



APRIL IS NATIONAL VOLUNTEER MONTH



President

Arleen Gerbig

Administration

(808) 249-2990

Transportation

(808) 877-7651

Community Services

(808) 249-2970

Molokai (808) 553-3216

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In the United States, volunteerism is instilled at a young age. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation.

Rural fire and ambulance departments remain staffed due to the efforts of volunteers. The underprivileged receive much needed medical care thanks to volunteers. Long overdue repairs and upgrades are made to a senior women's home thanks to an organization's annual call for donations and skilled workers. A woman answers a call on a suicide hotline because she cared enough to give up a few hours to train and listen to someone desperate and alone. A team sets up tables at a soup kitchen every week. Another group delivers meals to men and women who can no longer cook for themselves. Boys and girls sell ice cream sandwiches during a fair to raise money for a homeless shelter.

Volunteers come in all shapes and sizes. They pick a cause and make a difference in someone's life. Sometimes the difference is a drop in the bucket. Other times it creates a tidal wave of change. From the anonymous volunteers who donate their resources to those whose efforts are part of larger national organizations, like 4-H, Boy and Girl Scouts of America, American Red Cross or a local grassroots group, their missions provide valuable support to communities in times of need.

Thank a volunteer. Volunteer! Many volunteers will tell you it is a rewarding experience. You don't have to have a ton of time. Do you have a special talent or skill that may benefit a charity or organization? Offer your services or ask how you can be of help.

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Stay Strong Stay Healthy



Cool down



John Hancock Center for Physical Activity & Nutrition
Friedman School of Nutrition, Science & Policy
Copyright 2008 Tufts University, Boston MA
Adapted from the Strong Women Program
A Rational Fitness Program for Women

UNIVERSITY OF MISSOURI
Extension

equal opportunity/ADA Institution

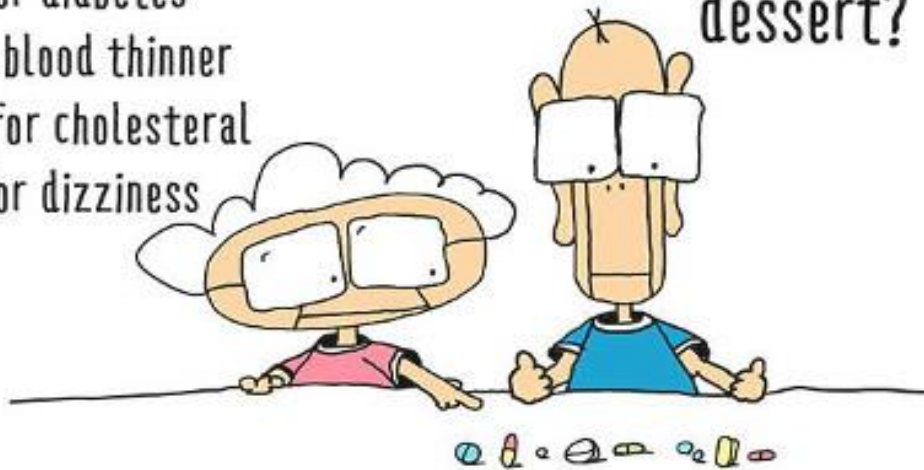
MP 096 New 7/07, Revised 5/11



That's not funny!

That pill is for your heart
that one is for your eyes
that one is for blood pressure
That's for diabetes
that's a blood thinner
That is for cholesterol
That's for dizziness

What's for
dessert?



UNDER CARDIAC ARREST

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A man was telling his neighbour, "I just bought a new hearing aid. It cost me \$4000, but it's state of the art. It's bloody perfect!



"Really," answered his neighbour. "What kind is it?"

"Twelve thirty...."



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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)



Teriyaki Chicken Lettuce Wraps



1 cup shredded chicken

1/2 cup teriyaki sauce

Romaine lettuce

Green onion to taste

1. In a bowl mix the chicken and teriyaki sauce.
1. Place the mixture over the romaine leaves.
1. Top with scallions.

Enjoy!

April Showers Bring May Flowers

Built by ECC International Students

A N P G I
E H D E X G U E Y
G I I A D B S P G N E
E R S B J A U X R G B P D
V B L E I I T O S S L O I
H R A I R R R T N R C O L O Y
G V S D N U O E I B K O L N A
D C E O A B L R U K P M E Y K
F I B F T M F F Q H L E N S H
Q X A F I I N L E P A O V U G
T L A O C V Y I S L W W S
Z L D N B C L T P M B I L
O D C D U E S D E E S
K G T R A R S A L
Y P P O P

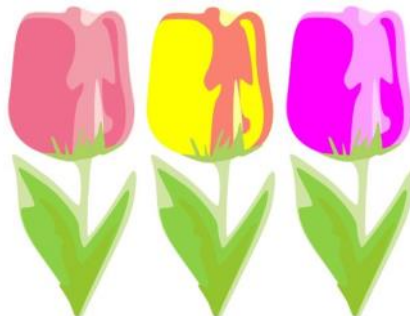
WORD LIST:

BASEBALL
BLOOM
BUTTERFLY
CIMBURIJADA

DAFFODILS
DIONYSUS
EASTER
EGGS

EQUINOX
FLORIADE
HIBERNATION
POLLEN

POPPY
SEEDS
TULIP





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 & 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.