



# Kaleidoscope

April 2017  
Vol. XXVIII No. 4

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:

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 \$30.00 for a calendar year. Your participation as MCC members help 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 \$5 or more; and Subway - Moiliili will offer a 10% discount on any sandwich/salad. Some exclusions 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 Senior Center and the Community Center.

**EFFECTIVE IMMEDIATELY;** No one from MCC will be allowed to park on the 2<sup>nd</sup> level until further notice. If MSC/MCC members park upstairs, their vehicles will be towed. Thank you for your attention pertaining to this matter.

**MSC OFFICE RENOVATIONS.** Warning! The senior office will be getting a make over in April. During this time, the senior office and 2 classrooms will be closed. The senior office will be closed from April 17 - 21. However, we will be moving everything out of the office the week before. For classes that will be effected, notices will be in the attendance folders.

The students of *MSC's Painting Class* will showcase their art work on:

Friday, May 5, 2017

10:30 a.m. - Noon

MSC, Room 207-208

Please come and be inspired and to also join us in the Friday painting class that meets every Friday, 9:00 a.m. - Noon in room 207-208.

Please be aware of a local man, in his 30s - 40s, in an older model 4-door vehicle. We think his license plate is SUR875 or SOR875. He accused a senior of hitting his car and talked her into paying him money on the spot; he asked for \$300 but gave him \$150, and then he drove off. If you see anyone suspicious

in our lot, please inform our parking lot attendant or someone from the office.

**MCC's BOARD OF DIRECTOR, LAURA RUBY,** is asking for your assistance. She is looking for old pictures of the community center and the Moiliili neighborhood. If you have any, please bring them to the senior office and will scan them and return them to you.

### Moiliili Community Center's "Where Great Things Happen" Fundraising Dinner

*Celebrating 115 years of service in the community!*

Saturday, April 29, 2017

5:30 p.m.

Japanese Cultural Center of Hawaii

Manoa Grand Ballroom

\$125/Seat RSVP by April 12

Monetary donations as well as Silent Auction items are being accepted and can be dropped off in the main office Monday-Friday from 8:00 a.m. to 5:00 p.m. For additional information, call 955-1555.

### "PLEASE KOKUA!"

If you would like to borrow MCC's office phone to call for your ride pick up or an emergency, PLEASE limit your calls to 3 minutes maximum. The office phone is for the Center's business use and we need to have available open lines.

### JUST A REMINDER ...

We have no problem making copies for MSC program class use. However, we would appreciate any "personal" copies (\$.10 ea.) Be limited to 1 to 5 copies at a time. We need to be careful on the usage of the copier so we don't go over our service contract totals. Mahalo!

All the 2<sup>nd</sup> 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.

**VOLUNTEERS WANTED:** We are looking for a volunteer to handle our telephone reassurance calls on Wednesday

mornings from 7:45 a.m.- 9:00 a.m. If interested, please inquire in the senior office.

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 would like to accept 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.

New piece for the newsletter! We are listening to you. Per your suggestion, we have started 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.

#### MOILILI SENIOR CENTER WISH LIST:

- 1) Volunteer instructors for the following:  
Educational classes/workshops  
Japanese language  
Painting  
English language

**Moilili Senior Center** is always in search of teachers or group leaders to expand our program. Do you have a special talent and willing to teach for the satisfaction of sharing but without monetary compensation? 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, then your membership and donation can be on one check. Reminder - **ALL** checks must be written to: **MOILILI 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 for your cooperation.

**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 \$30.00 for 2017

**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:

**HANAFUDA CARDS FOR SALE.** Cards are available in the main and senior office for \$10.

**THE MOILILI BOOK REPRINTING PROJECT. NEW PAGES ADDED AND OTHER PAGES UPDATED.** Everything you ever wanted to know about Moilili. Please help with a contribution. We need to raise at least \$2,500 in donations to have the book reprinted. Please write donation check to: Moilili Community Center (memo line: Book Project) and send/bring it to: Attn: Laura Ruby, Moilili Community Center, 2535 South King Street, Honolulu, HI 96826.

**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.

**EXCURSION REMINDER:** Excursion participants - 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 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.
- \*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: "MOONLIGHT" (2016)**

(1-hr. & 51-mins., DVD, Drama. Rated-R for some sexuality, drug use, brief violence and language throughout.) Starring Mahershala Ali & Shariff Earp. Oscar Award winning movie about a chronicle of the childhood, adolescence and burgeoning adulthood of a young, African-American, gay man growing up in a rough neighborhood of Miami.

Date: Friday, April 28                      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, April 1 & May 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, Apr. 6 (Adv) & Apr. 13 (Beg)  
Time: 9:00 a.m.                      Place: MSC, room 209  
Cost: Supplies

#### **WORKSHOP: CREATIONS BY AMY**

This month's projects are a container fairy garden and design a Mother's Day card. Formulate a mini container garden that the fairies are sure to call home and make a homemade Mother's Day card so your mother feels very special. See flyer for samples. Sample cards are in the senior office. Instructor: Amy Toba.

Date: Thursday, April 27                      Time: 9:00 a.m.  
Place: MSC, room 209                      Cost: Supplies

#### **SEMINAR: DEPRESSION**

Depression. What is it? How does one deal with it? Why can't we talk about? Depression and other treatable chronic disorders are not a reason to hide; people live full, happy lives with these problems. Recognizing and talking about it are the first steps towards healing. Come to the health talk-story session with Anne Chipchase of Ohana Health Plan and find out more about Depression.

Date: Friday, April 21                      Time: 9:15 a.m.  
Place: MSC, room 105                      Cost: Donation

#### **SEMINAR: UNDERSTANDING CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)**

COPD has recently become the 3<sup>rd</sup> leading cause of death in the US. About 15 million people in the US and 46,000 Hawaii adults have been diagnosed with COPD, a lung disease which includes emphysema, chronic bronchitis and chronic asthma. Fortunately, people with COPD can live healthy and active lives with proper care and treatment. Special guest speaker, Valerie Chang, Executive Director of the Hawaii COPD Coalition will provide education and information about COPD and Kari Wheeling, RN and Client Service Supervisor from Attention Plus Care will offer advice on how seniors living with COPD can age safely and comfortably at home. Sponsored by Attention Plus Care. Call 440-9377 to register.

Date: Tuesday, April 25  
Time: 9:00 a.m.-10:30 a.m.              Place: MSC, room 105

#### **SCREENING: MEDICATION REVIEW**

Bring your medication and supplements and find out when the best time to take them are to get the best results. Reviews will be conducted by Walgreen's Pharmacists. They will also be offering blood pressure readings.

Date: Monday, April 17  
Time: 9:15 - 10:00 a.m.                      Place: MSC, room 105

#### **EXCURSION: PALOLO CHINESE HOME**

Join us as we take a guided tour of the entire Palolo Chinese Home facility. Find out about their daycare to nursing home and more. Lunch on your own at Kahala.

Date: Wednesday, April 26

Departure Time: 9:15 a.m. Return Time: 12:15 p.m.  
Cost: \$3.00 donation for trans.

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### EXCURSION: PEARLRIDGE SHOPPING CENTER

Join us as we take a shopping trip to Pearlridge. This is your chance to do some shopping at SEARS before they close. Lunch on your own at Pearlridge.

Date: Wednesday, April 12

Departure Time: 9:30 a.m. Return Time: 1:15 p.m.

Cost: \$5.00 donation for trans.

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### CLASS/ACTIVITY ANNOUNCEMENTS:

Sign up Senior Office, rm. 203

\***NEW CLASS: ZUMBA GOLD** with Dr. Susan Nishida. Tuesdays, 9:30 - 10:30 a.m., room 105. Began 12/27. Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Seniors may exercise while sitting. Bring water. Class will meet when there is no seminar scheduled in room 105. Please check monthly calendar.

\***Zenidaiko**, Thursdays, 2:30 - 3:30 p.m., Weinberg Studio. Zenidaiko is Japanese folk dancing with sticks. More students welcome. Inst: Mieko Sato.

\***Zumba**, Tuesdays, 11:30 a.m. - 1:00 p.m., Weinberg Studio. Zumba Class began September 15. 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. Begins 4/15, 10 weeks, Saturdays, 9:30 a.m. - 11:00 a.m., room 105. Learn modern hula. Wear loose clothing. Cost: \$20 - MSC seniors; \$35 - MCC members.

\***Japanese/Okinawan Doll Making, Oshie & Kimekomi** with Masako Ogawa. 6-week class begins Saturday, 4/29, 9:30 a.m. - noon and Wednesday, 4/26, 10:00 a.m. - 12:30 p.m., room 207-8. An impressive array of projects to choose from. Bring: pins & scissors. Supplies/kit payable to instructor the first day of class. Class Cost: \$35 - MSC seniors; \$40 - MCC member. Need to pre-register.

\***Ribbon/Crochet Lei Making** with Coryn Tanaka. Begins

5/19, 10 weeks, Fridays, 9:30 a.m. - noon, room 102. Bring sharp pair of scissors, container, and ballpoint pen. Supplies payable to instructor. New students must register before the session starts. Cost: \$20 - MSC seniors; \$30 - MCC members.

\***Specialized Aerobics** with Faye Fukuhara. Mondays, 5:30 p.m. - 6:30 p.m., room 305, 10-week session begins Monday, 5/8. 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. Cost: \$30 - MSC & MCC members.

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### LANAKILA MEALS-ON-WHEELS AT MCC

LMOW 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.

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### 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.

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### SCAM ALERT

The US Dept. of Health and Human Services (HHS) Office of Inspector General (OIG) recently confirmed that the HHS OIG hotline telephone number is being used as part of a telephone spoofing scam targeting individuals throughout the country. The scammers represent themselves as HHS OIG employees and can alter the appearance of the caller ID to make it seem as if the call is coming from 1-800-HHS-TIPS(1-800-447-8477). They may use various tactics to obtain personal info, which can then be used to steal money from an individual's bank account. It is important to know that HHS OIG will not use the hotline number to make outgoing calls and individuals should not answer calls from the hotline number. (<https://oig.hhs.gov/fraud/consumer-alerts/alerts/phone-scam.asp>)

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Our wishes to our **April** birthday participants.

BECK, DIANNE  
CHEN, MABEL  
CHOCK, APRIL  
CHONG, MARLEEN  
DYE, KARL  
FUJIKAWA, YUKIMI  
FURUTA, COLLEEN  
HUDMAN, BARBARA  
ISHIHARA, SHIZUE  
ITOGA, MARY ANN  
JENKINS, TAKAKO

KAJIHIRO, CAROLE  
KAMEOKA, JUDY  
KAMEOKA, LISA  
KAMIYA, MARY  
KANNO, MADGE  
KOGASAKA, CLAIRE  
KOKUBUN, YASU  
KUNIMOTO, FAITH  
KUNIMURA, SHIGEKO  
KURAHARA, NOBUKO  
LAU, JEAN

LEE, CHARLETTE  
MARTIN DEL CAMPO,  
CHARLOTTE  
MAU, LEILANI  
NAKAMURA, JENNIE  
NAKANO, NOBUKO  
OMIYA, MURIEL  
PETERSON, CHRISTIAN  
REMUS, YVET  
SANDS, SONYA  
SATO, AMY  
SUZUKI, JOANNE  
TAKEUCHI, JAMES

TAMANAHA, DORIS  
TANIGUCHI, NANCY  
TATSUGUCHI, PATSY  
TOKUNAGA, SHIZUE  
TONDA, BETSY  
TSUCHIDA, MISAKO  
WATARAI, THELMA T.  
WONG, MELVIN  
YAMADA, CATHERINE  
YAMAGUCHI, LILLIAN  
YAMANE, ETHEL

**Mojiliti Senior Center  
Schedule of Special Events  
April 2017**

Days to remember in April:  
 1 - April Fool's Day  
 14 - Good Friday - CENTER CLOSED.  
 16 - Easter Sunday  
 22 - Earth Day

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

*\*Cancer Control Month \* Listening Awareness Month \* National Anxiety Month \*  
 \*National Garden Month \* National Poetry Month \*  
 \*Stress Awareness Month \**

2	3	4	5	6	7	8	1
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30							

Craft:  
Chigiri-e  
9 am  
Rm 202

1

8

15

22

29

**HOLIDAY!**  
Good Friday  
Center closed.

Seminar:  
Depression  
9:15 am  
Rm 105

Movie:  
"Moonlight"  
12:15 am  
Rm 202

Workshop:  
Creations by Amy  
Container Fairy Garden  
& Mother's Day Card  
9 am  
Rm 209

Excursion:  
Palolo  
Chinese  
Home  
9:15 am

Seminar:  
Understanding  
Chronic Obstructive  
Pulmonary Disease  
9 am  
Rm 105

Screening:  
Medication Review  
9:15 am  
Rm 105

Happy  
Easter!

# Moiiliili Senior Center Class Schedule April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
7:30-1:00 Mah-Jongg (Room 207-8)	8:00 - 9:30 Beginner's Line Dancing I (Weinberg)	8:00-9:00 Fall Prevention (Room 105)	7:30-1:00 Mah-Jongg (Room 207-8)	8:30-10:30 Hanafuda (Room 209)
8:00-9:00 Beg. Tai Chi (Room 305)	FULL 8:30-10:30 Crochet/Knit (Room 209)	8:00-9:30 Minyo Singing (Room 207)	7:30-8:30 Yoga (Studio)	9:00-12:00 Painting (Room 207-8)
9:00-12:00 Haw'n Quilt. Bee (Rm. 209)	9:00-10:30 Rhythm & Life (Adv. I) (Room 305)	9:00-11:00 Shodo (Room 202)	8:00-9:00 Ukulele (Beg) (Room 105)	9:30-12:00 +Ribbon/Croch. Lei Making (Room 102)
9:00-10:00 Tai Chi (108) (Room 305)	9:00-10:30 Zumba Gold (Room 105)	9:00-10:00 Tai Chi (108) (Room 305)	9:00-10:30 Rhythm & Life (Adv. II) (Room 305)	9:30-10:45 Solo Ukulele II (Room 202)
9:00-10:00 Tai Chi for Arthritis (Weinberg)	9:30-10:30 Zumba Gold 4/4, 11 & 18 (Room 105)	9:00-10:00 Group Singing (Weinberg)	Closed	Closed
10:00-10:30 R&L Chair Exer. (Room 105)	10:00-11:15 Okinawan Dnc. (Weinberg)	9:15-10:30 Minyo Danc(Beg) (Room 105)	9:00-10:30 Ukulele Prac. (Room 105)	10:00-10:30 R&L Chair Exer (Room 105)
10:15-12:00 Rhythm & Life (Adv. II) (Room 305)	10:30-12:00 Rhythm & Life (Beginner) (Room 305)	9:30-11:30 *Sunnie (Room 209)	9:30-10:30 Brain Training (Room 202)	10:00-11:00 Tai Chi for Arthritis (Weinberg)
12:00-3:00 Buyo & Enka (Weinberg)	10:45-11:45 Soroban (Room 209)	10:15-11:45 Line Dancing II (Weinberg)	12:00-2:30 Citizenshlp (Room 202)	11:00-12:00 Solo Ukulele I (Room 202)
5:30 - 6:30 +Spec. Aerobics Begins 5/8 (Room 305)	11:30-12:30 Zumba (Weinberg)	10:00-12:30 +Jpns/Okwn Doll Making & Oshie (Room 207-8)	1:00-2:30 Line Dancing (Room 105)	12:00-1:30 Rhythm & Life (Adv. I) (Room 305)
	12:00-2:30 Karaoke (Room 209)	11:00-12:30 Rhythm & Life (Beginner) (Room 305)	2:30-3:30 Zenidaike (Weinberg)	Closed
	12:00-1:30 Kenbu Senbu Shigin (Room 207)	12:00 - 2:00 Ohana Karaoke (Room 209)		Saturday
	12:00-1:30 Rhythm & Life (Adv. V) (Room 305)	12:00 - 3:00 Kitsuke (Weinberg)		9:30 - 11:00 +Adult Hulua Auana (Room 105)
				9:30 -12:00 +Jpns/Okwn Doll Making & Oshie (Room 207-8)

"Kaleidoscope" is published monthly, written/edited by the senior staff. Director, Sunday Paula Eguires; Program Regidor & Akira Goto.

### COMMUNITY ANNOUNCEMENTS:

**FREE TAX SITES** - for other sites not listed below and what you should bring are available in the senior office.

**AARP TAX-AIDE** - helps low-to-moderate-income taxpayers, especially those 50 and older. AARP Foundation Tax-Aide volunteers are trained to assist you in filing certain tax forms and schedules, including the FORM 1040. However, the volunteer Protection Act requires volunteers stay in the scope of the program. If counselors feel they do not have adequate knowledge of your returns and is too complex, you may need to seek another qualified counselor or paid tax assistance. For Tax year 2016, Tax-Aide will be using new tax preparation software provided by the IRS. Due to this change, there will be NO carry-forward of returns at ANY site in the state. Returning clients should bring their 2015 return and all new 2016 tax documents, along with Social Security cards/documentation and picture ID.

\*CATHOLIC CHARITIES, 1822 Keeaunoku St., Sat., 9:00 a.m. - 1:00 p.m., until 4/15.

\*AINA HAINA LIBRARY, 5246 Kalamiana'ole Hwy., Fri. & Sat., 10:30 a.m. - 2:00 p.m., until 4/15.

\*HAWAIIKAILIBRARY, 2491 Lunalilo Home Road, Sat., 9:00 a.m. - noon, until 4/8.

\*HARRIS UNITED METHODIST CHURCH, 20 S. Vineyard Blvd., Rm. 10, Tues. & Thurs., 8:30 a.m. - 11:30 a.m., until 4/13.

### VITA - APPOINTMENTS only.

\*HCAP, 1915 Palolo Ave., Tues. & Thurs., 9:00 a.m. - noon, 732-7755. Until 4/06.

**FREE FALL PREVENTION EDUCATION**, Saturday, April 22, 8:00 a.m. - 12:00 p.m., Straub Physical Therapy Center, 800 S. King St. Open to anyone interested in learning valuable information on how to prevent falls. Call 522-4603 to reserve your personalized session with a physical therapist. Participants will receive a 1:1 fall risk screening and will learn exercises to help prevent falls. Space is limited. Reservation is required.