



Maunalani Nursing and Rehabilitation Center

5113 Maunalani Circle * Honolulu, HI 96816

www.maunalaninursing.org

January 2018

Maunalani Spreads Christmas Cheer!

The Kaimuki Business & Professional Association (KBPA) sponsored the 71st Annual Kaimuki Christmas Parade on December 7, 2017.

Maunalani has been participating with the parade for so many years now. In fact, during the 2016 Kaimuki Christmas Parade (70th Year Celebration), Maunalani Nursing and Rehabilitation Center was featured as the Grand Marshal! We were joined by three of our residents (and their families) representing **Maunalani's Veterans Club**: Mr. Shiro Aoki, Mr. Paul Watanabe, and Mr. Ralph Matsuda.

MAHALO: Thank you to Richard Ching, Ava Ching, Chandra Heilman, and Stacy Sakumoto for joining us! Richard & Stacy are members of the Kaimuki Lions Club.





You Are Cordially Invited to

**Maunalani Nursing
& Rehabilitation Center's
68th Anniversary
Celebration**



January 26, 2018

2:00 p.m.

Castle Living Room



To RSVP,
please contact
Czar at 695-2872 ,
or Sarina at 695-2802.



Maunalani's Veterans Club
proudly hosts its First Guest Speaker of 2018

Congresswoman Colleen Hanabusa

Friday, January 26, 2018, 10am



ALL Are Invited To Attend

Congresswoman Colleen Hanabusa
(representing Hawaii's First District),
will meet with us all to share news
regarding Veterans and Elder Care.

For more information,
please contact Czarina at 695-2872.

MAHALO

to everyone for your Holiday wishes,
and gifts to share with all the staff.

We greatly appreciate all the baked goodies, chocolates,
and cookies that you have given us.

Thank you for your kindness and thoughtfulness.



We would also like to kindly remind everyone that we do not allow our team members to accept personal gifts (such as cash or gift certificates).

If you would like to thank our staff with a nice gesture or gift, please note that it will be shared with all (i.e. cookies, manapuas, etc.).

Also a nice thank you card brightens everyone's day!



Music to Ease Pain

By: Mr. Ralph Matsuda

(Maunalani's Resident Council President)

Studies show that music can ease pain. Listening to music before, during & after an operation can help reduce pain. Soothing music is a natural way to cope with pain and anxiety caused by stress or tension. Research shows that people with memory loss respond best to music of their choice. But unfamiliar music can also be beneficial because it carries no memories so instead, it can create new memories and emotions. So the next time you have pain, instead of reaching for some aspirin or Tylenol, try listening to music instead!

Beneficial effects of music:

- Music affects our heart and brain. It also helps improve our sleep.
- Listening to 5-10 songs a day can improve memory, strengthen the immune system and reduce depression risk by 80%.
- Sometimes it takes only one song to bring back a thousand memories.
- With the right music, you either forget everything or you remember everything.
- Behind every favorite song, there is an untold story.
- A new study finds that listening to classical music, like that of Mozart or Strauss can lower blood pressure and stress levels.
- Music is my pain killer!

HELP US GROW OUR MUSIC & MEMORY PROGRAM!

*Join our Music Campaign——donate a used or new radio, CD Player, iPod, iPhone, iPad, or iTunes gift card to be used by our residents here at Maunalani as a method for them to listen to music that they find meaningful!

*Join our Maunalani Kanikapila (music jam session) every 1st & 3rd Friday of the month at 3 p.m.—4 p.m.! Bring your harmonica, ukulele, tambourine, singing voice, and enthusiasm——we'll have a lot of fun!!!

*Join us every Friday as we sing karaoke from 4pm—5pm!

*Volunteer to entertain us here with your musical talents!

*Learn more about our Music & Memory program by calling Czar at 695-2872 or Arceli at 695-2813.

**Let's go holo-holo
(sightseeing)!!!**



Wednesday, January 31 (9 am–11 am)

**Sightseeing Trip to: Daniel K. Inouye International Airport,
Ke'ehi Lagoon, and surrounding areas.**

**Please call Chloe at 695-2860 to RSVP.
\$28.58/roundtrip (checks payable to Roberts Hawaii)**