

MOA HAWAI'I
Officers & Directors

Frances Okazaki
President

Lester Nakamura
Vice-President

Alan Aranaydo
Secretary

Steve Tomino
Treasurer

Jessie Nakata
Asst. Treasurer/Director

Shawn Hamada
Director

Dean Kanemaru
Director

Brian Nakano
Director

Cynthia Okido
Director

Sandra Tam-Sing
Director

MOA HAWAI'I STAFF

Norman Oshiro
Executive Director

Alan Aranaydo
MOA Wellness Center Director

Roy Goshi-Otaguro
Arts & Culture Program Manager

Ruby Gines
Operations and Facility
Assistant Manager

Administrative Assistants:

Mallori Choy
Ceronda Enocencio

Dick Mills
Brianna Goo
Teri June Amuro

Nature Garden
Scott Kitamori

Phone: (808) 952-6900

Fax: (808) 566-6911

E-mail: info@moahawaii.org

Website: www.moahawaii.org

MOA Wellness Center

Office Hours

Mon-Fri 9:00am-5:00pm

Sat. 9:00am-3:00pm

INSIDE THIS ISSUE:

Celebrating 5 Years of Success

Honey, a Beekeeper's Gold

Executive Director's Message

Preparing for the 5th Anniversary

Celebration at the Wellness Center

Party Time Images

Goa, India Officials Visit the Wellness

Center

The MOA Support System

Celebrating Children and Youth Day,

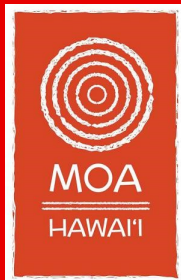
October 7, 2018

Journeys to Wellness VII, October 13, 2018

Navigating Present and Future Care for

Loved Ones

Easy Plant-Based Meals



MOA Hawai'i Newsletter

VOLUME 5, ISSUE 11

NOVEMBER 2018

Celebrating 5 Years of Success



(above) Karli Hamada, on the left, and Leilani Tsukazaki, on the right.



(above) Jan Mills, on the left, and Shawn Hamada, on the right looking at the canvas art on the wall that she created with her daughter, Karli.



The MOA Wellness Center celebrated 5 years at Keola La'i with many of our family and friends on October 6th. Several of our new visitors, upon entering the Wellness Center, felt the high energy just by walking through our doors. It was wonderful that many of our family, new and long-lost friends and visitors were able to experience the Wellness Center and all that it has to offer.

Special thanks to Karli Hamada and Shawn Hamada for chairing this event, to Steve Ichikawa, and the entire Nakata Family for making this a truly memorable event! Mahalo to all the MOA Directors, Managers and staff. A big Mahalo also to all the volunteers who took time out of their day to come to serve tea, do opt, assist in flower therapy, give massage, cook or sell products and vegetables.



(above) Darian Kanno prepares a dessert dish for the event.

(on the left) Jessie Nakata, Mrs. Dawn Ige (Governor David Ige's wife) and Karli Hamada discuss the day's events.

Honey: The Bee Keeper's Gold

Here you see Danny Mills, a bee keeper (apiarist), up in the bee yard (apiary) at the MOA Nature Garden in Nuuanu. If you would like to order honey, please call the MOA Wellness Center at 952-6900.



EXECUTIVE DIRECTOR'S MESSAGE

November 2018 Message:

Our theme for November is “Living with Gratitude”

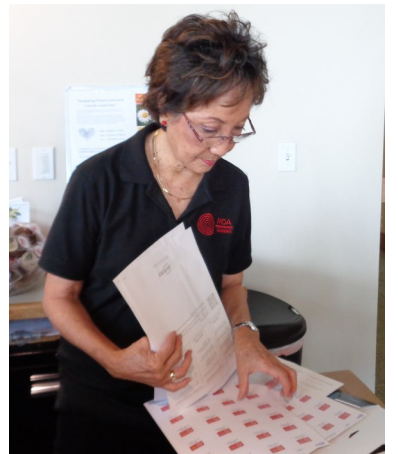
Mokichi Okada said:

“In regards to people who say they are having bitter experiences or being subjected to harsh treatment, the fact is their own clouding of their spirits is being eliminated. The truth of the matter is such circumstances are performing the work of the purification process. If they feel gratitude, things will turn out favorably. As I explained just now, it will turn out that way if one considers such circumstances from a broad viewpoint. So, one should be very grateful. That kind of point of view is proper. That is why I was also irritated for a while by those who opposed me. However, when I tried to consider that it was for the foregoing reason, on the contrary, the result was favorable. I have explained it in that way, but that is really true. Therefore, the fact that things do not go as one wishes means one's spirit still is not purified. So, things will go as one wishes when one's spirit is purified.”

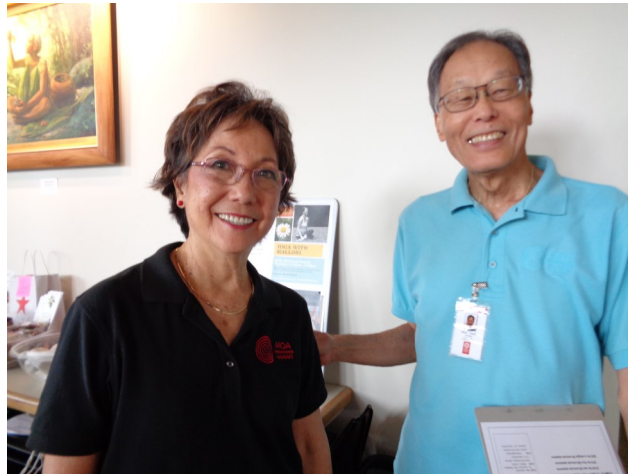
Learn more about “Living with Gratitude” by attending the monthly study session at the MOA Wellness Center on Wednesday, November 28, 2018 from 9:30 AM – 11:00 AM.

Norman Oshiro
Executive Director

Preparing for the 5th Anniversary Celebration at the Wellness Center



Party Time Images





(above) Dick and Jessie received "A Certificate Of Commendation" from Carl Miura of th Lieutenant Governor's office for bringing great joy to the reception area and Lieutenant Governor's private office with beautiful flower arrangements.



Goa, India Officials Visit the Wellness Center

Goa, is a state in India located on its western coast. A Memorandum of Understanding was signed between Hawaii officials and Goa officials on September 28, 2018



entering in a sister-state relationship. The agreement, among other programs will include promoting health and wellness, agriculture and cultural programs between the private sector organizations and the universities of both states. The officials came to the Wellness Center to learn about MOA with Executive Director, Norman Oshiro and stayed for tea and flower therapy. Mahalo to MOA member, Raj Kumar, for bringing the Officials to the Wellness Center.



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:
(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.**
Pledges and gifts for higher amounts can

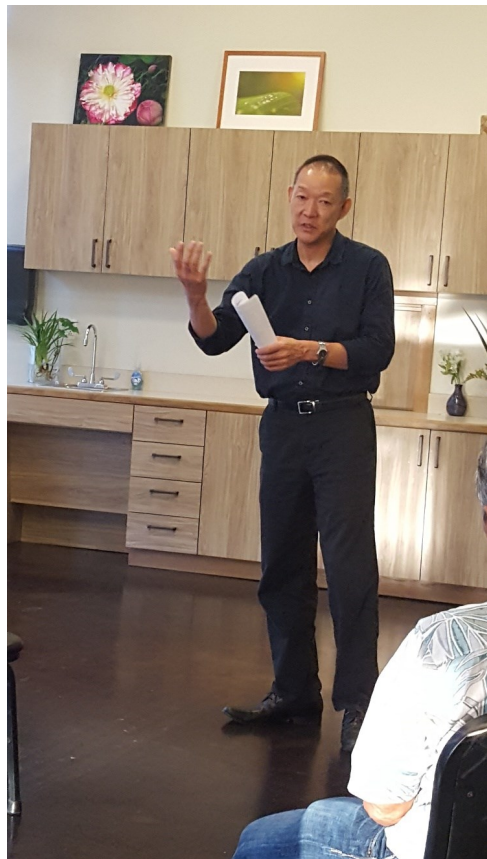
Celebrating Children and Youth Day, October 7, 2018



“Journeys to Wellness VII”, October 13, 2018



Navigating Present and Future Care for Loved Ones



Glenn Furukawa, the Director of Furukawa Senior Care Centers located in Kaneohe, Pearl City and Honolulu spoke with a group of MOA members at an evening workshop on October 18, 2018. Glenn has been in the Senior Care business for many, many years. His knowledge and experience with the public, private and government sector gave insight to the various types of Senior Care Centers island wide; where to seek help; and to remember to plan early keeping in mind your budget. Thank you



ADDRESS CHANGES

To keep us up-to-date on your current address, please complete the MOA supporter form if you've moved. The MOA Hawaii Newsletter is also online at www.MOAHawaii.org.

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

Upcoming Events at the MOA Wellness Center:

- November 12, Monday: Happy Veteran's Day! The MOA Wellness Center is Closed**
- November 16, Friday, 12:00 noon - 1:30 pm "Staying Healthy Through the Holidays"**
- November 16, Friday, 3 pm - 4:30 pm "Introduction to MOA"**
- November 19, Monday, 6 pm - 8:30 pm "Oshiro Kohrinka Class"**
- November 22, Thursday: Happy Thanksgiving! The MOA Wellness Center is Closed**
- November 28, Wednesday, 9:30 am - 11:00 am "Gratitude"**
- November 29, Thursday, 9 am - 1 pm: Day 1, OHWP Lifestyle Improvement Program and lunch - Extended Session**
- November 30, Friday, 9 am - 11:30 am: Day 2, OHWP Lifestyle Improvement Program - Extended Session**
- December 1, Saturday, 9 am - 3 pm: OHWP Lifestyle Program - Intensive Session**

MOA Membership dues are paid on an annual basis. Being a member gives you discounts on the Okada Health and Wellness Programs, Kohrinka (flower arranging), Nutrition, Calligraphy and various other classes offered.

Easy Plant-Based Meal

On Friday, October 19th, Nutritionist Mallori demonstrated how she cooks Garlic Hoisin Tofu and then had her onlookers participate by having them make their own meal. In the picture below, you can see the finished product. Her next class is "Staying Healthy Through the Holidays." And though it won't be a cooking class, there will be more of these type of cooking classes in the near future.



Staying Healthy Through the Holidays

with Mallori

Friday, November 16, 2018
12:00 pm - 1:30 pm

\$10 members
\$15 non-members

Please RSVP by November 13th



Join us as we discuss ways to navigate the holidays without neglecting our health!

We'll discuss:
Nutrition
Holiday Stress
Immunity
And more!

Lunch Included!



MOA Hawai'i
600 Queen Street, C-2
Honolulu, HI 96813