



Kaleidoscope



June 2013
Vol. XXIV 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:

REMINDER: Parking is at a premium during the summer months of June & July. Children are here for all day care. Be careful! Be aware! Carpool or use the bus. Thank you.

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

MCC will be launching the **Zippy's** chili/others ticket sales in June. We will be going to the classes to sell, or come to the office (rm. 203) to purchase your tickets. Watch for flyers in the attendance book. Sales help with program budget.

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.

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 Hale Malamalama.
- *RLC Niko Niko Genki Club members at Lanakila Senior Center, Makua Alii, Makiki Christian Church, Wahiawa Rainbow Club.

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



MCC NEWS:

Jams & jellies, MCC T-shirts, etc. sold in the MCC Thrift Shop. A fundraiser for the Community Center.

VOLUNTEERS WANTED: Looking for responsible, regular volunteers for the Thrift Store. Help needed Thursdays, Fridays & Saturdays, 9 am - noon and/or noon - 3 pm. 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. 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.

*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 CARIBBEAN: PARADISE AND BEYOND" (50-mins., DVD)

The Caribbean conjures up images of idyllic white sands and turquoise sea, yet these are also islands of diverse beauty and geographical extremes, shaped by powerful forces of nature. From coral reefs to volcanoes, and deserts to rainforests, the variety of these stunning islands is matched only by the spirit of their people.

Date: Friday, June 14

Place: MSC, room 207



Time: 11:15 a.m.

Cost: Donation

MOVIE: "LINCOLN"

(2-hrs. & 30-mins., DVD, Biography, Drama, History. Rated PG for an intense scene of war violence, some images of carnage and brief strong language. Oscar Award winning movie.)

As the Civil War continues to rage, America's president struggles with continuing carnage on the battlefield and as he fights with many inside his own cabinet on the decision to emancipate the slaves. **Jade Davis.**

Date: Friday, June 28

Place: MSC, room 207

Time: 11:15 a.m.

Cost: Donation

CRAFT WORKSHOPS with Haruko Sugitani

For these classes, be sure to 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.

Date: Monday, June 3

Time: 9:00 - 12:00 pm

Place: MSC, room 202

Cost: \$22 (class fee)

Supply cost: \$23 (Including tweezers), \$20 (no tweezers)

Tsumami zaiku I and II: Round & pointed petals flowers.

Date: Tuesday, June 4

Time: 9:00 - 12:00 pm

Place: MSC room 202

Cost: \$22 (class fee)

Supply cost: \$23 (including tweezers); \$20 (no tweezers)

Newspaper Corsage flower:

Date: Tuesday, June 4

Time: 1:00 - 3:30 pm

Place: MSC, room 202

Cost: \$22 (class fee)

Supply cost: \$12.00



CRAFT WORKSHOP: CHIGIRI-E

The Japanese style of doing a collage picture by tearing washi paper to form. 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 13 (Beg) & June 6 (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, June 20

Time: 9:00 a.m.

Place: MSC, room 209

Cost: Supplies

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

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

Place: MSC, room 105

SEMINAR: LAUGHTER IS THE BEST MEDICINE



Some researchers think laughter just might be the best medicine, providing people with numerous health benefits. In the last few decades, researchers have studied laughter's effects on the body and turned up some potentially interesting information. Laughter is a release of tension, much like sneezing. Learn how it positively affects your body and health. Nettie Vierra from BAYADA Home Health Care offers this community wellness program to shape

positive health behaviors among older adults and their families. Attendees will learn:

* Physical health benefits of laughter, including how it boosts immunity and decreases pain.

* Mental health benefits of laughter, including how it improves mood and eases anxiety.

* Social benefits of laughter, including how it promotes group bonding and enhances teamwork.

* Numerous jokes in the presentation to laugh at and share with friends and family.

Date: Friday, June 14 Time: 9:15 - 9:45 a.m.

Place: MSC, room 105 Cost: Donation



INTERGENERATIONAL WORKSHOP:

HOME-MADE PET TOYS WITH YOUTHS FROM HALE KIPA

Join youth and staff from Hale Kipa in making homemade pet toys. They're easy to make and fun to give to your pet! The youth and staff from Hale Kipa are really excited to join the seniors to make toys for your pets or for a cat/dog at the Humane Society. The toys you'll be making are Cat Treat Puzzles and Braided Dog Toys. Hale Kipa will provide all the materials - Come and join the fun! Your pet or animals from the Humane Society will be so lucky to have a homemade toy made by you!

Date: Tuesday, June 18 Time: 8:30 - 10:30 a.m.

Place: MSC, Room 105 Cost: Donation

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.

Date: Friday, June 21 Time: 9:00 a.m.

Place: MSC, room 105 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: Tuesday, July 9

Time: 9:00 a.m.

Place: MSC, room 105

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

Time: 10:30-noon

Place: MSC, room 303



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. **Lani Hee.**

Date: Wednesday, June 12 Time: 9 a.m. - noon

Place: MSC, room 209

HIKE: PUPUKEA

Head for the North Shore, above Pupukea tide pools for a moderate, 3 to 4 mile hike along this lush Koolau ridge.

Bring: Backpack (required), 1 ½ quarts of water, lunch, sun screen, hat, rain gear and mosquito repellent. Wear shoes with tread. *IMPORTANT: All hikers must have current Doctor's slip noting physically able to endure a 6-mile hike.

Date: Monday, June 17

Departure Time: 8:30 a.m.

Return Time: 3:00 p.m.

Cost: \$5.00



EXCURSION: OTSUJI FARM

Take a tour of Otsuji Farm in Hawaii Kai. Their mission is to provide the highest quality produce at affordable prices. Carrying on tradition while embracing new technology in order to improve quality, efficiency and sustainability. Lunch on your own in Hawaii Kai. **MAXIMUM: 14.**

Date: Thursday, June 13

Departure Time: 9:20 a.m. Return Time: 1:30 p.m.

Cost: \$24.00 (\$20 - Tour & \$4 - Trans.)

EXCURSION: GREEN WORLD FARMS #2

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: Thursday, June 20

Departure Time: 8:40 a.m. Return Time: 12:45 p.m.

Cost: \$5.00 (Trans.)

EXCURSION: MISSION HOUSES MUSEUM

Take a guided tour through the Mission Houses Museum, consisting of three mission houses that served as homes and workplaces for the first Christian missionaries who came here. Their mission is to connect the story of the American Protestant missionaries and their descendants to the history and culture of Hawaii, in order to give present generations of residents and visitors a deeper understanding of, and appreciation for, Hawaii's rich and complex history. Lunch on own at Ward Warehouse. MAXIMUM: 14.

Date: Wednesday, June 26

Departure Time: 9:25 a.m. Return Time: 12:45 p.m.

Cost: \$11.00 (\$8-Admission & \$3-Trans.)

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

Tenpyo Koto: Must have own instrument. Interested in learning? Instructor: Kazuko Okano. Day and time to be determined.

SEEDCRAFT CLASS looking for more people. Like working with your hands? See what this class can offer you. Class meets every Tuesday, room 209, 7:30 a.m.

LANAKILA MEALS-ON-WHEELS AT MCC

Lunch service weekdays at Moiliili. Suggested donation: \$2.00 per meal. Individuals interested need to register with the manager, Gerath, room 105, 8 am - noon. Open enrollment, no waiting list.

HELP NEEDED: Volunteer wanted to help with BINGO on Tuesdays. Also need on Thursdays to check in lunches and help with the paper work. See Gerath in Room 105.

MCC THRIFT SHOP

Thrift Shop: Open Tuesday - Saturday. Drop off donations when store is open. *Note: MCC members get 25% discount with purchase of \$10 or more.



Our wishes to our *June* participants.

AIMOTO, EDNA
CABRAL, ERNA
CHANG, WAYNE
FUCHIGAMI, GLADYS
FUKUDA, HASAKO
GRAFF, ELEANOR
GUM, LAURETTA
HANAUMI, ANN
HASEGAWA, FAYE
HAYASHI, JUNE A.
HIRAI, ELSIE
HORSTMAN, PHYLLIS



ISHII, JUNE
KANDA, IRENE
KINOSHITA, FLORENCE
KITAGAWA, GRACE
KODANI, IRENE
KON, BETTY
LEE, CHRISTINE
LEE, MAY
LIM, LILA
MATSUKAWA, ELSIE
MATSUMOTO, TERUKO
MEDEIROS, MILAGROS

COMMUNITY ANNOUNCEMENTS:

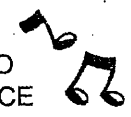
HONOULIULI: HAWAII'S HIDDEN INTERNMENT CAMP, Sat., June 8, 10:30 am - 12:00 pm, McCully-Moiliili Library. Did you know people of different races were incarcerated in Hawaii during World War II? Dig into our own history and learn from experts from the Japanese Cultural Center of Hawaii who are excavating the sites around the state.



"SENIORS HELPING SENIORS" basic computer class for senior citizens. Sponsored by the Great Aloha Run and Harry & Jeanette Weinberg Foundation Computer Center. Free 2-hour class to learn basic computer concepts that include: e-mail, use of the internet, composing documents, and just having fun being comfortable with computers. Instructors are students volunteering their services to help our kupuna, led by Ms. Terilyn Chang; Ms. Rene Mansho is the volunteer coordinator. RESERVATIONS REQUIRED; MUST CALL RENE @ 291-6151. Classes are from June to August. Dates for June: 1, 3, 6, 8, 10, 12, 14, 15, 17, 19, 21, 22, 26, 27, 29. July and August dates will be in the July newsletter or the bulletin boards. Various Time: 12 pm & 2:30 pm June to 7/5. Place: Carole Kai Charities, Inc. Office, 418 Kuwili St., Suite 102, Honolulu, HI 96817. Classes are one-time only, and repeat classes are unlimited. Intermediate classes offered after mastery of basic skills is demonstrated.

MOILILI BON DANCE, July 5 (6 - 10:30 pm) & 6 (5 - 10:30 pm), Old Varsity Theater parking lot. Saturday's dance will be held in conjunction with the **MOILILI SUMMER FESTIVAL**, 5 - 10:30 pm., a free community event to celebrate the rich character of our neighborhood. Other Features: Keiki activities and fun for the whole family; Food and retail vendors; and Entertainment. Web: www.moililiummerfest.com

MIHARA, AMY
MURRAY, MIMI
NAGAMI, MACHIKO
NAKASHI, GRACE
NAKAMURA, TAMAYO
NAKASHIMA, KIMIE
NOMURA, NATSU
NOSSE, MARY JANE
OKITA, YAEKO LOIS
ROVANSEK, MARY
SAKAMOTO, NANCY
SATO, JANE T.
SHIMABUKURO, RICHARD
SOUZA, DOROTHY



SUEHISA, MICHIKO
SUSAKA, YACHIYO
TAIRA, JANE
TAKAMURA, ITSUKO
TAKESHITA, EDNA
TANABE, ALLEN
TSE, SILVIA
TYLER, ALAN
UYETAKE, JUDITH
WOLFF, MARION
WONG, FLORENCE
YAMADA, EVELYN
YOSHIOKA, EVELYN
YOUNG, SYLVIANNE





Moliiili Senior Center Class Schedule June 2013



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

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 (Weinberg)	9:00-11:00 Shodo (Room 202)	9:00-11:00 Beg. Japanese (Room 202)	9:00-10:00 Tai Chi for Arthritis (Weinberg)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	Started 1/08 Beginner's Line Dancing I (Weinberg)	9:00-10:00 Tai Chi(Adv) (Room 305)	9:00-10:30 Rhythm & Life (Int. III)	Started 5/6 +Ribbon/Croch. (Weinberg)
10:00-10:30 R&L Chair Exer. (Room 105)	FULL	9:15-10:30 Minyo Danc(Beg) (Room 105)	Closed	Started 4/26 Lei Making (Room 102)
1:00-3:00 Buyo & Enka (Weinberg)	8:30-10:30 Crochet (Room 207-8)	9:30-11:30 *Sumie (Room 209)	9:00-10:30 Ukulele Prac. (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)	12:00 - 2:30 *Citizenship Starts in Sep (Room 202)	12:00-1:30 Rhythm & Life (Beg. I) (Room 305)
TBA	9:30-11:00 Rhy/Life(Int.I) (Room 305)	FULL	1:00-2:30 Line Dancing (Room 105)	Closed
	10:45-11:45 Soroban (Room 209)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie	Reminder: No class the last Thur. of the month.	
+Tuition based classes. Walk-in fee \$5.	10:00-11:15 Okinawan Dnc. (Weinberg)	Started 5/15 (Room 207-8)		
*DOE classes are provided by McKinley Community School for Adults.	12:00 - 2:30 *Citizenship Starts in Sept. (Room 202)	11:00-12:30 Rhythm & Life (Int. II)		
Citizenship & English classes - \$20 enrollment fee. Additional fees applied to new English class students.	12:00-2:30 Karaoke (Room 209)	Closed		Started 4/27 (Room 105)
Sumie - \$60.	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Roy Otake Karaoke Ohana (Room 209)		9:30 - 12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)
	12:00-1:30 Sewing Crafts (Room 208)	1:00 - 3:00 Kitsuke (Weinberg)		
		5:30 - 6:30 +Spec. Aerobics (Room 305)		

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director: Paula Beggs; Program Staff - Henry Asari, Raean Akase & Henry Asari.

LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP).

Need help paying your home energy bill... LIHEAP can help! Apply at Moliiili Community Center, Rm. 303, Tuesday, June 18, 2 - 4 pm. Income Requirements: Household size 1 - less than \$19,290; 2 - less than \$26, 115. Each additional member add: \$6,825. Bring the following documents:

1. Current original gas or electric bill - Most current, original bill from HECO or Hawaii Gas. If utility subscriber is different from applicant, they must sign a required form and show ID.
2. Proof of residence - a document showing that you live at the address listed on the bill. Ex. Phone bill, doctor's bill.
3. Photo ID (For all household members 18 years & older)

4. Social Security numbers - verification for all household members.

5. Proof of age - (For household members 60 years & older & kids 0 - 5 years) Ex. Photo ID, birth certificates.
 6. Proof of income - (For all household members 18 years & older) Bring all that apply. All pay stubs since Jan. 2013; Self Employed General Taxes; Social Security Award Letter (2013), Unemployment, SSI, Scholarships; etc.
 7. Proof of assets - (For all household members 18 years & older) Current bank statements for all Savings, Checking, Credit Unions, stocks, etc.
 8. Proof of Disability (Documentation required)
- LIHEAP is a program of Honolulu Community Action Program, Inc. In partnership with the U.S. Dept. of Health and Human Services & HI Dept. of Human Services.