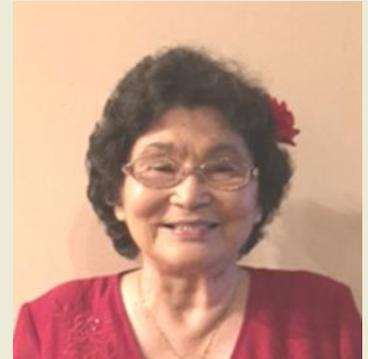




## 44th Annual Kupuna Aloha Luncheon



May Fujiwara  
P&CC President

The 44th Annual Kupuna Aloha Luncheon was held on July 30th at the Sheraton Maui Resort and Spa. There were approximately



400 Seniors present and 23 candidates along with their team members.

Mikey Mina, Ikaika Blackburn and Kaulike Pescaia performed their old school Hawaiian music. Lahaina Seniors got up and danced to Lahainaluna and Hanalani Seniors also had a chance to show off their talents as well. Everyone enjoyed the Luncheon and some even remarked that it was the best one that they have attended despite the fact that the event was limited to only 400 people.

(More photo's on page 2)

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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Our Candidates



Waikapu Seniors



Lahaina– Honolulu Seniors dancing to Lahainaluna



Just kicking back and enjoying themselves!



Our Kupuna's just having fun!



Our drivers who helped to make this happen!



## Cranberry Muffins

### Ingredients

1 1/4 cups sugar  
1/4 cup butter or margarine, softened  
2 eggs  
1/2 cup milk  
2 cups flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup chopped walnuts  
2 cups Ocean Spray® Fresh or Frozen Cranberries, coarsely chopped

### DIRECTIONS

Preheat oven to 350°F.  
Mix sugar and butter together in a medium mixing bowl until completely blended. Add eggs one at a time, beating after each addition. Stir together flour, baking powder and salt in a separate medium mixing bowl. Add this alternately with the milk to the butter mixture. Stir in nuts and cranberries. Spoon into 12 paper-lined muffin cups, filling 3/4 full with batter.

Bake 25-30 minutes or until golden brown.  
Makes 12 muffins.



## Fondling In Bed

After 20 years of marriage, a couple was lying in bed one evening, when the wife felt her husband begin to fondle her in ways he hadn't in quite some time.

It almost tickled as his fingers started at her neck, and then began moving down past the small of her back.

He then caressed her shoulders and neck, slowly worked his hand down over her breasts, stopping just over her lower stomach.

He then proceeded to place his hand on her left inner arm, caressed past the side of her breast again, working down her side, passed gently over her buttock and down her leg to her calf. Then, he proceeded up her inner thigh, stopping just at the uppermost portion of her leg. He continued in the same manner on her right side, then suddenly stopped, rolled over and started to watch the tv.

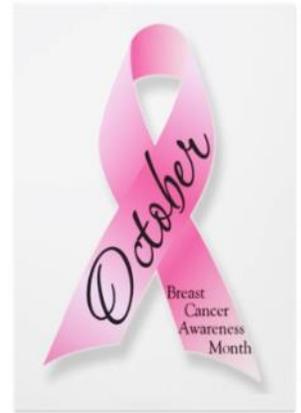
As she had become quite aroused by this caressing, she asked in a loving voice, "That was wonderful. Why did you stop?"

He said, "I found the remote".

Let's take a month to worry more about the health of our breasts than about their size.



someecards



When detected early, breast cancer is treated successfully 98% of the time. Researchers continue to make impressive gains in the detection, diagnosis, and treatment of breast cancer. For example, according to the Mayo Clinic, the radical mastectomy, once a standard procedure for women with breast cancer, is now rarely performed.

However, breast cancer in seniors remains a very potent disease that will only be eradicated if women follow the recommended schedule and undergo annual mammograms. Recent statistics suggest that women are skipping annual mammograms, the key procedure to screening.

The National Cancer Institute estimates that 226,870 women will be diagnosed with and 39,510 women will die of **cancer of the breast** in 2012. The number of new cases has increased every year for the past thirty years, though death from breast cancer has decreased slightly. Breast cancer remains the second leading cause of cancerous death after lung cancer. It is also the second most common cancer among women after non-melanoma skin cancer.

Like all cancers, breast cancer begins with abnormal cell growth. These "bad" cells develop too quickly and spread, or metastasize, throughout the breast, often entering lymph nodes located under the arm or even moving into other parts of the body.

There are several signs of potential breast cancer, including a bloody discharge from or retraction of the nipple; a change in the size or contour of the breast; and a flattening, redness, or pitting of skin over the breast. A lump in the breast remains the most common sign.

If a woman detects a lump, she should see her doctor; however, the Mayo Clinic recommends waiting through one menstrual cycle, as breast shape changes throughout the cycle.

# How Do I Do a Breast Self-Exam?

## In the mirror:

1. Stand undressed from the waist up in front of a large mirror in a well-lit room. Look at your breasts. If they aren't equal in size or shape, that's OK! Most women's breasts aren't. With your arms relaxed by your sides, look for any changes in size, shape, or position, or any breast skin changes. Look for any puckering, dimpling, sores, or discoloration.
2. Check your nipples and look for any sores, peeling, or change in their direction.
3. Place your hands on your hips and press down firmly to tighten the chest muscles beneath your breasts. Turn from side to side so you can look at the outer part of your breasts.
4. Then bend forward toward the mirror. Roll your shoulders and elbows forward to tighten your chest muscles. Your breasts will fall forward. Look for any changes in their shape or contour.
5. Now, clasp your hands behind your head and press your hands forward. Again, turn from side to side to inspect your breasts' outer portions. Remember to look at the border underneath them. You may need to lift your breasts with your hand to see it. Check your nipples for discharge fluid. Place your thumb and forefinger on the tissue surrounding the nipple and pull outward toward the end of the nipple. Look for any discharge. Repeat on your other breast.

## In the shower:

1. Feel for changes in the breast. It helps to have your hands slippery with soap and water. Check for any lumps or thickening in your underarm area. Place your left hand on your hip and reach with your right hand to feel in the left armpit. Repeat on the other side.
2. Check both sides for lumps or thickenings above and below your collarbone.
3. With hands soapy, raise one arm behind your head to spread out the breast tissue. Use the flat part of your fingers from the other hand to press gently into the breast. Follow an up-and-down pattern, moving from bra line to collarbone. Continue the pattern until you have covered the entire breast. Repeat on the other side.

## Lying down:

1. Lie down and place a small pillow or folded towel under your right shoulder. Put your right hand behind your head. Place your left hand on the upper portion of your right breast with fingers together and flat. Body lotion may help to make this easier.
2. Think of your breast as a face on a clock. Start at 12 o'clock and move toward 1 o'clock in small circular motions. Continue around the entire circle until you reach 12 o'clock again. Keep your fingers flat and in constant contact with your breast. When the circle is complete, move in 1 inch toward the nipple and complete another circle around the clock. Continue in this pattern until you've felt the entire breast. Make sure to feel the upper outer areas that extend into your armpit.

Place your fingers flat and directly on top of your nipple. Feel beneath the nipple for any changes. Gently press your nipple inward. It should move easily. Repeat these steps on your other breast. Don't forget to check the upper, outer area of the breast, nearest to the armpit.





**HALLOWEEN WORD SEARCH**



I	R	V	E	P	J	S	P	O	O	K	Y
A	L	A	B	U	A	B	L	Y	W	I	S
W	P	M	L	M	C	O	S	T	U	M	E
I	A	P	A	P	K	O	H	M	Y	C	M
T	R	I	C	K	O	R	T	R	E	A	T
C	T	R	K	I	L	U	M	O	O	N	M
H	Y	E	C	N	A	M	Y	W	A	D	S
H	E	R	A	E	N	M	U	M	M	Y	R
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**COSTUME**  
**CANDY**  
**PUMPKIN**  
**PARTY**  
**MOON**  
**BOO**

**TRICK OR TREAT**  
**SPOOKY**  
**JACK-O-LANTERN**  
**HAUNTED**  
**BLACK CAT**  
**SPIDER**  
**BAT**

**GHOST**  
**MUMMY**  
**VAMPIRE**  
**FRANKENSTEIN**  
**WITCH**  
**ZOMBIE**

**USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND THE ANSWER:**

**WHAT DID THE LITTLE VAMPIRE SAY IN THE HAUNTED HOUSE?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_! ☺





## Community Services

	<b>LEGAL SERVICES 249-2970</b> 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.
<b>MIGRANT/SEASONAL FARMWORKER PROGRAM 249-2970</b> 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.	<b>SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (SCSEP) 249-2970</b> Provides part-time employment to low-income older persons 55 years or older. Provides vital community services and places participants in permanent employment.
<b>EMPLOYMENT CORE SERVICES FOR LOWINCOME PERSONS 249-2970</b> Assists low-income family to become self-sufficient by providing counseling services, pre-employment training, and support services.	<b>RED DISCOUNT CARD SERVICE 249-2970</b> 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.
<b>ENLACE HISPANO 249-2993</b> 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.	<b>TRANSPORTATION SERVICES 877-7651</b> 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
<b>HOMELESS PROGRAMS 249-2970</b> The Community Services Dept. implements a county homeless grant to assist unsheltered or at-risk households with rent providing they meet the criteria.	<b>WHEELCHAIR SERVICES 877-7651</b> 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	Thu	8:00 am - 10:30 am
Hale Mahaolu Akahi	Tue & Fri	11:00 am - 1:00 pm
Hale Mahaolu Elua	Tue	8:00 am - 10:30 am
Hale Mahaolu Elua	Mon & Thu	11:00 am - 1:00 pm
Hale Mahaolu Elima	Wed Mon & Fri	8:00 am - 10:30 am-12:00pm 11:00 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 <sup>rd</sup> Wed and 4 <sup>th</sup> 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