

# One Kalakaua Senior Living Association Weekly News

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April 14, 2024

## STAR ADVERTISER PEOPLE'S CHOICE AWARD HAWAII'S BEST



**Let's show everyone that we're #1!**



**Vote for One Kalakaua Senior Living as the best "Senior Living Facility" awarded by the Star Advertiser. Entry Forms available at the front desk. Voting on the form located on the 3rd column, 6th row from the bottom. Turn your ballot in at the Front Desk and we will cover the postage. Mail ballots by Friday, April 19, 2024. Chance to win a \$2,500 Gift Certificate from Non-Stop Travel.**

**Join us on Monday, April 15 at 3pm in the MPR and we will be happy to assist you.**

## **CDC ALERT: Highly Pathogenic Avian Influenza A (H5N1) Virus: Identification of Human Infection and Recommendations**

The Centers for Disease Control and Prevention (CDC) is issuing Health Advisory to inform the public of a recently confirmed human infection with highly pathogenic avian influenza (HPAI) A (H5N1) virus in the United States following exposure to presumably infected dairy cattle.

The following symptoms include but not limited to:

**Cough, sore throat, eye redness or eye discharge such as conjunctivitis, fever or feeling feverish, runny nose, fatigue, muscle pain, joint pain, headache, shortness of breath, difficulty breathing, altered mental status and seizures.**

### **Precautions:**

- Avoid being near sick or dead animals or surfaces contaminated with the animal's feces, litter, raw milk or other by products when not wearing respiratory or eye protection.
- Do not prepare or eat uncooked/undercooked food or related undercooked food products such as unpasteurized milk, raw cheeses from animals with suspected or confirmed HPAI A (H5N1) virus infection.
- Avoid crowded places or large gathering and being near sick people.
- Highly recommended to wear mask when in public places
- Observe social distancing if possible
- Observe proper handwashing

If you experience any signs and symptoms compatible to avian influenza A (H5N1) virus infection or any respiratory signs/symptoms:

- ✓ Isolate yourself in your unit
- ✓ Notify RCS immediately
- ✓ Contact your physician for appropriate testing/treatment

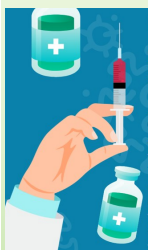
## SHINGLES SURVEY

RCS team distributed Shingles vaccine survey forms to all residents on 4/5/24. Please make sure to complete those forms and submit to Front desk no later than 4/19/24 so we can plan ahead and see if we can offer Shingles vaccine here at One K.

## INFECTION CONTROL REMINDER

Please continue to report any respiratory symptoms, including signs of eye infection to RCS. Avoid crowded places/large gatherings if possible. If needed, please wear a mask as a precaution and observe proper handwashing.

### Let's get vaccinated with an additional dose of COVID vaccine!



You must make an appointment & complete your necessary paperwork in order to attend the clinic & receive your vaccine. Contact or visit the RCS office (808) 983-4421 starting on 4/15/24 from 10a—2p (Monday thru Friday) to schedule your appointment. Last day for appointments will be 5/7/24. Clinic dates are scheduled for 5/14—5/16.

### INTERMITTENT HOT WATER APRIL 10—19, 2024

Starting from Wednesday, 4/10/24, contractors will be working on the rooftop and B2 garage area to complete the new heat pump installation. We may experience intermittent hot water while repairs are being done.

Please drive with caution in the garage area near the exit gate during these times.

4/10/24—4/12/24

4/15/24—4/19/24



We are working to resolve this issue as soon as we can. Mahalo for your understanding.

### Annual Deep Cleaning Reminder Memo

On 3/23/24, the Annual Deep Cleaning Memo was distributed to residents on the 14<sup>th</sup> floors. According to our records, your apartment is scheduled to be cleaned in the upcoming week. This is a reminder to refer to the memo for your scheduled date, time and cleaning tasks. If you have not done so, please make sure to complete the Confirmation and Authorization to Enter (ATE) form immediately, please return completed form to the Front Desk.

Please contact Jan at (808) 203-5769 or Ashley at (808) 983-4426 if you have any questions.



## RESIDENT SUGGESTION

**Suggestion:** In regard to excursions and lunch bunch, etc. would it be possible to increase the number of residents that can attend? If some residents opt to take the handivan or take the bus or have their own transportation, would it be possible to increase the number attending the lunch bunch or excursions?

**Team Response:** We can surely increase the number of attendees on excursions. Please be sure to sign-up for the excursion and if there is a waitlist, put your name on the list. We take a look at the number of residents interested in the excursion and then determine from there if and how we can accommodate the additional residents who have signed up. There are many factors that come into making the decision: 1) staff availability to accommodate for safety, 2) space at venue, 3) limitations of venue, 4) transportation, etc. As for taking the handivan or bus to the excursion, you may decide to take your own transportation, however, if you plan to join the One K group, you still need to sign-up so we can be sure you are included.

**Suggestion:** Add to activities list: Hanafuda 1 or 2 times a week and the same for Mahjong.

**Team Response:** Thank you for your suggestion. We recently held a Hanafuda and Mahjong event. You are welcome to get together with other residents to play these games on a more regular basis in our game room. Just make a reservation to reserve the room with Linda at (808)983-4429 or Michelle at (808)983-4412.



### CASINO ROYALE PAU HANA

FRIDAY, APRIL 19 AT 3PM

JOHN FREITAS, PIANIST



**Please welcome John Freitas who's a professional pianist for over 20 years from Atlanta, Georgia. We are happy to announce that he will be joining and performing for us at our Casino Royale Pau Hana on Friday, April 19 at 3:00 PM. John specializes in Jazz music. After graduating High School he moved to Hawaii and began formal studies in piano at Leeward community College. In 1984, John moved back to California where he continued his studies in jazz piano at Chabot College where he earned his BA degree in piano.**

***ALSO ENTERTAINING: AUTUMN REYNOLDS & LINDA VARES***

## RESIDENT ACTIVITIES



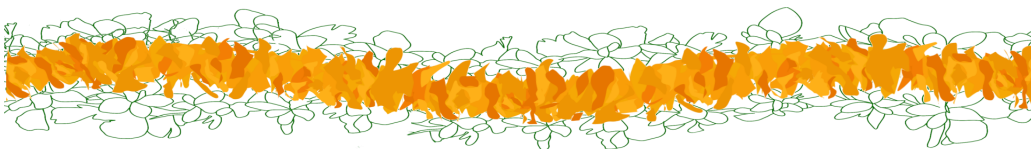
Jane displaying her beautiful artwork from our preprinted canvas painting.



Residents enjoying their food from Veek's plant-based food truck.



Residents enjoyed the dance production by Broadway actress LaVon Fisher-Wilson and the Royal Purple Majesties.





# THIS WEEK'S FITNESS CLASSES & ACTIVITIES

## SUNDAY, APRIL 14

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

## MONDAY, APRIL 15

**Tai Chi:** 7:30 AM (MPR)

**Beginning Tai Chi:** 8:15 AM (MPR)

**Open Gardening:** 8:30 AM

**Weekly Announcements:** 9:15 AM (MPR)

**Water Exercise:** 9:30 AM (Pool)

**Strong Posture Level 1:**

10:30 AM (MPR)

**Fitness Center:** 11:30 AM (Fitness Room)

**Ada Duo:** 1:00 PM (MPR)

**Weekly Movie: "The Good Liar"**

6:00 PM (Game Room) See Bulletin Board for synopsis.



## TUESDAY, APRIL 16

**Blood Pressure Clinic (walk ins accepted):** 8:00 AM (B2 Lobby)

**Dance:** 8:30 AM (MPR)

**Dr. Sowers—Podiatrist (by appt.):** 9:00 AM (Fitzpatrick Clinic)

**Strong Posture L2:** 9:15 AM (MPR)

**Strong Beginnings:** 10:30 AM (MPR & Ch. 901)

**Lunch Bunch "The Old Spaghetti Factory":** 11:00 AM (Meet in lobby at 10:20AM)

**Fitness Center:** 11:30 AM (Fitness Room)

**Yoga:** 2:30 PM (MPR)

**Qi Gong:** 3:30 PM (MPR)



## WEDNESDAY, APRIL 17

**Tai Chi:** 7:30 AM (MPR)

**Beginning Tai Chi:** 8:15 AM (MPR)

**Open Gardening:** 8:30 AM

**Physician's Clinic Dr. Yazawa (by appt.):** 9:00 AM (B2 Clinic)

**Taiko Ball Fitness:** 9:45 AM (MPR)

**Strong Posture Level 1:** 10:30 AM (MPR)

**Arts & Crafts with Faye**

**Intermediate Class:** 1:00 PM & 2:00PM (Crafts Room)

**Bingo:** 1:00 PM (MPR)

**Blood Pressure Clinic (walk ins accepted):** 3:00 PM (B2 Lobby)

**Automatic Golf Putting:** 3:30 PM (MPR)



## THURSDAY, APRIL 18

**Blood Pressure Clinic (walk ins accepted):** 8:00 AM (B2 Lobby)

**Dance:** 8:30 AM (MPR)

**Strong Posture L2:** 9:15 AM (MPR)

**Strong Beginnings:** 10:30 AM (MPR & Via Ch. 901)

**Fitness Center:** 11:30 AM (Fitness Room)

**Yoga:** 2:30 PM (MPR)

**Qi Gong:** 3:30 PM (MPR)

## FRIDAY, APRIL 19

**Taiko Ball Fitness:** 8:45 AM (MPR)

**Water Exercise:** 9:30 AM (Pool)

**Strong Posture Level 1:** 10:30 AM (MPR)

**Fitness Center:** 11:30 AM (Fitness Room)

**Casino Royale Pau Hana:** 3:00 PM (MPR) Entertainment by:

**John Freitas, Autumn Reynolds & Linda Vares**



## SATURDAY, APRIL 20

**Tai Chi:** 7:30 AM (MPR)

**Beginning Tai Chi:** 8:15 AM (MPR)

# One Kalakaua Library Newsletter

April, 2024

By Resident Librarian: Joyce Lumsdaine

Thank you for your support and interest in the library. We appreciate your diligence in signing books out when checking them out, and signing them in when you return them.

Books mentioned in the newsletters usually will appear on the shelves on both sides of the desk when you enter the library. We regularly rearrange and display different books, so be sure to check.

This theme of this newsletter is "Magazines." Recently we received a donation of *Better Homes & Gardens*, *Martha Stewart Living*, and *Real Simple*.

A number of years ago we often read *People* at the hair salon or doctor's office. Now you can find issues in our library.

The most recent copy of the *Large Print Reader's Digest* is a special Issue with many heartwarming stories about pets. It also has an interesting article, "What Happens to All the Stuff We Return."

Here is a description of some of the very fascinating articles in our less well-known magazines.

***Cigar Afficionado*** – a magazine not only about cigars

Do you remember the World Series in 1994? Labor disputes caused major league players to strike, so the entire postseason was cancelled. There were no playoffs and no World Series that year.

The Masters Tournament was first held in 1934. It has always taken place at the private Augusta National Golf Club in Augusta, Georgia. It has been

uninterrupted except for the years 1943, 1944, and 1945 during World War II when the club shut down. Instead of keeping the land dormant, the club transformed the property into a cattle farm where turkeys and cows roamed the fairways and greens.

The modern Olympic Games have been held since 1896. We all remember numerous times where there were boycotts and threats of cancellation. Most recently the Tokyo Olympics were delayed because of the Covid pandemic. Actually, the only times they were totally canceled were during World War I (1916) and World War II (1940, 1944).

The first running of the Kentucky Derby was May 17, 1875. May 4, 2024 will mark its 150<sup>th</sup> anniversary. Unlike the three previous events, it has taken place every year. As a result, *Cigar Afficionado* has made "The 150<sup>th</sup> Anniversary of the Kentucky Derby" the theme of its most recent issue. These are some of the 8 interesting articles:

"The Long Shots" is about Derby surprise winners.

Rich Strike (80-1), the 2022 winner, was not even supposed to be in the Kentucky Derby but got in when the No. 20 horse was scratched.

In the 2009 Kentucky Derby, Mine That Bird (50-1) ran last for nearly the entire race, but on the final turn, he passed one horse after another to win.

In 1913 a horse named Donerail (91-1) was so unremarkable that he could not get a stable near the racetrack and had to walk 3 miles to the track. The \$2 bet on him which paid \$184.90 set a record for the Kentucky Derby which is still unbroken.

***"The Drink of the Derby"*** –120,00 traditional icy cold Mint Juleps will be served at this year's Derby. It originally was a non-alcoholic concoction thought to have medicinal benefits until the 18<sup>th</sup> century when someone decided to add Bourbon to it.

***"The Greatest: Secretariat"*** – Most of us remember the great horse Secretariat, who ran the fastest Kentucky Derby in 1973, a record that still stands. He also set records that year in the Preakness and Belmont Stakes, making him the first Triple Crown winner in 25 years.

There is a very interesting article with wonderful photos of *The Sphere*, the \$2.3 billion spectacular, high-tech music and entertainment dome which opened in Paradise, Nevada, just east of the Las Vegas Strip. It looks totally different from anything else, and the auditorium seats 18,600.

***"Like Father Like Son"*** is about 14-year-old Charlie Woods and his father, Tiger Woods. The article questions whether he will follow in his father's footsteps. A brief discussion of the sons of other golf greats follows.

### ***Ka Pili Kai: All Things Related to the Sea***

This publication of the University of Hawai'i Sea Grant College Program first appeared in 2022 as part of the celebration of their 50<sup>th</sup> anniversary. We have some of the quarterly issues including the inaugural one.

These are some of the articles you will find:

***"The Return of Ku'ula: Restoration of Hawaiian Fishponds"*** – According to legend, Ku'ula was a god who built the first Hawaiian fishpond on the island of Maui. The author wonders if Ku'ula was actually

"a real person who, by observation and experience, understood fish behavior and coastal ecosystems."

***"Oceans of Opportunity for Hawai'i's Future"*** discusses possibilities of how the sea could be used to counteract future energy demands, limited fresh water supplies, and food shortages.

The theme of a 2020 issue was ***"How will COVID-19 shape our future?"*** It features articles about the ways the pandemic might shape the future of tourism, our vulnerability since we are depended on imported food, and difficulties in accessibility and affordability of health care.

### ***Aramco World***

This magazine was founded in 1949, 75 years ago. Its stated purpose is "to increase cross-cultural understanding by broadening knowledge of the histories, cultures and geography of the Arab and Muslim worlds and their global interconnection, past and present." Here is one of its many varied articles:

#### ***"Can Fig Trees Help Us Adapt to a Changing Climate?"***

Fig trees tolerate heat and drought better than most other trees. They have a long history. Two thousand years ago, along with grapes, dates, and olives, they were among the most important crops growing in the semi-arid Mediterranean climate. They have been found to survive with a minimal amount of fertilizer and water and are resistant to pests. New shoots appear even after a tree is cut down or damaged by fire. The large and dense leaf canopy protects rain from hitting the ground fast. This reduces runoff, resulting in aerating roots and stabilizing the soil. Further, it serves as an "umbrella" which shades plants and animals from the sun.