



Kapahulu Center

3410 Campbell Avenue ~ Honolulu, Hawaii 96815 ~ (808) 737-1748 ~ www.kapahulucenter.org

SEPTEMBER 2022

IMPORTANT DATES:

**** HURRICANE SEASON (thru Nov. 30) ****

ALL MONTH: Foodland Give Aloha

Monday, Sep 5 - Labor Day (Center Closed)

Monday, Sep 12 - Paper Crafts (9am)

Lawrence Chinn

Rowena Jay

Mark Kaneshiro

Masanori Koide

Allison Lee-Takamine

Clare Miyashiro

Marcia Nakama

Duffy Okimoto

Patricia Shimazu

Marian Shimizu

Margaret Snyder

Helene Sokugawa

Norman Sorayama



Carolyn Towata

Anne Wheeler

Virgina Wong

Welcome



NEW MEMBERS:

Joyce Masumura & James Tomi

MAHALO ALL RETURNING MEMBERS

COVID VACCINE BOOSTER INFO:

A friendly reminder that if it has been at least four months since your first booster shot, individuals who are over the age of 50, age 12 or older and have a compromised immune system, or those that received primary and booster doses of the Johnson & Johnson vaccine may receive a second booster shot of Pfizer or Moderna. To find a vaccine location or for more information, visit hawaiicovid19.com/vaccine, or call (808) 586-8332 to schedule an appointment.

Alternatively, some may qualify to have the vaccine brought to them if they are homebound, have special needs, or are medically fragile. Call (808) 586-8332 or (833) 711-0645 to see if they qualify (Mon - Fri, 7:45am - 4:30pm). Interpreters are available. Capacity is limited.

A Friendly Check-In:

Dear Members and Friends of Kapahulu Center:

We hope you're all staying healthy and safe! As our wider community relaxes COVID restrictions, we appreciate in advance your understanding as we retain our safety protocols, and continue to review and make updates. Again a friendly reminder for those travelling out-of-state to please continue being transparent with the office and notify us prior to returning to any in-person activities.

September Schedule: Reminder participants must sign-up with the office in advance (NO WALK-INS), also all visitors need to make an appointment prior to stopping by the office. If the doors are closed, please use the doorbell, or call the office at 808-737-1748.

Tue/Thu, 9:00am: Yoga

Tue, 10:30am: Kanikapila

Wed, 8:30am: Crafts/Plastic Canvas

Wed, 9:30am: Tai Chi

Wed, 11:00am: Hula

Thu, 8:30am: Hawaiian Quilting

Thu, 10:30am: Ukulele



Foodland Give Aloha (Code# 77082) + UPDATE your Maika'i

card: This September, please consider making a donation to Kapahulu Center while shopping at any Foodland or Sack N Save, and Foodland and the Western Union Foundation will partially match each donation (up to \$249; Maika'i card required)! To make a donation:

1. At checkout show the cashier your Maika'i card,
2. Tell the cashier **our code # 77082**, and the amount of your donation (up to \$249).
3. Be sure to also ask for a duplicate receipt for your records, and confirm that "Kapahulu Center", your donation amount, and your Maika'i number appear on the receipt.

Foodland is also asking that customers update their Maika'i card BEFORE making a donation. To do this, go online to <https://maikai.foodland.com/> Members can also see a customer service agent at the store, or call (808) 735-7229. Thank you for your support!

Please continue to take care, and stay healthy!
Kapahulu Center Board of Directors and Exec. Dir.

Call for Volunteers!

The office is looking for 1-2 Kapahulu Center members to volunteer to work with 2 Kalani High School seniors, and give feedback on a project that would aid kupuna with a daily physical task. This would involve a few meetings at the Center after 2pm during the week. Please let us know if you're interested!

Activities:

Executive Office on Aging Senior Medicare Patrol (SMP): Computer Basics for Kupuna classes available. Please contact Norma Kop directly at (808) 586-0100 for more information.

Kapahulu Center Members Connect Online: Members can schedule an appointment to visit the office and bring in their laptop, iPad, Chromebook, tablet, or smartphone for assistance. Members please also confirm your email address with us in order to receive regular updates on free virtual activities and opportunities shared with us by other community organizations!

Kapahulu Center Paper Crafting: No formal projects are planned, but sign up with the office for some crafting fun!
DATE: Mon., Sep. 12, 2022
TIME: 9 - 11am
ROOM: Craft Room
COST: \$2/member, \$7/non-members

Kupuna Aikido Fall Safety Presentation: Although we don't yet know the date/time, please let the office know if you're interested in reserving a spot for an in-person presentation. More information is also available on their website at: <https://www.kupunaaikido.org/>
DATE/TIME: TBA (FREE)

A BIG MAHALO to our volunteer instructor Joyce Gushiken, our Bon Dance class, and the activities coordinator at The Plaza at Punchbowl for helping to spread the joy of bon dancing with their residents!

As many of you may know, this year some festivals and bon dancing made their first returns since the COVID-19 pandemic shut down large, open to the public, and in-person events in 2020. Although this year we again did not host a bon dance, we are optimistically planning for its return as a Kapahulu Center Matsuri (festival) next year 2023! Thank you all again!

Member Reminders:

Real Property Tax Assistance for Kapahulu Center Members: Please let us know if you need help connecting with Grace at the RPT office!

Discontinuing Mailed Newsletter (Members only): A friendly reminder for members to please sign-up if you'd to continue to receiving a mailed copy of the monthly newsletter. Thank you!

Homeowner's Handbook to Prepare for Natural Hazards printed booklets: Again a special thanks to member Darren Okimoto (Thank you Darren!), we still have some free printed booklets available in the office of the latest edition. Please make an appointment to stop by and pickup a copy. A digital copy can also be downloaded online here: <http://seagrant.soest.hawaii.edu/homeowners-handbook-to-prepare-for-natural-hazards/>

SITE COUNCIL:

Want to be more involved at the Center and with its members? The Site Council welcomes you! Join our next virtual meeting on Zoom and call the office for information today!

Our duty is to communicate to members the programs/activities discussed by the Executive Director. Our goal is to have a member representative advise each class; however, if unable to do so, we post Highlights of each meeting on the bulletin board outside the office.

Thank you, Kapahulu Center Site Council

EARLY NOTICE:

SEE'S CANDIES: For your convenience of picking up pre-wrapped holiday candies at the Center. **Place orders now thru Fri., Nov. 11, and pickup your purchases in December! All orders are prepaid. No late orders.**

