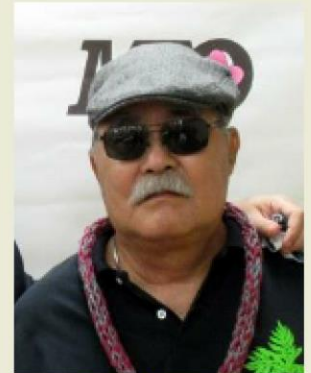


Kupuna Aloha Luncheon



President
David Yanagisako

The Kupuna Aloha Luncheon is set for Saturday July 30th. There will be over 40 candidates to meet at greet at this function and they always have goodies for the Kupuna.

Entertainment will be provided by Nuff Sedd, whose lead singer is Joshua Kahula .

Nuff Sedd's debut album received the 2005 Nā Hōkū Hanohano Award for "Reggae Album of the Year" and won several Hawai'i Music Awards, including "Group of the Year" and "Song of the Year" for the hit single, *Cherry Bomb*.

Also in the lineup is Jenna Pascual who is a Laughter Yoga teacher.

Laughter Yoga is a form of exercise that combines unconditional laughter and yogic breathing without yoga mats or poses. All you need is an open mind, an open heart, and a willingness to let your inner child come out!

Our Kupuna Advocates are Mazie Hirono, United States Senator and Tony Krieg, Retired Hale Makua CEO

Administration
(808) 249-2990
Transportation
(808) 877-7651
Community Services
(808) 249-2970
Molokai (808) 553-3216
Lanai (808) 565-6665

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4 Tips for a Healthy Summer

1 Stay hydrated

Care for a water?



2 Wear sunscreen and hats

You need **at least** SPF 50!

We KNOW, Bob!



3 Watch for signs of heat stress

I've got heat stress!

Are you dizzy?
Nauseous?

No, I'm stressed because my candy melted!



4 Stay cool

Oh, I'm cool.

Not that kind of cool, John.



Find more tips for a healthy summer at landmarkhealth.org

Funny Stuff!!!

CS175275

1979	2022
Long hair	Longing for hair
KEG	EKG
Acid rock	Acid reflux
Seeds and stems	Fibre
Hoping for a BMW	Hoping for a BM
Going to a new hip joint	Getting a new hip joint
Rolling Stones	Kidney stones
Disco	Costco
Whatever	Depends

AUDREY L. VESPAZIS



I May Not Be
Wonder Woman.
But I Can Do
Things That
Make You
Wonder!



©RUNNINGWYLD





Wide Leg Squat



Standing Leg Curl



Knee Extension



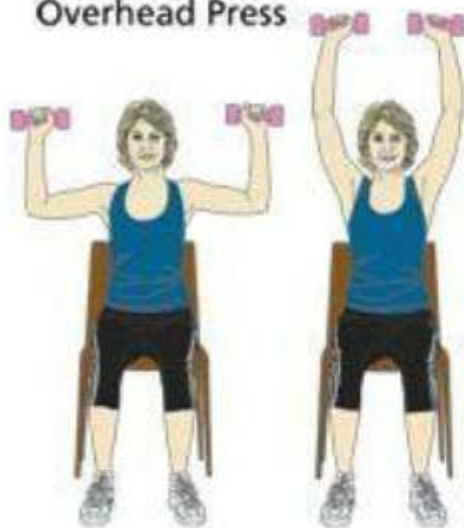
Side Leg Raise



Biceps Curl



Overhead Press



Seated Row



Toe Stand



Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintzer, University of Missouri Extension
New 07/08; Revised 12/15/00



For the Dressing:

1/4 cup olive oil
1 clove minced garlic
2 tablespoons lemon juice *1 large lemon*
1 tablespoon golden balsamic vinegar or
champagne vinegar
1 teaspoon pure maple syrup or honey
Kosher salt and black pepper *to taste*

For the Salad:

2 cups cold cooked quinoa
2 cups fresh spinach
leaves *chopped*
1 cup chopped cucumber
1 cup halved grape or cherry to-
matoes
1 large avocado *pitted, peeled,
and chopped*

Instructions

First, make the dressing. In a small bowl or jar, whisk together the olive oil, garlic, lemon juice, vinegar, maple syrup or honey, salt and pepper. Set aside

In a large bowl, combine quinoa, spinach, cucumber, to-
matoes, avocado, and green onions.

Drizzle salad with dressing and gently stir until salad is coated with
the dressing. Season with salt and pepper, to taste. Serve.

AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BIKE
 BOAT
 CAMP
 FAMILY
 FISHING
 FLIGHT
 FLIP FLOPS
 FLOWERS
 FRIENDS
 GARDEN
 HEAT
 HOLIDAYS
 HOT
 HUMID
 ICED TEA
 INSIDE
 JULY
 JUNE
 LEMONADE
 OUTSIDE
 PARK
 PICNIC
 PLAY
 POOL
 RELAX
 SANDALS
 SHORTS
 SKATEBOARD
 SOCCER
 SUNSCREEN
 SUNSET
 SWIMMING
 TAN
 TANK TOPS
 TENT
 THEMEPARK
 TOUR
 TRAVEL
 TRIP
 VACATION
 WATERPARK

HUGE SUMMER

WORD SEARCH PUZZLE



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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.





Community Services Programs

B.E.S.T

(Being
Empowered and
Safe Together)

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) 243-4358

bishop.pahia@meoinc.org

Enlace Hispano

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: Natalia Barboza 808-249-2970

M.I.L.C

(Maui Independent
Living Center)

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: 808-249-2970

Community Services Programs



R.A.P Rental Assistance Program

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

Contact Information: Kathy Jimenez, Housing Specialist; (808) 243-4365

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

P & CC Planning & Coordinating Council

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

Senior discount RED cards



Community Services Programs

Employment Services for Low-Income Persons & Legal Permanent Residents

Overview: MEO provides 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 150% 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) is 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: (808)-249-2970



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

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 reviews of the client's IEP 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: Carmelei Leano, Program Specialist; (808) 243-4361

carmelei.leano@meoinc.org

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

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.

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

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



Cares Act Reentry Program