

# LENA IHARA

THOMAS6PK@HOTMAIL.COM

TACOMA, WA 98407

## About

Lena Ihara (pronounced Leena E-hah-ra) aka Arlene Thomas, is a Maui born actor. After a full life of travel as a military dependent child and teaching and entrepreneur careers while nurturing a family she is on a mission: "Be the change you want to see".

## Experience

### TEACHER, TACOMA, WA-1979-2020

Taught high school Food & Nutrition, Art, 7th grade English and Health, Consumer Math, Child Development and substituted grades K-12.

### PROVIDER, ARLENE'S DAY CARE, TACOMA, WA-1988-1994

Childcare for 18 m.-6 yr. welcoming B.I.P.O.C.(Black, Indigenous, People of Color) families.

### INDEPENDENT WELLNESS CONSULTANT, OHANA HEALTH, TACOMA, WA-2004-PRESENT

A family health crisis led to alternative medical and natural protocols, the creation of products and the promotion of wellness.

### ACTOR- 2012-PRESENT

Studio crew tutor-You Can't Win-May 2012; Background talent-Station 19/Season 3-Oct 2019; Background talent-The Three Busy Debras/Season 2-April-May 2021; Background talent-Kimi-May 2021; Actor-Medbridge (Post surgery home health care)-July 2022, Actor-LXT (body cam surveillance)-Oct-Dec 2023, Background talent-Ember-Dec 2023.

## Education

University of Hawaii, Honolulu, HI- B.Ed. Home Economics, 1976

Central Washington University, Ellensburg, WA, M.S. Family Studies, 1985

## Skills

Critical thinking, patience, time management, product development and promotion, organization, creative expression, attention to detail, resourcefulness

## Awards

2017 Oscar Nominated Films Best Impersonation (Kubo)

Presented by: The Grand Cinema, Tacoma, WA

