



RSVP Newsletter

Retired and Senior Volunteer Program

AmeriCorps Week: March 9-15

One week to celebrate millions who raised their hands to serve.

I love volunteering! The activities keep me active, and provide me joy and peace of mind knowing I am helping people in need either directly or through a benefit program.

I started volunteering after completing my military service. One of the Air Force's core values is "Service Before Self". I wanted to carry that idea to serve others into my retirement. Since I worked for 30 years my retirement goal is to volunteer for 30 years. After that I will then find a porch with a rocking chair to rock out my remaining years. Maybe with loud music because by then I'll be hard of hearing. Today I am 19 years into my 30-year volunteer goal!

I have been lucky to assist with many volunteer gigs over the years. As a handyman I fixed a myriad of different problem areas for over a dozen non-profits to improve processes and logistics. It was rewarding to repair, replace, renovate, or create solutions or fixes for troubled areas. Renovating multiple poorly organized thrift stores for low-income residents, fixing up a rundown women's shelter, working multiple food pantries, repairing hundreds of not working items at two churches all provided me satisfaction and purpose. My biggest volunteer achievement was designing an addition and renovating a non-profit Medical Equipment Loan Locker that provided 500K in savings yearly to people by loaning out used durable medical equipment at no cost to the client. I managed that for 10 years where my organization helped thousands of people in their time of need with everything from crutches to walkers to canes, gate belts, hospital beds and dozens of other items.

Customer service skills aided me in volunteering at three food pantries, a homeless shelter, and as a volunteer driver. I drove for 3 organizations over the past 19 years, logging over 50 thousand miles and 3,500 volunteer hours. All of those hours were transporting people either short or very long distances to their medical appointments. In addition, I was fortunate to serve as a Long-Term Care Ombudsman in three states over the past 15 years. Hundreds of hours in nursing care facilities advocating for the proper care and treatment of over 3,000 residents was very rewarding. I continue as a Long-Term Care Ombudsman for two nursing care facilities in Honolulu. I also continue to be a maintenance man at a small parish, and I drive for the American Cancer Society and the Disabled American Veterans Transportation Network. Additionally, I am halfway through my fourth year as an intake specialist twice weekly at Catholic Charities Hawaii where I assist low-income kupuna source benefits that might improve their quality of life. As a gallery sitter and handyman at the Downtown Art Center in Chinatown, I make a difference with the many challenges of a growing non-profit.

What does volunteering really mean to me? Simply using my time and talent to help others. I love serving the needs of people in need and the community. Aloha! Gerry



AmeriCorps Week: March 9-15

America's greatness comes from the extraordinary acts of ordinary citizens. From a pioneering group of 20,000 Americans who first raised their hands to serve, AmeriCorps has grown into a nationwide force for positive change.

One of the guiding principles in my life has been self-reliance. This philosophy has been the catalyst for my volunteerism. I am not so prideful or stubborn that I have refused help when I needed it. Others helped me to get back on my feet when I was suffering, so I believe it is time now to pay it forward by giving back.

Although I have not been blessed with grandchildren of my own, I am grateful that I have many wonderful young people in my orbit. What can I do to help build a stronger community for them to inherit? How can I contribute my aloha and skills to assist the most vulnerable members of our society? What kind of example can I provide for the younger generation who face daunting challenges including a complex global economy, political instability, war, overwhelming technological advances, and climate change? Volunteerism is one way that older Americans can share our wisdom and pass on our values. Actions speak louder than words. If I dislike the way things are, then I must do what I am able to affect change.
-Judy Dente

I started volunteering for the Sony Open which is a charity of Friends of Charity. I have been chairing the First Aid committee for 24 years.

My committee takes care of the First Aid with the spectators, members of Waialae Country Club and staff, Pros and Caddies and their families. I also, do the First Aid LOTTE LPGA golf tournament. I enjoy helping people.

Thank you letting me share my volunteer experience.
- Michele

I met Kimberly at Windward Mall. Went to her booth to inquire why she was here. She was recruiting Kupuna's to volunteer for the City. There were many areas that the City needed help but when she mentioned the Satellite City that perked my interest. I retired from Dole pineapple after 43 years of service, so the Satellite City was definitely different from what I did. I'm working on my 4th year and loving it. My biggest satisfaction I get is when the customer leaves and smile and says Thank You. You guys are the best. I knowing that I am making a difference in my community is an awesome feeling. I thank the city for providing Kupuna programs to help keep us active and healthy.-Dot



National Volunteer Week: April 20-26

Since 1974, National Volunteer Week has been an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world.

THANK YOU, RSVP - by Caridad

Despite the things that have been happening deep within me, I'm glad that I am still able to convey this revelation that has been plaguing my life. To all who may read it, my only desire is to read it with openness and understanding in your hearts and minds that you may feel the emotions and come to experience with me the sincerity of the depths of events that I will be implying.

Yes, it has been very hard, so heavy in my heart, why things are happening the way I didn't expect them to be. Life is full of wonders, full of mysteries. Things happened unexpectedly and I was caught by surprise, not knowing what to do, how to react, how to deal with them, how to move on. I have been engulfed with this feeling of uncertainty, of so much pain, of so much sadness, of so much fear. I had been a prisoner, aloof from the realities of life. I was scared. It's so hard to go on with this bitterness, and how long for this heart to endure. It was consuming me very badly...very intense... I was enveloped with so much excruciating pain and trying to wrestle this thick clouds of darkness. I am just paralyzed with this feeling. I wanted to scream! They were just unbearable!

It was then when I decided to reach out for the light. I wanted to get out from this bondage that has been haunting me. I wanted to get out from this solitude! It was through my friend that I got involved with RSVP. I felt very much inspired by RSVP- the activities, the fun, the laughter. It had helped me to get out from that confinement, able to meet happy, wonderful people. There was that feeling of being "alive" again. There was that feeling of oneness, togetherness, camaraderie. I felt revived again from the suffocation caused by all the emotions I had been going through for weeks, months and years. I now have that feeling to be strong and

rebuild the optimism that I know I can. And I said to myself, "yes, I want to be with this group ". Thank you, RSVP!

RSVP has been a great therapy for me- emotionally, socially, psychologically, physically and spiritually. This is a group of great people I want to be a part of. I needed their company, I needed them for me to go by, to be able to move on, to live on. They have lifted my heart, lifted my spirit. That feeling of motivation, there's such gratification in the soul.

Life is beautiful, life is precious. I have to savor its sweetness, appreciate its beauty, accept its wonders and embrace its goodness. I should be inspired and let positivity be my prerogative despite its complexities. Yes, there's so much joy in me every time I attend an event or activity. But as I will be leaving and on my way home, the upbeat feeling will be slowly fading...slowly dying. I will be in that state of sadness and despair again.

I may be feeling this way but I believe there is still hope, there is still that willingness to thrive. That I shouldn't be afraid, that I am not alone in this. I don't want to be sad or weep anymore. They say that time heals. I hope that time won't take that long.

Judge me not for feeling this way. Me, myself can't fathom all these emotions. To conquer them I am in doubt. But I just have to keep trying, that there's always an end to the tunnel. I have mentioned in the beginning for all who read this to open up your hearts and minds that you may understand. My ardent hope is that there may be love, peace, happiness and serenity bestowed to this poor little being, to this poor little soul...



National Volunteer Week: April 20-26

"We can find meaning and reward by serving some higher purpose than ourselves, a shining purpose, the illumination of a thousand points of light... We all have something to give." -President George H.W. Bush

Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity.

By helping others, volunteers experience a sense of purpose and fulfillment that can boost their overall life satisfaction. Furthermore, witnessing the positive impact they have on individuals and communities fosters a greater sense of self-worth and gratitude, promoting a more positive outlook on life. It is the principle of donating time and energy towards a greater cause.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Giving is living and with a sense of purpose adding meaningfulness to life. People say 'it's time or money.' Volunteers might not always have the time; but they sure have the heart. Put in the time and you'll find the joy of volunteerism wherever you help out.' -Rick



"Volunteers don't just do the work.
They make it work."
-Author unknown

One of my favorite sayings is, "be the reason someone smiles today." When you volunteer YOU can be the reason someone smiles. Volunteering is good for the soul and good for health. As a retired senior, volunteering is very important-It gives me a purpose in life. It also connects me with others and keeps me active. Volunteering enables me to help the community while helping me to live a full and happy life.

One of my favorite volunteer activities is the Pen Pal Project. This is the letter exchange project which partners seniors with 6th graders. The correspondence runs from January to May. Both seniors and students reap the benefits-it improves their writing skills and creates an opportunity to bridge the generation gap. Another favorite project is the monthly "sorting donations event" at Susannah Wesley Community Center. This is one of those "feel good" work projects that gives you an opportunity to help families in need. I always count my blessings that I am on the giving, and not the receiving end of this nonprofit. There are so many volunteer opportunities out there. Don't wait... be the reason someone smiles today! Mahalo, Carol

Some thoughts-

- It is great to be able to reach out and help someone or be there with them when they just need someone.
- Sometimes there is no good solution; just listening and letting people know we understand their pain helps them.
- Great to hear and to learn about different ways people try to scam others and be able to use this to warn others.

Thank you, Christina

Learn. Lead. Succeed.

Students Thrive Under Judy Dente's Gentle Guidance

In our email correspondence prior to our interview, Judy wrote, *"I hope that readers will come away with an understanding of how my journey contributed to the values I espouse"*. This simple statement guided me in sharing Master Level Tutor, Judy Dente's extraordinary and, at times, challenging journey. Today, Judy is in a good place. She tutors, volunteers, writes, and eagerly searches for new experiences.

A nature lover at heart, Judy grew up in NYC, but some of her happiest times were with her mom's family in upstate New York. The beautiful outdoors—mystical woodlands and autumn colors are all special memories of her childhood. Judy was one of six children reared in an Italian/Irish Catholic family. Mom, a stenographer, and dad, a bus driver, provided a safe and loving home. There was also a strong connection to the church. Her parents were influenced by social activist Dorothy Day's belief that all Christians are supposed to help anyone who is suffering, no exception. They lived by this principle, and taught their children by example.

Judy's childhood was far from ordinary. She had an older brother who had muscular dystrophy. When he was in his teens, her mom had an opportunity to go back to college at night, while keeping her day job. Dad supported her dreams to better herself. This meant Judy's older sisters had to care for their brother. They stepped up to the task. In turn, Judy cared for her younger siblings. Helping and coming together for the family was not questioned, but embraced. Judy also experienced sorrow at an early age when her brother died at age 16.

Fast track to Judy as a young adult. She met her children's dad while still in New York. Together, they made the decision to seek paradise in Hawaii. Years later, as a single parent, Judy attended the University of Hawaii. The English Department was in search of student tutors. She was fortunate to get the tutoring position while continuing her studies. Judy admits, *"Tutoring found me."* This experience was very fulfilling, and would leave a lasting impact on her.

Years later, she found a tutoring position at Chaminade. While there, she was asked to do some private tutoring. Many of these families were wealthy and put a lot of stress on their children to succeed. Her nurturing instincts kicked in when she noticed one of her students felt isolated and

unhappy from this pressure. Judy knew she had to step in. She told the mother, *"Your child is much more than a test score!"* Fortunately, she acknowledged the value of Judy's observation.

Judy's journey would take her back to the mainland. She worked at a local newspaper for 11 years. Life was good—until it wasn't. Judy was diagnosed with cancer and was laid off from her job. These unfortunate events tested her strength of character. She made a decision to return to Hawaii where her older son lived and worked. *"The challenges I faced that year showed me how strong I could be and how much my children loved me."* Fortunately, Judy recovered.

Resilience and perseverance are Judy's strengths, and tutoring is her forte. Together with her friend and co-tutor, Raymond Wang, they created their tutorial service, **LEARN. LEAD. SUCCEED., LLC**. Their tag line, **Your child is MORE than a test score**, defines their mission. Judy is at her finest when teaching her students. *"I learn so much from listening to my students. The world they live in is so much more competitive and complicated than the one I grew up in. My job is to give them the tools to persevere."* Her Waikiki condo is a safe and happy learning environment—their success is her reward.

Volunteering also fills Judy's days—helping others is deeply ingrained in Judy's being. She helps with the sight impaired community. She was motivated to get involved when brother-in-law became blind. Judy is also a member of RSVP. She was recruited by an outreach team at Ala Moana Center and was amazed at the wide range of volunteer opportunities RSVP offered. Judy signed up to be part of the newsletter team in January 2024 and enjoys her writing assignments.

Oprah Winfrey wrote, "I've come to believe that each of us has a personal calling that's as unique as a fingerprint—and the best way to succeed is to discover what you love and then find a way to offer it to others in the form of service, working hard, and also allowing the energy of your life force to lead you."

Judy Dente has succeeded in discovering what she loved. **Learn. Lead. Succeed., LLC**, tutoring service is the fruition of her hard work and passion. Today this spirited, eloquent and talented individual is living her best life.

Rick Tabor: The Business of Caring

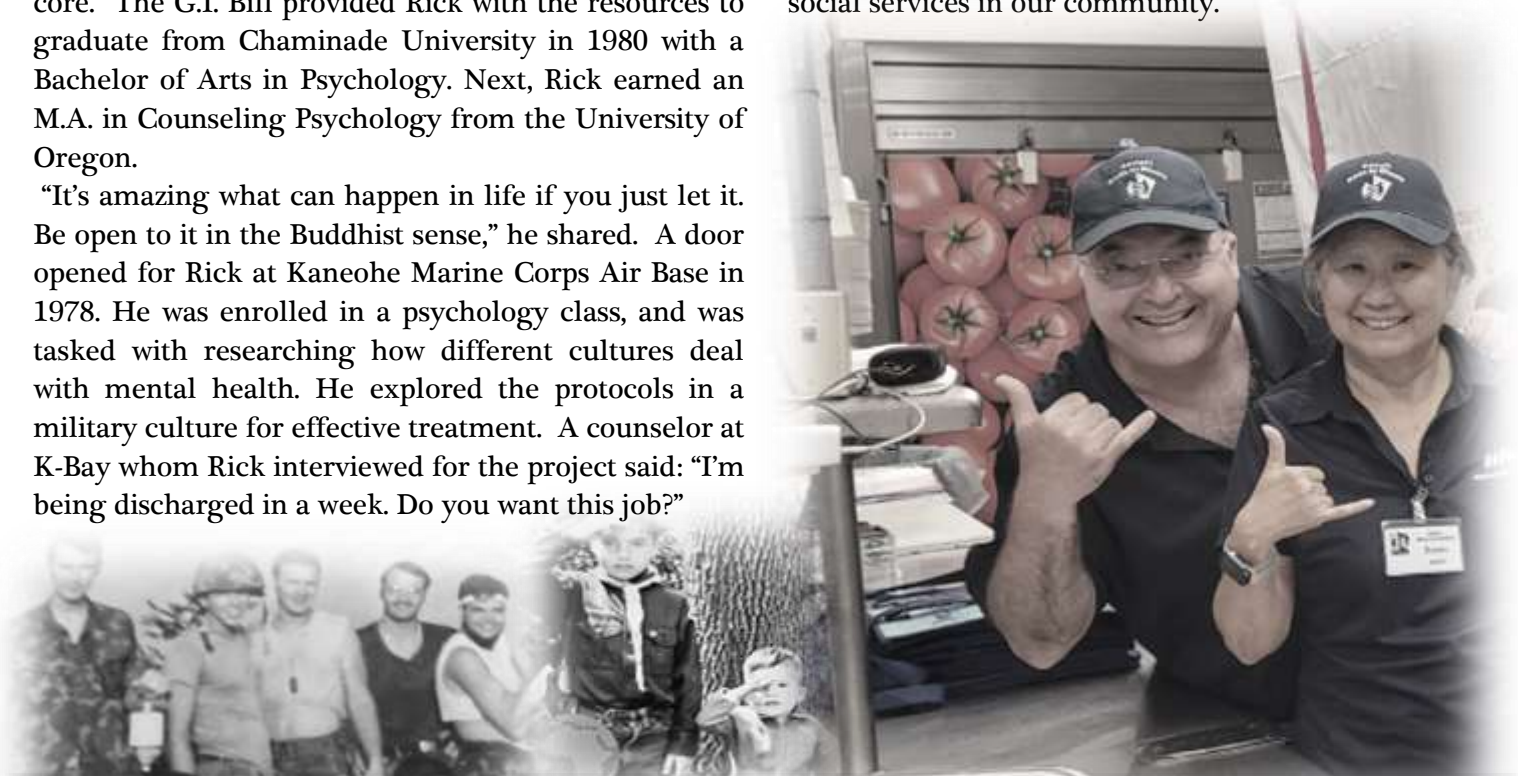
I don't know when Rick Tabor's birthday is, but a hat stand would be the perfect gift for the many hats he wears. Because I have only been active with RSVP for a year, I am sharing my first impression of a dynamic, results oriented, and compassionate man. I get the sense that he is comfortable with the ebb and flow of life. An accomplished athlete during his youth, Rick lightheartedly confirms that he has entered a more sedentary era. He overflows with energy, anecdotes, and enthusiasm for his life's work whose center of gravity is giving back. He loves his soul mate, Susan, the Seahawks, the Mariners, and a sense of humor. In addition to the mutual values of joy, service, and gratitude, Rick shares the dog loving gene with our RSVP Ohana.

Rick Tabor grew up in *The Wonder Years* of Valley City, North Dakota. His father, a Korean War veteran published the local newspaper which likely underscored the importance of community during Rick's childhood. Rick trained as a Navy Hospital Corpsman at Balboa Hospital in San Diego in 1976. First stop on an incredible journey that Rick describes as "having always had healing and helping others at its core." The G.I. Bill provided Rick with the resources to graduate from Chaminade University in 1980 with a Bachelor of Arts in Psychology. Next, Rick earned an M.A. in Counseling Psychology from the University of Oregon.

"It's amazing what can happen in life if you just let it. Be open to it in the Buddhist sense," he shared. A door opened for Rick at Kaneohe Marine Corps Air Base in 1978. He was enrolled in a psychology class, and was tasked with researching how different cultures deal with mental health. He explored the protocols in a military culture for effective treatment. A counselor at K-Bay whom Rick interviewed for the project said: "I'm being discharged in a week. Do you want this job?"

Thus, Rick began his career in the business of stabilization, recovery, and caring. After college, he worked at Hale Kipa, Hawai'i Research Center (now called Responsive Caregivers of Hawai'i), and S.E.C.O.'s Autistic Vocational Education Center (AVEC). His post-graduate path led to his spending 30 productive years at Seattle Mental Health, a King County community mental health agency. Rick returned to Hawai'i in 2017 where he transferred his skills and expertise to in-home Kupuna care, caucuses, and nonprofit boards.

The hat collection grew as Rick gave his all to various agencies that needed someone with his combination of knowledge, drive, and empathy. Hard work is its own reward, yet Rick got a bonus when he met his wife, Susan, in 1979. They worked together at Hawai'i Research Center/Responsive Caregivers of Hawai'i. Theirs is a sweetheart of a love story that you may have read about elsewhere in our previous newsletter. Being a hat lover, I tip my newsie cap to the current president of Hawai'i Meals on Wheels and wish him good health and vitality as he continues his commitment to peace, love, and harmony through social services in our community.



Book Review by Lei Ho

Inner Excellence:

Train Your Mind for Extraordinary Performance and the Best Possible Life

Jim Murphy is the great-great grandson of a samurai. He's an Irish-Japanese hapa who suggests "What you really want is to feel truly alive, filled with vitality, purpose, and meaning - absolute fullness of life". "The best possible life - absolute fullness of life - is one with extraordinary experiences, deep, meaningful relationships, and, most of all: love, joy, and peace." "If you want to live an extraordinary life, you cannot let other people's words or actions take you out of your rhythm or flow." "To truly live is to seek self-actualization, zoe, the full expression of love, wisdom, and courage." "The pursuit of extraordinary performance and the pursuit of the best possible life are the same path." Boys want to learn how to be men,

try through sports, sex, and money. They want to be happy, but don't know what makes them happy. Winning? No. Great experiences, feeling alive, learning, growing, and being challenged do! So, don't dream of money, fame, things. Dream of the feeling of success and happiness of enjoying the game and loving your opponent because he enabled you to enjoy the game! Feel grateful for everything! Don't get trapped by circumstances beyond your control. "All things are here to teach me and help me - it's all working for my good." Practice getting out of your head. Breathe! Count the times you thought of the past or the future. Don't get stuck on trivia, stay focused on what matters most!

♫ Will I Be Seeing You in Cherry Blossom Time? ♫

I'll be there in spring time when the sparkling **Sakura** begin to appear
To behold their shimmering ephemeral glow before they magically disappear
Soft pink petals tender and temporary turn into whirling images to remain
Cherished forever leaving imprints in the recesses of my brain

Celebrations and reunions called "**Hanami**" with past but unforgotten friends
Chance meetings under branches of **Sakura** cascading like waterfalls without ends
Warm sun rays & puffy clouds floating by in the brilliant blue sky
Illuminate this time of renewal, hope, and joy with a reverberating cry

I once strolled under the stately trees abloom surrounding the Potomac banks
Inhaled in awe my first look at the spectacular panoramic vision with thanks
That while "**All things—like the fragile Sakura—will pass,**" I'm still here to live on
Expressing my emotions for our Newsletter with rainbows greeting me each dawn

Photo Credits to Barbara Ritchie & Leila Kuehner
Poem by Mae Fujii, RSVP Volunteer

Community and Program Highlights

Navigating the Tides and Waves of Aging with Larry Grimm January 8

What have you encountered aging from your adulthood towards your elder hood? Whether you are preparing to retire or have just retired, you may have a list of considerations you would rather ignore than face. Dr. Larry Grimm shared five tips to help navigate from Adulthood to an extraordinary Elder hood.



The Launch of the Pen Pal Project January 10

The Pen Pal Project launched for the fifth year with 49 RSVP volunteers participating. It will run till the end of May.

“Something old, something new”

Who would have thought being a Kupuna pen pal would be so much fun. It's interesting how something many of us did when we were in elementary could be “redesigned” to adapt to today's computer/internet world. Making the old, handwritten letters, mailed envelopes and snail mail of our youth transformed into a new, (mostly) perfectly typed letter via email. Discussing things with the students is great, but the highlight of the pen pal program has been the last two years, where the Kupuna were able to meet the students in-person at a school luncheon. For those who have tried it, you know how much fun it is- for those who have not, “try it, you'll like it”.-Richard C.

This is a wonderful program! This is my second year and it's very rewarding to learn from our 6th grade penpal as well as be able to share with them our lives and pass on history that we lived through that is foreign and interesting to them. There is so much beauty in knowing we are helping to bridge a generational gap and I think they enjoy it too! They find out we are actually pretty cool, active Kupuna with many life experiences to pass down. And that we are not just sitting around at our age. Aunty Annette

This is the 5th Season of the Pen Pal Project with the 6th graders at Pearlridge Elementary. I truly feel this project is a win/win for us seniors and the students. Our letter exchange bridges the generation gap and is a wonderful way to learn from each other. I can't think of a better way to improve a student's communication skills than by putting his/her thoughts in writing. Corresponding with my new friends has given me many moments of pure joy and delight. I love this project! Aloha Carol

Community and Program Highlights

5th Launch of the Pen Pal Project January 10

Their Names Intrigued Me

These may not be their actual names, but in selecting from a list of penpal students, I chose intriguing first names like Aurora, Prince, or Rhapsody, finding each penpal unique, but discovered through their letters that each is like any other pre-teen 6th grader. They shared their interests like playing video games on their apps, who their favorites teams on March Madness were, and familiarized me with the culture of a youthful generation that amazed me in how knowledgeable and mature they were in discussing the environment, world events, technology, and their futures. I found common interests with each one in art, music, literature, traveling, mystery and adventure, and we never lacked for topics or stories to write about.

One of my introductory questions is usually, "What is the story behind your name?" which easily gets them to share how, why, or who gave them their first names. I've already received my first letter from my penpal this semester, whose name has a unique spelling and feel excited about her letters to follow--she expressed her interests in art, K-Pop music, adventure, and traveling. Now I have a fan who can tell me more about our local K-Pop performers and songs that I enjoy viewing on television. I wish to hear more about the art she does and will share my experiences in Switzerland, which she tells me is her dream country to visit, also at the top of my list of favorite vacation destinations.

I closed my first letter with this poem:

Meeting you today was truly a pleasure
Your introductory letter I will surely treasure
I count the days to hear again from you
In the meantime may I bid you aloha and adieu

Just call me "Aunty Mele"



I'm looking forward to being a Pen Pal again for the second year in a row. It's a great opportunity to communicate with a 6th grade student and learn more about them and their interests. I enjoyed being a pen pal last year, especially when we met our penpals in person. Mahalo for this opportunity to be a part of the Pen Pal program!

—Nanette

I absolutely adore my PenPals, every semester, every year. I always take two boys who become the absolute delights of my life. I always fear that no 11-year old would be interested in the life of an old curmudgeon who corrects their grammar and am always astounded that they are curious about what life was like for me so long ago and appreciate my grammar corrections that I suspect they know they are lucky to get. By the time the semester is over, I am completely in love with them and feel their loss as I never hear from them again and wonder for years what has become of them. The Grammar Police, Aunty Lei

It's my first time being in the pen pal project. I'm kinda skeptical in joining at first for I never had any pen pal before. Come to find out it's really good fun. I'm really amazed with my pen pal. Young as he is, wonder how he finds his time between school, sport activities, time with family, with friends, plus his pets! I had sent only three letters so far and I am running out of words to say! I encourage other RSVP members should join this project, too! -Caridad

Community and Program Highlights

5th Launch of the Pen Pal Project January 10

I recall the my lonely days overseas, floating on a grey-blue tin-can, surrounded by my lonely-hearted, sea-sick peers, thinking about the next mail call, when we'd receive pen pal letters. Those letters were very special. They made us laugh & feel loved, cheering us up until the next letter. In that life is remembered backwards while living forward spirit, Spin the clock up to the year 2025, still alive pen pal and loving it, today's lessons being tomorrow's future. Ever so grateful to be a part of the RSVP Pen Pal Program. I absolutely love my pen pal, every letter, every year. So good for the heart, mind & spirit. Thanks Pearl City Elementary & RSVP for making this remarkable opportunity possible. –Rick

I love being a penpal with a 6th grader. It's a way to connect with a much younger person to learn from them and hopefully impart words of wisdom to them! Haha. It definitely keeps me young! I use Google a lot to understand what band or song they're talking about or manga or show or Try it (being a penpal) you'll love it!!-Mary

PENPAL PROJECT: Submitted by Naomi Yap (aka Aunty Leah)

Have you heard the phrase: *"You can take the teacher out of the classroom, but you can't take the classroom out of a teacher?"* I'm an example. 2025 will be my fifth semester with the Pen Pal Project after nearly 40 years as an educator in the DOE system and at a small private school. Why do I choose to spend some of my retirement time writing letters to sixth graders?

Every two weeks from January to May, I look forward to a refreshing letter from a sixth grader. News at the school level from a student's perspective allows me to keep a pulse on what's happening in education today and what children personally think about. Not only do they share what's happening in school, but they share their unique interests. While I'm not so much an active sportsperson, I've learned more about basketball because one of my pen pals was a LeBron James, Lakers fan.

From my side, I get to share what it was like growing up on Maui more than seven decades ago. Students are curious about what it was like when I was their age. It's hard for them to fathom a world without cell phones, computers, or even a television. Running games like "steal base," not only kept us in physical condition, but we planned strategically to draw out the opposition from their base, to attack from the back, and to "steal their base." No special equipment nor electronics are needed! Sharing another one of my interests, and depending upon the student, I'll throw in a *curve ball* about vermacasting and pictures on how to raise worms.

Both of us share what we have in common. In Hawai'i, much centers around food and family traditions. We talk about our favorite foods. One of my pen pals likes pizza, and I like baking. Therefore, I taught one of my pen pals how to make pizza using English muffins, tomato sauce, cheese, and pepperoni. Recently, one of my pen pals shared that he ate *oden* (fishcake stew) for New Years; while this was surprising to me, I was glad that his family continues the Japanese tradition of eating special foods to welcome the New Year.

We both sharpen our writing skills. Writing skills transcend the classroom and developing good work habits are forever. Organizing thoughts in paragraphs, dating and signing our work, are all part of being a lifelong learner. Get your work in on time and do your best. These are a few life lessons I share by writing letters to my penpals. In return, they share the joy in their young lives. You can take the teacher out of the classroom, but you can't take the classroom out of the teacher.

Community and Program Highlights

Talk Story “Wala‘au” January 13

With the beginning of the New Year, volunteers gathered together and shared “What they will improve on in 2025.”



Susannah Wesley Community Center January 22

Volunteers helped to sort and organize donations for their rising “Free Store”. The Susannah Wesley Community Center launched their “Free Store” with the belief that when our community’s basic needs are met, individuals and families can focus on growing, thriving, and building a brighter future.



Community and Program Highlights

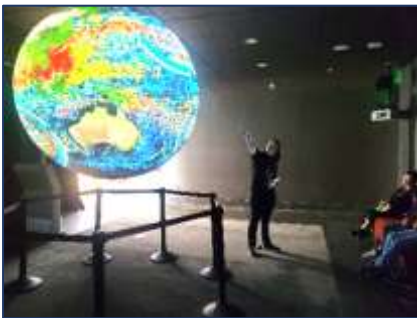
Kupuna and Caregiver Resource Fair January 25

At St Andrew's Cathedral, the Kupuna and Caregiver Resource Fair was a day of learning, support and connection for our elders and their caregivers. Programs and organizations took turns sending representatives to share about the services and opportunities. Shirley Chu, RSVP Volunteer spoke about her volunteer experiences and the benefits of joining RSVP. Kendra Oshiro, EAD's Community Affairs Specialist informed the audience about senior resources and support.



NOAA Volunteer Orientation and Tour January 29

The NOAA Education and Outreach Center focuses on 5th graders and in search for volunteers to assist in their programs.



Community and Program Highlights

Outreach at Kahala Mall February 4

The Hawaii State Health Insurance Assistance Program (SHIP), Senior Medicare Patrol (SMP) and volunteers representing other programs came out to recruit volunteers and share resources.



Strength, Energy and Vitality:

Simple Nutrition and Movement Tips to Age Gracefully and Stay Active February 14

Lee-Ann Watanabe gave tips on improving energy, mobility, and over well-being.



Community and Program Highlights

54th Annual Senior Citizen's Valentine's Dance February 11

"Diamonds in the Sky" was the theme. It was a morning filled with dancing and fun. There were VIPs, local celebrities, and hundreds of Kupuna as they boogie down tunes from the Royal Hawaiian Band, ballroom hits, line dancing and load of pop music. Senior clubs and programs from across the island attended. Each club and program were represented by two members in the "Diamonds in the Sky" parade. RSVP's 2025 representatives were Hector and Nanette Vidales.



Talk Story "Wala'au" February 18

February 17 is National Random Acts of Kindness Day. In the Talk Story "Wala'au", volunteers shared their personal experiences of Random Acts of Kindness from a stranger or Acts of Kindness that they shared with a stranger.



Community and Program Highlights

Generations Magazine's Senior Fair February 21

44 tables set up in the middle of Windward Mall. It was a success with an estimate of almost 400 people visited the fair. This was almost double from last year's Windward Mall event.



Hawaii Meals on Wheels February 25-27

We are grateful to you for gathering your crew to help us with our mailouts for the past three days. Their support was a tremendous help, but your team, especially Ed and Shirley, was a riot and made the day so much fun. The turnout was a success! We were able to complete the mailout by 1 p.m. today, and it was delivered to the post office. Thank you so much for your help! Please extend our appreciation to your team. Mahalo, Evelyn Fonseca, Development/Donor & Volunteer Specialist



Community and Program Highlights

Susannah Wesley Community Center February 26

Volunteers help the Susannah Wesley Center prepare for their annual Easter Egg Hunt festivities.



RSVP Genki Ball Event February 28

With every Genki Ball thrown into the canal, we are closer to the inspiring goal of making the canal swimmable and fishable.

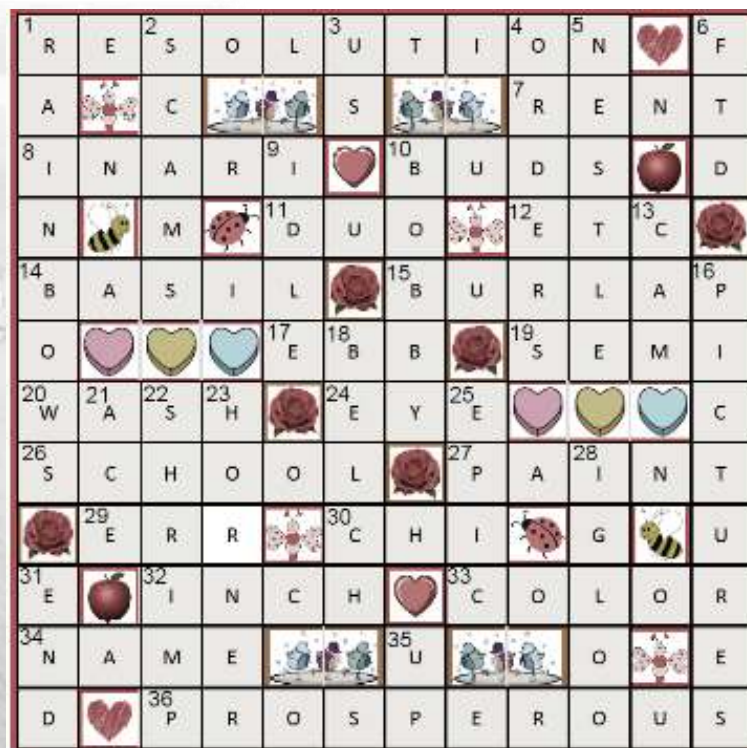




RSVP

Wala'au and Work,
With Laughter, Joy and Purpose
We gather "all in".

-Ed



Upcoming Events

Girls' Day
Talk Story "Wala'au"
AmeriCorps Week: "You Are Sunshine, Wisdom and Joy"
Presentation: "Hospice and Palliative Care"
Moiili Community Center: Rummage Prep
Pau Hana Porch
Hawaii Caregivers Expo at Windward Mall
Holiday: Kuhio Day
Ala Moana: Outreach
Susannah Wesley Community Center
Hawaii Kai Towne Center: Outreach
Talk Story "Wala'au"
Presentation: "LGBTQ+ and Transgender Culture"
Mililani Town Association: Senior Fair

March 3
March 10
March 12
March 19
March 20
March 20
March 22
March 26
March 27
April 2
April 9
April 14
April 24
May 3

March						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

March Crossword Puzzle

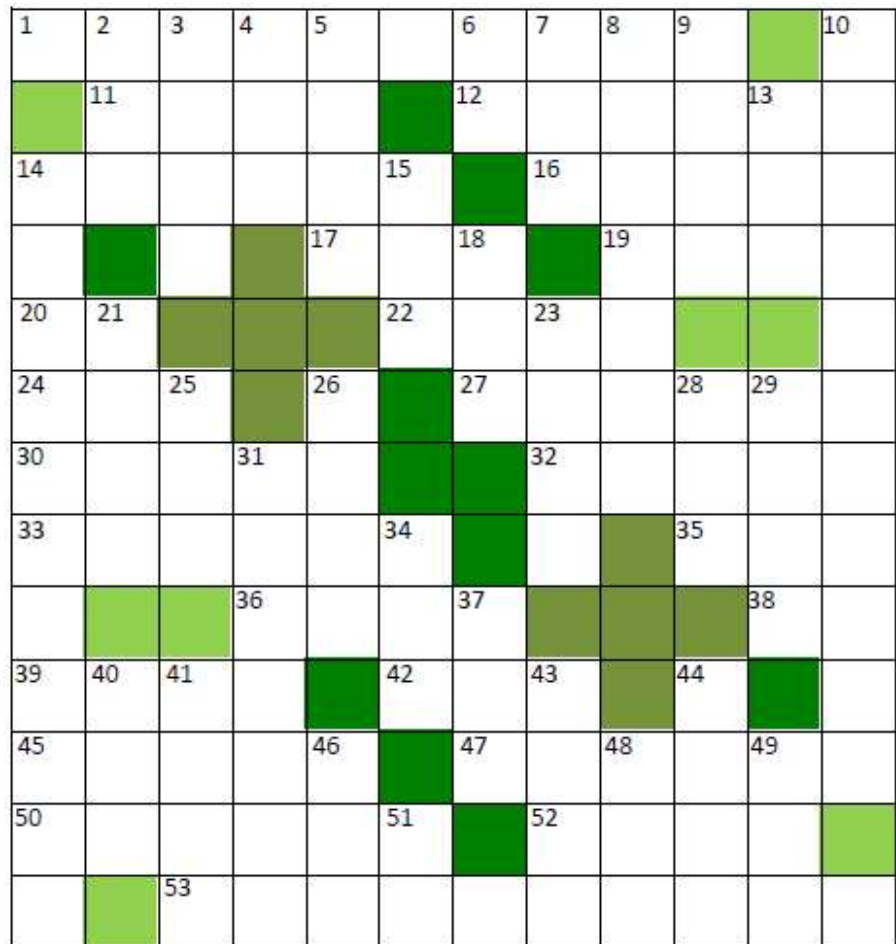


ACROSS

1. MAGICAL IRISH ELF
11. LITTLE THINGS MEAN _____
12. PRODDING, NEEDLING, JABBING
14. CEREAL MASCOT, "CAP'N _____"
16. CHINESE NEW YEAR OR SPRING FESTIVAL: _____ NEW YEAR
17. THE OBJECTIVE CASE OF SHE, AS IN "PLEASE GIVE _____ A CALL."
19. HAWAIIAN WORD FOR KNEAD, RUB, MASSAGE
20. "FROM: ME, _____; YOU"
22. "THREE BLIND _____"



24. ACTRESS _____ MARIE SAINT IS 100 YEARS OLD
27. A CHEVY CAR MAKE OR A BEACH CITY IN CALIFORNIA
30. _____ MALPH (HAPPY DAYS) OR _____ LAUREN (DESIGNER)
32. INFAMOUS HONOLULU HARBOR
33. DON'T FORGET TO ASK "_____ " AND SAY "THANK YOU"
35. PAST TENSE OF BITE
36. THE TOP OF MOST FORMS TO FILL OUT START WITH YOUR _____
38. EUROPEAN UNION (abbr.)
39. TOLD AN UNTRUTH, FIBBED
42. A KEY ON THE KEYBOARD USED TO INDENT OR MOVE SEVERAL SPACES
45. JIM CROCE SANG, "BAD BAD _____ BROWN", OR ON NCIS - _____ JETHRO GIBBS
47. THE VW BUG OR AN INSECT BUG
50. THE FOUR SEASONS SANG, "MY EYES _____ YOU"
52. HUNTER IN THE BIBLE, JACOB'S BROTHER, ISAAC'S SON
53. KEIKI MIGHT HUNT FOR THESE WITH A BASKET FROM A HOLIDAY BUNNY



DOWN

2. AN ENT DOC SPECIALIZES IN THIS, AND NOSE AND THROAT
3. OPPOSITE OF MINUS
4. HE WAS OPIE TAYLOR, RICHIE CUNNINGHAM, AND NOW AN AWARD WINNING FILMMAKER
5. CLASSIC TOY "_____ A SKETCH"
6. HEWLETT PACKARD (abbr.)
7. AMERICA ONLINE (abbr.)
8. THE INSTRUMENT THAT TUNES TO "MY DOG HAS FLEAS"
9. WARM WEATHER PATTERN, "EL _____"
10. THE "A" IN USDA OR HDOA
13. HO CHI MINH CITY, OR SAIGON IS LOCATED IN VIET _____
14. THIS _____ TURNS INTO A BUTTERFLY
15. THE EDGE TURNED UNDER AND SEWN INTO CLOTHES
18. WHERE YOU FIND SALT ON A MARGARITA GLASS
21. ELONGATED SHAPE LIKE AN EGG
23. JIM CROCE SANG, "YOU DON'T TUG ON SUPERMAN'S _____"
25. DARK STYLE OF BEER WITH YEAST FERMENTED WARM
26. AMERICAN HEALTHCARE STAFFING ASSOC. (abbr.)
28. INTERNAL AFFAIRS BUREAU (abbr.)
29. SOFT CREAMY CHEESE WITH EDIBLE RIND OF WHITE MOLD
31. SHE IS THE MYTHICAL WOMAN WHO OPENED THE "BOX"
34. THIS PROFESSIONAL RESPONDS TO EMERGENCIES AND TRANSPORTS PATIENTS
37. EDUCATION ADVISORY BOARD (abbr.)
40. HOMEMADE BOMB - IMPROVISED EXPLOSIVE DEVICE (abbr.)
41. ITALIAN WORD FOR HERO or (abbr.) FOR ECONOMIC RETURN ON EQUITY
43. BUDWEISER, PRIMO, KIRIN, SINGHA, OR COORS TO NAME A FEW ...
44. A MALE DEER
46. 'AE IN HAWAIIAN MEANS THIS, WHICH IS OPPOSITE OF 'A'OLE
48. EAST SOUTHEAST (abbr.)
49. DRAG OR PULL LABORIOUSLY
51. DEFENSIVE TACKLE (abbr.)