

Senior Scoop

Oct.—Dec. 2019



Lahaina– Honolulu Senior Citizens Fun Day

Lahaina– Honolulu celebrated their annual Fun Day celebration on September 19th at the Lahaina Civic Center. The Seniors had a fun time playing games, winning prizes and enjoyed a fabulous bento lunch which was provided by The Old Lahaina Luau.

The attendees included our Honorable Mayor Mike Victorino, past County Council member, Bob Carroll, and Gladys Baisa.

Everyone had a fun time!



Vice-President

Arleen Gerbig

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(808) 877-7651

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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

Laugh Out Loud!



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"I'M JUST SAYING, IF OUR INCOME IS 'FIXED', HOW COME WE'RE 'BROKE'?"



A man is talking to the family doctor:,... “Doctor, I think my wife is going deaf.” The doctor answers:,... “Well, here’s something you can try on her to test her hearing. Stand some distance away from her and ask her a question. If she doesn’t answer, move a little closer and ask again. Keep repeating this until she answers. Then you’ll be able to tell just how hard of hearing she really is.” The man goes home and tries it out. He walks in the door and says:,... “Honey, what’s for dinner?” He doesn’t hear an answer, so he moves closer to her and asked:,... “Honey, what’s for dinner?” Still no answer. He repeats this several times,... Until he’s standing just a few feet away from her. Finally, she answers:,... “For the God’s sake, are you deaf, Peter?... for the eleventh time, I said we’re having MEATLOAF!”



• AIR POLLUTION • WHO IS MOSTLY AFFECTED?



CHILDREN

Pneumonia is the leading cause of death in children under five years of age. Air pollution is a major risk factors.



WOMEN

Women working in smoky kitchens are exposed to high levels of household air pollution.



WORKERS

Boosts Immune system function, reduce signs of aging, protect against cancer, and boost cellular repair.



SMOKERS

Increased levels of ozone, particulate matter, and environmental tobacco smoke have been associated with increased asthma symptoms and health care use and with reduced lung function.



ADULTS OVER 65

Reduced lung function occurs as a natural part of aging and there is scientific evidence that elderly people are largely affected by the increased impairment resulting from exposure to air pollutants



PEOPLE WITH RESPIRATORY DISEASE

High levels of air pollution can trigger attacks (exacerbations) in people with asthma or chronic obstructive pulmonary disease.



INGREDIENTS:

2 CHICKEN BREASTS CUT IN STRIPS

1/2 BELL PEPPER CUT IN STRIPS

2 CLOVES OF GARLIC DICED

1 CUP MARINARA SAUCE

1/2 CUP MOZZARELLA OR ITALIAN BLEND CHEESE

PARMESAN CHEESE OPTIONAL

1.5 CUPS DRY PASTA (COOKED)

1 TABLESPOON OLIVE OIL

INSTRUCTIONS

In a medium sauce pan bring 2 cups of water to boil, pour 1.5 cups of uncooked pasta and 1 tsp salt into the water. Cover and allow to cook for 10 minutes.

While the pasta is cooking, cut chicken breasts and bell peppers into strips. Heat pan and pour 1 tablespoon olive oil into pan, add chicken, garlic, and sliced bell pepper, saute for 5 minutes.

After 5 minutes add the marinara sauce and allow to simmer for 5 minutes while the pan is covered. After 5 minutes, drain the water from the pasta and pour pasta on the chicken mixture. Mix well, add the cheese and turn off. The cheese will melt from the heat of the pan.

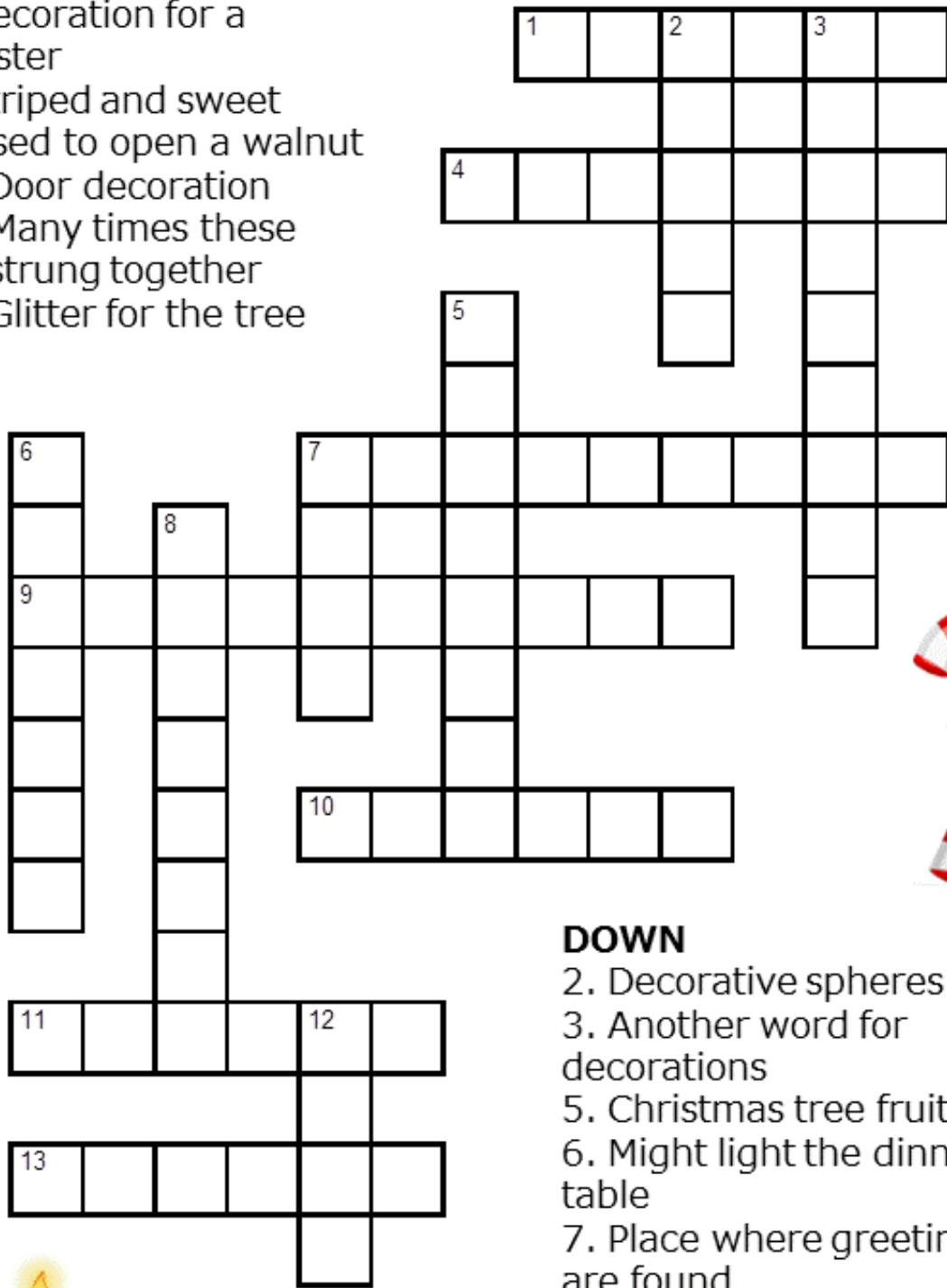
Top with Parmesan and enjoy!



Christmas Decorating

ACROSS

- Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

- Decorative spheres
- Another word for decorations
- Christmas tree fruit
- Might light the dinner table
- Place where greetings are found
- Hung by the chimney
12. Might be cedar, fir or pine





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.

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