



Kapahulu Center

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

AUGUST 2022

IMPORTANT DATES:

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

Aug 15 - Paper Crafts (9am)

Aug 19 - Admissions Day
(CENTER CLOSED)

TBA - Kupuna Aikido Fall Safety Presentation

Upcoming Sep. 2022: Foodland Give Aloha



Edean Iwanaga
Vicky Koike
George Splinter
Sheena Ing
Geraldine Dang
Lorraine Young
Muriel Donnan
Aileen Tsuneyoshi
Richard Nakahara
Stephanie McKinley
Cassandra Federoff
Teruko Kuwahara

Welcome



NEW MEMBERS:

June Hasegawa & Lambert Miyamoto

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! A friendly reminder that if its been a least 4months since your first COVID booster and you may be eligible for another booster! See more info in the bottom left of this page.

For our latest COVID protocols, please visit our website, and those who are travelling, please continue to be transparent with the office and let us know prior to returning to any in-person activities.

August Schedule: A reminder participants must sign-up with the office in advance (NO WALK-INS):

Tue/Thu, 9:00am: Yoga
Tue, 10:30am: Kanikapila
Wed, 8:30am: Crafts/Plastic Canvas
Wed, 9:15am: Tai Chi
Wed, 11:00am: Hula
Thu, 8:30am: Hawaiian Quilting
Thu, 10:30am: Ukulele

Office hours continue to be varied/limited, and all visitors need to make an appointment prior to stopping by. If the doors are closed, please use the doorbell by the wheelchair ramp entry, or call the office (808-737-1748).

Foodland Give Aloha (Sep. 2022, code# 77082):

We're again signed up to participate! Next month (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 make a donation to our organization too! At checkout, show your Maika'i card, tell the cashier **our code # 77082**, and the amount of your donation (up to \$249). 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. Thank you for your support!



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

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., Aug. 15, 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. Kupuna Aikido is also offering this presentation at various libraries throughout the month of August—visit their website for more info at:

<https://www.kupunaaikido.org/>

DATE/TIME: TBA (FREE)

FRAUD/SCAM AWARENESS:

A friendly reminder that scammers are really good at what they do, and it is not your fault! Here are some hopefully helpful tips to better identify scams and protect your information and accounts:

- Never pay using gift cards
- Do not give out your username or password. No legitimate company will ask for your password.
- Turn on 2-factor authentication in your account security settings where available.
- Never re-use passwords, and use different passwords for each account. Tip to create a complex password: use a nonsensical 3-5 word phrase to generate a longer password.
- **Do not feel pressured** to give out sensitive or personally identifying information (ex: credit card number, SSN, account info, address or other phone number), especially if you received an unexpected call or message over the phone, email, or using an unknown app/website.
- **Be wary of a false sense of urgency, or any time any time someone tries to convince you that you must act now.** Scammers may try to use calls, texts, or emails to impersonate trusted

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

institutions (ex: bank, hospital, government organizations, large & well-known retailers like Macys or Amazon), or even close friends or family members. **If you're ever unsure, its ok to end the call or chat, and reach back out to the person or institution independently by looking up their known phone number.**

- It is OK to be skeptical. With so many scams out there, an actual company or trusted person or institution will not be upset if you want to get more information from them and call them back to them later to ensure it isn't a scam.

More Resources:

- DCCA Hawaii Empowering Kupuna Resources: <https://cca.hawaii.gov/kupuna/>
- AARP Fraud Watch Network: <https://www.aarp.org/money/scams-fraud/about-fraud-watch-network/>
- FINRA Foundation Fighting Fraud: <https://finrafoundation.org/networks-we-strengthen/fighting-fraud>
- FTC Scam Alerts: <https://consumer.ftc.gov/features/scam-alerts>