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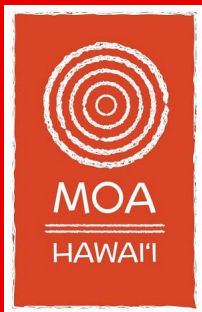
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MOA Hawai'i Newsletter

VOLUME 1, ISSUE 8

AUGUST 2014

Executive Director's Message

Aloha,

Mokichi Okada wrote an essay about Conforming to Nature and respecting its laws. *"The most important thing to understand about optimal health is that, on the deepest level, it is a natural result of conformity to and respect for Nature."*

Harmony and balance are fundamental characteristics of the universe. In fact, there is no such thing as disharmony. What appears to the human eye to be imbalanced or lacking in harmony represents a superficial level of reality. Disharmony is a phenomenon created by human beings, which is the result of ignoring or going against the laws of Nature. From a higher perspective, an imbalance that results from ignoring the laws of Nature is, in itself, a sign of the intrinsically harmonious nature and restorative power of the universe. This principle is always fair and impartial. Therefore, when human beings act in accord with the laws of heaven and earth, harmony reigns and conditions are favorable"

This month we are focusing on this theme. Everything that we humans engage in—the food we eat, clothes that we wear, homes that we live in, our education system, government (politics), economics, healthcare, environment, science, etc.—all should conform to Nature and its laws. If we do this, we can be sure to move a step closer to living in happiness.

The long awaited MOA Cookbook will be published for this holiday season so you can share your favorite healthy recipes with your family and friends. Please send in your tried and true favorite healthy (organic if possible) recipes to Ruby or Mai before the deadline.



My name is Ruby Gines and I'd like to share my experience on how Purifying Therapy has helped me.

Many years now I suffer from chronic shoulder, back, and neck pain due to epidural from my first pregnancy. I've never had these types of pain before and to have that now is affecting my lifestyle. I've tried all sorts of remedies to relieve the pain but it was just temporary. It always came back and I'd be in pain again so I would end up taking Ibuprofen or acetaminophen for relief. Since this was a constant occurrence it became a habit where I'd be taking pain relievers once the pain starts so that I don't feel it.

Since working for MOA Hawai'i, I've witnessed how OPT has helped participants in healing. I'd received OPT several times and it helped relieve the pain but it always came back. Finally, in February of this year, I decided to attend the Basic OPT Course. Since taking the course and receiving my pendant, I've practice OPT on myself daily and it has relieved the constant pain. Whenever I feel the pain coming on, I administer OPT for 5 minutes or less and get immediate relief. I haven't taken any pain relievers or medication since February and I'm really happy with that. I also administer OPT to my family and others. I've gotten my certification since then and I'm very happy, I can help others and I will try my best to volunteer at the center regularly.

Tips for a Safer Living Space

By: Danny Asami

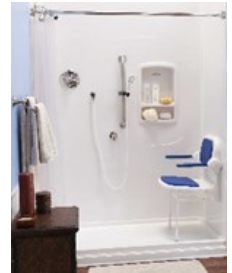
We consider our homes to be sanctuaries or places where we can eat, play, and sleep in safety. And yet each year, traumatic injuries from falls that occur at home result in thousands of emergency department visits and hospitalizations. Falls are a major cause of death in American homes and communities resulting in more than 20,000 fatalities annually.

In Hawaii, falls are the leading cause of fatal injuries among older residents. People over age 65 are especially at risk with one out of every three falling each year. Among Hawaii seniors hospitalized for fall-related injuries, almost half are discharged to a nursing home or rehabilitation facility for additional care.

The good news is although falls are a serious threat to the independence and quality of life for those ages 65 and older; most falls are preventable by addressing often overlooked hazards. Here is a checklist to help you find and fix potential hazards in your home.

Home Safety Checklist:

- Keep walkways and stairs well lit
- Clear away clutter and obstacles off the floor
- Remove or secure rugs and runners, which may be potential trip hazards
- Ensure non-carpeted floors are slip resistant; use non-skid wax or no wax
- Station pets' food dishes and beds away from traffic areas
- Make sure chairs and tables are sturdy enough to support your weight if leaned upon
- Check stair railings are secured and easily graspable
- Paint a contrasting color on the top edge of all steps so you can see the stairs better
- Arrange items you use most often on easily accessible shelves/cabinets in your bedroom, bath, kitchen
- Never stand on a chair; if you must use a step stool, get one with a bar to hold
- Install grab bars inside the tub/shower and next to the toilet
- Consider a tub chair and removable shower head if you have difficulty standing in the bath
- Install a nightlight to illuminate your path to the bathroom
- Store a flashlight within easy reach of your bed
- Adjust your bed height for ease of getting up and down or install a bed rail



Fall Prevention Tips:

Getting Around:

- Avoid wearing slippers or ill-fitting footwear on stairs and waxed floors
- Use a cane or walker to help your balance on uneven or unfamiliar ground
- Divide bulky loads of laundry/groceries to have a hand free to use railings
- Wear an apron with pockets or use a basket/bag/tray on your walker to carry items
- Get up slowly from a chair or bed to avoid losing your balance or feeling dizzy

Health Habits:

- Have your vision checked and glasses updated annually
- Review all medications you take including over-the-counter medicines with your physician or pharmacist as some can make you drowsy or dizzy and to avoid unsafe interactions
- Consume a healthy diet with enough calcium and do weight-bearing exercises (e.g., walking, tai chi) to help prevent osteoporosis; also ask if any medication might be weakening your bones
- Get sufficient rest at night and drink enough fluids during the day to be alert
- Be physically active at least 3 times a week for at least 30 minutes each day to improve strength, balance, coordination and flexibility; i.e., yoga, dancing

Added Security:

- Keep your cell phone or emergency numbers nearby
- Stay in contact with family/friends on a daily basis if you live alone
- Consider an alarm device that will bring help in case you fall and can't get up



Mokichi Okada's vision of a New Civilization was a "world in which the safety and longevity of human life are ensured." One place to start is within the home where many spend the majority of their time. Use these simple tips to make your home safer for a healthier living environment and a higher quality of life.

MOA Nature Garden

Schedule of Activities:

Vegetables from the MOA garden are harvested and delivered to the MOA Wellness Center every Monday.

The "Open Garden" is on the third Sunday, August 17, from 9:00 a.m. to Noon. Please come and bring your friends who are interested in growing organic vegetables.

We are having a plant sale on Sunday, August 24, from 9:00 am—1:00 pm at the MOA Nature Garden, if anyone is looking for plants to start or add to your garden, please join us. If anyone wants to donate plants for the sale please drop them off at the MOA Nature Garden or call Tom at 284-8129 or email him at garden.moahawaii@gmail.com.

Calling all cooks...

We are looking for recipes to include in our MOA Cookbook. If you'd like to share your favorite recipes, please send them in to the MOA Wellness Center or email them to admin@moahawaii.org.

All ingredients (if possible) must be organic or local and follow the MOA philosophy.

Recipes must be submitted by September 15, 2014. For more information, please contact Ruby Gines or Mai Fujii at (808) 952-6900.



MOA Kohrinka flower classes are based on Mokichi Okada's deep respect for the life of flowers and its positive influence on man. He arranged flowers using and expressing the best features found in Nature.

The Kohrinka curriculum stresses three basic concepts:

- 1) Care for the flowers
- 2) Care for the implements
- 3) Etiquette in arranging. The joy of arranging beautiful flowers will enrich your life.

Nuuanu (3510 Nuuanu Pali Drive)

Jessie Nakata

2nd & 4th Tuesday 6:30 pm—8:30 pm

2nd & 4th Thursday 4:30 pm—6:30 pm

Kahala

Karen Takane & Yasuo Kikuchi

2nd & 4th Saturday 9:30 am—12:00 pm

For more information, please contact Arts & Culture Manager Roy Goshi-Otaguro at 222-2031.

Cost

- Class Fee: \$10 Per Session (includes flowers)
- \$5 for students under 18 yrs.

New Students

- One time initiation fee to join MOA (\$25)
- Textbooks
 - MOA Kohrinka Textbook (\$20)
 - MOA Kohrinka Guidebook (\$8)
 - Kohrinka Notebook (\$1)



The MOA Support 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 be made as monthly or quarterly gifts. Donations to MOA Hawaii'i are tax deductible.

MOA HAWAI'I AUGUST 2014

MOA HAWAI'I • 600 QUEEN STREET C-2 • HONOLULU, HI 96813
 Phone: 808-952-6900 • Fax: 808-566-6911 • Website: www.moahawaii.org • Email: info@moahawaii.org
 MOA Wellness Center Hours of Operation: M-F 9:00am–6:00pm, Sat. 9:00am–5:00pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* Kohrinka (Flower Arranging) Classes are held at the Toho No Hikari Social Hall, 3510 Nuuanu Pali Drive					1 Yoga 5:00–6:00pm	2
3	4 Yoga 5:00–6:00pm	5 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Yoga 5:00–6:00pm Nakata *Kohrinka 6:30pm	6 OHWP @ Kaneohe Community Center 8:30-10:30am MOA Board Meeting 6:30pm	7 Nakata *Kohrinka 4:30pm Yoga 5:00-6:00pm	8 Yoga 5:00-6:00pm Okazaki/Liu *Kohrinka, 7:00–9:00pm	9 Takane/Kikuchi Kohrinka 9:30am-12:00pm OHWP @ Valley of the Temples Byodo-in 12:00-3:00pm
10 Miso Class Reunion 2:00-3:00pm	11 OHWP @ Pearlridge Shopping Center 8:30-10:30am Yoga 5:00-6:00pm	12 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Iwata *Kohrinka, 9:30am-12:00pm Shoda/Suenaga *Kohrinka, 12:30-2:30pm Shodo – Japanese Calligraphy Class 2:00-3:00pm Yoga 5:00-6:00pm	13 OHWP @ Kaneohe Community Center 8:30-10:30am Everyday Okazu 11:00am-1:00pm Iwamoto Continuous Care Mililani Branch 7:00pm	14 Improve Your Eyesight, Naturally! 6:30-8:30pm Yoga 5:00-6:00pm	15 Otaguro/Fujioka *Kohrinka 9:30am-12:00pm Yoga 5:00-6:00pm	16 OHWP @ Valley of the Temples Byodo-in 11:00am-4:00pm
17 MOA Garden Volunteer Day 9:00am-12:00pm	18 Yoga 5:00-6:00pm	19 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Yoga 5:00–6:00pm	20 Iwata Continuous Care Aiea Branch 9:30am-4:00pm	21 Miso Class Reunion 11:00am-12:30pm Yoga 5:00–6:00pm	22 Kobayashi *Kohrinka 9:30-11:00am Suenaga Kohrinka 9:30am-12:00pm Basic Essentials 1:00-2:00pm Yoga 5:00–6:00pm	23 Takane/Kikuchi Kohrinka 9:30am-12:00pm Otaguro/Tom *Kohrinka 10:00am-12:00pm What's In Our Food? 10:00-11:30am Ebesugawa/ Nakano/Suenaga *Kohrinka 1:00-3:00pm Photography Class 1:00-3:00pm
24 Plant Sale @ MOA Nature Garden 9:00am-1:00pm Kanikapila Time 2:00pm	25 OHWP @ Pearlridge Shopping Center 8:30-10:30am Yoga 5:00–6:00pm	26 Dr. Garcia 10:00am-12:00pm Nutritionist 9:30am-12:00pm Shodo – Japanese Calligraphy Class 2:00-3:00pm Yoga 5:00–6:00pm Nakata *Kohrinka 6:30pm	27 Iwata Continuous Care Aiea Branch 9:30am-4:00pm	28 Nakata *Kohrinka 4:30pm Yoga 5:00–6:00pm	29 Yoga 5:00–6:00pm "Introduction to MOA" 6:30pm	30
30						

Food Safety

By: Mai Fujii, Natural Foods Program Manager

Summer, beach, BBQ, & pupus ... what can you imagine from these words? People in Hawai'i love to spend time outdoors, eating and drinking with family and friends. Hawai'i is warm during the summer so extra attention is necessary for handling foods in order to prevent food poisoning. One in six Americans get food poisoning each year, and sends more than 100,000 people to the hospital each year¹. In fact, Hawai'i has a higher prevalence of Salmonella contamination (25.5 cases per 100,000 people) compared to the national average (16.8 cases per 100,000 people)². Food poisoning can also have a long-term/chronic effect on health, including kidney failure, chronic arthritis, brain and nerve damage, and even death¹. Having the right knowledge on handling food and following simple steps can help keep your family safe from food poisoning. Let's look at 4 steps that you can do!

CLEAN. Bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards. Before cooking, wash your hands for 20 seconds with soap and running water. Dry your hands with a clean towel. You should wash fruits and veggies carefully. But, did you know that we should not wash meat, poultry, or eggs? It is because washing raw meat and poultry can actually help bacteria to spread onto your sink and countertop. Also, all commercial eggs are already washed before sale. Washing the eggs may actually increase the risk of cross-contamination.*

SEPARATE. Use separate cutting boards and plates for produce (veggies and fruits) and for meat, poultry, seafood, and eggs. This is an important step to stop cross-contamination when you handle uncooked foods. This step also applies when you buy foods at the grocery or put foods in the refrigerator; keep meat, poultry, seafood, and eggs separate from all other foods.

COOK. Bacteria that cause food poisoning can spread quickly in the "Danger Zone" which is between 40° and 140° Fahrenheit (°F). In order to prevent food poisoning, use a food thermometer to make sure you cook foods with heat that is high enough to kill harmful bacteria. Use the chart below as a guide in selecting the right temperature.

Food	Temperature (°F)	Rest Time**
Ground Meat (beef, pork, veal, lamb) (turkey, chicken)	160 165	None None
Fresh Beef, Veal, Lamb (steaks, roasts, chops)	145	3 minutes
Poultry (chicken, turkey, duck, goose)	165	None
Pork and Ham (fresh pork, fresh ham)	145	3 minutes
Eggs	Cook until yolk and white are firm	None
Egg Dishes	160	None
Leftover and Casseroles	165	None
Seafood:		
Fin fish	145 or cook until flesh is opaque and separates easily with a fork	None
Shrimp, Lobster, and Crab	Cook until flesh is pearly and opaque	None
Clams, Oysters, and Mussels	Cook until shells open during cooking	None
Scallops	Cook until flesh is milky white and firm	None

Another important point is to keep your food above the safe temperature (140°F or above) after cooking. This helps prevent bacteria from growing in foods.

CHILL. When you have leftover foods (although eating freshly cooked foods is the best) or after grocery shopping, refrigerate foods promptly. Illness-causing bacteria can grow within one to two hours unless you refrigerate them properly. Cold temperature slows the growth of illness-causing bacteria. Make sure your refrigerator and freezer are cooled to the right temperature. Your refrigerator should be between 40°F and 32°F, and your freezer should be 0°F or below.

For more details about food safety, visit www.foodsafety.gov.

Enjoy your summer with delicious and refreshing dishes!

* *cross-contamination: the process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another with harmful effect.*

** *rest time: some foods need 3 minutes of rest time after cooking to make sure that harmful germs are killed.*

When the temperature rises and the climate get hot and humid, we lose water from our body via sweating and lose physical strength. Our digestive system also becomes weak during the summer season. Your diet should include plenty of fresh vegetable and fruits, and plenty of water (no ice water!). Here is a very easy and tasty summer dish that rejuvenates your body quickly.

Marinated Chicken* with Vegetables

Ingredients (Serves 4):

- 1 lb. Chicken Thighs
- 1 medium Carrot
- 1 Bell Pepper
- 1/2 medium Onion
- 1 cup Rice Vinegar
- 1/2 cup Sugar
- 1 tbsp. Salt
- 2 tbsp. Soy Sauce
- 1 tbsp. Mirin
- 1 tbsp. Sake
- 2 Hawaiian Chili Peppers
- Flour
- Oil

Instructions:

In a medium pot, heat vinegar and add sugar and salt. When sugar and salt are dissolved into the vinegar, remove the pot from the heat.
 Wash carrot and bell pepper. Shred or slice carrot thin. Slice bell pepper thin. Remove the skin of the onion and slice thin. Crush the chili pepper.
 Put the vegetables and chili pepper in a flat casserole dish; then pour the vinegar mixture made in step 1).
 Cut the chicken thighs into bite size pieces, and marinate with soy sauce, mirin, and sake. Let it sit for a few hours (or overnight) in a refrigerator.
 Next, coat evenly with flour. In a large flat pan, heat 1/2 inch oil. Cook the chicken thoroughly for several minutes. When chicken is cooked, add to 3) and marinate well.



Marinate the dish at least 1~2 hours, or overnight for more flavor.

*Chicken can be substituted with white fish such as opah (moonfish), or salmon. If you are vegetarian/vegan, deep-fried tofu is another good ingredient for this recipe. Omit marinating fish/tofu (step 4).

Okada Purifying Therapy



If you are interested in taking the OPT Basic Course, re-certification, or to practice your OPT skills, please contact the MOA Wellness Center to schedule a time with one of our trainers.

MOA Wellness Center Hours

Monday 9:00am—6:00 pm
 Tuesday 9:00 am—6:00 pm
 Wednesday 9:00 am—6:00 pm
 Thursday 9:00 am—6:00 pm
 Friday 9:00 am—6:00 pm
 Saturday 9:00 am—5:00 pm
 Sunday Closed



MOA Hawai'i
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