

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, JANUARY 21

Arts & Crafts with Faye Beginner's Class: 1:00 PM **(CANCELLED)**

MONDAY, JANUARY 22

Tai Chi: 7:30 AM (Via Ch. 901)
Beginning Tai Chi: 8:15 AM (Via Ch. 901)
Open Gardening: 8:30 AM **(CANCELLED)**
Weekly Announcements: 9:15 AM (MPR)
Water Exercise: 9:30 AM **(CANCELLED)**
Strong Posture Level 1: 10:30 AM (Via Ch. 901)
Fitness Center: 11:30 AM **(CANCELLED)**
Bingo: 1:00 PM **(CANCELLED)**
HFD Fire & Life Safety: 3:00 PM **(CANCELLED)**

TUESDAY, JANUARY 23

Blood Pressure Clinic: 8:00 AM (B2 Lobby)
Dance: 8:30 AM **(CANCELLED)**
Strong Posture L2: 9:15 AM (Via Ch. 901)
Strong Beginnings: 10:30 AM (Via Ch. 901)
Fitness Center: 11:30 AM **(CANCELLED)**
Name That Tune & Do You Know the Lyrics: 1:00 PM **(CANCELLED)**
Yoga: 2:30 PM (Via Ch. 901)
Qi Gong: 3:30 PM (Via Ch. 901)

WEDNESDAY, JANUARY 24

Tai Chi: 7:30 AM (Via Ch. 901)
Beginning Tai Chi: 8:15 AM (Via Ch. 901)
Open Gardening: 8:30 AM **(CANCELLED)**
Physician's Clinic Dr. Yazawa (by appt.): 9:00 AM (B2 Clinic)
Taiko Ball Fitness: 9:45 AM **(CANCELLED)**
Strong Posture Level 1: 10:30 AM (Via Ch. 901)

Bible Study: 11:00 AM **(CANCELLED)**
Arts & Crafts with Faye Inter. Class: 1:00 PM & 2:00PM **(CANCELLED)**

Blood Pressure Clinic (walk ins accepted): 3:00 PM (B2 Lobby)
Automatic Golf Putting: 3:30 PM **(CANCELLED)**

Weekly Movie: "The Secret: Dare to Dream" 6:00 PM **(CANCELLED)**

THURSDAY, JANUARY 25

Blood Pressure Clinic (walk ins accepted): 8:00 AM (B2 Lobby)
Dance: 8:30 AM **(CANCELLED)**
Strong Posture L2: 9:15 AM (Via Ch. 901)
Lunch Bunch "Happy Day's": 10:30 AM **(CANCELLED)**
Strong Beginnings: 10:30 AM (Via Ch. 901)
Fitness Center: 11:30 AM **(CANCELLED)**
Yoga: 2:30 PM (Via Ch. 901)
Qi Gong: 3:30 PM (Via Ch. 901)

FRIDAY, JANUARY 26

Taiko Ball Fitness: 8:45 AM **(CANCELLED)**
Water Exercise: 9:30 AM **(CANCELLED)**
Strong Posture Level 1: 10:30 AM (Via Ch. 901)
Fitness Center: 11:30 AM **(CANCELLED)**
Chinese New Year Pau Hana: 3:00 PM **(CANCELLED)**

SATURDAY, JANUARY 27

Tai Chi: 7:30 AM (Via Ch. 901)
Beginning Tai Chi: 8:15 AM (Via Ch. 901)

One Kalakaua Senior Living Association Weekly News

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January 21, 2024

COVID PRECAUTIONS

As of January 18, 2024, we have a cluster of 17 COVID cases within the staff. Because the number of cases is high and to quickly reduce the transmission, additional COVID precautions have been implemented. As a precautionary measure, we tested all working staff, and have tested most residents. All tested residents are currently negative. Once we reach 5 days of no new cases, some of the restrictions will relax. Additional communications to follow. Thank you for each doing your part and for also being patient with the situations created by short staffing.

2024 DEPARTMENT OF HEALTH SURVEY:

Zero Findings!



On January 10, 2024, One Kalakaua completed its annual survey (inspection) to renew the facility's Assisted Living license with the Department of Health. One Kalakaua did well again and passed with a perfect score – no deficiencies. One Kalakaua has an unprecedented track record in the Assisted Living industry of doing well on the surveys with 6 of the past 9 surveys receiving a perfect score (0 deficiencies).

MAHALO NUI LOA!



Denise Maddela has been with One Kalakaua for the past 8 years working her way from CNA to her current position as Assistant Director of Nursing. It is bittersweet to share that Denise will be stepping down from her current position. She will remain as an on-call employee as our Nurse Educator continuing to provide training to our nursing staff and coverage for nursing shifts. Denise will additionally be working at a Skilled Nursing Facility so she can hone in her clinical nursing skills. Denise's deep love for our residents and staff shines through daily. Our team wish her the best on her new adventure and we are so glad that we will still see her on the weekends and for trainings.

PUZZLEWINNERS

Congratulations to our puzzle winners:



Arlene Lee-Williams



Mary Yamakawa

VERTICAL	Seek
ACROSS	Find
RANDOM	Random
SLEUTH	Sleuth
BACKWARD	Backward
VERTICAL	Vertical
DIAGONAL	Diagonal
WIKIPEDIA	Wikipedia
HORIZONTAL	Horizontal
WORD SEARCH	Word Search



One Kalakaua Library Newsletter

By Resident Librarian: Joyce Lumsdaine

Here is another book devoted to the many books the library has about cats. It is a popular subject of both fiction and non-fiction titles.



Aesop's Fables Featuring Cats

We have a beautifully illustrated edition of *Aesop's Fables*. The fables involving cats are listed in the contents as follows: The Cat and the Birds, The Cat and the Cock, The Cat and the Fox, The Cat and the Mice, The Cat-Maiden, and The Hen and the Cat.

Aesop's most famous fable involving a cat, often known as "Belling the Cat," is listed as "The Mice in Council." A group of mice discuss what to do about a cat who had killed many of their friends and relatives. A young mouse suggests that one of them tie a bell around the tyrant cat's neck. An old mouse asks who will do it. There are no volunteers.

The moral is "It is easier to make a suggestion than to carry it out."

NOTICE OF INTENT TO DISTRIBUTE PROXIES FOR THE ANNUAL MEETING ASSOCIATION OF APARTMENT OWNERS OF ONE KALAKAUA SENIOR LIVING

Date of Notice: January 19, 2024

The 2024 Annual Meeting of the Association of Apartment Owners of One Kalakaua Senior Living is currently scheduled to be held onsite on **March 20, 2024 at 2:00 p.m. (Registration at 1:15 p.m.)**

All Association members will receive a mailing approximately 30 days prior to the date of the Annual Meeting which will contain: (a) The official notice and agenda for the meeting, and (b) a proxy.

THE PURPOSE OF THIS NOTICE is to advise all owners that the Board of Directors will use Association funds to distribute and solicit proxies. An owner requesting use of Association funds to solicit proxies for any issue that may be addressed at the annual meeting, including election of Directors, may submit a statement that outlines the owner's qualifications to serve as a Director, or that describes the issue for which the individual will be seeking proxies. The statement shall be limited to one side of an 8½ inch by 11 inch sheet of white paper with black text. Such requests and statements must be received at the office of the managing agent, Hawaiiana Management Company, Ltd., Pacific Park Plaza, Suite 700, 711 Kapiolani Boulevard, Honolulu, Hawaii 96813, Attn: Jaycelin Oliva, no later than 4:30 p.m., January 26, 2024.

Nominations for candidates may also be made from the floor at the annual meeting.

HAWAIIANA MANAGEMENT COMPANY, LTD. MANAGING AGENT FOR THE ASSOCIATION OF APARTMENT OWNERS OF ONE KALAKAUA SENIOR LIVING

Note: This will be posted properly in the lobby from January 19th–January 26th.



RESIDENT SUGGESTION

Suggestion: Can the thermostats in the Dining Hall be set at a higher temperature? Presently the temperature is below 70 degrees and most of us seniors have to wear an outerwear. We seniors are not comfortable wearing an outerwear when we eat. Also there are other common areas where the thermostat are set below 70 degrees.

Team Response: Great suggestion. We have moved the temperature to 72 degrees. Recently the outside air has contributed to the cold air indoors as our rooftop air handling unit brings in the outside air into the building. We will continue to monitor. Please let us know if there any other cold pockets. Please stay warm and let's save energy.

A/C Chiller System

Annual Service & Inspection Tuesday, 1/23/24 from 7am to 4pm

There will be no chilled air during service. However, you will continue to receive airflow to your units.

Thank you for your understanding. Please contact Jan at 808.203.5769 for questions.

POOL & SPA CLOSED ON JANUARY 22, 2024

The Pool & Spa will be closed all day due to the Board approved transformer retrofit project. Please do not enter the pool/spa during this time. Thank you for your understanding and patience.

Please contact Jan at 808.203.5769 if you have any questions. Mahalo.



RESIDENT EVENTS



Corinne & Douglas enjoying the New Year festivities.



Helena made herself a fun Chinese New Year Drum.



Helen enjoying her Carrot shaped mochi snack.

