



Holoholo!

Hawaiian for “to go out for pleasure”

The news bulletin of the Kupuna Support Program at Mō`ili`ili Community Center • Sept. 2024

Announcements

Aloha, Kupuna ‘Ohana!

As we move into September, we have several exciting events and updates to share with you.

Upcoming Events

Health Talk: Flu and Important Vaccinations

Your Kupuna home packet includes information on the importance of vaccinations, especially the flu shot, as we approach flu season. We’ll discuss the best ways to protect yourself and your loved ones.

Financial Talk: Long-Term Care and Optimizing Medicare

Planning for the future is crucial. Our financial experts will guide you through the essentials of long-term care and how to make the most of your Medicare services. This October session will help you navigate the complexities of healthcare and financial planning as your Kupuna age.

Daily Kupuna Chair Exercises

Our Kupuna stay active and healthy with daily chair exercises at MCC. We encourage you to help Kupuna participate in chair exercises or take small walks on weekends, as it is essential for maintaining their mobility, strength, and balance—key factors in preventing falls. At our Respite Care Program, we emphasize daily chair exercises because regular movement helps reduce the risk of injuries and supports overall well-being. Keeping up with these routines, even on weekends, can make a significant difference in their health and independence.

Whether you’re at the center or at home. Exercise is a key component of maintaining good health and mobility. Your Kupuna enjoy chair exercises daily!



Mahalo to Our New Volunteer Wendy Lum

We are thrilled to welcome Wendy Lum, our newest volunteer who joined our KSP team last month and assists with our Monday, Wednesday, and Friday classes. Her dedication and support have already made a positive impact on our Kupuna, and we are grateful for her service.

TO DO: Important Request for Families

We kindly ask the children or primary family of our Kupuna to schedule a call with me, your KSP Program Director, to update all medical records and emergency contact information. Keeping this information current ensures that we can provide the best care possible.

Honolulu Safety for September

As safety remains a top priority, we'll be discussing tips and strategies for staying safe in our community throughout the month of September in your Kupuna home packets. From pedestrian safety to emergency preparedness, we'll cover important topics to keep you informed and secure.

We look forward to another wonderful month of connection, learning, and support.

Mahalo nui loa for being part of our Kupuna Support Program, Respite Care 'Ohana!

Warm regards, Delia Benitez, Program Director

CLASS REMINDERS, CHANGES, & UPDATES

Upcoming Holidays:

Moiliili Community Center will be closed on the following holidays:

- Monday, September 2 – Labor Day
- Tuesday, November 5 – Election Day
- Monday, November 11 – Veterans' Day

Lunch is provided from the Palolo Chinese Home Meals to Go program. Weekly Lunch Menus can be found at [Palolo Chinese Home – Publications \(palolohome.org\)](http://palolohome.org)

September & October Upcoming Events



**Financial Workshop – Nuts and bolts
Long-term care, Social Security
Optimization and Medicare**

Thursday, September 12, 2024

10:30am – 11:30am Room 202

Jennifer Kaukeano

Senior Marketing Director

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We will have several different vendors between now and the end of year present workshops for our seniors. If you are unable to attend, please feel

comfortable reaching out directly to Jennifer Kaukeano (808) 277-3370 for this month's talk. Although MCC is not affiliated with World System Builders, we are an equal opportunity private non-profit organization, providing you resources to help with the preparation and care of your Kupuna.

FREE LEGAL SERVICES FOR ELDERLY



University of Hawaii Legal Services

October 15, 1:30pm – 2:30pm, Room 207

KSP Song!

Routine is key to helping our Kupuna. We sing this song at the end of our day and hope you will help keep this tradition.

Sing this song with your loved one!

You Are My Sunshine

You are my sunshine, my only sunshine
You make me happy when skies are grey

You'll never know dear, how much I love you
Please don't take my sunshine away

The other night dear, as I lay sleeping
I dreamed I held you in my arms
When I awoke, dear, I was mistaken
And I hung my head and cried

You are my sunshine, my only sunshine
You make me happy when skies are grey
You'll never know dear, how much I love you
Please don't take my sunshine away



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