

Senior Scoop

Oct-Dec 2021

48TH ANNUAL MAUI COUNTY SENIOR FAIR

48th Annual Maui County Senior Fair- "Communities of Strength"

Friday, October 22, 2021

10am via Zoom, Livestreamed on Facebook and broadcasted on AKAKU Channel 54.

Legislators, for-profit businesses and nonprofits are encouraged to participate by commercial, pre-recorded message via Zoom.

Legislators, for-profit businesses and nonprofits are encouraged to participate by commercial, pre-recorded message via Zoom. Applications must be completed and submitted to Maui Economic Opportunity no later than Monday, Sept. 27, 2021, to confirm participation. Applications are available online at www.meoinc.org.

For-profit businesses can submit a 60-second commercial for a \$25 fee/donation. There is no-cost for nonprofit agencies or legislators to join the Senior Fair, though gift cards of \$10 or \$20 increments would be appreciated for door prizes for Kupuna.

All commercials and messages must be no longer than 60 seconds and must be pre-recorded and submitted in MP4 format by the deadline, Monday, Oct. 11, 2021.

Legislators may choose to speak virtually in lieu of a prerecorded message during the event -- but must complete an application and submit it to MEO no later than Sept. 27, 2021, to confirm participation. Remarks may not exceed 60 seconds.

This event is produced by MEO and funded by the Maui County Office on Aging.

For more information, contact

MEO Executive Assistant Lee Imada

by email at lee.imada@meoinc.org or by phone at 249-2990.



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Helping People, Changing Lives

Holiday Safety Tips for the whole family!



The holidays are almost here, which means it's time to prepare for a season with family and friends. This season is a time to reflect on what's important, celebrate life, and be grateful. However, it's also a hectic time of year filled with parties, financial stress, and illness. Read this list of holiday tips to support your health and wellness this season.

Wash your hands often: Keeping your hands clean can help prevent illness and the spread of germs. If you're already sick, be sure to cover your cough with a tissue or your elbow, rather than your hand.

Stay warm: Cold temperatures can cause serious health problems for children and older adults in particular. When going outside this winter, stay dry and dress in layers to keep warm.

Manage stress: Setting a budget and tracking spending can help alleviate financial stress associated with the holiday season.

Travel safely: Traveling over the holiday season can be hectic, especially if you have small kids! Look for tips on safe travel.

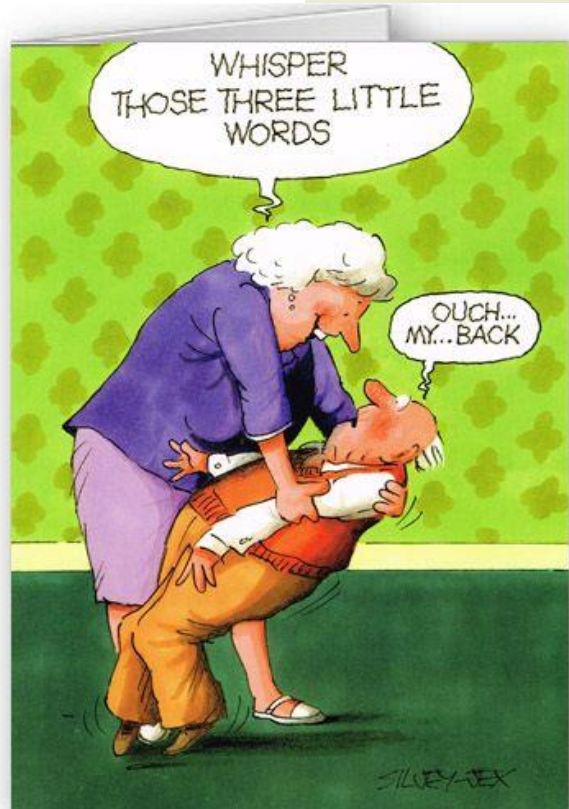
Get your flu shot: The Centers for Disease Control recommends that everyone older than 6 months old (and not allergic to the vaccine or its ingredients) get the flu shot.

Handle and prepare food safely: Are you cooking for a family gathering this holiday season? Look up tips on safe food handling.

Eat healthy, and be active: With the cold weather and excess food over the holidays, it can be difficult to eat healthy and be active.

Exercise: Try doing indoor exercises.

Let's laugh!



A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good News."

The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me anything"

Pesto Chicken & Veggies

INGREDIENTS

for 4 servings

- 2 tablespoons olive oil
- 4 boneless, skinless chicken thighs, sliced
- salt, to taste
- pepper, to taste
- 1 lb green beans
- 2 cups cherry tomato, halved
- ½ cup basil pesto



1. In a large pan, heat olive oil and add chicken thighs.
2. Season with salt and pepper. When the chicken is completely cooked through, remove from pan.
3. Slice into strips, and set aside.
4. Add green beans and cook until crisp tender.
5. Return the chicken strips to the pan, then add tomatoes and pesto. Stir until fully incorporated.
6. Serve immediately or divide into 4 food storage containers and store in the refrigerator.

Can be kept refrigerated for up to 4 days. Enjoy!

Halloween Word Scramble

Unscramble each Halloween word. Write your answers under each shape.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____

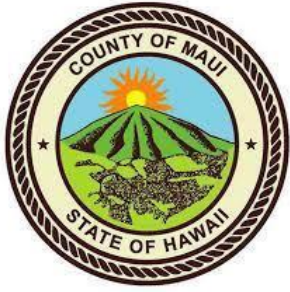


11. _____



12. _____





B.E.S.T

(Being
Empowered and
Safe Together)

Enlace Hispano

M.I.L.C

(Maui Independent
Living Center)

Community Services Programs

Overview: The BEST program provides a service model that addresses the challenges that individuals face as they return to the Maui County community from incarceration. The goal is to provide support by increasing opportunities for successful reintegration while promoting public safety. Services to remove barriers for individuals may include substance abuse assessments and referral, tuition support, fees and other financial assistance to help clients obtain a driver's license and other required identification. It also provides work clothing, food, bus passes and personal hygiene items.

Eligibility: There is no income guideline criteria. Incarcerated or previously incarcerated individuals must be an adult eighteen (18) years or older. Previously incarcerated individuals may seek assistance either through walk-in/telephone request or agency referral. Case management begins immediately after the initial intake and eligibility has been determined. Individual Service Plans (ISP) are developed, implemented and maintained by the case manager. Timely follow ups and reviews of the client's ISP are ongoing to ensure the client is actively working toward accomplishing their goals.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding holidays. *(Program times may vary based upon program needs)*

Contact Information: Bishop Pahia III, Case Manager Specialist III; (808) 243-4356

bishop.pahia@meoinc.org

Overview: Enlace Hispano (Hispanic Link) was created to assist the Hispanic/Latino population to achieve self-reliance by providing education, outreach, intervention, referrals, notary public and other direct services. The program aims to improve the quality of life for the Hispanic community and foster opportunities for inter-cultural experiences with Maui's general population.

Eligibility: There is no income guideline criteria. Individuals may seek assistance through walk-in/telephone or agency referral. The case manager will conduct an assessment with individual to identify and determine service needs. Individual Service Plans (ISP) are developed, implemented and maintained by the case manager. Timely follow ups and reviews of the client's ISP are ongoing to ensure the client is actively working toward accomplishing their goals.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding Holidays. Appointments recommended. *(Program times may vary based upon program needs.)*

Contact Information: Tamara Garcia, Case Manager Specialist; (808) 243-4320

tamara.garcia@meoinc.org

Overview: MILC's mission is to ensure that persons with disabilities are full social, civic and economic partners, both within their families and in a fully accessible community, and to create access and choice.

Eligibility: There is no income criteria. Disabled individuals may seek assistance through walk in/telephone or agency referral. The program coordinator will conduct an assessment with an individual to identify and determine service needs. Once needs are determined, the program coordinator will develop a (PIP) Personal Independence Plan and connect disabled individuals with needed benefits and assist with applications and program enrollment.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding Holidays. Appointments recommended. *(Program times may vary based upon program needs.)*

Contact Information: Evalina Watanabe, MILC Coordinator; (808) 243-4328

evalina.watanabe@meoinc.org

Community Services Programs

Overview: MEO Inc. is one of the administrators of the County of Maui Rental Assistance Program grant. This program is designed to help individuals and families in Maui County with assistance on rental deposit, utility deposit and rent subsidy at a declining schedule and contingent upon the applicant's circumstances. All assistance is paid directly to the landlord of the rental or the utility company. This program is part of a homelessness prevention initiative, helping residents get into and sustain permanent housing.

Eligibility: Maui County residents may apply by providing a current rental agreement and meet the 80% Median Family Income guidelines. Applicants must have a stable source of income and the ability to pay the required percentage of each month's rent payment. The Housing Specialist will verify eligibility, gather intake data and provide case management that will incorporate a financial literacy component. Qualifying households assisted will be maximized at six (6) months. Applicants must have resources to assume the responsibility for his/her welfare subsequent to the receipt of the rental assistance.

Hours of Operation: 7:45 am - 4:30 pm/Monday - Friday, excluding Holidays. Appointments recommended. *(Program times may vary based upon program needs)*

Contact Information: Kathy Jimenez, Housing Specialist; (808) 243-4358

kathy.jimenez@meoinc.org

Overview: The P & CC assists senior clubs with recruitment and membership enrollment, advocacy, education and social activities and events. The objective of this program is to enhance the quality of life for seniors by helping them obtain the benefits of knowledge, companionship, and better health. The senior coordinators help the 60 clubs to get organized, elect officers, schedule guest speakers on a variety of topics critical to senior living, organize activities and excursions to improve their quality of life, and arrange transportation to meetings and events. The coordinators also assist in the collection of data for an annual community assessment of senior needs and facilitate involvement in government budget hearings and other public meetings.

Eligibility: The target population is women and men, 60 years of age and older, residing in Maui County. Senior individuals may contact the Senior Planning Coordinator for Senior Club opportunities.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding Holidays. Appointments recommended. *(Program times may vary based upon program needs.)*

Contact Information: Zilpah Kaimiola, P&CC Senior Coordinator; (808) 243-4313

zilpah.kaimiola@meoinc.org

Overview: MEO solicits merchants to participate in the Senior Discount Red Card program, which offers senior citizens 60 years of age or older and residents of Maui County discounts on food and merchandise when using the MEO Red Card.

Eligibility: There is no income criteria. Senior citizens 60 years and older residing in Maui County are eligible to apply. Senior individuals may complete and submit an application to the Program Coordinator. Red Cards are distributed via mail to the applicant.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding Holidays. Appointments recommended. *(Program times may vary based upon program needs.)*

Contact Information: Zilpah Kaimiola, Program Coordinator (808); 243-4313

zilpah.kaimiola@meoinc.org



R.A.P Rental Assistance Program

P & CC Planning & Coordinating Council

Senior discount RED cards



Community Services Programs

Employment Services for Low-Income Persons & Legal Permanent Residents

Overview: MEO will provide comprehensive services on the islands of Maui and Moloka'i to improve employment possibilities for low-income persons and legal permanent residents by enhancing their employment skills and helping them to overcome barriers to language and culture and to gain and maintain meaningful employment that will lead to self sufficiency. Participants exiting the program will earn a living wage to support themselves and their families. They will be less likely to be dependent on social and governmental systems for support. Participants will have learned the skills, behaviors, and methods of obtaining and keeping gainful employment.

Eligibility: Family household income at or below 200% of the applicable federal Poverty Guidelines for Hawaii. Eligible persons are identified and enrolled; the required information to verify eligibility is obtained; a formal assessment of the individual is performed and completed; and a determination of the individual's job choice is made. An Individual Service Plan (ISP) is developed to determine participants' needs, skills, career/employment goals, barriers to employment, and specific individual and family support needed. CASAS data is assessed and recorded. In addition, the specific supportive services the individual needs to be successfully employed for one month or more are identified.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding Holidays (*Program times may vary based upon program needs.*)

Contact Information: Janeth Cerizo (808)243-4371

janeth.cerizo@meoinc.org

L.I.H.E.A.P Low Income Home Energy Assistance Program

ECI (Energy Crisis Intervention)

Overview: A crisis program to assist households who are on the verge of utility termination or have been terminated within sixty (60) days from the date of application.

Eligibility: Individuals must complete an application and provide a current original (within 60 days of issuance) "Final Notice before Disconnection" notice, photo identification (for all household members 18 years and over) proof of residence, Social Security verification and proof of income. Case Manager will determine eligibility. Individuals may seek assistance through walk in/ telephone or agency referral.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding Holidays.

Contact Information: MEO Community Service; (808) 249-2970

W.A.P Weatherization Assistance Program

Overview: This program helps to increase energy efficiency for low-income families, particularly for the elderly 60 and over, persons with disabilities, and children, by assisting with cost-saving energy efficiency improvements for their homes while ensuring their health and safety. An in-home energy audit is conducted that evaluates and recommends specific energy saving measures.

Eligibility: Individuals applying must complete an application and provide photo identification (for all household members 18 years and over), birth verification and proof of income for all household members. Household income eligibility is no more than 200% of federal Poverty Level guidelines.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding Holidays. Appointments recommended. (*Program times may vary based upon program needs.*)

Contact Information: MEO Community Services; (808) 249-2970

Community Services Programs

Overview: The National Farmworker Jobs Program (NFJP) is a nationally-directed program of job training and employment assistance for migrant and seasonal farmworkers (MSFWs). NFJP assists farmworkers and their families attain greater economic stability by helping them acquire new job skills in occupations that offer higher wages and a more stable employment outlook. In addition to skills training, the program provides supportive services that help farmworkers remain and stabilize their employment in agriculture. NFJP also facilitates coordination of services through the American Jobs Center system for MSFWs so they may access other services of the workforce system.

Eligibility: Individuals must have worked on a farm or ranch and received pay for work within the last two (2) years from application date and meet income requirements based on 100% federal Poverty Guidelines. Individuals may seek assistance through walk in/telephone or agency referral. Recruitment efforts are also conducted by the NFJP staff. The case manager will conduct an assessment with individuals to identify and determine service needs. An Employment Service Plan (ESP) or an Individual Service Plan (ISP) are developed, implemented and maintained by NFJP staff. Timely follow ups and reviews of the client's ESP or ISP are ongoing to ensure clients are actively working toward accomplishing their goals.

Hours of Operation: 7:45 a.m. - 4:30 p.m./Monday - Friday, excluding Holidays. Appointments recommended. *(Program times may vary based upon program needs.)*

Contact Information: Dennise Kahuhu, Program Manager; (808) 243-4368

dennise.kahuhu@meoinc.org,

Overview: SCSEP fosters and promotes part-time employment opportunities in community service activities for low income senior citizens fifty-five (55) years of age or older. We also assist older workers in transitioning to unsubsidized employment.

Eligibility: Individuals must be fifty five (55) years of age or older. Must be income eligible based upon the 125% Federal Poverty Level. Applicants must complete an intake, screening and background clearance to determine eligibility. Applicants will complete a program orientation and potentially be assigned to a host agency for work experience. Individual Employment Plans (IEP) are developed, implemented and maintained by the Case Manager. Timely follow ups and reviewing the client's IEP is ongoing to ensure the client is actively working towards accomplishing their goals.

Hours of Operation: 7:45 am - 4:30 pm/Monday - Friday, excluding Holidays *(Program times may vary based upon program needs)*

Contact Information: Carmelei Leano, Program Specialist; (808) 243-4355

carmelei.leano@meoinc.org

Overview: The Cares Act Reentry Program collaborates with Maui Reentry Partners to deliver targeted services designed to keep present and formerly incarcerated individuals impacted by COVID-19 from reoffending. The program provides access to mental health and substance abuse assessments, treatment, career pathways, employment training and housing assistance opportunities.

Eligibility: Present and formerly incarcerated individuals at or below 200% of the federal poverty level.



N.F.J.P (National Farmworkers Job Program)

S.C.S.E.P (Senior Community Service Employment Program)



Cares Act Reentry Program

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.