



MOA Hawai'i Newsletter

VOLUME 7, ISSUE 4

APRIL 2020



Maui Family Caregiver Walk

Maui MOA members arranged a flower circle event for those who took part in the annual caregiver walk in February.



How Has the Corona Virus Affected Your Life?

I hope this article finds everyone in good health. Just don't read this too close. As you all know this Corona Virus has affected our daily living in ways we could not have imagined. Our annual Children's Painting Exhibitions has also fallen victim. So far the venues at Hilo's Prince Kuhio Shopping Center, Maui's Queen Kaahumanu Center, and Nuuanu / Kalihi / Manoa's Lanakila Senior and Multi-Purpose Center have cancelled the use of their facilities for the awards ceremony and exhibition. Windward Mall has pushed back their exhibition date to late May, and Pearlridge, and Kahala Mall are still pending. We are learning that no agreement with any venue will quickly change accordingly with the new government policies. With the trend of our local government's precautionary measures, our state exhibition is also cancelled.

We are still collecting paintings from each district, judging them and awarding the winners their prizes. There just may not be an exhibition or awards ceremony. I am sure you all understand that these measures are being taken to help level the spread of this pandemic.

Making Konnyaku



Classes Canceled

Aloha everyone, first of all I want to thank everybody who came to the konnyaku class. It was fun watching everybody mix their konnyaku adding what I believe is the most important ingredient in food: love. I read about how konnyaku is referred to as "the broom of the stomach", and my family who all came home with tons of konnyaku definitely got "cleaned out" from all the fiber. I had so much fun sharing this experience with everyone, and I just love the positive energy everyone brings to class! So it makes me sad that because of the coronavirus, I will be canceling my classes in April. These include: the tea meditation classes, the MOA taiso classes, and the soba

I think best thing I can do for our community here in Hawaii is to send my love from a distance. Stay tuned for any new information, at home activities, or changes from me on MOA's facebook page.

Sending you all love and light during these stressful times,



April Message from:

Executive Director, Norman Oshiro

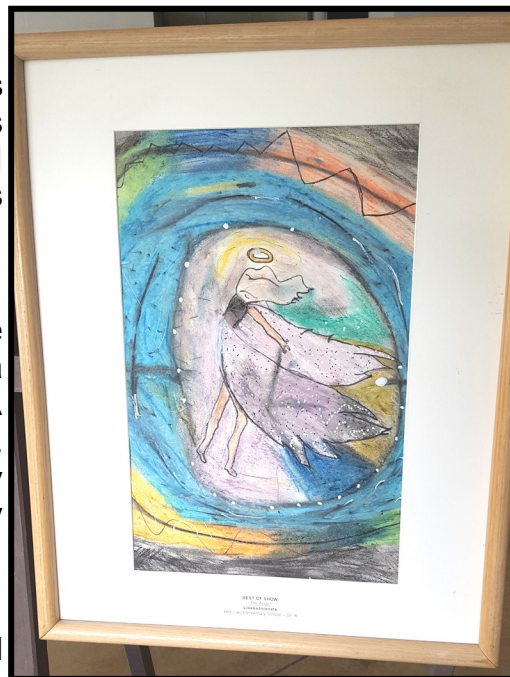
Mokichi Okada's messages regarding Art and Beauty:

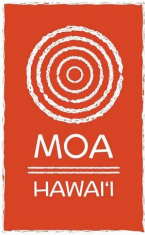
“The perfection of art is not depicting things as they are. True art is to express truth, virtue and beauty through one's character. Art is deemed to express the acme of beauty, however, there is high and low in quality. The perfect art embodies truth and virtue as well as beauty. It is a realization of one's high spirituality.”
(5/20/1951)

“The perfect art is, after all, its dignity and grace. This is also true for human beings. One may be called a man of authority. But, it is a matter of one's dignity. It has to be a person with high dignity. A person with high dignity means that he/she is close to God. Graceful art is heavenly art. One will be uplifted by appreciating such art. In an instant, one becomes spiritually uplifted to heaven. That is where the value of art lies.”
(12/1/1951)

‘Paradise on Earth will be a world free of illnesses, poverty, and conflicts. It will be a world replete with truth, virtue, and beauty. Human beings will follow truth, be fond of virtue, and dislike evil. Everything will be beautified. In this sense, it might reach the point where people enjoy art - willingly or unwillingly, and it will turn out that life will be based on art. The world will advance considerably. To be more precise, it will be a world of art.

This is also true for the medical science. A human's body has to be beautiful. More than anything else, truth does not exist in sick people. It is true that human beings should be healthy. That fact that health is ruined means that is already not a person's natural state... Our healing of illnesses and reforming agricultural methods are art of course. The former is the art of life and the later art of agriculture.”
(June 6, 1951)





The MOA Supporter System

We cordially invite you to be a part of our MOA Supporter System. MOA Supporters contribute a vital piece to the overall development and expansion of all our outreach and community activities. Together, we will make a difference for the welfare of society

Questions: please contact us at:
Phone: (808) 952-6900
Email: info@moahawaii.org
Website: www.moahawaii.org

Name(s) _____

Address _____

City _____ State ____ Zip Code _____

Telephone () _____

Fax () _____

Cell Phone () _____

Email _____

TYPE

- \$25 Individual
- \$50 Family (2 or more individuals)

PAYMENT

- Check enclosed
- Charge my credit card
- VISA MC Discover JCB

Name _____

Card no _____

Exp. Date _____

Security code _____

Signature _____

Make checks payable to: **MOA Hawaii.**

ADDRESS CHANGES

To keep us up-to-date on your current address, please complete the MOA supporter form if you've moved.

CORRECTIONS

Send MOA Hawaii newsletter corrections via U.S. mail to the MOA Wellness Center at 600 Queen Street, C-2 Honolulu, HI 96813 or email us at info@moahawaii.org

MEMBERSHIP

MOA membership dues are paid on an annual basis. Being a member gives you discounts on the Okada Health and Wellness programs, Cooking classes, Flower Arranging (Kohrinka) classes and various upcoming MOA classes offered.

MOA Hawai'i Staff: Norman Oshiro, Executive Director; Alan Aranaydo, MOA Wellness Center Director; Roy Goshi-Otaguro, Arts & Culture Program Manager; Aisha Asami, Nutrition Program Manager; Ruby Gines, Operations and Facility Assistant Manager; Administrative Assistants: Ceronda Encencio, Brianna Akama, Teri June Amuro

MOA Hawai'i Board of Directors: Frances Okazaki, President; Lester Nakamura, Vice-President; Alan Aranaydo, Secretary; Steve Tomino, Treasurer; Shawn Hamada, Dean Kanemaru, Brian Nakano, Cynthia Okido, Sandra Tam Sing, Gale Eckerd and Pat Ganaban

MOA Wellness Center Office Hours: Monday to Friday 9:00 am to 5:00 pm, Saturday 9:00 am to 3:00 pm
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