



RSVP Newsletter

Retired and Senior Volunteer Program

A Voice for our Kupuna in the Hawaii State Senate

It was a pleasure to meet Senator Moriwaki and to visit with her in her office at the Hawaii State Capitol. Senator Moriwaki was elected in 2018 to represent Senate District 12 on Oahu. She serves the people in the communities of Ala Moana, Waikiki, Sheridan, Kaka'ako and McCully.

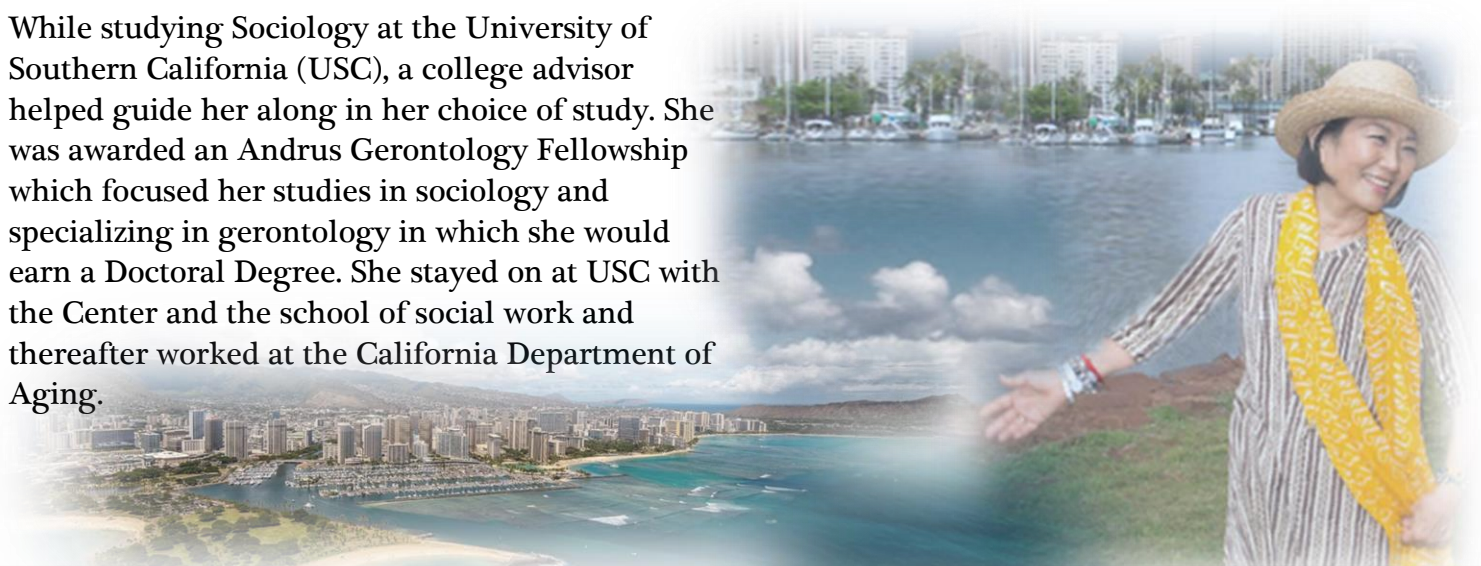
An only child, Senator Moriwaki was born and raised in Hawaii. Her father worked for the State Health Department. Her mother worked for a bank. In addition to her parents' support, the Senator relates that through the years she and her grandmother shared a special bond of love and communication. Growing up, her grandmother was instrumental in helping her speak and write in the Japanese language. Their close communication continued even when she was away at college on the mainland.

Senator Moriwaki's career path has always been about **"Service to Others."** In thinking of ways to help others in the community, the Senator's first desire was to become a doctor. However, challenges pursued her in Biology and Chemistry, so she chose to find another path.

While studying Sociology at the University of Southern California (USC), a college advisor helped guide her along in her choice of study. She was awarded an Andrus Gerontology Fellowship which focused her studies in sociology and specializing in gerontology in which she would earn a Doctoral Degree. She stayed on at USC with the Center and the school of social work and thereafter worked at the California Department of Aging.

In her desire to return to the islands, the Senator would eventually return and work at the University of Hawaii (UH) School of Public Health under the direction of Tony Lenzer at the UH gerontology program. She then left to create an older and non-English speaking program for the State Department of Labor and Industrial Relations (DLIR). She worked with agencies to develop its Kupuna Community Service Employment Program for the elderly. This program provided paid training and community service for individuals 55 years or older, who were unemployed or of low income.

Trying to Make a Difference, the Senator realized, that trying to make changes to a law in Hawaii did not come easily. This desire became a driving force for her to know and study the law. She returned to California, enrolled in the Loyola Law School and earned a JD Degree. Returning to Hawaii, Sharon passed the Hawaii State Bar Exam, worked for a year at a local law firm and was then appointed as the DLIR Deputy Director in the Waihe'e Administration.



A Voice for our Kupuna in the Hawaii State Senate (continued)

The Senator's resume continues by way of an impressive, escalating track! Continuing with our discussion, the Senator stated she spent the next four years of the Waihe'e Administration as Director of the State Department of Human Resources. She was then appointed as Assistant Academic Vice-President of the University of Hawaii (UH), working primarily on administration and personnel policies, including grievances and disciplinary actions. She also was appointed as Administrator of the Courts, overseeing administration of all the courts in the state.

While at the University of Hawaii, the Senator continued her determination to **"Make a Difference"** working collaboratively with private and public sectors to promote policies and programs in clean energy under the UH Public Policy Center's Hawaii Energy Policy Forum. But when her community was being challenged with changes in which they had no voice, she decided to run for the district senate seat. Her neighbors

learned quickly how to run a campaign because they, too, wanted a voice in the high rise condo developments rising around them in Kaka'ako.

Vowing to be the voice of her district, she won the election handily! Senator Moriwaki is the voice representing District 12 in the State Senate. She is a co-convener of the Legislative Kupuna Caucus, which gives purpose to introduce and advocate for legislation that helps Hawaii's kupuna. She is also Vice Chair of the Committee on Ways & Means and Chair of Capital Improvement Projects.

The Senator's Philosophy is about **Helping People!** She states, "When people need help, I get involved!" Quoting Senator Moriwaki, "We need to care for each other. No matter what, we are all neighbors! I believe we live in the best place on earth so let's work together to nurture our 'aina, and each other. Make life better for each other and treat everyone with respect and dignity! Lucky we live Hawaii-- with our Aloha Spirit, the ocean, the lush, green mountains, and our rich and diverse cultures and heritage!"



"I've always wanted to serve to make a difference."

Interviewed by Marilyn Nobriga

“Doing More Good”

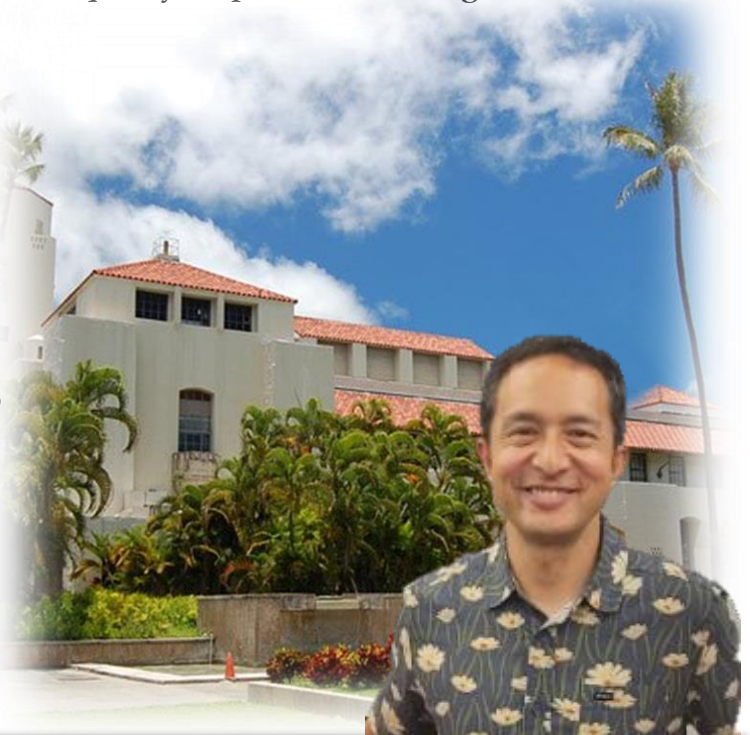
Krishna Jayaram seeks to contribute every day, to approach each day “correctly”. He has built a life of service based on trusting his instincts and doing what he feels is right. He quietly goes about his work, embracing and facilitating community needs in his current position as Deputy Managing Director for the City and County of Honolulu, the culmination of many years of working as legal advisor for various city governments. His approach is to embrace and facilitate community needs, whatever they may be, whether as a lawyer or a manager. He is a man who tries to “walk his talk”, as the saying goes.

Krishna’s experiences with diversity and community began in early life. His parents, father from India, and mother from Japan, took their young son all over the world before settling on Long Island, New York, when Krishna was 11. When he earned his first law degree, Krishna worked with a private firm in New York City. Then after 9/11, he chose to honor his grandparents’ expectations that he “do more good” and went to work for the New York City Law Department. In that position, he took part of the rebuilding efforts of the Ground Zero area, helping the City of New York to recover.

While in New York, he married a pediatric emergency room physician. During their Hawaiian honeymoon, they felt so at home and decided that one day to make Hawaii home. While living in New York, and then in San Diego, they kept their ears to the ground, waiting for their opportunity, not only to achieve their goal of living in a place that they were both drawn to, but to be closer to Krishna’s maternal grandparents in Japan. Over time, Krishna’s wife was offered a job opportunity at Kapiolani Medical Center for Women and Children, the only local hospital that would conceivably have an opening for

her specialty. Finally, there was an opening and the couple moved to Hawaii in 2010. Krishna continued his legal work as a Deputy Corporation Counsel, becoming an advisor for the City and County of Honolulu.

Since that time, he has served not only as Deputy Corporation Counsel, but in the Attorney General’s office, and has since made the move to the office of the Managing Director as Deputy. Krishna stated that lawyers protect, and in his role he balances that with pushing for execution of objectives. This is his first non-legal role, one he has fully embraced, including becoming the City’s first LGBTQ+ liaison in 2023. Krishna was tasked with improving on inclusivity and diversity and formed the LGBTQ+ Employee Resource Group for the City, among other city operations and activities. Krishna is a humble and soft-spoken man, simply following his need to do “the right thing” and live a life of meaning. He quietly helps to effect change.



Coming to America

America. What is America? The word got instilled into my young mind when my uncle, my dad's oldest brother, went home to the Philippines for a vacation. It must have been a place where people have a lot of money!

I have said this for it's still fresh from my recollection what I had seen and witnessed at that time. A very inquisitive, curious, naughty little girl trying to squeeze herself in front of old folks surrounding my uncle in a room. I was there- frontmost, wide-eyed, surprised and amazed with what I was witnessing- my uncle with this material wrapped around his upper body with money! They said he had come from a far away place called America!

My uncle was one of those young sugarcane plantation workers before that and had worked hard in the fields. From his stories, he said that they were not paid much but things were cheap then. We owed him a lot of kindness and generosity. He was instrumental in bringing my family here to America. My first day of stay here was difficult and unforgettable as far as I can remember. I was left alone in the house- everybody left for work and school. I told myself, so this is what they call life in America.

As months and years passed by, I slowly adjusted myself to living in a new place. I have that "determined determination" that I have to move on, to go on and do something relevant for my life. Starting my life was a struggle. Pains, frustrations and sacrifices came along and had been arousing me to strive harder. When uncertainty and discouraging thoughts arise, I bring them to prayer. Life was not an easy one - learning those things that needed to be adopted for life to be better, and unlearning those that were obstacles for success. My hopes did not disappoint me but had strengthened me.

Coming to America was a great opportunity. I worked hard and was able to help some relatives struggling from my far away country, young souls that were desperate to further their education, helping relatives in need whenever I could. Of course, I would not at all forget where I came from. For me, Christmas wouldn't be complete without sharing something to those that needed my help most. Helping someone who was blind and had cancer just breaks my heart. She just passed away not too long ago. Because of these circumstances, I am always reminded of my uncle.

Yes, America, you took me and nurtured me into your hands, gave me the opportunities to better my life. And I did take good care and valued those opportunities. I didn't fail you! I did not put you in vain! Not only did you touch my life, but also the lives of the so many that you have helped. Great is your love! The dreams were no longer dreams; they became reality. I'm living on them...enjoying them...Though I may have my own native land, you are now my country, too!

There's one thing that I'm not going to forget especially on your birthday. I was humbled, honored, that indescribable feeling of elation when I was handed the American flag together with the 21 gun salute during my husband's military interment. This nation had honored his time of service. What a dignified way to depart, what an unforgettable moment to say farewell. There's so much to be thankful about, more than words can say - all the good things America has done in our lives. I love you and will forever be grateful. Happy 4th of July! Happy birthday, America! You are of unequalled greatness!!!



Submitted by Caridad Namoca

Breezing Through the Summer

Cue the music: “The Summer Wind” the Frank Sinatra/Julio Iglesias duet. Good memories drift along with the melody.

Small kid time with my children, Kenji and Mie, in Kaimuki. The joy in their little faces on the last of school. We rented a big house with a yard off Sixteenth Avenue. We planted vegetables and flowers in the spring. I was impressed with how attentive these 7- and 10-year-olds were caring for their garden.

Friends came and played grocery store in the shade underneath the porch using old cereal boxes and canned goods. Remember those kiddy cash registers? This was how my keiki and their buddies learned about math and money. I loved watching how excited the “Kids Club” (as I called them) sold lemonade in front of our house. Good times before anyone was looking for or checking their cell phone. A simple time when Honolulu still had a morning and an afternoon newspaper which my children and I delivered on our bicycles. We knew our neighbors. They dubbed a sweet, Okinawan granny “Grandma Kitty” because she always seemed to have a garage full of kittens. She always had a smile and cups of ice water on super-hot days.

Fast forward, senior time for Mamma now. No grandchildren. But cue that music again because I now garden every second Saturday with Ed Tagawa with Ho‘ōla ‘Āina Pilipili at the College of Education on University Avenue. My daughter, Mie, joins us. Kenji is far away now, but he still has his newspaper carrier bag that hung on front of his bike. Turns out the little things that we did during the summer are the best memories.



“The summer wind. Came blowing in. From across the sea. It lingered there. So warm and fair.
To walk with me. All summer long. We sang a song.” -Frank Sinatra

The Samurai's Garden by Gail Tsukiyama

About the author...

Gail Tsukiyama is an American author, editor and teacher. Ms. Tsukiyama writes with grace and tenderness—her vivid characters and their complex relationships tug at your heart. Born to a Chinese mother and a Japanese father, many of Gail Tsukiyama's novels embrace the culture and traditions of her roots. *The Samurai's Garden* is a stunning example of melding these two cultures.

About this book... (published 1994, fiction)

This story takes place in 1937 to 1938—on the eve of the Second World War. A young Chinese man, Stephen Chan, is sent to his family's summer home in Japan to recuperate from tuberculosis. This small coastal town will become his home for the next year. Stephen finds Tarumi lonely and isolated until he befriends four local residents—a beautiful Japanese girl and three older locals. As their friendship and trust deepens, the unimaginable events of his older friends' pasts are revealed. Through their stories, Stephen learns about the tragedies they experienced and how their courage, acceptance and friendship helped them move forward. As the layers of their complex relationship are unveiled, he also learns about the healing tranquility of the Japanese garden. Stephen's adventures and discoveries in Tarumi were remarkable rites of passage for him. He arrived as a naive college student and left as a worldly young adult, taking with him one of life's greatest gifts, unforgettable memories.

Why I love this book...

I first read this novel about 10 years ago. Ms. Tsukiyama is a gifted storyteller—her extraordinary characters and exquisite writing led me to re-read this book. Her narrative of the protagonists' past and their present-day relationships made this a heartwarming read. Their journey reminds me of the serenity prayer, "God, grant us the serenity to accept things we cannot change, the courage to change the things we can and the wisdom to know the difference." These powerful words work with all faiths.



A Complete Unknown: Don't Think Twice

Timothée Chalamet's Bob Dylan's Biopic is Alright, Rick Tabor Movie Review; 2 Thumbs Up

The line, it is drawn
The curse, it is cast
The slow one now
Will later be fast
As the present now
Will later be past
The order is rapidly fading
And the first one now
Will later be last
For the times, they are a-changin'."



Timothée Chalamet, plays a young unknown who becomes Bob Dylan in James Mangold's Academy nominated Best Picture, as the nominated Best Actor, with Elle Fanning, a young Robert Zimmerman/Bob's first true love, Edward Norton (as a sage widowed Johnny Cash) and Monica Barbaro (as the legendary Joan Baez).

Bob Dylan says, A Complete Unknown, "Timmy's a brilliant actor so I'm sure he's going to be completely believable as me. Or a younger me. Or some other me." And yes indeed... Timmy delivered and then some!

The film tells the story of Bob's move to New York City at the top of the 1960s, through his discovery by Pete Seeger. We follow Bob through his Greenwich Village folk scene all the way to the infamous 'Dylan goes electric' performance at the 1965 Newport Folk Festival.

Chamalet's commitment to training his voice and learning the guitar was amazing. He takes his performance of Bob beyond a well-acted impersonation and catapults the audience into the stratosphere, shooting for the moon, bouncing from star to star in something so real, so believable, you feel like you're experiencing the genius of the first musician to receive a Nobel Prize in Literature. and by golly, Bob actually was awarded the 2016 Nobel Prize for having created new poetic expressions within the great American song tradition.

Joan Baez said she found the film "amusing" and "fun," suggesting she enjoyed the overall experience. Joan's most recognized song, "Diamonds and Rust" summarizes her relationship with Bob. "A Complete Unknown" captures Bob, history and so much more.. It's my favorite movie of the year.

Bob singing "Like a Rolling Stone" at The Newport Folk Festival. This was the moment music changed forever.

The Wandering Gourmet says, "It's So Good!"

For Mother's Day, a group of us took our Bonsan's wife to lunch at Fun Station in the Market City Shopping Center. They are famous for their flying noodle which is special chow fun like noodles which comes hanging from a pair of chopsticks in mid-air. There are meat and vegetables in the bowl and you mix it, very delicious. We ordered a selection of items such as the signature fried rice which has bacon, sausage and spam. Salt and pepper shrimp, beef choy sum on cake noodle, beef and broccoli and hot and sour soup. Everything was so delicious and we were having such a good time, we even ordered dessert. The mango tapioca w/ice cream was very refreshing.

There's a new ice cream shop called Castaways Ice Cream, it's on the corner of King and Isenberg across from the baseball field. I'm having a grilled pineapple ice cream. Their ice cream is very creamy and it's made right here in the shop. I feel my thighs getting bigger already. It's so creamy and rich, I don't think I can eat it too much but there are chunks of grilled pineapple and it goes so well with the rich creamy vanilla ice cream. That smokiness of the pineapple which tends to be a bit bitter tones down the rich creaminess of the ice cream, this is really yummy. I had a small cup which is \$3.99 and it was perfect for me. I later came to try their midnight cocoa dark chocolate. It was also rich and creamy with a nice dark chocolate flavor, seemed like there might be some chocolate bits which makes it so fudgy. They even have a spicy mango flavor. I'd say their creaminess is between Ben and Jerry's and Haagen-

Dazs. Trust me this is really good ice cream. I recently went to Kahala Mall too early, they open at 10:30 and I was there at 09:45. So I went to IL Gelato Café which is right in the food court at Kahala Mall. The barista offered to make me a cortado. It is not on the menu but she did a wonderful job, it was rich and smooth and came in a demitasse cup because I hate coffee in a paper cup, you never know the true flavor. They also have gelato but I prefer the ice cream at Castaways.

Popeyes for a limited time has released an entire line of pickle-flavored menu items, including a pickle lemonade slush. Maybe I went too late, I tried Kapahulu and Dillingham and they were both out of the deep fried pickles. I did get the 6 chicken wings which comes with a pickle flavor dipping sauce which were spicy but did have a pickle flavor. I also got the lemonade which had a slight sweetness and definitely some pickle juice in there, it was yummy. I was disappointed that the deep fried pickles were not available, I'll just have to make some at home.

After church our members had lunch at Golden Duck. I haven't been there since they were on McCully Street. We had the crispy gau gee mein, hot and sour soup, cold ginger chicken, beef with choy sum, house fried rice. The taste is what I remembered, pretty much the same. The food was good, we had a good time and we had left-overs to take home.

This is it for now until next time, I'll keep scouring the island for unusual delights.



Submitted by Toni Aranita

RSVP Ohana's Summer Poems

Our avocado tree is taking a break this year. It usually yields 15 to 30 avocados, but this season, only one avocado survived. Every day, I walk pass the tree and look up to see if it's still there. This morning, as I was admiring its beautiful green color and tenacity, I thought it deserved a haiku in its honor:

Green Glory

Hanging from a branch
Our lone avocado waits
To share its goodness
-Carol T



Flowers of Love
Love of Flowers
With beautiful colors
It's what many dream of
For hours and hours
When all of a sudden we discover
When you love yourself
So will others...



She says, you're only sending that poem to me?
I think & say, why? Message being; love starts from within... but, yes, I did give Susie flowers & a box of See's Dark Chocolate Assorted Yummies & A Pure Kona coffee assortment bag for our 30th Anniversary...
& we'll dine out.

It's not the trip to Greece, but, Hey(!)
Lucky We Live Hawaii, Yeah!

Nohelani says, Here, Hear, spelled Woof Woof!

May The Love of Life
Be Your Passion
And Life's Compassion
Be in Fashion!
Let Kindness Prevail...
It's time to set sail!

This One Goes Out To The One's I Love! -Rick



Summer Backyard

Warm breezes waft through window screens,
Grass, emerald green nourished by spring rains,
Morning brings the melody of bird songs,
Sunshine caressing their feathers,
Mangos on the tree ripening,
Sweet and tropical,
Tasting the "ono-ness" to come,
Evening falls, the land cools, skies are twilight,
Feeling O so good! -Merle

There was an old guy from Oahu
Who asked Kim what can he do for you
She said volunteer now
He said, where when and how
He's now happy with plenty to do.

-Mike H.

RSVP Haiku

Volunteers flourish
Retired and exultant
Good feelings abound.

-Mike H.



RSVP Ohana's Summer Poems



The L.A. Days

Fishing on the pier
Just me and her all alone
Sometimes we caught fish.
-Ed

Laying in bed sick
I ponder my existence
Life is so fragile
-Steven N

The Passing of Time

As the aged fade,
The young and strong take their place
Old ones persevere.
-Ed



Searching for Tutu's Rainbow at Dawn

by Mae Fujii

Beloved mo'opuna, when I near the end of my journey, Reminisce with joy and laughter the fun times, we shared. Remember Hershey Park, with fountains overflowing with pure chocolate; a train ride chug-chugging over canyons crossing the Continental Divide; Roughing it in Yellowstone, with grizzlies lurking outside our rustic cabin; singing, "Home, home on the range, where the deer & the antelope play." Though you're no longer 8 and 10, do you still remember? Or has the passing of time made your memory lapse?

Encountering creaky joints, cloudy eyes, confused hearing, Difficulty jogging under brilliant stars illuminating our path, with Kaimana, our Collie-Sheepdog, guiding nightly strolls. My freedom to romp evidently will come to a close. Will I achieve transcendence to a heavenly state? Cross over a bridge to witness a new dawn? Seek a promise of renewal and pray for a rainbow to appear?

Whispering softly, "I made it...Tutu is in your heart forever!"

If I Get Dementia....

If I get dementia, I'd like my family to hang this wish list up on the wall where I live. I want them to remember these things.

1. Every time you enter the room announce yourself. "Hi Mom- it's Margaret." NEVER ask- Do you know who I am??? That causes anxiety.
2. If I get dementia, I want my friends and family to embrace my reality.
3. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
4. If I get dementia, don't argue with me about what is true for me versus what is true for you.
5. If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.
6. If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.
7. If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.
8. If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.
9. If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.
10. If I get dementia, ask me to tell you a story from my past.
11. If I get dementia, and I become agitated, take the time to figure out what is bothering me.
12. If I get dementia, treat me the way that you would want to be treated.
13. If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
14. If I get dementia, don't talk about me as if I'm not in the room.
15. If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
16. If I get dementia, and I live in a dementia care community, please visit me often.
17. If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
18. If I get dementia, make sure I always have my favorite music playing within earshot.
19. If I get dementia, and I like to pick up items and carry them around, help me return those items to their original place.
20. If I get dementia, don't exclude me from parties and family gatherings.
21. If I get dementia, know that I still like receiving hugs or handshakes.
22. If I get dementia, remember that I am still the person you know and love."

In Honor of all those I know and love, lost and who are fighting Dementia/Alzheimer's.



Common Strategies Used to Deal with Grief

It is always difficult and painful to lose a loved one, even as memories of them remain in our heart to comfort us. I'd like to share a few tried-and-true coping skills to help deal with a loss.

It takes time, but a bereaved person will eventually process their grief, work through the sadness and adjust to a life without their loved one. It helps to allow yourself to experience the pain and other emotions and not let others tell you how you should feel. Whatever comes is where you should start...

■ **Patience is a virtue.** Don't suffer from stress caused by your expectations. Accept your current experience, pain and emotions without judging or being judged. Don't compare yourself with others. We all mourn in our own way; at our own pace.

■ **Acknowledge your feelings** — even the ones you don't like. Cry if that's how you feel.

■ **Ask others for the help you need.** Get support from friends and/or professionals. Express your sadness; talk about your loss and your memories. Joining a bereavement group enables others to encourage, guide and comfort you. They can also offer practical advice and information, and help you feel less alone. Online Zoom groups are available.

■ **Try to maintain your routine and lifestyle.** Avoid making life changes and major decisions. Limit stressors and maintain a sense of security.

■ **Give yourself a break from grief and take care of yourself.** Relax through distractions — watch TV, have dinner with a friend, read a good book, enjoy your favorite music, take a hike or go to the beach. Enjoy life despite the sorrow. Eat well, exercise, sleep and nurture yourself. Get a massage to release your tension. Avoid excessive use of alcohol or other substances, which could harm your body, confuse your emotions and slow your recovery.

■ **Forgiveness is a blessing.** Forgive yourself for all the things you wish you'd said or done differently. Forgive others, as well.

■ **Prepare, plan and honor.** Be prepared for holidays, birthdays and anniversaries, when feelings of grief may return. Plan how you want to spend your time and with whom. Do something in honor of the memory of your loved one. Decide what traditions to keep or create new ones.

■ **Create.** When you feel ready, do something creative. Write a letter to the person who passed and say everything you wish you could still tell them. Start keeping a journal. Make a scrapbook. Paint or draw. Plant flowers or trees. Involve yourself in a cause or activity that you and your loved one enjoyed doing. Your RSVP (Retired Seniors Volunteer Program) family is always here to help our 'ohana feel supported. A simple shout out is all it takes.



Community and Program Highlights

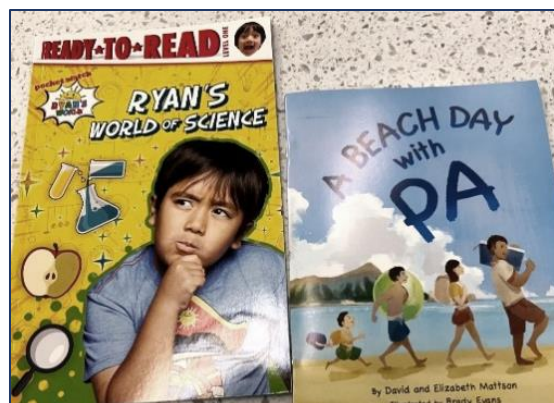
Talk Story "Wala'au" May 12

This month, the volunteers contributed meaningfully by creating a supportive and welcoming space where everyone could explore and share their thoughts, feelings, and experiences with the group. The sessions were rich with heartfelt stories and reflections inspired by the season—ranging from blooming May flowers and the celebration of May Day, to tributes on Mother's Day and Memorial Day. There were also memorable moments shared around graduations and a touching Sand Dollar story, all of which added depth and warmth to the group's time together.



OHANA 100 Daniel Kahikina Akaka Family Foundation May 14

The foundation is inspiring the next generation by promoting literacy, educational activities, and community service. Here, Carol Tashima is reading to students at Waialae Elementary School and personally delivering free, new books provided by the Daniel Kahikina Akaka Family Foundation.



Community and Program Highlights

Pen Pal Project Luncheon

This year marks the fifth anniversary of the Pen Pal Project, and on May 15th, RSVP volunteers finally had the opportunity to meet their 6th grade pen pals from Pearlridge Elementary. The heartwarming gathering included an exchange of leis and songs, followed by lunch, engaging conversations, and the sharing of a collaborative painting project.



"I would like to express my feelings and gratitude for our luncheon on Thursday. It was just so special, heartwarming and touching to experience that day. It's still in my heart.

It was my pleasure to have lunch with my 6th grade pen pal in addition to his friend. They were so cute and easy to share conversation together. As I left the cafeteria, it was bittersweet leaving them after having spent time with them and writing all those letters to my pen pal.



Props to Ms. Hayes and her Grade 6 colleague for continuing to spearhead this effort. Ms. Hayes is just remarkable and so dedicated to her profession." -**Ginger, RSVP**



Community and Program Highlights

Pen Pal Project Luncheon May 15



Last Two Paragraphs from a Student:

From Hearing you brings me joy, talking about common things brings us things to talk about. You are very sweet and kind. You have a heart of kindness. When saying goodbye to you in our last letter, sending each other, is going to be very hard. I am so happy we get to bring each other joy and talk to you! I hope we can support each other and navigate each other in life when we move forward. I am super excited to see you in person, Auntie. Thank you so much for being an awesome friend. I want to give you a warm poem.

Want to give it to my pen pal friend, Auntie.

Life can be hard, moments can be rough, look up at the stars so they can help you navigate your way up. Saying goodbye to each other can be sad and hard, but we have to stay strong for each other. When given a choice of being right or being kind, always choose kindness. Rainbows and Aloha bring Hawai'i Pu'uwai.

Student's Last Letter:

I had a great time meeting you and having our luncheon with you. I really enjoyed the project and I hope you did and continue to as well! It was a pleasure meeting you and you were such an amazing person.

I also want to thank you for taking the time out of your day to do this project with me. I had a great day at the luncheon and I really hope you did too! Thank you once again for all the gifts you gave and I hope you use that bag well! Having my brother do this program sounded really cool and now that I did it too, I found it really fun and just had a really awesome time not only getting to meet you but also getting to know a new person since I enjoy meeting new people. I want to say one final thank you for your hospitality and all of the kindness and awesomeness that came from not only you, but from the program itself and I am just so grateful that I was able to take part in this pen pal program.

Although I probably won't do this again, I will forever be grateful and remember this moment because I don't know when or if I will end up doing this program again. Thank you so much!



Hawaii's KIKU: Island Life Live May 19

Kupuna and Keiki connecting through the written word. The Kupuna Pen Pal Project continues to grow as Hawaii 6th graders exchange letters through RSVP, Island Life Live



https://www.kitv.com/video/news/k-puna-and-keiki-connecting-through-the-written-word/video_e515d3da-4403-54c0-bf67-720a77c24b9a.html

Community and Program Highlights

RSVP Annual Volunteer Recognition and Outstanding Older Americans Award

Every month of May, the Administration for Community Living leads the nation in observing Older Americans Month- a time to honor the invaluable contributions of older Americans, highlight aging trends, and reaffirm our commitment to supporting older adults. On May 23rd, volunteers shared heartfelt testimonies, a tribute was paid to our RSVP volunteers, and the event culminated in the proclamation ceremony for the 2025 Outstanding Older Americans Awardees.



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Slam Poem written and performed by Linda Dyer:

Hi! Not only short for hello, but (the letters) H-I... The abbreviation for the MOST BEAUTIFUL, state in the nation... We are blessed to be Kupuna, part of the elderly population! The HEART of the older generation!! HI!! Not just casual greeting. We live in PARADISE. It's here, where our HEARTS are BEATING. Do you know what happens when we get up there in years? We've laughed a lotta laughter, and we've shed a sea of tears! We've been there, done that! We have also ... worn more... than just one hat! We all have pleasure beyond measure---in the memories--we treasure. The places we've been, people we've met, so many things we will NEVER forget...memories... reflections...recollections...We reminisce in every way, by thinking back almost every day... Do you look UP? Remembering things? They're STRONG, like a SONG, floating along. Or do you look OUT? Thinking about, Life's mysteries? NO DOUBT. Or maybe look DOWN? Toward some GROUND? Grateful, profound, for Blessings abound. We all look back, ---UP---DOWN---OUT! That's what this is all about! Look into our eyes you will see we are wise. We know we have choices! To use our mana'o, our hands, our voices! We all look BACK, and with our wisdom, We wanna give back, We wanna do our part and give from the HEART. We want to live, we want to give, we wanna make the

world a better place, for CARING and SHARING's sure to put a smile on someone's face. We are living, loving, and even still, learning! We are giving and grooving, because the passion's still burning! We are like surfers riding on the waves of LIFE and we're rippin' it! We're raging the aging script and flippin' it!! "UA MAU KE EA OKA AINA I KA PONO" "the life of the land"... The land, its people, the nature, the riches, the abundance---so grand! -- "is perpetuated in righteousness" The SPIRIT--- keeps growing with us, me and you--- for there's unity in community! Health is wealth, our attitude is gratitude. Serving others serves us!! The Retired and Senior Volunteer Program connects us! Helps us! Finds ways to help others!! Seniors and students: Pen Pal Project, or taking our wheels, Delivering kindness with meals, Checking the environment and neighborhood needs, Tossing Genki Balls in the Ala Wai, And up, UH Gardens pulling weeds, Plenty Places to serve, to give of our time. Lots of slots, to fill and feel, the energy does climb!! Together---reading, eating, hearts beating. Eagerly sharing stories, creating from our souls, our pockets are full of stars and songs, And then too, rainbows. We're making positive impacts, A difference, as they say... For WE are sprinkling ALOHA, in each our own WAY!!!



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Remembrance Day May 27

RSVP's annual Remembrance Day was a heartfelt and moving occasion, where volunteers gathered to pay their respects and honor the dedicated veterans, as well as our beloved friends and family members who are no longer with us. In a spirit of unity and remembrance, flowers were laid as a symbol that they will never be forgotten--their memory lives on, forever held in our hearts.



Ronald McDonald House Charities May 30 and June 20

Hospitality Cart Volunteers Needed: House hospitality cart representative. Greet, serve refreshments, and help patients and their families pick out an activity from the cart. Volunteers will help to bring comfort to parents and families who are waiting to visit their baby or child in the NICU (Neonatal Intensive Care Unit).



Join Us—

& help families at the NICU!

We're always looking for volunteers to serve as Ronald McDonald House hospitality cart representatives in the hospitals. Greet, serve free refreshments, and help patients and their families pick out an activity from your cart. You will be bringing comfort to parents and families in the NICU (Neonatal Intensive Care Unit).

To learn more, please email celeste@rmhchawaii.org, go to RonaldHouseHawaii.org/ways/volunteer or by scanning the QR code.

Community and Program Highlights

Sunday Dinner: Ronald McDonald House Charities June 1

The Ronald McDonald House Charities aim to be a home away from home for seriously ill children and their families. Volunteers generously host dinner every Sunday, allowing families to focus on caring for their children without the added stress of planning and cooking meals. Robin, Kimberly, Ed, Carol, Carol's sister and husband collaborate to put together a comforting Sunday meal.



Susannah Wesley Community Center June 4

Volunteers helped with sorting donations for SWCC's Free Store- a resource designed to provide gently used clothing, shoes, and household essentials at no cost to those who need them.



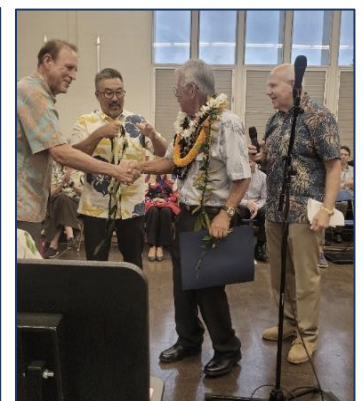
Inside Honolulu Hale June 4

2025 Outstanding Older Americans Awardees are invited to be recognized at the Honolulu City Council Honorary Certificates Meeting.



Mayor's Town Hall Meeting June 5

Mayor Rick Blangiardi officially honored Edwin Tagawa with a Proclamation declaring the month of May is "Older Americans Month".



Community and Program Highlights

Talk Story "Wala'au" June 9

Fifteen hungry seniors gathered at our monthly Talk Story Wala'au event on June 9th. The topic? Our favorite local or travel dining experience, or most memorable dining experience. There were stories that tickled the epicurean palate, others that touched the heart. All in all, these wonderful, well told stories were a feast for our ears!-Carol



State Outstanding Older Americans Awards Celebration June 13

Each county awardees attended the state celebration where they were honored and recognized.



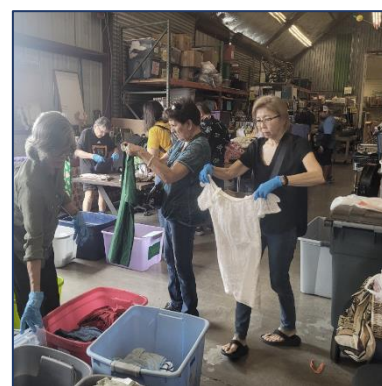
Outreach at Kahala Mall June 19



Community and Program Highlights

Helping Hands Hawaii June 25

Volunteers helped with sorting donations in the Community Clearinghouse (CCH). The program provides multiple services for struggling households. Services include providing free household items, like furniture, cookware, bedding, toiletries, and other household necessities.



Emergency Preparedness for Seniors and Caregivers June 27

Seniors and caregivers learned what they and their care recipient can do to prepare to shelter in place for emergencies and disasters, and how to prepare if you are asked to evacuate your home.



Bon Dance June 27-28

During the summer, it Obon season where bon dances takes place. Volunteers attended Honpa Hongwanji Hawai'i Betsuin's Bon Dance to assist guests.



WAIT – Don't Die Yet!

Getting Affairs in Order to Avoid
Heartache: A Personal Caregiver Story
that led to a mission

Authored by Annette Kam

Date: Friday, July 25, 2025

Time: 1:00-2:00pm

Location: Paki Hale

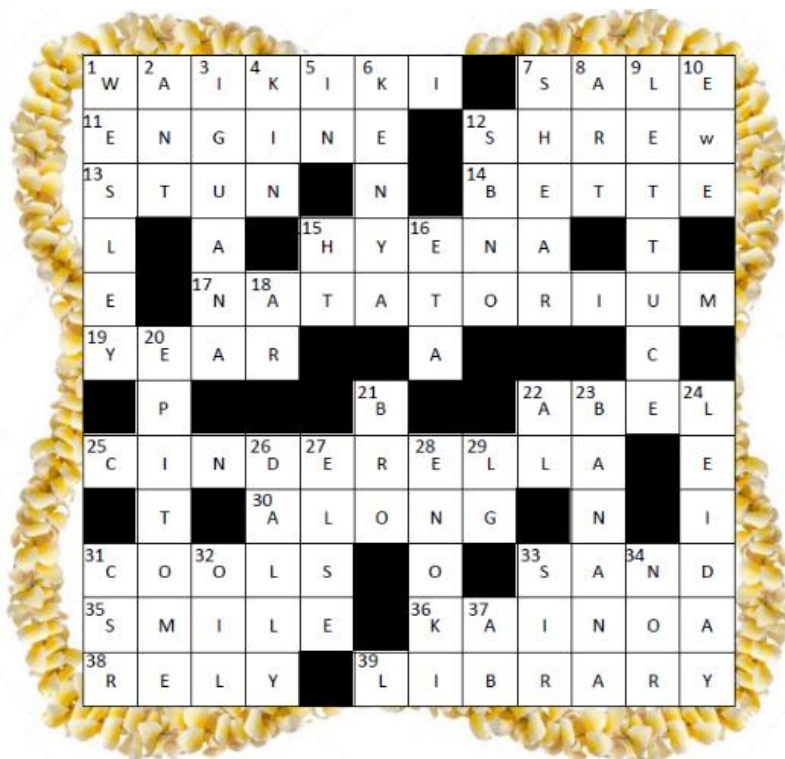
3840 Paki Avenue

RSVP by July 16, 2025

Email: Kimberly.itagaki@honolulu.gov

ANNETTE KAM

May-June Crossword



Upcoming Events

HOLIDAY: Independence Day
Hawaii Disability Rights Center: Folding Surveys
"No Get Old: 80 Orbits Around the Sun" with Art Kimura
Outreach: Hawaii Kai Town Center 9:00-1:00
PRIMO Disaster Preparedness and Survival Training
Talk Story "Wala'au"
Ronald McDonald House: Hospitality Cart
Ronald McDonald House: Sunday Dinner
"Wait Don't Die Yet" by Annette Kam at Paki Hale
Helping Hands Hawaii: Sorting Donations
Outreach: Ala Moana 9:00-1:00
Talk Story "Wala'au"
Helping Hands Hawaii: Sorting Donations
TBA: Workshop: "Hawaii State: Lei Making" with Jason Keyes
HOLIDAY: Admission Day
Volunteer Advisory Session

July 4
July 8-9
July 9
July 11
July 11-12
July 14
July 18
July 20
July 25
July 30
August 6
August 11
August 13
August 14
August 15
August 26

July						
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		

August						
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						

Elderly Affairs Division, Retired and Senior Volunteer Program (RSVP)

Kapalama Hale
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Honolulu, Hawaii 96817

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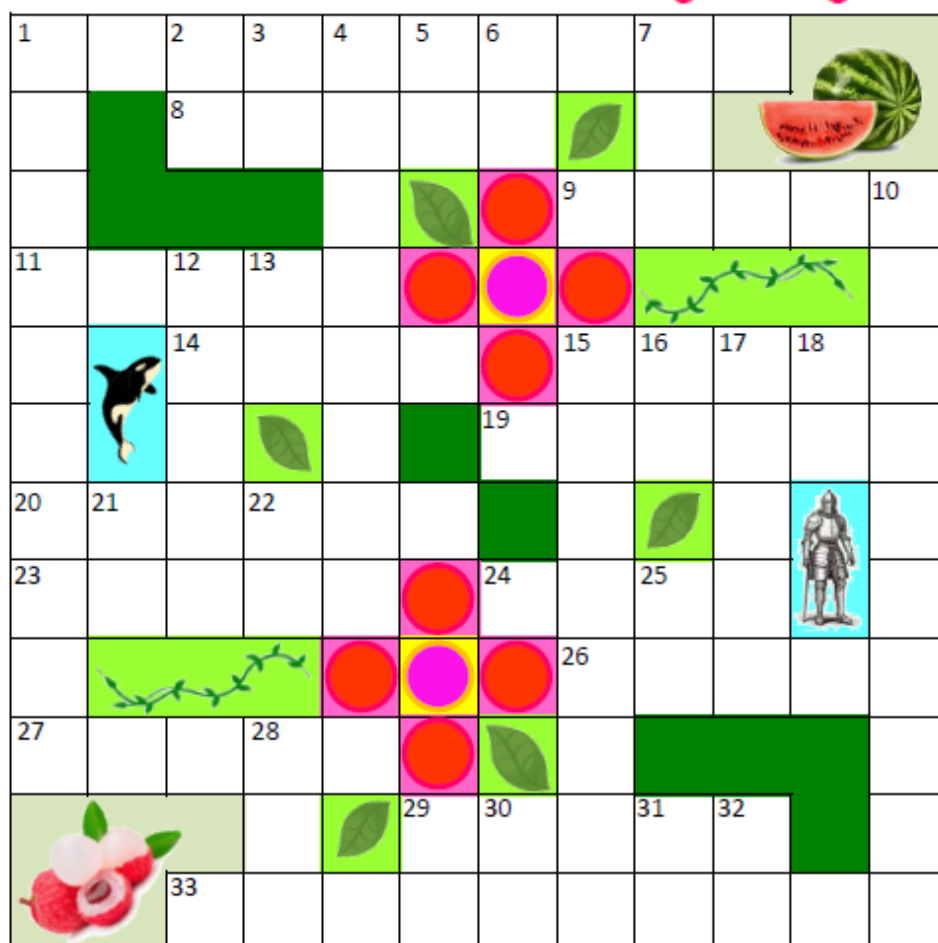
Crossword Puzzle - July / August



Across

1. Refreshing, big, round, green on outside, red on inside summer-time fruit
8. Formulated "Lightbulbs" that go on in your mind might be bright _____
9. Sound of Music inspirational showtune...
"_____ Ev'ry Mountain"
11. One of the seven dwarfs, known for being the youngest and often acting foolishly and being clumsy
14. A killer whale
15. "A knight in shining _____"
19. Soak up, like a sponge or soak in, like a good book
20. This local red fruit is easy to peel, has a light floral smell, a hard brown seed, and delicious translucent white fleshy fruit
23. Past tense to suffer from a still sadness or a continuous dull pain
24. Pidgin for childhood – "Small Kid _____"
26. Medjool or dromedary fruits, pitted and used for baking or snacking
27. "A Complete Unknown" is the 2024 movie about this iconic singer-songwriter
28. Baked good, or a soft rock band who hit the charts in the 70's with songs like "Everything I Own", "Aubrey" and more
32. Camaraderie, kindness, closeness, accord, comradeship, rapport, pals

There are good ships, and wood ships,
the ships that sail the sea.
But the best ships are _____s.
May they always be!



Down

1. An 1865 children's novel by Lewis Carroll, details "Alice's Adventures in _____"
2. A common plant in yards here in Hawaii with many uses including making lei, or hula skirt or waving at a sporting event, it is also the seventh note in the scale
3. TV's talking horse, "Mr. ____" or the first name of Tagawa, an awarded RSVP volunteer
4. (past tense) Converted waste into reusable material, new products
5. Short name for mother
6. Elementary School or Electronic Support (abbr.)
7. Beverly Hillbillies discovery, "up from the ground came a bubblin' crude, _____ that is, black gold, Texas tea"
10. This might be a kind of quartet, or a place to get a haircut
12. Place for a rocking chair, a lanai, patio, or open entrance to a house
13. Emergency Room (abbr.)
15. Literary works that are shortened versions of the originals
16. Initials for the artist with the hits "Do Ya Think I'm Sexy?" or "Downtown Train"
17. French impressionism artist who loved painting landscapes and water lilies
18. Either / Portland's state (abbr.)
21. In football, a player may be shown a penalty card, Yellow Card (abbr.)
22. Pronoun for a man, boy, or male
25. Boston's state (abbr.)
28. "...Wild Blue Yonder" is in the first line of the official song of the U.S. _____ Force
29. Exist, occur, "to _____ or not to _____"
30. Registered Nurse (abbr.)
31. American Samoa (abbr.)
32. Abbr. for a baseball batter that bats in place of another player