

Hotel Association Dinner 2019

The Hotel Association once again hosted the Annual Kupuna Holiday Dinner at the Kihei Community Center.

There were door prizes and delicious food prepared by various hotels on Maui.

There were approximately 400 attendees this year slightly less than the previous years.

In spite of that, everyone had a great time and each went home with a gift that was given by each hotel.

Everyone left with a smile on their face!



President

Arleen Gerbig

Administration

(808) 249-2990

Transportation

(808) 877-7651

Community Services

(808) 249-2970

Molokai (808) 553-3216

Lanai (808) 565-6665



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COUNT ME IN! – Kicking off the 2020 Census

Mayor Victorino is actively supporting the State's effort to increase participation in the Census. He has formed a Complete Count Committee consisting of community and business leaders from the Non Profit Directors Association, the Governor's liaison on Maui, MEO, MEDB, the Chamber of Commerce, MVB, the Native Hawaiian Chamber, OED, UH-MC, and the legal community.

For the first time, people will be able to respond online, as well as by mail and by telephone. Online responses will immediately be encrypted to maximize confidentiality.

The federal, State and County governments are especially interested in reaching out to undercounted groups, including Native Hawaiians, Pacific Islanders, Hispanics and Portuguese. Residents of Lanai, Molokai and Maui need to know that the Census questionnaire they'll be receiving in early April will not include questions on citizenship, finances or banking relationships.

We want to ensure that Maui gets the most dollars we can from the distribution of federal money. In 2016, Maui received its share of the \$3.7 Billion allocated to the State. But for every person over the age of 5 who is not included in household responses, we lose more than \$1,500 per person per year for ten years until the next Census. That's money left on the table that could have gone toward safety net programs, roads, public transport, Medicaid, and our keiki's schools.

Specifically, in our County federal money contributes to:

- ❖ Head start, and other educational programs for our keiki
- ❖ HUD Section 8 housing
- ❖ Community Development Block Grants
- ❖ Maui Economic Opportunity, Inc.
- ❖ Airport improvements
- ❖ Multiple road and bridge projects.

Census data also determines each State's political representation in the House of Representatives, and assists officials in setting boundaries for congressional, legislative and school districts.

The earlier you respond to the questionnaire, the fewer reminders you'll receive from the US Census Bureau. And, again, this year it's easier than ever, taking only 15 minutes.

So please join the Mayor in saying: ***"COUNT ME IN!"***

For more information on the Census, visit census.hawaii.gov

Laugh Out Loud!

Never Sing In The Shower



**Singing leads to dancing,
Dancing leads to slipping
and slipping leads to
paramedics seeing
YOU NAKED,**

So REMEMBER Don't SING

**It takes real
skills to choke on
air, fall up the
stairs and trip
over nothing.
I have those skills.**

Cool Funny Quotes.com

**Singing in the shower
Is all fun and games
Until you get
Shampoo
in your mouth,
Then it just
Becomes a soap opera.**



**At my age, "getting lucky"
means finding my car in
the parking lot.**



Há, Há, Há...

Health Benefits of *TAI CHI* for Older Adults

www.healthdigezt.com



- Reduces bone loss in menopausal women
- Improves lower body and leg strength
- Enhances mental capacity and concentration
- Reduces blood pressure
- Promotes deep breathing
- Helps with arthritis pain
- Relieves physical effects of stress
- Improves balance and stability by strengthen ankles and knees
- Promotes faster recovery from stroke and heart attacks
- Improves conditions of Alzheimer's, Multiple Sclerosis and Parkinson's



You can find tai chi classes in many communities today. To find a class near you, contact local fitness centers, health clubs and senior centers. Tai chi instructors don't have to be licensed or attend a standard training program. It's a good idea to ask about an instructor's training and experience, and get recommendations if possible.

A tai chi instructor can teach you specific positions and breathing techniques. An instructor can also teach you how to practice tai chi safely, especially if you have injuries, chronic conditions, or balance or coordination problems. Although tai chi is slow and gentle, and generally doesn't have negative side effects, it may be possible to get injured if you don't use the proper techniques.

After learning tai chi, you may eventually feel confident enough to do tai chi on your own. But if you enjoy the social aspects of a class, consider continuing with a group tai chi classes.

Easy Chicken Noodle Soup

With Rotisserie Chicken



INGREDIENTS

- 1 teaspoon extra virgin olive oil
 - 1/2 cup small, thinly sliced celery (from about 1-2 stalks)
 - 1/2 cup finely chopped sweet onion (about 1/4 of a large onion)
 - 2/3 cup small, thinly sliced (peeled) carrot (about 2 thin carrots)
 - 64 ounces fat-free, reduced-sodium chicken broth
 - 2 cups shredded or chopped rotisserie chicken breast (see note)
 - 1 tablespoon dried parsley
 - 4 ounces whole wheat elbow pasta (or other small shape)
 - 3/4 teaspoon kosher salt (or to taste)
- Optional: minced fresh parsley, for garnish

INSTRUCTIONS

1. In a large soup pot, heat oil briefly over medium heat. Add celery, onion, and carrots. Cook for 5 minutes, stirring occasionally to prevent browning.
2. Add broth, chicken, and dried parsley. Cover and bring soup to a simmer. Simmer for 5 minutes, and then increase heat to bring soup to a boil. Once boiling, add pasta and continue gently boiling (covered) until pasta is done (following time recommendation on pasta package).
3. Taste and season with salt, as needed, so the flavors pop. (This can vary a bit depending on your brand of chicken broth, but we find approximately 3/4 teaspoon typically works well.) Garnish with fresh parsley if desired.

♥ Hearts Cover Up ♥

The hearts are covering the first and last letter of each Valentine's word.
Rewrite the words adding the first and last letter on the line.

♥ lower ♥



♥ balloon ♥

♥ bouquet ♥

♥ and ♥

♥ friendship ♥

♥ chocolate ♥



♥ heart ♥

♥ february ♥

♥ decorate ♥

♥ celebrate ♥



♥ kindness ♥

♥ greeting ♥

♥ weather ♥

♥ carnation ♥



♥ rose ♥

♥ tulip ♥





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 Ekalu & 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.