leaders to expand our program. Have a special talent and is willing to teach for the satisfaction of sharing but no monetary compensation? We especially need a beginner's Tai Chi and a Qi Gong instructor. Contact the Senior office, room 203, and talk story with staff.



ATTENTION Seniors! When paying by check for your membership, please **DO NOT** include your donation to the Senior Center on the same check. Please write **two** separate checks and note in the "memo" if you are making a donation to the Senior Center or paying for membership. If you are making a donation to the Community Center, than your membership and donation can be on one check. Reminder - all checks must be written to: **MOILILI COMMUNITY CENTER**, not the senior center. 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 Drill procedures: MCC holds fire drills on a quarterly basis. A staff member will walk through the classes to ask you to leave the building. Please be sure to listen. 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. Mahalo.



EMERGENCY INFORMATION WALLET-SIZE CARDS, courtesy of the Elderly Affairs Division, are available in the senior program office. Information on the cards will include, your name, address, phone#, emergency contacts, allergies and medical conditions & medication.

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 \$25.00 for 2013. If you find this difficult, please see Program Director.

MAHALO! MAHALO! MAHALO! to performers:

- *Minyo Dance members at Nuuanu Hale.
- *Rhythm & Life members at Kuakini.
- *RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Franciscan Adult Day Center.

MCC NEWS:

MCC's "Ignite the Spirit, New Beginnings" Fundraising Dinner, Saturday, May 4, 6:00 p.m., JCCH, Manoa Grand Ballroom. \$125/seat. All proceeds support MCC's programs of services benefitting children, seniors and families. Deadline passed.



VOLUNTEERS WANTED: responsible & regular for the Thrift Store. If interested, see Bonnie at the Thrift Store.

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.

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.
- *Those needing assistance must bring a companion to assist them.
- *Seminars and workshops are scheduled to provide education and information and do not constitute an endorsement of a product or company by the center.

VIDEO: "THE GREATEST PLACES"
(40-mins., DVD)



Witness the greatest collection of diversity ever produced. *The Greatest Places* is a film that takes you on a journey to seven of the most geographically dynamic locations on Earth, including Greenland, Iguazu Falls, Madagascar, Namib Desert, and more. **Anna Fujimori.**
Date: Friday, May 10 Time: 11:15 a.m.
Place: MSC, room 207 Cost: Donation

MOVIE: "LIFE OF PI"

(2-hrs. & 7-mins., DVD, Adventure, Drama, Fantasy. Rated PG for emotional thematic content throughout, and

some scary action sequences and peril. Oscar Award winning movie.)

A young man who survives a disaster at sea is hurtled into an epic journey of adventure and discovery. While cast away, he forms an unexpected connection with another survivor; a Bengal tiger.



Date: Friday, May 24 Time: 11:15 a.m.
Place: MSC, room 207 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, May 11 & June 1 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, May 9 (Beg) & May 2 (Adv)
Time: 9:00 am
Place: MSC, room 209 Cost: Supplies



CRAFT WORKSHOP: BEADING

This month's project is a bracelet. LIMIT: 15
Date: Thursday, May 16 Time: 9:00 a.m.
Place: MSC, room 209 Cost: Supplies

CRAFT WORKSHOPS with Haruko Sugitani

For all the listed workshops, pick up a list of what you will need to bring to the class when you sign up. You can also see a picture of the samples.

***Tsumami zaiku III:** For those who have taken I and II, you will learn to do double petals and create the flowers.
Date: Monday, June 3 Time: 9:00 am.-12:00 p.m.
Place: MSC, room 202 Cost: \$22 (class fee)
Supply cost: \$ 23 (Includes tweezers), \$20 (no tweezers)

***Tsumami zaiku I and II:** Round & pointed petals, created with material to decorate a pendant or bag and or a clip. This is the flower found on the *kanzashi*.
Date: Tuesday, June 4 Time: 9:00 a.m. - 12:00
Place: MSC room 202 Cost: \$22 (class fee)
Supply cost: \$23 (includes tweezers); \$20 (no tweezers)

***Newspaper Corsage:** for new and returning students. Create a pin from newspaper that can be used in many ways. Returning students, learn to polish your skills and create even more beautiful flowers (bring your supplies; you may order another dowel for \$5.00).

Date: Tuesday, June 4
Place: MSC, room 202
Supply cost: \$8.00

Time: 1:00 - 3:30 pm
Cost: \$22 (class fee)

SEMINAR: AARP Genworth LONG TERM CARE

What choices are available for you when you need care? What government benefits will cover your long term care? How will you pay for your care? How can you avoid depleting your hard earned assets? Options and strategies for your long term cared needs will be discussed by Bob Choi, AARP Certified LTC specialist.

Date: Monday, May 13
Place: MSC, room 202



Time: 9:30 a.m.
Cost: Donation

SEMINAR: ADVANCE DIRECTIVES — TAKING CARE OF BUSINESS!!

If you're like most people, you've been putting off one of the most important tasks of your life: advance care planning. Compassion & Choices Hawaii can help you start now — free of charge. Your decisions matter and it is easier than you think. They will assist you in creating or renewing your living will. Take control. Plan your future. We'll bring all the materials and help you to understand your choices. Come talk story, share your concerns and plan for your future. Everyone has the right to a good death!

Date: Wednesday, May 15
Place: MSC, room 202

Time: 9:30 a.m.

SEMINAR: HEALTHY SKIN MATTERS!

Your skin is the organ that comes into contact with the rest of the world. It holds body fluids in, and keeps harmful microbes out! It is full of nerve endings that help us feel heat, cold and pain! Want to know more about the wonderful things your skin does for you and how to better take care of it? Come to hear Anne Chipchase from 'Ohana Health Plan talk about the wonderful world of skin. **Emily Lee.**

Date: Friday, May 17
Place: MSC, room 105



Time: 9:00 a.m.
Cost: Donation

SEMINAR: ESTATE PLANNING SEMINAR

Do you have a clear picture of the total value of your assets? Who should receive them when you pass? How should they be distributed? Do you have an estate plan? Does it have all the right components for what you want to achieve? How can you enhance your legacy and improve the tax efficiency through an irrevocable life insurance trust (or ILIT)? Do you plan to remove taxable assets through gifting during your lifetime? Do you know the latest changes in the tax laws and the annual gift tax exclusion for 2013?

If you want to know the answers to some of the above questions, attend the Estate Planning Seminar offered by Robert Z. Wu, PhD, of Life Long Term Care Insurance Solutions of Hawaii and Steve Reese, Attorney at Law.

Date: Tuesday, May 21
Place: MSC, Room 207

Time: 10:00 - 11:00 a.m.
Cost: Donation

SEMINAR: BRISTOL HOSPICE

Renee Kogure, RN-Clinical Admissions Specialist, Cindy Franzen, LSW, Chaplain Bill Crocket, and Caroline Odo, Volunteer Coordinator will be here to give you information about Bristol Hospice Services. Come and find out about: when patients are referred to them; the different diagnoses; what does it cost; and what is covered under Bristol Hospice. Brochures will be available and answers to any questions that you may have about hospice will be answered. Bristol Hospice is also looking for compassionate volunteers to visit patients, sew, crochet, or do office work.

Date: Tuesday, May 28
Place: MSC, Room 105

Time: 9:00 - 10:00 a.m.
Cost: Donation

SEMINAR: AFFINITY FRAUD CAN HAPPEN TO ANYONE!

It can happen at any time, to anyone and is usually committed by someone familiar to the victim. Learn more about AFFINITY FRAUD, and who is often targeted. YOU can avoid this type of fraud. Learn how to avoid falling victim to AFFINITY FRAUD. Theresa Kong-Kee, investor education specialist, with the Hawaii State Department of Commerce and Consumer Affairs will be presenting a one hour session on how to protect yourself and your loved ones.

Date: Tuesday, June 4
Place: MSC, room 105

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

FREE 3-MINUTE MASSAGE- by Sadaji Oi, licensed massage therapist who studied Swedish massage, lomi lomi and shiatsu. Suggested: \$1/min. after first free 3-minutes. Call 599-4237 for an appointment; leave a message. If no appointments are scheduled, Sadaji will not come.

Dates: Thursdays
Place: MSC, room 303

Time: 10:30 - noon

HAIRCUTS! For men and women by Terri Mershon, \$9.00 fee, by appointment only. Call that morning to confirm if Terri is available, she is on-call for filming.

Date: Wednesday, May 8
Place: MSC, room 102

Time: 9 a.m. - noon



HIKE: OLD PALI ROAD

For experienced hikers only. A 4-mile strenuous hike starting at the Koolau Golf Course going uphill along the Old Pali Road to the Pali Lookout. We will pass a waterfall and weather permitting, the views should be spectacular. **Bring: Backpack (required), 1 ½ quarts of water, lunch, sun screen, hat, rain gear and mosquito repellent. Wear shoes with tread. *IMPORTANT: Must have current Doctor's slip noting physically able to endure a 6-mile hike.**

Date: Thursday, May 16 Departure Time: 8:30 a.m.
Return Time: 3:00 p.m. Cost: \$5.00

EXCURSION: GREEN WORLD FARMS

Join us as we learn more about this small coffee farm and the special roasting technique used to make their coffee. In their gift shop, you will find products made from people living in the surrounding communities. Lunch on your own at Mililani Town Center. **MAXIMUM: 14.**

Date: Monday, May 20 Departure Time: 8:40 a.m.
Return Time: 12:45 p.m. Cost: \$5.00 (Trans.)

EXCURSION: HALE KUIKE BAYSIDE

Take a guided tour through this memory care residence in Kaneohe. Hale Kuike first opened a residence in Nuuanu and now have a new facility in Kaneohe. Their philosophy is to find joy in all that they do and to bring the zest of life into each day. You will find residents involved in the natural rhythms of everyday life. Familiar "living activities," such as gardening and other domestic routines, target remaining abilities which provides opportunities for success. See a variety of creative approaches, such as therapeutic music, that support a calm and healthful atmosphere. Lunch on own at Windward Mall. **MAXIMUM: 14.**

Date: Thursday, May 30 Departure Time: 9:15 a.m.
Return Time: 1:15 p.m. Cost: \$5.00 (Trans.)

CLASS/ACTIVITY ANNOUNCEMENTS: Please pre-register for the following, Senior Office, rm. 203:

Our wishes to our *May Birthday* participants.

BUDAR, EVA
CASTRO, MAY
CHAN, CORINNA
CHING, JOCELYN
CHUN, ROY
DOI, FLORENCE
ENDO, ELLEN
HASHIMOTO, LILLIAN
HAYASHI, CHISEKO
HEE, LANI
HIRAOKA, MAY
INOUE, SHIRLEY



IWAMOTO, EDITH
KAGESA, BETTY
KAWANO, ETHEL
MASON, CHARLES
MIYAHIRA, WALLACE
MIYAMASU, MARY
MURASHIGE, JEAN
NAKAGAWA, ALICE
NAKAMA, RENE
NAKAMURA, BETTY
NAKAYAMA, TERUKO
NISHIMURA, NANCY A.



Ribbon/Crochet Lei Making with Coryn Tanaka. Began 04/26, 10 weeks, Fridays, 9:30 am - 12 , room 102. Supplies payable to instructor. Cost: \$20 - MSC seniors; \$30 - MCC members; \$35 - Non-members.

Adult Hula Auana with Kumu Hula April Chock. Began 04/27, 10 weeks, Saturdays, 9:30 am - 11 am, room 105. Cost: \$20-MS; \$35-MCC mem.; \$40-Non-members.

Specialized Aerobics with Faye Fukuhara. Mondays & Wednesdays, 5:30 pm - 6:30 pm, room 305. Cost: \$50 - MSC & MCC members; \$55 - Non-members.

Japanese/Okinawan Doll Making, Oshie & Kimekomi with Masako Ogawa. 6-week classes on Saturdays or Wednesdays, room 207-8. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member; \$45- Non-member.

LANAKILA MEALS-ON-WHEELS AT MCC

Lunch service weekdays at Moiliili. Suggested donation: \$2.00/meal. Individuals interested need to register with the manager, Gerath, in room 105 on lunch days, 8 am - noon. **HELP NEEDED:** Volunteer wanted to help with BINGO on Tuesdays, also Thursdays to check in lunches and help with the paper work. See Gerath in Room 105.

COMMUNITY ANNOUNCEMENTS:
20TH ANNUAL NATIONAL SENIOR HEALTH & FITNESS DAY, Wednesday, May 29, 8 am - 11 am, Central YMCA Branch, 401 Atkinson Drive. Speakers, Screenings & Exhibitors. Sponsored by Attention Plus Care. For more information, contact 440-9372.

WANTED: Are you a people person? Do you have a passion for Hawaiian culture and the Pacific region and would you like to share this with others? Bernice Pauahi Bishop Museum will begin a Volunteer Docent training program in July 2013. For further info and applications, contact Bishop Museum Human Resources & Volunteer office at (808)848-4171 or volunteer@bishopmuseum.org.

NOH, JOY
OISHI, SACHIKO
OKAJI, LENORA
OKAMI, PATRICIA
ONISHI, JUNE
PAINE, KATE
RYAN, RENATE
SAITO, FLORENCE
SATO, NORMA
SHIMABUKURO, GERI
TAKAYANAGI, FUMIKO
TAKEDA, LILLIAN
TAKIGUCHI, FUMIKO
TAM, LENETTE



TANAKA, LILLIAN
TONG, BARBARA
TOYAMA, KAREN
UEHARA, PEGGY
UMETSU, SHIZUKO
UYENO, JANE
WANAMI, KUNIKO
YAMAMOTO, HISAKO
YOSHIOKA, JENNIE
YOSHIZAWA, RODNEY





Molili Senior Center Class Schedule May 2013



Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	7:30-10:30 Seedcraft (Room 209)	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:00-9:00 Ki-Coord. (Room 305)
8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202)	8:00-9:00 Ki-Coord. (Room 305)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	8:30-10:30 Hanafuda (Room 209)
9:00-12:00 Haw'n Quilt. Bee (Rm 209)	8:00-9:00 Blood Pressure (Room 102)	8:30-11:00 *Conv. Eng. (Beg/Int)(Rm 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:00-11:00 Painting (Room 207-8)
9:00-10:00 Tai Chi (Adv) (Room 305)	8:00 - 8:30 Beginner's Line Dancing	9:00-11:00 Shodo (Room 104)	9:00-11:00 Beg. Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis
9:00-10:00 Tai Chi for Arthritis	Started 1/08 (Weinberg)	9:00-10:00 Tai Chi(Adv) (Room 305)	9:00-10:30 Rhythm & Life (Int. III)	Starts 5/6 (Weinberg)
Starts 5/6 (Weinberg)	8:30 - 9:30 Beginner's Line Dancing I (Weinberg)	Closed	Closed	9:30-12:00 +Ribbon/Croch. (Room 102)
10:00-10:30 R&L Chair Exer. (Room 105)	FULL	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	Began 4/26 (Room 102)
1:00-3:00 Buyo & Enka (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:30-11:30 *Sumie (Room 209)	12:00-2:30 *Citizenship (Room 105)	10:00-10:30 R&L Chair Exer. (Room 105)
5:30 - 6:30 +Spec. Aerobics (Room 305)	9:30 - 11:30 Bonsai (Room 104)	10:00-11:30 Beginner's Line Dancing II (Weinberg)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Beg. I) (Room 305)
	9:30 - 11:30 (5/28) Rhythm/Life(Int. I) (Room 305)	FULL	Reminder: No class the last Thur. of the month.	
	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okmwn Doll Making & Oshie (Room 207-8)		
	10:00-11:15 Okinawan Dnc. (Weinberg)	11:00-12:30 Rhythm & Life (Int. II) (Room 305)		
	12:00 - 2:30 *Citizenship Starts in Sept. (Room 202)	Closed		
12:00-2:30 Karaoke (Room 209)	12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)	1:00 - 3:00 Kitsuke (Weinberg)		Starts TBA (Room 207-8)
12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00-1:30 Karaoke (Room 209)	5:30 - 6:30 +Spec. Aerobics (Room 305)		
12:00-1:30 Sewing Crafts (Room 208)				

*"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Jill Kitamura, Program Staff - Paula Regidor, Raena Akase & Henry Asari.

Attention: If you find your name in bold print, in this newsletter, come to the senior office.

Grandpa & Elmer
by **Lori Takemoto**

