

# "TALK STORY"

October 29, 2023 - November 4, 2023

## WEEKLY ACTIVITIES

Activity list is available by calling Ext. 4491 or by viewing Channel 900 on your TV. Some programs may be viewed on Channel 901.



### UH SPORTS!

Come down and cheer on our U.H. Football team as they take on San Jose State on Saturday, October 28 at 6p.m. - MPR



### ROB MAKIYA

#### PHYSICAL THERAPIST

"TALK ON WALKERS & CANES"

MONDAY, OCTOBER 30TH

3:30—4:15 PM (APPROX.) IN THE MPR

Join Rob Makiya, Physical Therapist, as he talks and demonstrates on how to properly use your walker and cane. Rob is looking forward to answering your questions.



### HALLOWEEN FUN

TUESDAY, OCTOBER 31ST

10:30 AM – 11:30 AM IN THE MPR

**GET DRESSED IN A COSTUME! GET SPOOKED, PLAY SOME GAMES, AND GRAB A TREAT.**

### LECTURE TOPIC SURVEY

You may remember OneK having a breakfast for our U.H. Fellows each year. In return, they agree to do medical-related lectures for us. Due to just starting up again this year we will have half the topics (5) and will run from Feb-June. Please complete the survey recently distributed to you and turn it into the Front Desk by November 8.

### Mid-Week Movie "Finding Agnes"

Wednesday, November 1 at 3:00 p.m.

in the MPR



On an emotional journey in Morocco, an entrepreneur pieces together the turbulent life of his estranged mother and meets her adopted daughter.

### UPDATED GIFTS & TIPS POLICY



The purpose of this policy is to prevent favoritism between residents and employees. It is also to maintain good rapport and relationships between OKSL and its residents, vendors, and other parties.

Regular tipping cannot be accepted. In lieu of tipping, residents and owners may voluntarily contribute to an appreciation fund (OKEAF) for the employees of OKSL. Sums from this fund will be distributed annually.

Employees are only permitted to give or receive gifts, tips or other types of gratuities of nominal value. Nominal value is defined as \$10 or less; such as gift cards, cookies, fruits, and baked goods.

**Small plants, leis, flowers are acceptable if their value is under \$30.**

Gifts over nominal amounts are only permitted if they can be shared by everyone in the department, such as monetary donations, meals or gift baskets.

**Exceptions:** (Notification to HR is required)

- Non-monetary gifts or monetary gifts to individuals for special one-time occasions such as birth of a child, graduation, retirement, bereavement, etc. are acceptable. Birthdays, anniversaries, holidays and other recurring special occasions are NOT included in this exception. Gifts received for special occasions must be reported and approved by HR.

### COVID-19 UPDATES

- **ONEK COVID-19 CASE COUNTS.** We currently have 2 active resident cases. Our total resident case count since the onset of the pandemic is 34 residents (26 Independent and 8 Assisted Living).
- **VACCINATIONS:** Be sure to **sign up before 11/10/23** for one of our COVID-19 Vaccination Clinics. Contact the RCS office from 10a-2p (Monday-Friday) to schedule an appt. Clinics will be held on: 11/14 8a-11a, 11/15 12n-3p, and 11/16 8a-11a. Both Moderna and Pfizer will be offered. **All residents that receive their COVID-19 vaccination at one of the clinics will be entered into a drawing for a \$50 Times Gift Card!** **REMEMBER:** Staying updated with your COVID-19 vaccinations/boosters not only greatly reduces your chances of contracting COVID-19 but can also help to protect you from serious ill effects and/or hospitalization should you get COVID-19.
- **SAFETY MEASURES:** Masking is recommended but no longer "required." Please wash hands frequently and social distance. Remind your visitors not to visit if they are sick or have been exposed to anyone with an infectious illness such as COVID-19, the flu, etc. **Remain in your unit and contact RCS IMMEDIATELY any time you experience illness symptoms or have been in contact with a COVID positive person. (808)983-4421.**

## FITNESS SCHEDULE FOR OCTOBER 30—NOVEMBER 4

FITNESS CLASSES WILL BE HELD IN THE MPR. ONLY STRONG BEGINNINGS  
WILL ALSO BE SHOWN ON CH. 901.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM TAI CHI	8:30AM DANCE	7:30AM TAI CHI (CH. 901)	8:30AM DANCE	8:45AM TAIKO BALL FITNESS	CANCELLED 7:30AM TAI CHI
8:15AM BEG. TAI CHI	9:15AM STRONG POSTURE L2	8:15AM (CH. 901) BEG. TAI CHI	9:15AM STRONG POSTURE L2	9:30AM WATER EXERCISE	CANCELLED 8:15AM BEG. TAI CHI
9:30AM WATER EXERCISE	10:30AM (CH. 901) STRONG BEGINNINGS	9:45AM TAIKO BALL FITNESS	10:30AM (CH. 901) STRONG BEGINNINGS	10:30AM STRONG POSTURE L1	
10:30AM STRONG POSTURE L1	11:30AM FITNESS CENTER	10:30AM STRONG POSTURE L1	11:30AM FITNESS CENTER	11:30AM FITNESS CENTER	
11:30AM FITNESS CENTER	2:30PM YOGA		2:30PM YOGA		
	3:30PM QI GONG		3:30PM QI GONG		



**PHILIPPINE PAU HANA**  
**FRIDAY, NOVEMBER 10**  
**3:30—4:30 P.M. (APPROX.)**  
**IN THE MPR**

**SIGN-UP BY WEDNESDAY, NOVEMBER 1**

We will be having a special guest performance by Desiree Quintero & Wayland Quintero who are the co-founders of Ili Dances/Ili Performing Arts. They are multidisciplinary artists and educators who perform at events such as Filipino Fiesta, Taste of Philippines, the Honolulu Festival, and “The Philippines Matters to Hawaii.”



**October Birthday Celebration**

Please Join us on Tuesday, October 31

From 1:00pm - 1:30pm MPR

All Residents are welcome to attend,  
come enjoy a slice of cake and sing happy  
birthday to our October birthday residents.



- |                      |                   |
|----------------------|-------------------|
| Mary Ceccarelli 10/4 | Nathan Chong 10/6 |
| Lawrence Zane 10/9   | Arlon Tom 10/12   |
| Kay Mita 10/16       | Violet Yee 10/22  |
| Goldie Tom 10/29     | Sophia Chan 10/31 |

**Window Cleaning**

**November 8—10, 2023**

**8:00am—4:00pm**



**Window Cleaning for ALL FLOORS**  
*(weather permitting)*

Please close your blinds or drapes for privacy.  
**Mahalo!**



**JOIN US ON MONDAY, OCTOBER 30 IN THE MPR AT 10:30 AM**  
**TO OBSERVE BREAST CANCER AWARENESS!**

**COME DOWN AND WEAR PINK!**



**THIS WEEK'S SUGGESTIONS:** Below are suggestions we have received and our responses:

**SUGGESTION:** The food here is very good! Can we have sushi once a month?

**TEAM RESPONSE:** Thank you for the great review of our food. We are looking to have sushi at our New Year's Eve Pau Hana and will look into providing sushi for the future as well.

**SUGGESTION:** Another suggestion was noted with regard to the two parking stalls under the porte cochere and that those stalls are for emergency use only.

**TEAM RESPONSE:** Access for emergency vehicles is important and they may stop directly in front of the main entrance. We try to maximize our number of visitor stalls for the convenience of all.