

One Kalakaua Senior Living Association Weekly News

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May 5, 2024

OPERATIONS COMMITTEE MEETING NOTICE & AGENDA

The Operations Committee Meeting for One Kalakaua Senior Living will be held on:

DATE: Monday, May 6, 2024
TIME: 2:30 p.m.
PLACE: Arts and Crafts Room
Owners may attend in person

AGENDA

1. Approval of Minutes of Operations Committee Meeting on April 22, 2024
2. Committee Charter Discussion
3. Other Member Concerns

FINANCE COMMITTEE MEETING NOTICE & AGENDA

The Finance Committee Meeting for One Kalakaua Senior Living will be held on:

DATE: Thursday, May 9, 2024
TIME: 2:30 p.m.
PLACE: Game Room
Owners may attend in person

AGENDA

1. Review of Board Policy on Committees
2. Briefings and review on the committee's area of responsibilities:
 - a. Committee Meeting Confidentiality (HRS 514B-125)
 - b. Financial Management Policy
 - c. Review Annual Budget
 - d. Review of Quarterly Financials & Variance Report
 - e. FY 23 BOD approved Audit Report
 - f. Review Procurement of Major Items
3. Committee Charter Discussion
4. Review of 401K Procurement

TECHNOLOGY SUPPORT
Friday, May 17, 10:00 am—2:00 pm
Library or in Your Unit



Trying to keep up with new technology? Having issues with your equipment? Or just want to learn something new?

Tech Savvy Teens will visit our facility on Friday, May 17, 2024 to assist our residents on how to use modern technology.

Please call or email to schedule an appointment with Tiffany Kaspo at 808.983.1098 or tiffany@onekalakaua.net.

There is no cost, however if you would like to make a donation to the non-profit, please make checks out to Tech Savvy Teens.

MONTHLY EMERGENCY SYSTEM REBOOT

Please be advised the emergency system (including all pendants and your in-unit smoke detectors) will be down briefly for approximately 5 to 15 minutes between **8:30am and 9:00am on Tuesday, May 21, 2024** for rebooting. The building's smoke detectors and fire alarm system are not affected by the reboot.

Please do not press any of your pendants during the outage, instead **call the Front Desk at 983-4400 if you need emergency assistance.**

An announcement will be made overhead 5 minutes prior to the outage, and again when the system is back up and running.

MOTHER'S DAY DINE IN RESERVATIONS



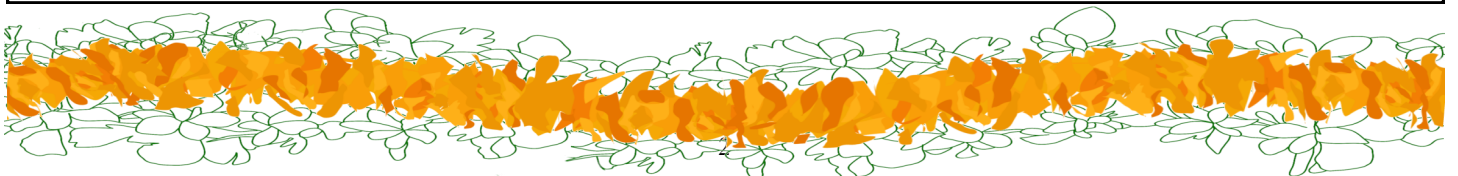
Please remember if you are planning to dine in the dining room for the Sunday, May 12 Mother's Day Meal you must sign-up at the Front Desk by Monday, May 6, 2024.

SING-ALONG

TUESDAY, MAY 7 AT 1:00 P.M. IN THE MPR

Join us for sing-along. Pick-up the sing-along song sheets at the front desk.

This month's theme will be **"Women/Mother's."**





Kilohana Hula Show

WEDNESDAY, MAY 22 AT 9:30 AM

MEET IN LOBBY BY: 9:00 AM

SIGN UP BY: WEDNESDAY, MAY 8.

COST: \$0



COME ON DOWN AND SIGN UP.

LET'S ENJOY THE KILOHANA HULA SHOW TOGETHER AT THE WAIKIKI SHELL.

THIS NEW SHOW FEATURES MERRIE MONARCH FESTIVAL DANCERS AND IS PRODUCED BY THE FORMER ENTERTAINMENT STAGE DIRECTOR FROM THE RENOWNED OLD LAHAINA LU'AU.

HEALTH ALERT: Pertussis (Whooping Cough)

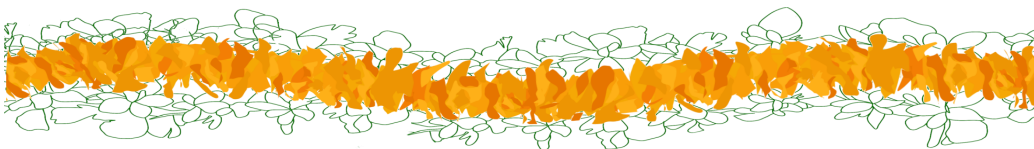
According to American Lung Association, Pertussis or whooping cough, is often thought of as a childhood disease, however it also impacts adults. The Hawai'i Department of Health (DOH) has confirmed one additional case of pertussis on Hawai'i Island (Big Island). This new case closely follows 10 recently reported cases and brings the total to 11 pertussis cases on the Island from March – April 2024. Several of the recent cases have occurred in infants too young to be fully vaccinated.

Pertussis is a highly contagious respiratory infection caused by bacteria. It can cause severe coughing fits (up to 10 weeks or more), followed by a high-pitched "whoop" sound when breathing in. Vomiting and exhaustion may also follow. Pertussis can lead to serious complications, especially in infants, such as pneumonia, dehydration, seizures, and brain damage.

Vaccination for pertussis is recommended for persons of all ages in the United States. It is especially important for high-risk adults to be vaccinated against pertussis, with recent data showing that adults with asthma and chronic obstructive pulmonary disease (COPD) may be at increased risk.

If you experience any respiratory symptoms:

- Stay in your unit
- Contact your healthcare provider and the RCS team at (808) 983-4421
- Observe proper hand hygiene
- Wear mask when leaving your apartment for MD appointments
Avoid visiting the sick (especially young children)



WELCOME NEW RESIDENT



**BRENDA TERANISHI
UNIT 1004**

RESIDENT ACTIVITIES



Dr. Davila from the U.H. Fellows educated us about Stroke.



We learned the difference of Medicaid vs. Medicare from the Hawaii SHIP.



Tom and Larry enjoying our Beer Bash and getting to know other residents.

THIS WEEK'S FITNESS CLASSES & ACTIVITIES

SUNDAY, MAY 5



HAPPY BOY'S DAY!
**Pick up a snack in your
in-house box**

**Arts & Crafts with Faye Intermediate
Class: 1:00 PM (Crafts Room)**

MONDAY, MAY 6

Tai Chi: 7:30 AM (Via Ch. 901)
Beginning Tai Chi: 8:15 AM (Via Ch. 901)
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)
Bingo: 1:00 PM (MPR)
**Operations Committee: 2:30 PM
(Game Room)**



**Weekly Movie "Oppenheimer":
6:00 PM (MPR) See Flyer for synopsis**

TUESDAY, MAY 7

**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)
Fitness Center: 11:30 AM (Fitness Room)
**Sing Along "Women/Mother's": 1:00 PM
(MPR) Pick up song sheet at FD**
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)



WEDNESDAY, MAY 8

Deadline: Kilohana Hula Show

Tai Chi: 7:30 AM (Via Ch. 901)
Beginning Tai Chi: 8:15 AM (Via Ch. 901)
Open Gardening: 8:30 AM
**Physician's Clinic Dr. Yazawa (by appt.):
9:00 AM (B2 Clinic)**

Taiko Ball Fitness: (CANCELLED)

**Excursion: "Hui Ku Maoli Ola Native
Hawaiian Plant Nursery" & Lunch Bunch
"Kizuna Sushi Bar & Grill": 10:00 AM**
(Meet in lobby by 9:00 AM)



Strong Posture Level 1: (CANCELLED)

Bible Study: 11:00 AM (Crafts Room)



Arts & Crafts with Faye

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

**Music with Glenn & Les (Hawaiian &
Oldies Show): 3:00 PM (MPR)**



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

THURSDAY, MAY 9

**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)
Finance Committee: 2:30 PM (Game Room)
Yoga: 2:30 PM (MPR)
Qi Gong: 3:30 PM (MPR)

FRIDAY, MAY 10

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)**
**Dr. Yamaguchi "Podiatrist":
1:00 PM (B2 Clinic)**
May Day Pau Hana: 3:00 PM (MPR)



SATURDAY, MAY 11

Tai Chi: 7:30 AM (Cancelled)
Beginning Tai Chi: 8:15 AM (Cancelled)