



## 2021– The worst New years resolutions!

Here are some of the worst New Years resolutions to make:

Saying “I will eat healthier” without knowing what that means for you.

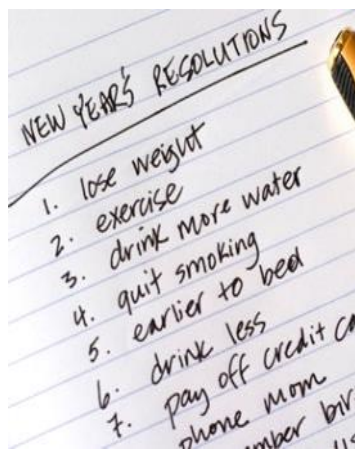
Having a mindset such as “I want to have a body like a celebrity.”

Starving as a means to cut holiday weight.

Deciding to quit smoking “cold turkey.”

Only exercise indoors.

Making too many New Year’s resolutions.



Instead, try setting goals such as:

**Eat out less:** Prepare more homemade meals. It will also eliminate trash and help the environment.

**Get more sleep:** When you're tired your hormones work against you, stimulating hunger even when you're full, which can lead to overeating and weight gain.

**Simplify your nutrition philosophy:** Choose more whole foods, fruits, vegetables, nuts, seeds and other good-for-you real foods

**Get Creative:** Embracing your creativity can be as simple as singing in the shower, taking photos or coloring . Find what works for you and stick to it to stay “stress-free.”

**Think Outside the gym:** Instead of resolving to stick to a strict workout regimen each day, focus on how to add more activity into your daily routine. Even a 15-minute run or a few 10 minute walks scattered throughout the day can improve your health.



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# 8 Things you didn't know had an expiration

Here are eight household items you might not have known had an expiration date:

## 1. PILLOWS: 2-3 YEARS



Over time, pillows can become a haven for dust mites. And when an older pillow starts to lose its shape and becomes lumpy, you are more likely to experience neck pain.

## 2. BLEACH: 3 MONTHS



After three months bleach begins to lose its potency. While this shouldn't be an issue for household laundry, the disinfectant qualities are significantly reduced, making it ineffective for cleaning.

## 3. POWER STRIPS: 1 - 2 YEARS



Even good-quality power strips and surge protectors need to be replaced over time. To avoid having a potential fire hazard in your home, check for a product warranty date or replace when it starts to get discolored or hot to touch.

## 4. HAIRBRUSH: 6 MONTHS - 1 YEAR



Clean your hairbrush at least once a week (possibly sooner if you have extra thick hair) and replace after one year at the latest as older brushes can make your hair greasy and your scalp red or itchy.

## 5. TOWELS: 1 - 3 YEARS



A wet towel provides the ideal environment for bacteria growth and after a few years even putting it through the washing machine won't completely get rid of the bacterial build up.

## 6. TOOTHBRUSH: 3 MONTHS



A tell-tale sign for when a toothbrush needs to be replaced is when the bristles are bent and worn. Replace your new brush after catching a cold or flu, otherwise you could risk becoming sick again.

## 7. SPONGES: 2 WEEKS



Sponges can become a breeding ground for fungus and mold, especially if they are not left out to dry after use. You can extend the life of your sponges by disinfecting them in boiling water, but they still need to be replaced regularly.

## 8. WOODEN SPOONS: 5 YEARS



Wood is more porous than plastic or metal, which means wooden spoons are more susceptible to germs and need to be replaced over time. Replace sooner than five years if the wood cracks or becomes soft or dark in places (this could mean the wood is rotting or retaining bacteria).

# *We all could use a good laugh!*

## **You can take it with you!**

There was a man who had worked all of his life and had saved all of his money.

He was a real cheapskate when it came to his money. He loved money more than just about anything, and just before he died, he said to his wife, "Now listen, when I die I want you to take all my money and place it in the casket with me. Because I want to take all my money to the after life."

So he got his wife to promise him with all her heart that when he died she would put all the money in the casket with him, then one day he died.

He was stretched out in the casket with his wife sitting there in black next to their best friend. When they finished the ceremony, just before the undertakers got ready to close the casket, the wife said, "Wait a minute!"

She had a shoebox with her, she came over with the box and placed it in the casket. Then the undertakers locked the casket and rolled it away."

"Her friend said, "I hope you weren't crazy enough to put all that money in there with that stingy old man." She said, "Yes, I promised. I'm a good Christian, I can't lie. I promised him."

"You mean to tell me you put every cent of his money in the casket with him?" her friend asked.

"I sure did," said the wife. "I got it all together, put it into my account and I wrote him a check."



I just burned 1200 calories.  
I forgot the  
pizza in the oven.

# Senior Community Service Employment Program (SCSEP)

**SCSEP** fosters and promotes part-time employment opportunities in community service activities for low income senior citizens who are 55 years of age or older. We also assist elderly workers in transitioning to unsubsidized employment.

Basic **SCSEP** eligibility requirements are as follows:

- You are unemployed
- You are 55 years or older
- You are a resident of Maui County
- The gross income of the family in which the applicant is a member of the household shall not exceed 125% of the poverty levels established by the U.S. Department of Health and Human Services.

Please call or visit our offices for more information. Please ask for Program Specialist Carmelei Leano or any case manager for additional information.

When applying, please bring the following with you:

- Social Security card
- Photo ID or drivers license
- Citizenship/ Alien Status (US passport, resident card)
- Family income verification (pay stubs, Social Security statement of benefits)





## Stir Fried Eggplant and Tofu

- 3 tbsp. vegetable oil
- 1 pkg firm tofu drained and cut into 1 1/2– 2 in. chunks
- 2 garlic cloves
- 1 round eggplant
- 1 small red or green bell pepper
- 1/3 c. soy sauce
- 2 tbsp. sugar
- 2 tbsp. oyster sauce
- 1/4 c. fresh basil leaves

Heat oil in a large nonstick frying pan over high heat, add tofu, and gently cook, turning tofu occasionally, until browned slightly, about 5 minutes. Use a slotted spoon to transfer tofu to a plate.

Cook garlic, eggplant, and bell pepper in pan until softened, stirring occasionally, 8 to 10 minutes. Add soy sauce, sugar, and oyster sauce and cook until heated through, another 2 minutes. Return tofu to pan and gently stir to coat. Remove from heat and stir in basil leaves. Serve over rice.







# 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 249-2970**

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**

**243-4313**

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)**

**243-4313**

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 50 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/ Honolulu/ 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 & Waihee	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.