



2017 Legislative Opening Session



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P & CC President

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On January 18, 2017 the legislative opening took place at the State Capitol. MEO’s Lyn McNeff (CEO), Debbie Cabebe (COO) along with Harry Johnson (MEO Transportation Director) attended the opening as well as May Fujiwara, Arlene Gerbig, June Kaaihue, Evelyn Toba (Lahaina Honolulu Senior Citizens club), Nora Kawasaki (Lanai Area Council) and Edwina Snyder (SAS class of ‘58).

Mochi was given to the representatives.

Lunch was provided by Joe Souki (Speaker of the house).

Oral Health Awareness

Tips to keep your teeth happy!

The infographic features a central white tooth with the number '10' written on it in blue. Ten numbered facts are arranged around the tooth, each with a small icon. The facts are divided into two columns: 'COOL TRUTHS' on the left and 'ABOUT THE TOOTH' on the right. The background is a dark blue gradient.

10 Visiting the dentist at least twice a year is imperative for dental health.

1 Tooth enamel is the hardest part of the human body.

9 We buy 18 yards of dental floss a year. We should buy 122 yards.

2 One quarter of adults in the US have lost all their teeth.

8 A Middle Age custom was to kiss a donkey for toothaches.

3 Teeth start to form before we are born.

7 People prefer blue toothbrushes over red.

4 They're called wisdom teeth because they come in when you're older and wiser.

6 Tooth decay is the second most common disease after the cold.

5 We produce 100,000 gallons of saliva in a lifetime which helps prevent tooth decay by moving food away from teeth.

COOL TRUTHS

ABOUT THE TOOTH

On a happier note.....



Crabby Road

4-24-11



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Maxine.com



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

Sleep

plays an **important** role in your physical health. For example, **sleep** is involved in healing and repair of your heart and blood vessels. Ongoing **sleep** deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Below are some of the benefits of getting to sleep.



Top 10 Health Benefits of a Good Night's Sleep

- 1. Sleep Keeps Your Heart Healthy.*
- 2. Sleep May Prevent Cancer.*
- 3. Sleep Reduces Stress.*
- 4. Sleep Reduces Inflammation.*
- 5. Sleep Makes You More Alert.*
- 6. Sleep Bolsters Your Memory.*
- 7. Sleep May Help You Lose Weight.*
- 8. Naps Make You Smarter.*
- 9. Sleep May Reduce Your Risk for Depression.*
- 10. Sleep Helps the Body Make Repairs.*

Mushroom Pork Chops



4 Pork Chops

Salt , Pepper, Garlic powder to taste

1 small onion chopped

1/2 lb fresh mushroom

1 can cream of mushroom soup

Season pork chops with salt, pepper, and garlic salt to taste.

In a large skillet, brown the chops over medium-high heat. Add the onion and mushrooms, and saute for one minute. Pour cream of mushroom soup over chops. Cover skillet, and reduce temperature to medium-low. Simmer 20 to 30 minutes, or until chops are cooked through.





Community Services

LEGAL SERVICES 249-2970

Free Legal Services to senior citizens age 60 years and older who own no real property other than their home, and who have not been provided MEO Legal Services within the past 6 months.

MIGRANT/SEASONAL FARMWORKER PROGRAM 249-2970

Assists individual/family with farm work experience to obtain all year round full-time employment. Program provides pre-employment training, work experience, On-the-Job training, support services, etc.

EMPLOYMENT CORE SERVICES FOR LOWINCOME PERSONS 249-2970

Assists low-income family to become self-sufficient by providing counseling services, pre-employment training, and support services.

ENLACE HISPANO 249-2993

Provides the Hispanic Community with referrals of different services: Taxes, Immigration, Consulates, Health, etc. Direct services: Translations, Interpreter Services, Health Education, ESL Classes and Language Exchange Education Services.

Remite a la Comunidad Hispana a entidades que ofrecen servicios de: Impuestos, Inmigración, Consulados, Salud, etc. Ofrece Servicios Directos de: Interpretes, Traducciones, Salud, Clases de Inglés como Segunda Lengua, Facilita en el Programa de Intercambio Cultural.

HOMELESS PROGRAMS 249-2970

The Community Services Dept. implements a county homeless grant to assist unsheltered or at-risk households with rent providing they meet the criteria.

SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP) 249-2970

Provides part-time employment to low-income older persons 55 years or older. Provides vital community services and places participants in permanent employment.

RED DISCOUNT CARD SERVICE 249-2970

Eligible for all Seniors 60 years and older & must be a permanent resident here on Maui. Pick up your red card & a senior discount list at MEO's Community Service Office. Good at participating vendors.

TRANSPORTATION SERVICES 877-7651

Alahou – Adults with Disabilities
Employment – economically challenged
Youth Transportation
Leisure – Kaunoa Nutrition
Senior Fair
Aloha Party
Maui County Special Fair
Dialysis
Rural Shopping Shuttle
Maui Adult Day Care

WHEELCHAIR SERVICES 877-7651

MEO, Inc. Transportation Department also has lift-equipped vans for persons who use wheelchairs needing a ride to the doctor, shopping, etc. You need to be registered with the MEO, Inc. Transportation Department in order to utilize this service. Once your information is on file, you can schedule your pick up 48-hours in advance.

Maui Economic Opportunity, Inc.

Rural Shopping Shuttle



Please note there is an update to Akahi, Elua and Elima's mid-day shuttles. The times have been extended from 11:00a.m to 1:00pm

Pickup Location	Days	Times of Pickup / Return
Haiku - Peahi	Mon / Wed / Sat	8:00 am - 12:30 pm
Hale Mahaolu Akahi	Tue/Thur/Fri	8:00 am - 1:00 pm
Hale Mahaolu Ekolu & Waihee	Mon/Wed/Fri	8:00 am - 1:00 pm
Hale Mahaolu Elua	Mon/Tue/Thur	8:00 am - 1:00 pm
Hale Mahaolu Elima	Mon/Wed/Fri	8:00 am - 1:00 pm
Hale Mahaolu Eono	Wed / Thu	8:45 am - 11:30 am
Haliimaile	Tue / Fri / Sat	8:00 am - 12:30 pm
Hana/ Keanae/ Peahi	Mon/ Thurs/ Fri Wednesday	6:30 am – 1:00 pm 7:00 am– 12:30 pm
Kahakuloa	Tue/Thurs	07:30 am - 12:30 pm
Kahului	Mon / Thu / Sat	8:00 am - 10:30 & 11:30 am
Kihei	Mon / Thu / Sat / 3rd Wed*	7:30 am - 12:30 pm
Kula	Mon / Wed / Sat	8:00 am - 12:30 pm
Lahaina/ Honolua/ Piilani	Tue / Fri / Sat	7:30 am - 12:30 pm
Lanai on Maui	1st Sat, 3 rd Wed and 4 th Thurs of the Month	9:00 am – 1:30 pm
Lanai	5 Times a week	Morning/Afternoon
Makawao	Wed / Fri / Sat	8:00 am - 12:30 pm
Paia	Tue /Thurs / Saturday	8:00 am –12:30pm
Piilani	Thursdays	9:15 am—11:30am
Pukalani	Wed / Fri / Sat	8:00 am - 12:30 pm
Wailuku - Waikapu	Mon / Wed / Fri	8:00 am, 10:30 am & 11:30 am
Wailuku Community Ctr.	Mon / Wed / Thu	11:30 am - 1:00 pm
I-Shuttle (Upcountry Area Only)	Mon– Fri	9:00am– 5:00pm