



## 49TH ANNUAL KUPUNA ALOHA CELEBRATION



**President**

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Community Services

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This year marks the 49th Annual Kupuna Aloha Celebration. We have continued to celebrate amidst the pandemic.

The Kupuna Aloha Luncheon started back in 1972 with about 25 people in attendance. The very first celebration took place at Kalama Park Pavilion and a bento lunch was served. A few years later the event took place at Maui Beach Red Dragon's room. As the attendance grew each year a new venue was also needed to accommodate the growing number of attendees. The Maui Intercontinental Hotel was the next venue and finally at the Grand Wailea. However, there were other venues such as the Sheraton Maui Hotel & Resort when the regular venue was not available.

No matter where this event has been celebrated the Kupuna look forward to this event each year because it is a time where they can meet friends, have fun and enjoy each others company. This years event will take place on July 30th on a virtual venue. At this celebration, every Kupuna is a guest of Honor!

### INSIDE THIS ISSUE

Kupuna Aloha Celebration	1
Maintain your digestive system	2
Times have changed!	3
SCSEP Program	4
Recipe	5
Puzzle	6
Community Services	7
Transportation	8
Rural Shuttle Schedule	





## Maintain Your Digestive System

The body organs such as the stomach, small intestine, kidneys, and larynx take care of the digestive system. These body organs help in digestion of carbohydrates, proteins, fats, minerals and other nutrients. In fact, these body organs improve digestion of all foods.

### Consume Healthy/Balanced Diet

By the term balanced diet, we mean the diet that contains the right amount of vitamins, carbohydrates, proteins, and minerals. A balanced diet is necessary for improving all body organs where they are digestive organs, or they are respiratory organs.



### Perform Exercises

Exercises play a crucial role in the improvement of the digestive system. Whether you perform complicated deadlift exercise or easy running exercise, you can enhance your digestive system. Exercises help in providing more oxygen or energy to the body and stimulating the heart rate.



### Avoid Foods that Contain High Fat

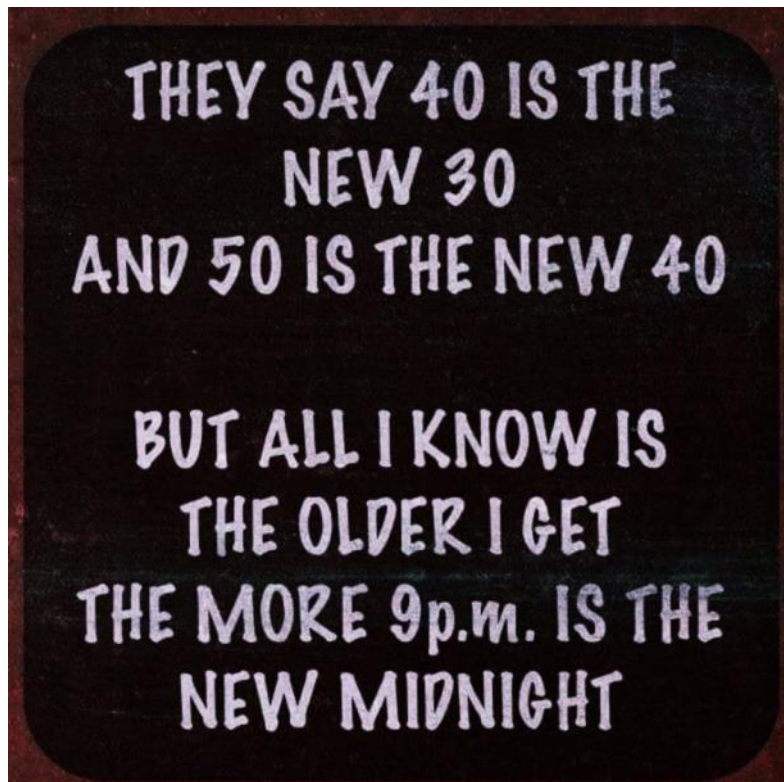
Fatty foods not only cause obesity but also inhibit the digestive process. With foods such as cheese and vegetable oils, you can easily develop constipation problems. Fast/processed foods such as stuffed kulchas, burgers, etc.



# Times have Changed!

## Things my mother taught me.....

1. My mother taught me to APPRECIATE A JOB WELL DONE. If you're going to kill each other, do it outside. I just finished cleaning.
2. My mother taught me RELIGION. "You better pray that will come out of the carpet."
3. My mother taught me TIME TRAVEL. "If you don't straighten up, I'm going to knock you into the middle of next week."
4. My mother taught me LOGIC. "Because I sais so, that's why."
5. My mother taught me MORE LOGIC. "If you fall out of that swing and break your neck, you're not going to the store with me."
6. My mother taught me FORESIGHT. "Make sure you wear clean underwear, in case you're in an accident."
7. My mother taught me IRONY "Keep crying, and I'll give you something to cry about."
8. My mother taught me about the science of OSMOSIS. Shut your mouth and eat your supper."
9. My mother taught me about CONTORTIONISM. "Would you look at that dirt on the back of your neck!"
10. My mother taught me about STAMINA. "You'll sit there until all that spinach is gone."





# 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)



# Hatch Pineapple Salsa

## Ingredients

- 1 1/2 c. fresh pineapple
- 2 (4-oz.) Hatch Chiles, diced
- 1/4 c. Red Onion, finely chopped
- 1/4 c. fresh cilantro
- 1 to 2 seeded Fresno chiles
- 2 tbsp. fresh lime juice
- Salt
- Ground black pepper



1. Toss together pineapple, Hatch Chiles, red onion, fresh cilantro, Fresno chiles, and lime juice. Season with kosher salt and freshly ground black pepper.
2. Serve on grilled hot dogs with cooked bacon and melted pepper Jack cheese.



# Independence Day Boggle



How many words can you make from the grid below? Play this fun paper version of the popular Boggle game. All letters in the word must connect, and you can't use the same tile twice in one word.

4 letter words = 1pt, 5 letters = 2pts, 6 letters = 3 pts, 7 letters = 5 pts, 8 letters or more = 11 pts.  
Fourth of July related words earn 2x the points!

E	M	N	P	R
S	M	U	A	T
B	S	F	Y	M
B	Q	L	R	O
G	A	E	E	D

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# 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.