



Bringing the Spirit of 'Ohana  
to retirement living.

JANUARY/FEBRUARY 2022

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# Spirit

OF KĀHALA NUI

## RESIDENT PROFILE

### Margaret Cooling

Margaret Cooling was destined to become a bridge player. Margaret recalls what may have been the catalyst that instilled in her a love for bridge. “When I was little, I would watch my mother and father play bridge.” This experience left an indelible mark that remained with her until she herself mastered the game.

“I believe God gives everyone a talent. My skill was to be a bridge player.” This skill forged the path for Margaret to receive the great honor of being inducted into the 2014 Hawaii Hall of Fame Hawaii Contract Bridge Units Association. “Nothing is comparable to bridge.” Margaret shared many of her accolades, but her most loyal supporter was her husband, Bob Cooling.

Bob was a runner, and had participated in many Honolulu Marathons over the years. He learned about the future home of Kāhala Nui from one of the original visionaries, Mr. Charles Swanson.

“He was a friend of Bob’s and he told him about Kāhala Nui several years before they opened.” She and Bob moved into Kāhala Nui in 2005, but Bob suffered a stroke and was moved to Hi’olani. “Everyone at Hi’olani took care of him. I know they would take good care of me.”

Margaret and Bob had one child, their daughter Susan “Susie” Field, Susie visits Margaret regularly and is her biggest supporter. Margaret stays active at Kāhala Nui by participating in many activities. She enjoys attending craft classes and the play-reading group. During a recent play reading meeting, Margaret recited a poem written by her father, an Honors Classics major, and former linguist in the Army’s Educational Forces.

As much as Margaret enjoys attending group

classes, the day would not be complete without going for her daily water aerobics in the pool. Margaret loves the water and was a certified lifeguard for many years after she earned her degree in Physical Education from the University of Toronto. You can often find Margaret down at the pool in the afternoons. “It is not safe to be in the water alone,” Margaret often shares, and she welcomes anyone to join her and is always happy to have a water aerobics friend.



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## The ABCs of Falling

Falling can be a worry for many but knowing the ABCs (Awareness, Balance, and Control) of falling can reduce the risks. The Fitness and Wellness Committee produced a three-page Physician's Corner in February that focused on the ABCs of falling, and how to fall more safely.

Also in February, Residents had the opportunity to attend an informational presentation and watch a demonstration on how to fall safely with the help of our very own, resident expert, **William "Bill" Doi**, and the Team at Kupuna Aikido. Learning how to fall safely can help you protect your head from injury and prevent broken bones. Obviously, the best way to achieve "falling safely" is to not fall. Using the ABCs of falling can help with fall prevention.

Kāhala Nui, tracks falls that are "reported" and looks for any patterns of falls. Older adults have a greater risk for falls, especially when they have health issues. This is because falls can be an indicator for physical frailty or a decline in health. Most injuries in older adults are often a result of a fall and that can affect independence and the quality of an older adult's life. Residents can report falls to Lynn Wong, Director of Community Life, or Resident Services, otherwise known as Concierge.



## Life Enrichment

The activities for the Residents living in independent living at Kāhala Nui are arranged by the Life Enrichment Department. These activities and events are open to all Residents and are meant to include the dimensions of wellness, as defined by the International Council on Active Aging, which include emotional, intellectual, physical, nutritional, professional/vocational, social, spiritual, and environmental. There are two new faces in the Life Enrichment Department, Melissa Totherow, the Life Enrichment Director, and Nani Hutchison, Life Enrichment Assistant who are here to engage the Residents and keep them connected within the community.

The Life Enrichment office is open Monday–Friday from 9:00 am–4:30 pm.

If you have any questions or inquiries, please contact Melissa at ext. 7004, or Nani at ext. 7091.



Melissa Totherow



Nani Hutchison



## The Year of the Tiger

2022 is the Lunar New Year, welcoming the Year of the Water Tiger, and Kāhala Nui celebrated it with a bang! Residents gathered outside around the porte-cochere, lined up with their red lai see envelopes, and enjoyed watching a traditional Chinese Lion Dance blessing. The pop, crack and bang of the firecrackers helped to clear out any unwanted spirits, and welcome in blessings of good luck and good fortune for the new year. Craig Courts, President and CEO at Kāhala Nui, enticed the lions with a head of cabbage, and after they “ate” it, the lions then spit out the leafy greens, which represents the lion spreading the wealth, prosperity, and good luck to Kāhala Nui.

## Library News

In February, the Library Committee pulled together a fascinating display of books that featured tigers in various cultures, making the Year of the Tiger their monthly book feature. 2022 is the year of the Water Tiger and displayed was everything you would ever need to know to start up some “Tiger Talks” with friends. Make sure to stop by the library and check out the monthly feature each month, you will surely find something interesting to read and learn about. March’s monthly feature will be everything Science Fiction, and there are bound to be books to check out that are out of this world.



## VJS Exhibit

Back in the fall of 2021, a group of Residents had the experience to both learn and tap into their inner sketching ability. After the session ended, the Visual Journaling Society (VJS) was created. This talented group continues to meet on Sundays to practice and build their drawing skills. In early January their sketches brightened up the walls in the mailroom, and the entire community at Kāhala Nui enjoyed the exhibit.



## Show Us Your Origami

These beautiful origami boxes are made with eight squares of paper, any color, and or any design, the combinations are endless. Resident instructor, **Joyce Torrey**, hosted multiple classes, and many refresher sessions teaching everyone how to make these beautiful boxes.



## Library Updates

The library has recently undergone a reorganization to make finding a book a little easier. The Library Committee Chair, **Amanda “Mandy” Spangler**, and a small group of library volunteers, worked a solid week to combine all the hardcover and paperback books on the wall shelves, which are now sorted alphabetically by author. Come see the new layout and find a good book to read. After the reorganization, there were a lot of books that were taken out of circulation. These retired books have been marked with a blue dot and placed back in the computer room. Please stop by the library and Take, Enjoy, and Keep, any of the books with a blue dot. Happy reading!



## Fitness & Wellness

At the beginning of every new year, most people set fitness goals and make staying active a priority, but with the latest COVID variant, Omicron, there was not much else to do but work out in the Fitness Center, and or the pool.

Water Aerobics is a popular activity at Kāhala Nui, and there is a dedicated group that meets in the pool three times per week. “Water Aerobics doesn’t feel like exercise, it feels like fun!” says resident, **Linda Miller**. You can join them and their instructor, Daniel Gittelman, on Tuesdays, Thursdays, and Saturdays at 9:00 am.

The Fitness Center at Kāhala Nui is used by an average of 75 people a day, even on Sundays. It is a busy place in the mornings and has two treadmills, an elliptical, a stationary bike, Keiser fitness equipment, a Zaaz machine, and a brand new NuStep. This new NuStep has all the same features as the existing NuStep, but with a touch screen monitor that can take you on a visual journey along the Singapore walk path, and or the beach in Australia. Regular resident user of the NuStep, **Janice Bryan**, says “I like the NuStep because it works all parts of my body, especially my core which helps my chronic back pain.” For more information and or a demonstration on how to use the new NuStep, stop by the Life Enrichment Office to schedule an information session.



**Resident, Janice Bryan, enjoying the newly added NuStep in the Fitness Center.**



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## Behind the Scenes

If you think you have seen Linda Adamson, recently retired Life Enrichment Director, walking the halls of Waialae, Malia, or over in Hi'olani, you have. Linda has not completely retired from Kāhala Nui but has stayed on to work behind the scenes to complete the updating of the artwork in the halls of the Malia and Waialae towers. In addition, Linda is working to update the images in the common areas and in Hi'olani. It is so nice to have the halls and walls brightened up with images taken by Associates, and the Residents at Kāhala Nui. Thank you, Linda!