

How did you ring in the New Years?

Here are some interesting traditions:

Spain

In Spain, it is customary to eat 12 grapes – one at each stroke of the clock at midnight on New Year's Eve. Each grape represents good luck for one month of the coming year. In bigger cities like Madrid and Barcelona, people gather in main squares to eat their grapes together and pass around bottles of Cava (*Spain's most popular sparkling wines*).

Colombia

In hopes of a travel-filled new year, residents of Columbia carry empty suitcases around the block. That's one New Year's tradition we can get behind!

Denmark

Residents of Denmark greet the New Year by throwing old plates and glasses against the doors of family and friends to banish bad spirits. They also stand on chairs and jump off of them together at midnight to "leap" into January in hopes of good luck.

Finland

In Finland people predict the coming year by casting molten tin into a container of water, then interpreting the shape the metal takes after hardening. A heart or ring means a wedding, while a ship predicts travel and a pig declares there will be plenty of food.

Panama

To drive off evil spirits for a fresh New Year's start, it is tradition to burn effigies (muñecos) of well-known people such as television characters and political figures in Panama. The effigies are meant to represent the old year.

Scotland

During Scotland's New Year's Eve celebration of Hogmanay, "first-footing" is practiced across the country. The first person who crosses a threshold of a home in the New Year should carry a gift for luck. Scots also hold bonfire ceremonies where people parade while swinging giant fireballs on poles, supposedly symbols of the sun, to purify the coming year.

Philippines

You'll find round shapes all over the Philippines on New Year's Eve as representatives of coins to symbolize prosperity in the coming year. Many families display piles of fruit on their dining tables and some eat exactly 12 round fruits (grapes being the most common) at midnight. Many also wear polka dots for luck.

Brazil

In Brazil, as well as other Central and South America countries like Ecuador, Bolivia, and Venezuela, it is thought to be lucky to wear special underwear on New Year's Eve. The most popular colors are red, thought to bring love in the New Year, and yellow, thought to bring money.

Greece

An onion is traditionally hung on the front door of homes on New Year's Eve in Greece as a symbol of rebirth in the New Year. On New Year's Day, parents wake their children by tapping them on the head with the onion.



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Arleen Gerbig

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Food For Thought: 10 Superfoods That Help Boost Brain Function

Adding these 10 superfoods to a balanced diet can give you extra nutrients to support your brain function and may help protect against brain cell damage and mental decline. Your short- and long-term memory may see an extra boost, too.



Salmon

Contains:

High levels of omega-3 fatty acids

Brain Benefits:

Increases brain blood flow, builds brain and nerve cells and reduces memory loss



Blueberries

Contains:

Flavonoid antioxidants

Brain Benefits:

Reduces inflammation and improves communication between brain cells to boost learning and short-term memory



Dark Chocolate

Contains:

Cocoa flavonoids and natural stimulants

Brain Benefits:

Stimulates brain blood flow and improves attention span, memory and mood; may slow age-related mental decline



Nuts

Contains:

antioxidants, healthy fats, Vitamin E

Brain Benefits:

Improves memory and may help prevent neurodegenerative conditions like Alzheimer's and dementia



Avocados

Contains:

Monounsaturated fats, potassium, vitamin K, folate

Brain Benefits:

Reduces blood pressure, improves brain blood flow and lowers the risk of reduced brain function



Whole Grains

Contains:

Vitamin E

Brain Benefits:

Supports cardiovascular health to improve brain blood flow



Pumpkin Seeds

Contains:

magnesium, zinc, copper and iron

Brain Benefits:

Improves memory and protects against Alzheimer's, Parkinson's and depression



Broccoli

Contains:

Vitamin K, choline, antioxidants and flavonoids

Brain Benefits:

Improves memory and reasoning, regulates mood and protects against cell damage from aging



Oranges

Contains:

Vitamin C

Brain Benefits:

Protects against cell damage from aging and related memory loss



Eggs

Contains:

Vitamins B-6, B-12, folic acid and choline

Brain Benefits:

Regulates mood, reduces depression and improves memory

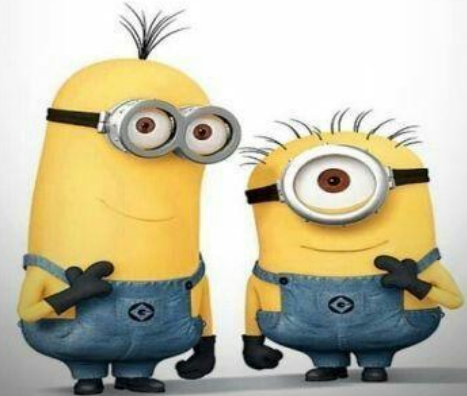
Is your diet giving your brain what it needs for optimal performance?
Get help from the experts at Providence.org.

That's Hilarious!!!

I hate that moment when
you're tired
and sleepy but
as soon as you
go to bed,
your body is like
Just Kidding..



*So You Mean To Tell Me
a Stress Ball Isn't For
Throwing At People Who
Stress You Out?*



A retired doctor became very bored in retirement and decided to open a medical clinic.

He put a sign up outside that said: "Dr. Geezer's Clinic. Get your treatment for \$500. If not cured, get back \$1,000."

Doctor Young, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$\$\$.

So he went to Dr. Geezer's clinic.
Dr. Young: "Dr. Geezer, I have lost all taste in my mouth. Can you please help me?"

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in Dr. Young's mouth."

Dr. Young: "Aaagh! -- This is gasoline!"

Dr. Geezer: "Congratulations! You've got your taste back. That will be \$500."

Dr. Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr. Young: "I have lost my memory; I cannot remember anything."

Dr. Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr. Young: "Oh, no you don't ... that is gasoline!"

Dr. Geezer: "Congratulations! You've got your memory back. That will be \$500."

Dr. Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr. Young: "My eyesight has become weak; I can hardly see anything!"

Dr. Geezer: "Well, I don't have any medicine for that so, here's your \$1000 back" (giving him a \$10 bill).

Dr. Young: "But this is only \$10!"

Dr. Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story: Just because you're "young" doesn't mean that you can outsmart an "old Geezer."

Remember: Don't make old people mad. We don't like being old in the first place, so it doesn't take much to tick us off.

ENJOY YOUR DAY!

Valentine's Day Word Search

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



- | | | |
|---------|---------|-------------|
| • Gift | • Candy | • Kisses |
| • Hugs | • Cupid | • Flowers |
| • Love | • Heart | • Chocolate |
| • Arrow | • Sweet | • Valentine |



EASY BREAKFAST QUESADILLAS



INGREDIENTS

- 6 eggs
- 1/4 cup milk (any kind)
- Salt and pepper , to taste
- 1/2 green pepper , diced
- 4 tablespoons unsalted butter , divided
- 6 slices bacon , cooked, drained, and roughly chopped
- 3/4 cup shredded cheddar cheese , divided
- 6 medium soft tortilla shells

INSTRUCTIONS

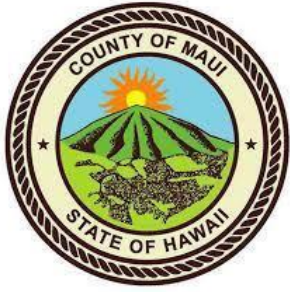
In a medium bowl, whisk eggs, milk, salt and pepper. Add green peppers and stir to combine (see note below). Set aside.

In a large skillet, melt 2 tablespoons butter over medium heat. Add egg mixture and cook until no longer runny, stirring often. Remove eggs to separate plate.

In the same skillet (wipe, if needed), melt 2 tablespoons butter over medium heat. Place one tortilla shell in middle of pan.

Top with 1/4 cup cheese, leaving a 1/2 inch border around tortilla. Spread eggs in an even layer on top of cheese, followed by bacon and a sprinkling of more cheese, if desired.

Place second tortilla shell on top of egg mixture and lightly press down. Heat for 2-3 minutes on both sides, or until shell is slightly golden and cheese is melted. Repeat with remaining tortilla shells. Serve immediately.



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



Employment Services for Low-Income Persons & Legal Permanent Residents

Community Services Programs

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.