



1918 Pandemic- The Spanish Flu



The Spanish flu pandemic of 1918, the deadliest in history, infected an estimated 500 million people worldwide—about one-third of the planet’s population—and killed an estimated 20 million to 50 million victims, including some 675,000 Americans. The 1918 flu was first observed in Europe, the United States and parts of Asia before swiftly spreading around the world. At the time, there were no effective drugs or vaccines to treat this killer flu strain. Citizens were ordered to wear masks, schools, theaters and businesses were shuttered and bodies piled up in makeshift morgues before the virus ended its deadly global march.

Today, we are fortunate to have a larger medical and scientific research community in Hawai‘i than a century ago. The government and public response to COVID-19 including social distancing, stay-at-home orders, encouraging remote work and wearing face masks in public seems much more consistent and well-informed than a century ago, and that may argue for better outcomes.



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10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts & behaviors.



Control how often you check the latest news.



Keep the big picture in mind, Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors & be a model for others, including children.



Let wisdom & logic guide you.



Feeling too isolated? Maintain digital connections with people



Turn to reputable sources for your news, not social feeds.



Don't let fear influence your decisions, such as hoarding supplies.

TYPES OF FACE MASK



Paper

Fits loosely and is easy to breathe through, but does not contain any filter



Surgical

Fits over mouth and nose. Helps prevent spread of large respiratory droplets when wearer coughs or sneezes



Pitta

Used mostly for filtering pollen and dust. Not the best for protection against Covid-19



N95 respirator

Fits tightly with minimal leakage around the edges. Offers the best protection by filtering at least 95 per cent of small particles

We all could use a good laugh!



A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

Best Workouts for Seniors

blog.fitornu.com



It's no secret that many of us become less active with age. Here are some of the best and safest workout strategies for individuals in their golden years.

Light Weights:

Start with 1 to 2 pounds and increase weight size gradually.

Benefits: Not only does weight training increase strength, but it also aids in balance and reduces your risk of osteoporosis.



Water Aerobics:

Start by walking in the water and progress to more strenuous exercises.

Benefits: Aquatic exercise is perfect for individuals with injuries or those just embarking on a physical fitness routine.

Yoga:

Find a class designed with senior mobility in mind or fire up a yoga DVD in the comfort of your own home.

Benefits: Along with improving posture and increasing flexibility, yoga can ease arthritis pain and even help mitigate anxiety.



blog.fitornu.com

Ravioli Lasagna



INGREDIENTS

- 1 pound ground beef
- 1 jar (28 ounces) spaghetti sauce
- 1 package (25 ounces) frozen sausage or cheese ravioli
- 1-1/2 cups shredded part-skim mozzarella cheese

Minced fresh basil, optional

DIRECTIONS

- In a large skillet, cook beef over medium heat until no longer pink; drain.
- In a greased 2-1/2-qt. baking dish, layer a third of the spaghetti sauce, half of the ravioli and beef, and 1/2 cup cheese; repeat layers.
- Top with remaining sauce and cheese.
- Cover and bake at 400° until heated through, 40-45 minutes.

If desired, top with basil to serve.

Nutrition Facts

1 cup: 438 calories, 18g fat (7g saturated fat), 77mg cholesterol, 1178mg sodium, 42g carbohydrate (7g sugars, 5g fiber), 26g protein.



Christmas Word Scramble

EHESPRHD

LNGEA

ENSRTOANM

RSMHCIATS

NADYC ANEC

TRAS

LACRO

NTUESTCH

WSNO NMA

AMGRNE

SNTCIGOK

SJUSE

GSHLIE

HRAWTE

LDUHRPO

YRSFTO

ECIOKO

VLESE

STMEOELTI

IEDERENR

TASAN

LOLYJ

UPNDGDI

GERBNIDREGA

DYLIAOH

FTGIS

CFEURTIK

ETRE

Answers: Shepherd, Angel, Ornaments, Christmas, Candy Cane, Star, Carol, Chestnut, Snowman, Manger, Stock-
ing, Jesus, Sleigh, Wreath, Rudolph, Frosty, Cookie, Elves, Mistletoe, Reindeer, Jolly, Pudding,
Gingerbread, Holiday, Gifts, Fruitcake, Tree



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.

Maui Economic Opportunity, Inc. Rural Shopping Shuttle



Pickup Location	Days	Times of Pickup / Return
Haiku - Peahi	Mon / Wed / Sat	8:00 am - 12:30 pm
Hale Mahaolu Akahi	Tue / Thu / Fri	8:00 am - 1:00 pm
Hale Mahaolu Elua	Mon / Tue / Thu	8:00 am - 1:00 pm
Hale Mahaolu Elima	Mon / Wed / Fri	8:00 am - 1:00 pm
Hale Mahaolu Eono, Lahaina Senior Center & Piilani	Wed / Thu	8:30 am - 11:30 am
Hali'Imaile	Tue / Fri / Sat	8:00 am - 12:30 pm
Hana/Keanae/Peahi	Mon / Wed / Thurs / Fri	6:30 am - 2:30 pm
Kahakuloa	Tue / Thurs	07:30 am - 12:30 pm
Kahului	Mon / Thu / Sat	8:00 am - 12:30 pm
Kihei	Mon / Thu / Sat	7:30 am - 12:30 pm
Kula	Mon / Wed / Sat	7:30 am - 12:30 pm
Lahaina/ Honolua/ Piilani	Tue / Fri / Sat	7:30 am - 12:30 pm
Lanai on Maui	1st Sat, 3rd Wed and 4th Thurs of the Month	9:00 am - 1:30 pm
Lanai	Mon - Fri	9:00 am - 11:30 am
Makawao	Wed / Fri / Sat	8:00 am - 12:30 pm
Paia	Tue / Thurs / Sat	8:00 am - 12:30 pm
Pukalani	Wed / Fri / Sat	8:00 am - 12:30 pm
Hale Mahaolu Ekolu & Wai- hee	Mon / Wed / Fri	8:00 am - 12:30 pm
Wailuku - Waikapu	Mon / Wed / Fri	8:00 am - 12:30 pm
Wailuku Community Ctr.	Mon / Wed / Thu	11:30 am - 1:00 pm
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.

These programs are funded by the County of Maui and operated by Maui Economic Opportunity, Inc. Please contact the MEO office for further information regarding group excursion requests.