



Senior Farmers Market Program



Annie Gilbert

P & CC President

Administration

(808) 249-2990

Transportation

(808) 877-7651

Community Services

(808) 249-2970

Molokai (808) 553-3216

Lanai (808) 565-6665

The Senior Farmers Market Program which ran from April 1st – September 31 gave out \$50.00 vouchers to qualified applicants to purchase fresh fruits and vegetables at various farmers markets throughout the Maui County. Many of those who were able to receive the one time \$50.00 voucher were very appreciative and were also grateful that they had this opportunity. Many of those who received the vouchers commented that they would not be able to purchase fresh produce without the help. Some of them rarely could afford to buy these items if not for this program. The farmers markets also benefitted from this program as well. Many of the applicants are hoping that they will continue this program in 2019.

INSIDE THIS ISSUE

Senior farmers Market Nutrition Program	1
	2
What's so Funny?	3
	4
	5
Puzzles	6
Community Services	7
Rural Shuttle Schedule	8

Saint Joseph Filipino Catholic Club

The Filipino Catholic club joined the P&CC in May 2018. The President is Earl Lamadora of Kula and their Vice-President is Tricia Simpson.

Since joining the P&CC, the club has enjoyed 2 excursions for their club functions at their sister churches.

Joining the P&CC has enabled the club to do more for their members by allowing them to travel more and to connect with other members in the community.

EXCURSIONS

Last quarter we had 19 clubs enjoy their free buses. Some of the clubs did a visit to Kamaole 3 and spent the day at the beach. Another club also enjoyed the beach at Napili Kai and had lunch at the hotel.

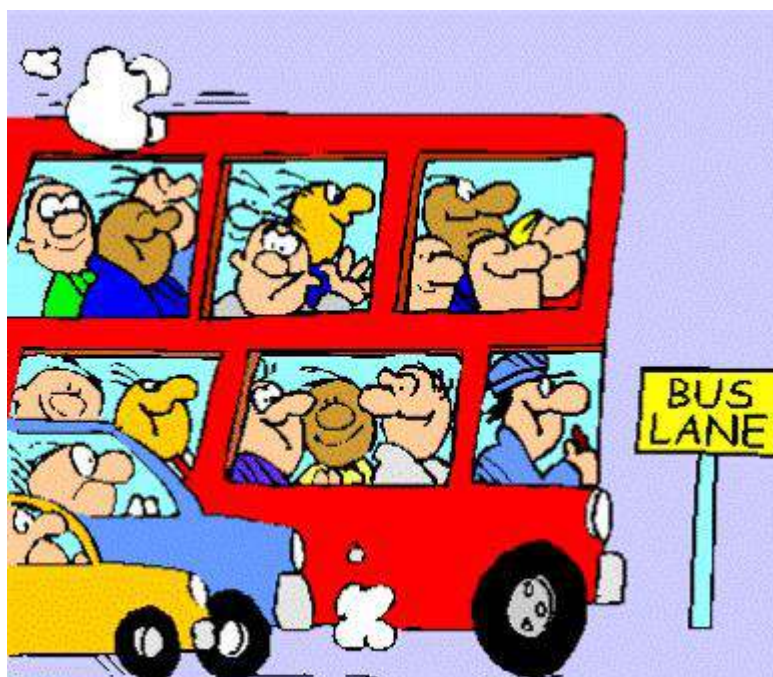
Pukalani pensioners did a tour of the west side of the island and enjoyed lunch at Aloha Mixed plate and finished their day off with a little shopping at the Lahaina Cannery Mall.

Each club is entitled to 3 free buses each fiscal year and we encourage you all to utilize these freebies.

If you would like to schedule a free bus, please call your coordinator and work with them to set up your trip.

We would be happy to assist you with planning your excursions.

Please call:
243-4313 or
243-4305





Past your prime

The day after visiting a fair, my wife was in agony. "You know you're past your prime," she said, "when you hurt all over and all you rode was the massage chair."

I hope you get better

A retired man who volunteers to entertain patients in nursing homes and hospitals went to one local hospital in Brooklyn and took his portable keyboard along. He told some jokes and sang some funny songs at patients' bedsides. When he finished he said, in farewell, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

7

EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

CUSTARD CAKE

INSTRUCTIONS

- 1/2 cup unsalted butter-melted and slightly cooled
- 2 cups milk-lukewarm
- 1 and 1/4 cups (150 g) powdered sugar
- 4 eggs-separated
- 1 Tablespoon water
- 1 cup (115g) flour
- 2 teaspoon vanilla extract powdered sugar for dusting

Directions:

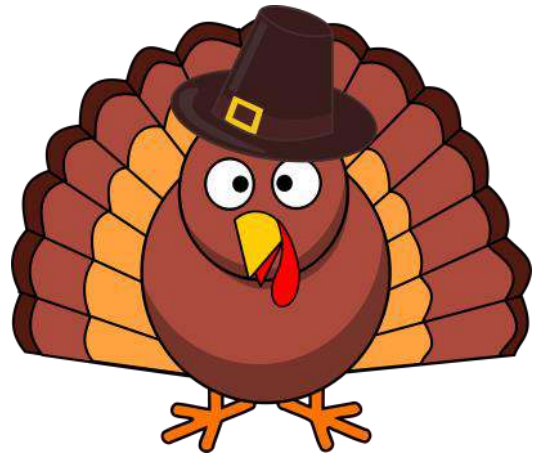
1. Preheat the oven to 325°F
2. Lightly grease 8×8 inch baking dish, set aside
3. Whip the egg whites until stiff peaks form, set aside.
4. Beat the egg yolks and powdered sugar until pale yellow.
5. Mix in melted butter and the tablespoon of water (for about 2 minutes) until evenly combined.
6. Mix in the flour until evenly incorporated. Use Rubber spatula to mix, do not use electric mixer.
7. Slowly beat in the milk and vanilla extract until well combined.
8. Fold in the egg whites (1/3 at a time, then repeat until all of the egg whites are folded in).
9. Pour the batter into the pan and bake for 40-60 minutes (until the cake is barely jiggly in the center). Baking time might vary depending on your oven or pan you use, but start checking after 40 minutes. If the top browns too quick before the minimum of 40 minutes, you can cover the cake with aluminum foil.

Cool the cake completely before dusting with powdered sugar. Even cooled, it will be slightly jiggly because it has custard layer in the center.



How Many words can you make with the phrase:

HAPPY THANKSGIVING









Community Services

NATIONAL FARMWORKER JOB 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.

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.

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.

HOUSING ASSISTANCE PROGRAM

249-2970

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

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.

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

MEO, Inc. Transportation Department also has lift-equipped vans for persons who use wheelchairs needing a ride to the doctor, shopping, etc. You must be registered with MEO in order to utilize these services.

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.

PLANNING & COORDINATING COUNCIL (P&CC)

249-2970

A program for Seniors within the Maui County who would like to stay active make new friends and enhance their quality of life. We have approximately 58 active clubs throughout Maui. Please contact MEO Community Services for info.



MEO Transportation

Rural Shopping Shuttle

These shuttles are funded by County of Maui and operated by Maui Economic Opportunity, Inc.

Donations are appreciated.

Pick-Up Location	Days Of Week	Hours of Operation
Haiku - Peahi	Mon / Wed / Sat	8:00 am - 12:30 pm
Hale Mahaolu Akahi	Tues / Thurs / Fri	8:00 am - 1:00 pm
Hale Mahaolu Elua	Mon / Tues / Thu	8:00 am - 1:00 pm
Hale Mahaolu Elima	Mon / Wed / Fri	8:00 am - 1:00 pm
Hale Mahaolu Eono	Wed / Thurs	8:45 am - 11:30 am
Piilani	Thurs	9:15 am - 11:30 am
Hale Mahaolu Ekolu & Waihee	Mon / Wed / Fri	8:00 am - 1:00 pm
Haliimaile	Tues / Fri / Sat	8:00 am - 12:30 pm
Hana/Keanae/Peahi	Mon / Thurs / Fri	6:30 am - 1:00 pm
Kahakuloa	Tues / Thurs	7:30 am - 12:30 pm
Kahului	Mon / Thurs / Sat	8:00 am - 12:30 pm
Kihei	Mon / Thurs / Sat & 3rd Wed instead of Thurs	7:30 am - 12:30 pm
Kula	Mon / Wed / Sat	8:00 am - 12:30 pm
Lahaina/Honolua/Piilani	Tues / Fri / Sat	7:30 am - 12:30 pm
Lanai	Mon - Fri	9:00 am - 11:30 am
Lanai on Maui	1st Sat, 3rd Wed & 4th Thurs	9:00 am - 1:30 pm
Makawao	Wed / Fri / Sat	8:00 am - 12:30 pm
Paia	Tues/Thurs/Sat	8:00 am - 12:30 pm
Pukalani	Wed/ Fri /Sat	8:00 am - 12:30 pm
Wailuku Community Center	Mon / Wed	11:30 am - 1:00 pm
Wailuku & Waikapu	Mon / Wed / Fri	8:00 am - 12:30 am
iShuttle (Upcountry area only)	Mon - Fri	9:00 am - 5:00 pm

Reservations may be made up to 14 days in advance but no later than 24 hrs.

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Please call 877-7651 to schedule a ride.

You must be registered with MEO to utilize these services.