



## Kupuna Aloha Luncheon 2020

Due to the COVID-19 pandemic the Kupuna Aloha Luncheon has been canceled for July 25, 2020.

There are no plans in sight to plan for a later event, but we hope that we will be able to plan for July 2021.

This would have been the 48th year for this event, it was started in 1972 by Joe Souki. The very first event took place at Kalama Park with about 35 in attendance and Bento's were on the menu. Through the years this annual event has grown, expanding to a larger venue at Maui Beach Hotel and now at The Grand Wailea where over 600 Kupuna grace the ballroom.

This event is one way of honoring our Kupuna who have contributed to our community and for paving the way for the next generation.

The highlights of this event are the door prizes, giveaways and entertainment.



**President**

**Arleen Gerbig**

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# 5 ways to stay active during COVID-19

## social distancing

### Walking

Many communities with “shelter-in-place” orders have made exceptions allowing outdoor exercise. If the weather is pleasant and it’s possible to avoid crowds, a walk around the neighborhood can provide sufficient exercise to reduce restlessness and deliver mood and immune boosting benefits. If your loved one must stay indoors, walking around the house or marching in place can increase daily step counts.

### Exercise and strength training

Yoga, Pilates, tai chi, and stretching can help seniors stay fit at home during “shelter-in-place” orders and can improve balance, flexibility, core strength, and overall mobility. Many instructional videos can be found online, and some are even tailored specifically for older adults. Another option is joining a virtual class hosted by an area exercise studio or senior center.

Strength training is also important for seniors — and it doesn’t necessarily involve lifting heavy weights at the gym. Many [strength-training exercises for the elderly](#) can be done at home while sitting or lying down. Seniors only need their body weight and a [few simple exercises](#) to get started. If desired, they can use everyday household items such as soup cans to add weight for exercises.

### Dancing

Known for its cardiovascular benefits, dancing is a fun, low-impact way to exercise and [boost endurance](#) during long days of social distancing. As an added benefit, listening to some favorite music may even encourage your loved one to exercise their mind by taking a pleasant “walk” down memory lane.

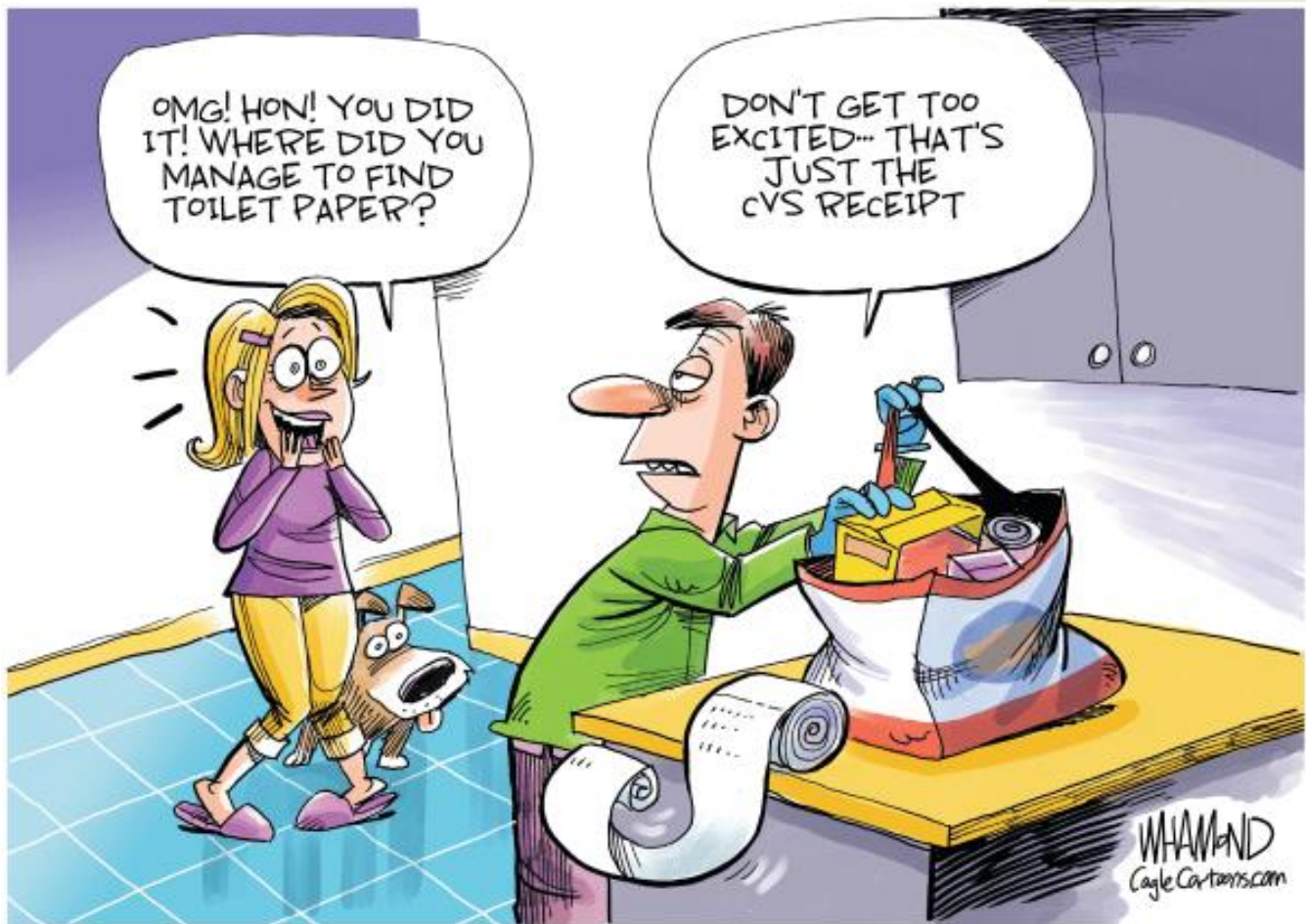
### Gardening

For older adults who enjoy being outdoors, gardening can enhance outdoor spaces while burning calories and providing a healthy dose of fresh air. Although some older adults may not be mobile enough to dig in the dirt, there are other alternatives to reap the benefits of gardening. Potting small plants or herbs to be maintained indoors or decorating an enclosed porch or patio can provide an afternoon’s diversion and keep your loved one moving and active.

### Arts and crafts

Older adults who have limited mobility can stay active at home by participating in arts and crafts. Whether knitting, crocheting, painting, coloring, or working with clay, arts and crafts can help older adults maintain their dexterity and cognitive skills.

# Laugh Out Loud!



MAKE @2020CagleCartoons.com  
COUNTERPOINT.COM  
3/27



"I GUESS I NEVER REALIZED HOW NON-ESSENTIAL YOU ARE."



# Fitness Tips

## BRAIN WORK

Keep the brain active by doing crosswords, puzzles or even something as simple as keeping a tab on day-to-day finances.

## STRETCHING

Try stretching in all directions while paying attention to your back and hamstrings, and only to the limits that your body allows

## GARDENING

Digging in the dirt, watering plants, weeding and other gardening activities work your muscles, and you can watch your efforts pay off with beautiful flowers and vegetables along with better health.

## BALANCE

It is a good idea to include exercises that improve body posture and balance.

## YOGA

In fact, yoga fulfills all of the categories of good exercise, combining endurance with stretches, strength training and balance.

# FITNESS TIPS FOR SENIOR CITIZENS

## WALKING

While you're walking, you want to focus on your posture, keeping your back straight and shoulders rolled back.

## CYCLING

Whether seniors opt to bike inside or outdoors, cycling can improve their health by easing arthritis pain, helping with high blood pressure and improving mood.

## SWIMMING

Because the water relieves stress on your bones and joints, swimming carries a lower risk and it conditions your whole body as you move through the water.

# *Fruit Salad*



## **For Dressing:**

1/4 c. Honey

1/4 c. Freshly squeezed orange juice

Zest of 1 lemon

## **For Salad:**

1 lb. Strawberries

6 oz. Blueberries

6 oz. raspberries

3 kiwis, peeled and sliced

1 orange, peeled and wedges cut in half

2 apples, peeled and chopped

1 mango, peeled and chopped

2 c. grapes

## Directions:

In a small bowl, whisk together honey, orange juice and lemon zest.

Add fruit to the large bowl and pour dressing over, toss gently to combine.

Chill until ready to serve.







# 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.