



SAS Class of 1958



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P & CC President

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(808) 877-7651

Community Services
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The Saint Anthony's class of 1958 enjoyed a Sunday Brunch at The Kaanapali Beach Hotel on April 2, 2017. They enjoyed a day of fun and fellowship. Twenty-three of their members joined in for the day and had a wonderful time. Thank you to Walette Pellegrino for organizing and encouraging their group to get active and get out! They also made a stop at Lahaina Cannery Mall to do some shopping and walk off their ono lunch.

The group just recently did another excursion to Lanai for the Pineapple Festival on Lanai. On July 1st the SAS Class of 1958 spent their entire day on the Island of Lanai. They expressed that they had a wonderful time in spite of the boat being delayed on their return to Maui.

2017 Club Activities

Here are some events that occurred during the last quarter of the Planning & Coordinating Council.



Hale Mahaolu Elima Seniors
Lona Ridge , January 25, 2017



Lanai Area Club Monthly Meeting
February 25, 2017



Lahaina– Honolulu Seniors Older
American Luncheon May 18, 2017



Mother and Fathers Day Lunch-
eon

Just for laughs.....

Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

- She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

**That Was Funny
And You Know It!**



HEATWAVE

Heat Exhaustion vs Heat Stroke Do you know the difference?

Heat Exhaustion

Symptoms

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

Take Action

- Stop all activity and rest
- Move to a cooler place
- Drink cool water or sports drinks

Contact your doctor if your signs or symptoms worsen or if they don't improve within one hour.



Information from Mayo Clinic

Heat Stroke

Symptoms

- A body temperature of 104 F or higher
- Confusion, agitation, slurred speech, irritability, delirium, seizure or coma
- Skin will feel hot and dry to the touch.
- Nausea and vomiting.
- Flushed, red skin.
- Rapid, shallow breathing.
- Racing heart rate.
- Headache

Take Action

Take immediate action to cool the overheated person while waiting for emergency treatment.

- Get the person into shade or indoors.
- Remove excess clothing.
- Cool the person with whatever means available – put in a cool tub of water or a cool shower, spray with a garden hose, or place ice packs or cold, wet towels on the person's head, neck, armpits and groin.

Strawberries and Coconut Water

Ingredients

To make 2 Strawberry Mock tails combine:

- 1 cup of fresh coconut water
- 1 cup strawberries hulled and sliced
- 3 T of sugar syrup or agave nectar

Directions

1. To make the sugar syrup, boil sugar and water together in a ratio of 1:3 sugar to water until it thickens to a runny syrup consistency. Store in a jar for all future cocktail making.
2. Measure 1 cup of coconut water, either directly from a cut-open coconut or from a store-bought container (if you are lucky enough to live in an area that sells fresh coconut water in a bottle).
3. Combine the strawberries and sugar syrup and blend with a blender to de-



Beat the Heat



ANIMAL WORD SCRAMBLE



1. earbve
2. uagrco
3. lwaurs
4. utrlte
5. lgroali
6. occriolde
7. luffboa
8. grite
9. osmopus
10. oirocsrnhe
11. lrtoalgai
12. penheatl
13. macle
14. lworvenie
15. yoctoe
16. riefgaf
17. myoekn
18. nkaoaogr
19. nccoaro
20. daaakrvr

Answers: 1. Beaver 2. Cougar 3. Walrus 4. Turtle 5. Gorilla 6. Crocodile 7. Buffalo 8. Tiger 9. Opossum 10. Rhinoceros 11. Alligator 12. Elephant 13. Camel 14. Wolverine 15. Coyote 16. Giraffe 17. Monkey 18. Kangaroo 19. Raccoon 20. Aardvark



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