



Reality Check on Resolutions

Every year, 30% of Americans make New Year resolutions, according to Pew Research Center Polls and YouGov. Popular resolution goals focus on health, finance, and love/personal relationships. Sadly, as well meaning as our resolutions are, only 9% of us succeed to accomplish our goal. Most people give up in the first week. 43% surrender by the end of the first month. Maybe that's why we have Hallmark Cards, Valentine's Candy, Love and Hugs in February.

So, what goes wrong? Resolutions frequently fail because they are too vague, unrealistic, and lack a clear plan for execution. Without concrete, achievable, measurable steps, it's easy to lose our passion and motivation. Most resolutions rely on willpower, which tends to be an unreliable resource for most of us. Instead of relying on self-discipline, success typically comes from setting realistic rewarding, success-oriented, goals with achievable strategies. Simplifying goals, breaking them down, into small easy steps, with actionable segments, including accountability and natural rewards that inspire and motivate us will encourage folks to stick to their plans.

This is easily said. Turning dreams into realities is hard work. In reality, it takes grit, perseverance and staying power to accomplish our life-change goals. Focus on quality rather than quantity. Patience and persistence always lead to meaningful rewards. The outcomes should become noticeably productive, as our goals are accomplished.

Note: Take it one step at a time. Enjoying the outcomes for a few months before adding the next step or a new goal. Earth wasn't built in one day.

How to make a resolution successful:

- **Set specific, measurable goals:** Turn your exercise routine into an adventurous 30-minute run/walk with yourself or partner/friend or puppy/dog every other day. I used to reward myself with an ocean swim after my runs.

- **Focus on developing and maintaining habit-forming systems:** Create a realistic system that makes the desired resolution process and behavior change easier. For example, lay out your running gear, so it's ready for each day's activity.
- **Build in accountability:** Schedule a set time with a friend, or join a structured group, to help you stay the course. Schedule activities on your phone calendar and use today's technology or a hand-written calendar or log-book to track your schedule and progress. I also like to journal my observations, compliments, thoughts and wishes. 'Broke my shoelace today, but I didn't step on a pop-top. Lost ten pounds in the past six months. I love wearing my old clothes again.' Read your journal entries and reflect often.
- **Simplify/Break down your goals:** Instead of pursuing a global goal, break it into smaller, doable steps. Manageable steps, will jazz us up for fun. Focus on one life-change at a time. Enjoy the success of your accomplishments for a few months before adding another goal. Remember, life is not a race. Enjoy the scenery along the way. How you feel is how it'll go. How things make us feel is what we'll remember most. Think about it and adjust accordingly.
- **Be forgiving, patient and kind to yourself:** Building new life-skills takes time, remember; having fun, forgiveness, patience and persistence are key elements to change. More importantly, we're human. And as mortals, mistakes and setbacks happen, don't give up. Acknowledge the whoops and say to yourself, 'tomorrow's another day.' Learn, Evolve and Carry On.



The History and Symbolism of New Year's Traditions in the Philippines

For centuries, Filipinos had practiced traditions to greet the incoming year. These traditions are steeped in history and have been passed on from one generation to the next, a number of them having been influenced by the Chinese and Spanish people. While families from different parts of the Philippines have different ways of celebrating, following are the most commonly observed traditions to celebrate the New Year. These traditions symbolize either prosperity, good fortune, abundance or warding off evil spirits.

1. The Media Noche

Media Noche is a lavish midnight meal shared with fun to family, relatives and friends. This symbolizes hopes for prosperity. Plenty food means there will be an abundance of it in the year ahead. As expected, there will be lechon (roast pig), adobo (pork cooked in vinegar), lumpia (spring rolls), pancit (noodles), leche flan (custard), a wide array of desserts and many more. This tradition is most likely inherited from the Spaniards who colonized the country for more than 300 years.

2. Making Loud Noises

In the Philippines, New Year is always met with firecrackers and fireworks. The main point here is to create loud noise and sounds to ward off evil spirits and drive away bad luck. A car maybe driving around the neighborhood with noise provoking materials attached to its rear end just to create loud noise. Others will be playing loud music or having karaoke. Even banging pots and pans are also done. As a young child, I remember doing this tradition. Everything is noisy. It's like the whole area turning into a sort of war zone!

3. Jumping High

When the clock strikes 12 midnight, children are encouraged to jump as high as they can. My grandchildren were just wondering why I have to ask them to jump as high as they could once the clock hits 12. We believe that it will help them grow taller.

4. Wearing Polka Dots Dresses

Wearing anything with round stuff like polka dots dresses signify prosperity. It also epitomizes money and good fortune.

5. Eating Sticky Rice

Filipinos are known to be family oriented with very close family ties. We believe that when we eat sticky rice, it will bind families together stronger. Examples include biko (sweet rice mochi), tikoy (gao, a Chinese New Year's cake), bibingka (baked rice cake), guinataan (small mochi balls cooked in coconut milk with some fruits) and many more sticky delicacies.

6. Variety of Round-Shaped Fruits

It is believed that round-shaped fruits symbolize prosperity and good fortune. It can be 12, 13 or 14 round fruits on the table which are often the centerpiece of the Media Noche. I still practice this tradition.

7. Eating Long Noodles

This is one of the influences from the Chinese. We believe that eating long noodles like pancit during the New Year will help bring luck and it also represents good health and longevity. In other words, long noodles, long life!



The History and Symbolism of New Year's Traditions in the Philippines

Continued

8. Collecting Coins, Filling Wallet with Large Bills

Collecting coins and filling up pockets with coins and shaking the pockets at midnight is believed to bring good fortune. Filling up ones wallets with large bills is also one tradition which means your wallet will always have plenty money the whole year round.

9. Opening Doors, Windows/ Turning on All Lights

Another tradition is to open up all doors and windows, drawers or cabinets to bring in good fortune. Turning on all lights also symbolize a bright year ahead.

10. Filling Up Rice Containers

It is always best to welcome the new Year abundantly. We Filipinos make sure that our rice containers are full because we believe that life will be prosperous and that our rice containers will never go empty!

11. Paying Off Debts

We try to welcome the New Year debt-free. It is believed that whatever your financial state when the clock strikes 12 midnight on New Year's Eve, it will be the same financial status for you for the rest of the year!

12. Cleaning is Avoided

No cleaning is done on New Year's Day to keep luck in the house. This will avoid driving away any good luck coming into the house.

13. No Spending on January 1st

It is believed that not spending a single peso on the 1st day of the year will lead to better financial management for the rest of the year. I remember my mother getting ready everything we need the day before New Year so that she doesn't have to spend even a single penny on New Year's Day!

Yes, these are the traditions and beliefs that many of us Filipinos practice and believe. While "Manigong Bagong Taon" or "Maligayang Bagong Taon" both mean Happy New Year, "Manigong" specifically wishes for prosperity and "Maligayang" focuses on happiness.

Whether you believe them or not, what an extravagant, fun, exciting and memorable New Year's celebration it is the Filipino way!

Happy New Year to everyone!!!
Submitted by Caridad Namoca



2026 THE YEAR OF THE RED FIRE HORSE

The sign of the Horse is about freedom, dynamic energy, action, innovation and doing things your own way. The year of the red fire Horse is expected to be full of breakthroughs, innovations and rapid changes, in particular in the fields of artificial intelligence and medicine. People are encouraged to chase their dreams as it will present many golden opportunities. There might also be potential restlessness, self-doubt may creep in at times, trusting your abilities and don't be swayed or be impatient. Try not to overdo and keep an eye on your physical, emotional and mental health.

Horse people- enjoy divine blessings but achieving goals can be a challenge.

Worst Match for Horse: Rat (too headstrong) and Ox (boredom)

Best careers: Architect, Business Executive, Entertainer, Entrepreneur, Travel Blogger

Worst careers: Investor, Data Analyst, Executive Assistant, Research Scientist

Lucky Numbers: 2, 7

Colors: Red, Pink, Purple

Unlucky Numbers: 1, 6

Unlucky - Black, Blue

Some famous people born in the year of the Horse are:

Joe Biden, Mike Tyson, Jackie Chan, Emma Watson, Clint Eastwood, Greta Thunberg and Cindy Crawford.

Submitted by Toni Aranita

Meet Nate Gyotoku, President and Executive Director

Japanese Cultural Center of Hawai‘i

I approach the understated home of the Japanese Cultural Center of Hawai‘i trying to imagine what it was like for the first Japanese settlers to the islands. I respect this organization of nearly forty years dedicated to preserving and perpetuating the vital, dynamic Japanese experience in Hawai‘i. The current President and Executive Director of the Japanese Cultural Center, Nate Gyotoku, is proud of his Hilo roots and small-town sense of family. “That’s the core part of my identity.” It reveals itself in his philosophy of his personal and professional lives: “to care and to take care of people. This community mindset has always been in our family.”

Education was also valued highly. Nate attended the University of Oregon and transferred to University of Nevada, Las Vegas. His parents insisted that he “be well rounded, not only academically, but also socially.” He began volunteering at the Honolulu Junior Japanese Chamber of Commerce which led to his being elected President. Carole Hayashino, then Executive Director at the Japanese Cultural Center of Hawai‘i, recognized Nate’s leadership and the diverse contributions of the volunteers. Nate inspired young people at Kupu Development and as the Executive Director of Junior Achievement.

A bridge builder, Nate prioritizes involving young people in the JCCH community while strengthening programs for our kupuna. He and his staff are grateful for the continued support of dedicated volunteers. Nate was also influenced by his stepfather who was a CEO of a successful company. “He advised me to never ask anyone to do something that I wouldn’t do,” Nate reveals. His hands-on managerial style encourages each staff member and volunteer to build on their strengths which contribute to the growth and success of the JCCH. Nate displays the compassion and strength required of an effective leader as he steers this gem of an organization into the future. His optimism, drive, and dedication exemplify and uphold the standards and values of the first Japanese settlers in Hawai‘i: hard work, integrity, solidarity, humility, respect, and perseverance. Mahalo to Nate, his staff, and all of the volunteers at the Japanese Cultural Center of Hawai‘i.



Submitted by Judy Dente

Art Kimura: A Polymath with “Chicken Skin” Encounters

Ichigo-Ichi-E

Only once in a lifetime

Every encounter is treasured

Do not pass off the chance of the encounter

A 16th century expression by tea master, Sen no Rikyu is a self-introduction to who he is—a **Polymath**—which aptly describes Art Kimura, who has encountered more educational missions than he can count or for which he will take credit. As a polymath he is a whiz who has been in the right place at the right time to launch experiences like initiating a robotics program at McKinley High, when he met and was inspired by a new acquaintance, who tried to get problem kids in San Francisco off the streets to engage them in robotics and make them ready for acceptance to UC Berkeley. A scholarship gift was shared to see the birth of robotics education at McKinley and Waialua High Schools. The Tigers, advised by his McKinley teacher colleague, and the Waialua team showed their early success at a San Jose competition by winning a 2nd place award. These encounters in science education are quietly referred to as his “chicken skin moments.”

A treasured experience in his childhood goes back to his roots on the Big Island, where his family made a living marketing fresh fish from the nearby ocean requiring Art and his siblings to shuck opahi and clean the innards of fish for sales. Since then he “doesn’t eat anything with guts.” Their parents believed in a college education for all of them and their hard work working in the fish market helped with the funding.

His career as a science educator began at McKinley High when a vision test in college squashed his plans to become an Air Force fighter pilot or to become a marine biologist when an introductory course was found boring. During his career as a classroom teacher and administrator, Art has been honored with many awards including: Biology Teacher of the Year; National Presidential Award Recipient for Excellence in Science and Math Teaching; Hawaii’s representative to the NASA Teacher of the Space Project; Living Treasure of Hawaii with wife, Rene. With humility and modesty, Art does not focus on these honors and awards, instead he seeks opportunities to use them to initiate programs to help Hawaii’s youth. In his space education encounters, he befriended notables like astronaut Lacy Veach and Nainoa Thompson, and the Kimuras set up “a hands on” activity for students called the “Astronaut Lacy Veach Day of Discovery.

With quiet reverence he looks back to a close encounter that took him to the space program at Kennedy Space Center. He was there to view the launch of the space shuttle Challenger in 1986 which tragically exploded on launch. The seven astronauts, including Hawaii’s Ellison Onizuka and the teacher, perished in the most tragic explosion in space travel history. Art was not there to witness the launch on that fateful day in January, since he was on his own flight returning home to Hawaii, when he heard the tragic news. This motivated Art to initiate the founding of “Future Flight Hawaii” to keep space education alive and he supported the establishment of the Challenger Center Hawaii and the Imiloa Astronomy Center.

Being a seasoned traveler, he may still be enjoying his 69th trip to the land of his heritage that he and his wife Rene have connected with his samurai ancestry going back to an island off Honshu in the Yamaguchi prefecture where Gateball once had 10,000 competitors now dwindled down to only 200. Art is trying to build interest in Gateball locally and “directs” a few teams that play weekly at Ala Moana Park, among them are a few volunteers from RSVP.

In closing, Art described himself as “a shy boy who had great opportunities” and added, “I couldn’t have done it without my wife Rene...who sacrificed a lot personally for me to venture out.” Being the visionary creator who always thinks ahead, he has already celebrated his own departure in “A Celebration of Life.” This spotlight has barely touched upon the many accomplishments of this **polymath** innovator whose contributions to science, space, education, technology, and community service have improved or touched the lives of many. These chicken skin encounters are not yet completed, since Art and his colleagues still have visions to take us to “where no man has gone before.”



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

I have to tell you about a recent new fabulous dining experience. It's called Peruvian Corner Hawaii and it is a food truck. Get ready for a nice drive out to Waialua and a bit of searching. It is located on Goodale Avenue off of Farrington Highway near Waialua School. I had a beef dish with onions, green onions and cherry tomatoes sitting on a bed of French fries and comes with rice. The beef was so tender (I think they marinate the meat in lime juice) and had a delightful, refreshing, citrusy twang to it. The dish is a Chinese stir-fry but much more than that. The sauce is so good the French fries tasted phenomenal and I don't know what she does to the plain white rice which comes with most meals but you can eat it as is, so flavorful. She then recommended a tako (octopus) dish. It was deep fried but the tako was so tender and not tough at all and that rice, I was in heaven. The setting is very casual, looks like someone's back yard, very Waialua. Just look out for the smiley face llama. I cannot say enough of this place, one thing, that woman can cook.

My friend and I checked out a Mediterranean restaurant called Istanbul Hawaii. The wait staff there are very friendly and so accommodating. I had the lamb tenderloin wrap and she had the wagyu wrap. You get big chunks of marinated lamb that is so tender, also tomatoes, onions and butter lettuce served with crème fraîche. The wagyu was of course very tender and flavorful. The portions are very huge so I ended up taking half for dinner. For dessert I ordered the jewel of Anatolia. It is a chocolate tart with hazelnuts, pomegranate and cardamon paste. My friend however had the crème brûlée. It has a very thin filo, pistachio, honey crust, and the custard is very good, firm, creamy and eggy. But the best part was the burnt sugar glaze. It was like glass, you had to stab it to shatter it and it looked like shards. You could suck on the shards like candy it was that thick. You rarely find crème brûlée like how it's supposed to be. The coffee was one of the best coffees I've had in a long time, so flavorful and aromatic. Next time I'll have the crème brûlée and coffee. We sat outside and I thought this would be a very romantic date night spot, the lights, the night air, very nice.

After months of procrastinating, I finally went to Shaloha Pita. It is a Mediterranean restaurant known for shawarma, falafel and homemade pita. I had their signature shawarma pita which is a grilled chicken in their really fresh pita stuffed with red cabbage, tomatoes, tahini, Israeli salad and a very fresh hummus. It was so good, everything was fresh and homemade, I love the tabouli, which nowadays is hard to find. If you like healthy, fresh, delicious food, I recommend this place.

I want to give a shout out to Tiny Pyramid. We all had a lovely luncheon there and enjoyed their diverse menu. A few days later I brought my friend here to celebrate her birthday. Of course, she enjoyed the pizza but they are known for their huge dessert case. She picked the strawberry cheesecake and the chocolate mocha. What was so fantastic was that they wrote out Happy Birthday on the plate and put a candle on the chocolate mocha. They went up and beyond and made this day so special for my friend, such fantastic service.

Well, I will be back again with more delectable eateries, because it's oh so good.



Book Review: "A Short Guide to a Happy Life" by Anna Quindlen

About the Author...

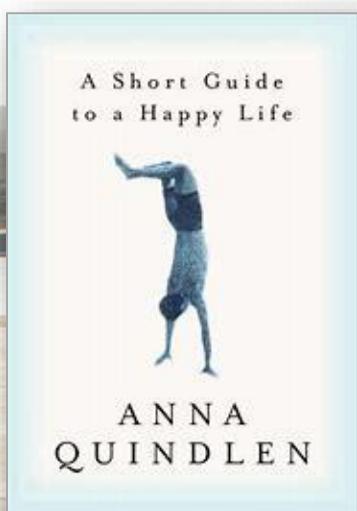
Anna Marie Quindlen is an American author, journalist and opinion columnist. Her New York Times column "Public and Private" won a Pulitzer Prize in 1992. She is currently a columnist for Newsweek. Anna Quindlen publications include non-fiction books, novels, children's stories and speeches. She lives with her husband in New York.

About this Book... (published 2000, non-fiction)

From page one of this book, Ms Quindlen is very straightforward. She tells the reader she is not qualified by profession to give advice or counsel. Her work is human nature. **"A Short Guide to A Happy Life"** offers inspiring and common-sense advice and interesting encounters based on Anna Quindlen's life experiences. This book is only 50-pages long—and half of the pages are of spectacular scenery, and heartwarming photos of ordinary people. Anna Quindlen's life observations are spot on. "Life is made of moments, small pieces of glittering mica in a long stretch of grey cement. It would be wonderful if they come to us unsummoned, but particularly in lives as busy as the ones most of us lead now, that won't happen. We have to teach ourselves how to live, really live...to love the journey, not the destination." She challenges us to see the view and reap the richness in living.

Why I Love this Book...

I received this book as a gift from a good friend who inscribed, "This book has been my special 'go to read' for many years when I need to find a sense of peace. Look forward to the future with optimism and enjoy the 'VIEW.'" After reading **"A Short Guide to A Happy Life."** I appreciated her message. Anna Quindlen's words are positive and honest. She reminds us that we are alive and life is a great gift, so live it to the fullest! The beautiful photos in this book are a bonus. I love leafing through the pages and getting lost in thought as I view these wonderful photos—many of them stir forgotten memories.



RSVP Ohana on “Love and Appreciation”

Here in Hawai'i we have words for both "love" and "thank you". It's "aloha" and "mahalo". In my ancestor's language, love is "ai" and thank you is "arigato gozaimasu ". So, to define "love" in English: it's a feeling of deep appreciation for another living being (could be a person, dog, cat, etc.) who's well-being is very important to us.

To foster love and appreciation, I suggest we "do unto others what we want done to us." Can we say, "please" (asking permission) and "thank you" when kindness is given to us? If we can put others needs ahead of ours, and share, bring joy to others, we can achieve community well-being. Peace on earth, good will to all.

-Lynda Asato



The only unconditional love I received was from my dear parents. This is what I learn from them.

When you need support, either emotionally or financially, they are there for you and not expecting any return from you.

Give, give, and give by engaging or serving the community you care about.

Through action, either verbally or physically (hugging, kissing if appropriate) -Gina

Love Is... from Rick Tabor's Heart & Soul

Love is found within, in an unconditional know thyself, accepting, understanding our strengths, and weaknesses, Aloha kind of way.

There are three components to a healthy relationship; Honesty, Trust & Respect. I agree with *Lao Tzu* (Founder of Taoism, 550 B.C.) who said, being deeply loved by someone gives us strength, while loving someone deeply gives us courage. I also realize love should never be taken for granted. I am fortunate, humbled and grateful to be married to my adult-lifetime soulmate, actively working on our love and life together, along with our tail-wager, Nohelani. The reasons for my 24/7 smile.

Our philosophy is, the Hallmark Holiday's; Thanksgiving, Valentine's, Christmas, New Years, are lived every day. We appreciate our friends, family and relationships, expressing love and gratitude without artificial dates, morning, day and night. We value our time, together realizing time is not promised, so in our brief time, here on Earth, we value the hugs, while working on, hoping for, peace on Earth, love and harmony. Mahalo Nui Loa.



My wife Joedy answered your query on how you express love early this morning (11/18/25). I was out on my daily 3-mile fat eradication walk around Aikahi Park in Kailua. I usually walk from 6 to 7 am. At about 6:30 am, the skies opened up and there was a torrential downpour. The other early morning walkers and I got drenched. I was still a half mile from home when Joedy pulled up in our Honda CRV and rescued me. The rain woke her up and she knew I was out in the neighborhood walking. Still in her PJ's, she jumped in our car to spare me further soaking. And that, to me, is love.

-Mike Hu

RSVP Ohana on “Love and Appreciation”

I have a story of love, life and blessings. I went to my doctor because of a discoloration on my skin. She had me go have a test of my heart. The color on my skin was nothing. When I returned to her, she said I needed to see a cardiologist and have heart surgery soon. I had planned on leaving to go to my sons 60th in California and already had the ticket but didn't want to ruin his celebration. All his brothers were flying in. I decided to wait until after his party. I arrived in California on the 3rd. My son set up with Cedar Sinai tests. The doctor also wanted to do the surgery that day, he was leaving for a 10-day trip. I said I would wait for his return. I was put on many prayers lists and priests were saying Masses for my surgery success. My son works with these doctors as an inventor of the parts they use. He chooses the doctor who performs the newest Open-Heart Surgeries. They used a newer procedure. No pain. I was awake very shortly after surgery joking with my son who also spent the night in my room. Wanted to leave because I felt good and on the heart ward there is no coffee, butter or anything good to eat! And I knew my husband was frightened of losing me. They wouldn't let me leave until I could walk. The nurse was set on following the rules and said I needed to walk first and to think of myself. Because I need to show my husband, I'm ok! She was angry. I said I can walk! With a little help to get up.... I walked! She was surprised! (Me too) We left and my son took me to get coffee and Mexican food! So thankful, so blessed. My mother died of this very problem when she was 42! I was 13!! Had no symptoms! So grateful! All my sons were involved too looking at tests, making decisions! So grateful!!! (God is not ready for me!) Besides In a few years I will be 90 and have 11 grandchildren and NO Great-grandchildren!! Life is good! -Rose Marie G.

What is one way you show appreciation for the people in your life?

Showing appreciation for the people in my life is easy. Keep in touch and be aware and supportive of their needs. Be it a shoulder to cry on, or a visit to cheer them up. Mail, email or text this with a simple "thinking of you" message and reminding them they a cherished friend or family member. Delivering a home cooked meal is always welcome. These simple acts of kindness will put a smile on their faces and yours! -Carol

I am writing this for I would like to share my experiences working with Herbert Baeuerle and to show appreciation to him in what he does for the Keiki to Kupuna Foundation Meals on Wheels Program. At the moment, there's only two of us as regular volunteers delivering meals in the Waipahu, Ewa Beach, Kapolei and Makakilo area. And of course, he is the driver! I find him to be a very nice person, happy to be with and a great conversationalist. He always has ideas to share. Somehow, when I came back from vacation on the last week of October, the program has been on hold for a month. He said so long as there's another one more to join him, the program will go on. I came to witness his determination and dedication to have the program up and running. As we talked stories, he said he always liked to do something and can't stand staying home doing nothing. He had signed up for different charities but nobody had called him. He was introduced to RSVP by a friend. He is also a member of the SHIP program helping and assisting people by providing them needed information about Medicare and other Medicare health care issues and services. He loves the K2K program and really has passion delivering meals. Coming from town, he has to beat traffic from his morning commute. He even had suggested to the director of the program to add more clients into our list. He really is into serving the community, and I am proud working with him. Wish there are more volunteers like him. -Caridad



RSVP Ohana on “Love and Appreciation”

Love is Appreciating:

the smell of sweet ginger blossoms swaying in the morning breeze a brilliant early golden sunrise emerging from the blue-green sea billowing white clouds racing across the sky like chariots on fire blue birds of hope trilling soft melodies making toes tap click-clack

Love Comes Kindly when:

giving up surfing with pals to help dad give the house a fresh coat of paint becoming a Big Sister or Brother to devote time with a lonely teen serving homeless seniors a Thanksgiving meal at the open city luncheon visiting a friend who doesn't know you anymore, but you remember her

Love is Caring when:

a friend asks you to spend the day with her on her birthday because she's alone you attend a ceremony to congratulate a student receiving an Eagle Scout award a young neighbor comes to ask, “Aunty, do you need help watering your yard? Love is a gift and makes you glow from a special spot in your heart

Love Never Fails to:

make you skip, step lightly, and whistle a favorite tune reach out to give someone less fortunate a helping hand

Love Brings:

wonderful twists and turns on the endless kaleidoscope thrills on the skateboard with your hair fluttering in the wind strong arms that help you up when your knees are giddy patience, kindness, gentleness, and warm embraces

And most of all, love is never having to say, “I'm sorry or I regret...” Or breaking a bond holding pure hearts and souls together as 1...

May you show your love in ways that make you share your blessings in 2026 -Mae

Love Looks Like: Much appreciation to those who served in the military, police officers, fire fighters, lifeguards, and anyone else who put their life on the line for others. Every person, parent, sister, brother, family member, friend, volunteer, stranger, enemy, whether seen or unseen, whether known or unknown, like it or not, may have sacrificed so that we can have a better life. This is what love looks like.

Imagine. You are convicted of a crime, whether you think you are guilty or not. For your crimes your punishment is the death sentence. On the day that you are supposed to die, the judge sets you free instead. Now, think of the person you cherish and care about the most; or someone you despise and could care less about. The judge tells you that this person sacrificed their life for you and died in your place so that you may live. Greater love has no one than this, that someone lay down his life for his friends. This is what love looks like.

Love is patient, love is kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. Love never ends. This is what love looks like. Love, Known

*“Where there is love,
there is life.”*

-Mahatma Gandhi

How do you define love, and how do you express it in your daily life?

Love to me is appreciating others by demonstrating to them in different ways that I care for them. They may be family, close friends, or even a complete stranger. My intent remains the same. To offer my kindness and compassion either through words or deeds. For me, love is an attitude of kindness and giving to another. -Gerry

Community and Program Highlights

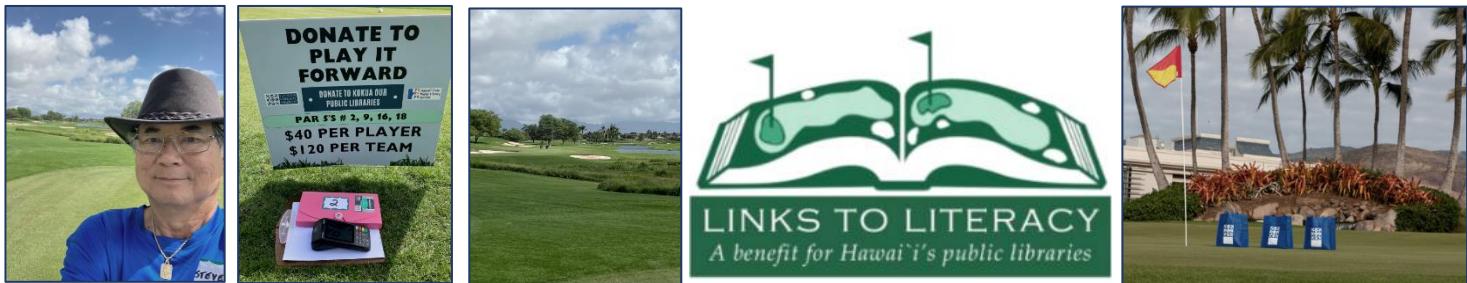
“Safe, Stay Ready: Emergency Preparedness” November 7

The Chaminade Nursing Students and Hawaii State Public Nurses presented essential tips and creative solutions for building personalized Go Bags—helping seniors stay safe, comfortable, and prepared for a wide range of situations.



Friends of the Library: 31st Annual Links to Literacy Golf Tournament November 10

The tournament at Hoakalei Country Club was to support literacy and educational programming at Hawaii's 51 public libraries.



Talk Story “Wala’au” November 10

Have you ever had a “*surprise blessing*” in your life? Is there something that makes you smile every day? What brings you comfort that you’re especially thankful for? The group shared their stories of gratitude and celebrated the simple joys and unexpected blessings that makes life beautiful.



Helping Hands November 12

With teamwork, the group came together to sort donations, turning generosity into meaningful support for the community.



Community and Program Highlights

Active Senior Expo at the Convention Center November 14-15

The expo showcased products, plans and services that focused on assisting and educating the community on senior resources.



Hawaii Meals on Wheels Annual Mailout November 18 and 19

Seniors coming together to help Hawaii Meals on Wheels roll forward, one envelope at a time.



Fraud Prevention with Peter Inouye November 20

Peter educated the group on how to prevent scams and fraud by sharing practical advice on safeguard on personal and financial information.



Mayor's 49th Annual Craft and County Fair November 22



Community and Program Highlights

Ronald McDonald House Charities Gala November 22

For 38 years in Hawai'i and 50 years around the world. Ronald McDonald House Hawai'i has been a steady anchor in families' stormy seas, offering families shelter, comfort, and a community grounded in compassion and aloha.



Aloha No Na Kupuna: HPD's Senior Safety Conference November 25

Keeping our seniors informed and safe- thank you to the Honolulu Police Department for hosting a day of wellness and safety presentations at the Koolau Ballroom.

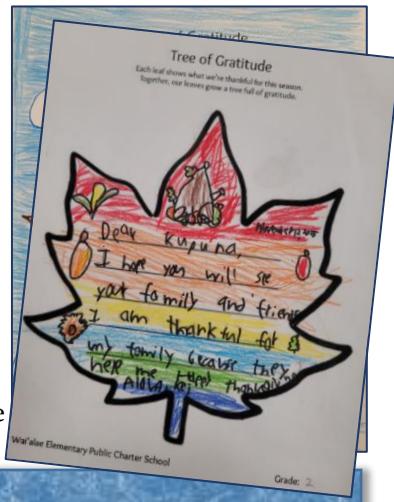


Keiki to Kupuna Project: Thanksgiving Messages November 27

Thank you to the students at Ala Wai Pre-K, Kaimuki Christian School, Maemae Elementary, Mary Star of the Sea School, Pearl City Elementary, Pearlridge Elementary and Waialae Elementary for participating in the Thanksgiving Messages which the Long-Term Care Ombudsman Program Volunteers (LTCOP) delivered.

"I visited Oahu Care Facility, Island Care, and Pohai Nani to deliver Thanksgiving well-wishes created by the students. I shared the messages with the kupuna, many of whom were thrilled to receive something made especially for them by children. For residents who couldn't read, I had the privilege of reading the messages aloud, sharing what students were thankful for. Smiles, sparkles in their eyes, and comments like *"Is this for me?"* filled the rooms. Many admired the colorful artwork and were touched that the children had thought of them—especially those with no family." -Ombudsman

"At Pohai Nani, residents shared reactions such as *"So cute,"* *"I love this,"* and *"I want to show this to my daughter."* One former teacher carefully reread each message, reflecting on the students' growth and praising the teachers for inspiring such thoughtful work. As one resident said, *"If you see the children, tell them thank you. The letters are beautiful."* Mahalo to everyone who helped make this special connection between keiki and kupuna possible." -Ombudsman



Community and Program Highlights

Hawaii Meals on Wheels December 3



By delivering meals to kupuna, you can help ensure they remain independent. Volunteers are doing so much more than just delivering nutritious meals—they provide social interactions for our kupuna who may be isolated or homebound.

<https://hmow.org/volunteer/>

Helping Hands Hawaii: Adopt a Family December 6

The holiday season is time for giving, and Helping Hands Hawaii's Adopt a Family event helps ensure that families and seniors facing hardship in Hawaii can celebrate with joy and dignity. Volunteers help to collect the holiday donations.



Department of Parks & Recreation
Ka 'Oihana Mālama Pāka a me nā Hana Ho'ōnāea

55th Annual Senior Citizen's Valentine Dance!

"A Sweet for My Sweetheart"

Friday, February 6, 2026

9 a.m. - 12 noon

Neal S. Blaisdell Center

Exhibition Hall

FREE

Generations Magazine 2026 Senior Fair

Friday, **Feb. 20**, 10am–2pm
Windward Mall, Kāne'ohe



This senior fair will showcase experts in senior management, caregiving, health, financial, medical, law, government programs and various other topics of interest to seniors.

Community and Program Highlights

End of the Year Celebration December 11

Ending the year with gratitude, music and celebration- honoring the dedication of our senior volunteers.



Community and Program Highlights

Talk Story "Wala'au" December 15

It was a festive gathering featuring a Wishing Tree, ugly shirt contest, Time Travelers Trivia, and stories told about meaningful gifts. The room was filled with laughter and connections.



Community and Program Highlights

“Brain Matters” with Amy Kelly December 18

Amy discussed the lifestyle interventions that can improve brain health and help prevent cognitive decline and dementia. She had the group moving their bodies and engaged in cognitively stimulating activities!



“Dear Friend” Holiday Letters December 23

Ala Wai Pre-K, Maemae Elementary, Mary Star of the Sea School, Pearl City Elementary, Pearlridge Elementary and Waialae Elementary participated. The Ombudsman played Santa Elves and delivered the letters to multiple senior facilities.

“Your efforts exemplify the spirit of volunteerism and community partnership that RSVP is so well known for. Acts of kindness like this help brighten our residents’ days and remind them that they are remembered and valued by the wider community.” - Leahi Hospital



Lanakila Meals on Wheels “Christmas Day” December 25

A season of service- seniors volunteering on Christmas Day to support their community by packing nourishing meals with generous hearts.



Are you looking for a fun way to volunteer? Do you want to inspire and empower seniors and people with disabilities? If you’re searching for opportunities to volunteer that will make a lasting impact. Register with Lanakila Meals on Wheels

<https://lanakilapacific.org/getinvolved/>

Upcoming Events

HOLIDAY: New Year's Day
 Helping Hands Hawaii: Sorting Donations
 The Launch of the 6th Year of the Pen Pal Project
 New Year's Ohana Festival @Japanese Cultural Center
 Talk Story "Wala'au" @ Kamehameha Community Park
 American Cancer Society: Mailout
 "Introduction to Robotics" with Art Kimura
 HOLIDAY: Martin Luther King Jr. Day
 American Cancer Society: Outreach Volunteers
 Emergency Preparedness: Train the Presenters
 Kamehameha Community Park's Spring Activity
 "Senior Safety" with Sergeant Ed Ho @ Paki Hale
 Helping Hands Hawaii: Sorting Donations
 55th Annual Senior Citizens Valentine Dance
 Talk Story "Wala'au"
 "Navigating Required Minimum Distributions" with Roger Higa
 HOLIDAY: Presidents' Day
 Generations Magazine Senior Fair @ Windward Mall

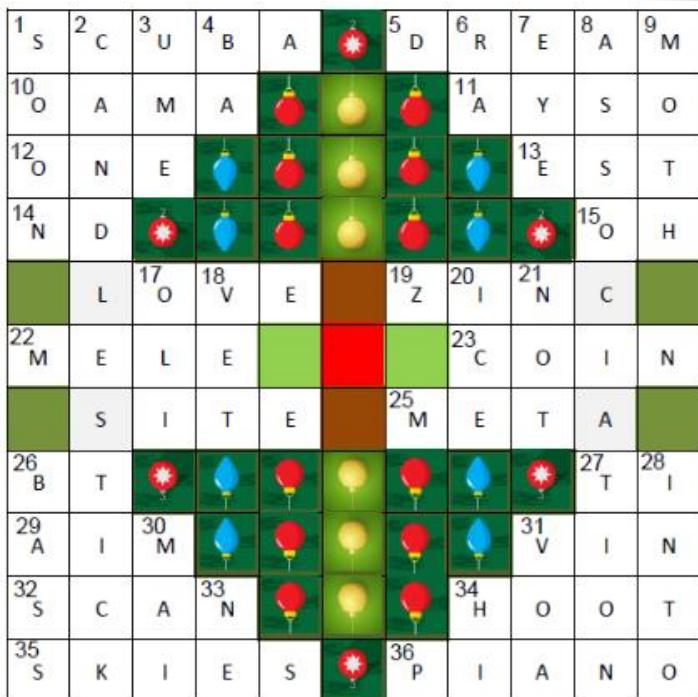
January 1
 January 7
 January 9
 January 11
 January 12
 January 15
 January 16
 January 19
 January 21
 January 27
 January 28
 January 29
 February 4
 February 6
 February 9
 February 13
 February 16
 February 20

January							
S	M	T	W	T	F	S	
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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	

February							
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	

Answer Key

November-December Crossword



2026

"January: The month of opportunity, the month of inspiration, and the month of change."

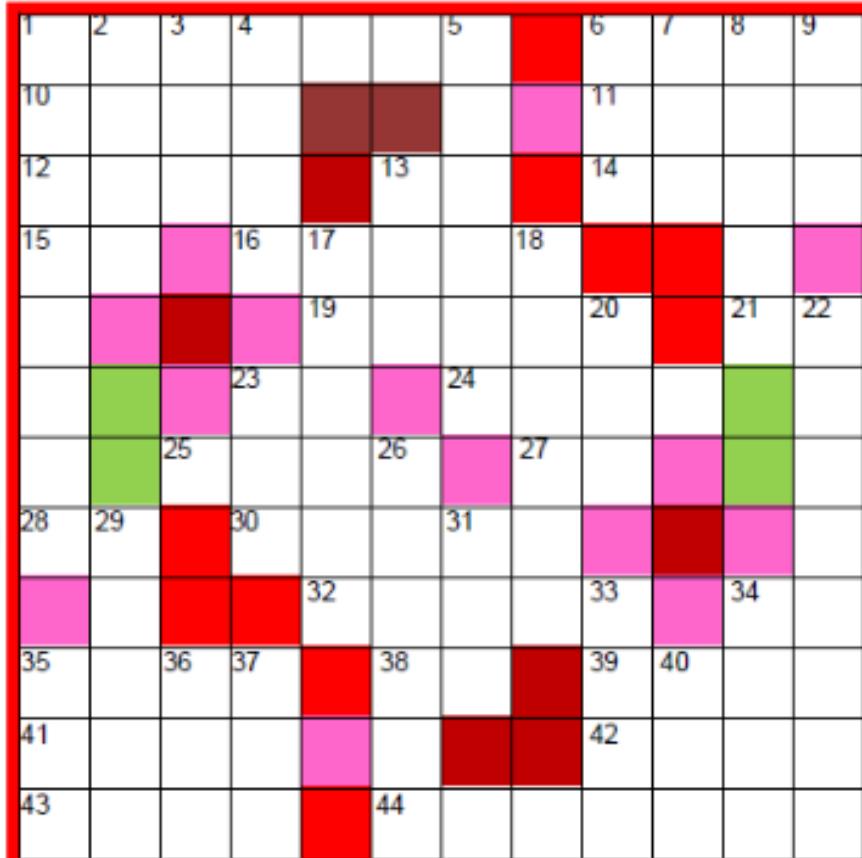
"February, the month of love, is time to cherish the bonds that warms our hearts."

January February

CROSSWORD PUZZLE

ACROSS

- Popular Chinese tile game
- Identical, unchanged, similar
- Swedish pop group with 70's hits "Waterloo", "Dancing Queen"
- Yes, sure, agree
- Sharp, curled nail on an animal's toe
- Monogram of 26th Pres., ("Teddy")
- "Oven-make" brownies, pie, or cake
- Hawaiian word for "yes" "affirmation"
- Song lyrics... "Will you _____ love me tomorrow?"
- Creature from outer space
- "____ a picture paints a thousand words, then why can't I paint you?"
- New Korean convenience store on Fort St. Mall, _____ Hawaii
- One of 52 in a deck
- "Her name was Lola, she was a showgirl" at the "_____ Cabana"
- Georgia (abbr.)
- Opposite of out
- Hawaiian word for "dirty, rotten, foul"
- American political activist, lawyer, past presidential candidate, Ralph _____
- Two, as in speaking two languages, or occurring two times
- Extent of space, time, i.e. width of wing _____
- South Dakota (abbr.)
- Enclosed range compartment for baking or roasting
- Hawaiian, polynesian word for bird
- Bright reef fish, or powdered drink on NASA missions
- Design or arrangement, intention, detailed proposal
- Pear-shaped, creamy fruit used in guacamole, salads



DOWN

- Elbow pasta used in salad on a plate lunch
- "Ready, willing and _____"
- Hawaii Baptist Academy (abbr.)
- 1975 Spielberg blockbuster, using mechanical sharks, set in a small fictional resort town of Amity
- Pungent clove, bulb vegetable renowned for its culinary flavor
- Cry noisily with gasping breaths
- Also known as (abbr.)
- Hawaiian directional term meaning "toward the sea"
- Sight organ involving iris, pupil, retina, lens
- "It's not over '____' it's over"
- 75 year old lyricist, Bernie _____ best known for songwriting partnership with Elton John



DOWN - (continued)

- A group of sports teams taking part in competitions against each other
- National Rifle Association (abbr.)
- Bygone, landmark café on Kapiolani Blvd. opened in 1950's. Also pink, wading, bird flocking in flamboyance
- Slang for policeman
- Largest U.S. state, "The Last Frontier", vast wilderness, stunning landscapes, capital is Juneau
- South Asian country, location of Himalayas, Mt. Everest, capital is Kathmandu
- Opposite of subtract
- Used as a path for military leadership, Reserved Officers' Training Corps (abbr.)
- Popular outdoor recreation hub in Oregon, or to curve or flex
- Senior Medicare Patrol (abbr.)
- Japanese airline
- Sally Field's (Sister Bertrille) whimsical 60's sitcom "The Flying _____"
- Samoan word for canoe, or (abbr.) for Veterans Association of America

