

Older American Luncheon



May Fujiwara
P&CC President

Lahaina—Honolua Seniors Citizens Club held their Older American Luncheon on May 19, 2016 at the Kaanapali Beach Hotel. Some of the guests who were present were Maui County Managing Director, Keith Regan Council Members, Riki Hokama, Mike White and Elle Cochran, Robert Carroll, Don Guzman, Gladys Baisa just to name a few.

Maui Police Dept. and Fire Personnel were also present.

There were three 80 year olds who were honored. They are Yaeko Kawamura, Solomon Pali and Ronald Togashi.

Administration
(808) 249-2990
Transportation
(808) 877-7651

Community Services
(808) 249-2970

Molokai (808) 553-3216

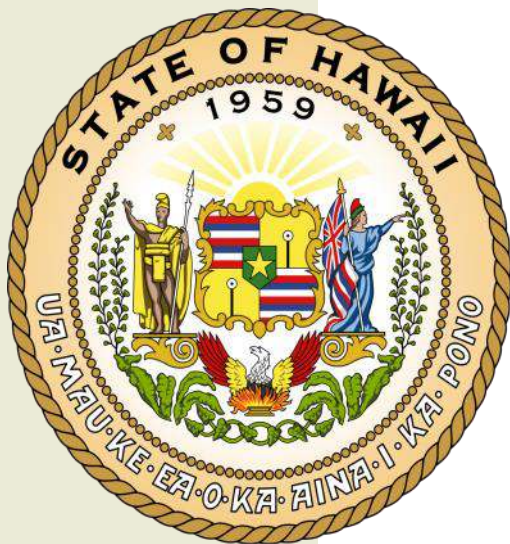
Lanai (808) 565-6665

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Hawai'i becomes a state on August 21, 1959



In March, President Eisenhower signed into law legislation enabling Hawai'i to become the 50th state. A general plebiscite held June 27 offered voters a choice between becoming a state or not becoming a state. Votes for accepting statehood won overwhelmingly. The single precinct to reject statehood status was Ni'ihau, the only island populated entirely by Hawaiians. Statehood was finalized August 21 with a presidential proclamation admitting Hawai'i to the Union. With statehood, a portion of government and crown lands ceded to the federal government at the time of Annexation was returned to the state to administer.



EASY SNACK WRAPS



- 12 (10 inch) flour tortillas
- 1 (8 ounce) package cream cheese
- 1 head lettuce
- 1 (6 ounce) package sliced deli-style turkey
- 2 cups shredded carrots
- 2 cups minced tomato

Spread cream cheese evenly over the tortillas. Top the cream cheese with lettuce leaves. Arrange the turkey slices in even layers on top of the lettuce. Sprinkle the carrots and tomato over the turkey slices. Roll the tortillas into wraps. Cut the wraps diagonally into bite-sized pieces. Secure with toothpicks. Enjoy!

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, [evidence-based falls prevention programs](#), and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

According to the U.S. Centers for Disease Control and Prevention:

- One-third of Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- In 2013, the total cost of fall injuries was \$34 billion.
- The financial toll for older adult falls is expected to increase as the population ages and may reach \$67.7 billion by 2020.



Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, [depression](#), social isolation, and feelings of helplessness.

1

Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



2

Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



3

Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



4

Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



5

Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



6

Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.



Autumn Scramble

Can you unscramble the Autumn words below?



1. vhtsear _____

2. aveesl _____

3. cesowrrac _____

4. lowlye _____

5. binrefo _____

6. prae _____

7. aker _____

8. racon _____

9. isrqeulr _____

10. alppe _____

11. nagreo _____

12. lfal _____

13. rde _____

14. owbrn _____





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.

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.

EMPLOYMENT CORE SERVICES FOR LOW INCOME PERSONS 249-2970

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

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

- Ala Hou – 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

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.

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.



Rural Shopping Shuttle

Pickup Location	Days	Times of Pickup / Return
Haiku - Peahi	Mon / Wed / Sat	8:00 am - 12:30 pm
Hale Mahaolu Akahi	Thu	8:00 am - 10:30 am
Hale Mahaolu Akahi	Tue & Fri	11:45 am - 1:15 pm
Hale Mahaolu Elua	Tue	8:00 am - 10:30 am
Hale Mahaolu Elua	Mon & Thu	11:45 am - 1:15 pm
Hale Mahaolu Elima	Wed Mon & Fri	8:00 am - 10:30 am-12:00pm 11:45 am - 1:00 pm
Hale Mahaolu Eono	Wed & Thu	8:45 am - 10:30 am 9:15 am - 11:30 am
Hali'Imaile	Tue / Fri / Sat	8:00 am - 12:30 pm
Hana	Mon/ Thurs/ Fri	6:30 am – 1:00 pm
Kahakuloa	Tue/Thurs	07:30 am - 12:30 pm
Kahului	Mon / Thu / Sat	8:00 am, 10:30 am & 11:30 am
Keanae	Wed	7:00 am - 12:30 pm
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	8:00 am - 12:00 pm
Sat	8:00 am - 12:30 pm	
Pukalani	Wed / Fri / Sat	8:00 am - 12:30 pm
Waihee / Ekolu	Mon / Wed / Fri	8:00 am, 10:30 am & 11:30 am
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