

Seniors and Loneliness



Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States and putting them at risk for dementia and other serious medical conditions.

A report from the National Academies of Sciences, Engineering, and Medicine (NASEM) points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated.¹ Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

Loneliness is the feeling of being alone, regardless of the amount of social contact. Social isolation is a lack of social connections. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated.

The Planning and Coordinating Council has over 50 senior clubs targeted toward keeping seniors active. You can contact them at (808) 249-2990 for more information.

Other things that they can do is join an organization that promotes activities for Seniors such as Kaunoa Senior Center (808) 270-7308.

They have classes of all kinds and they also have a nutrition program where they can enjoy a meal and good company for a few hours a day.



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Edwina Wilson-Snyder

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(808) 249-2990

Transportation
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(808) 249-2970

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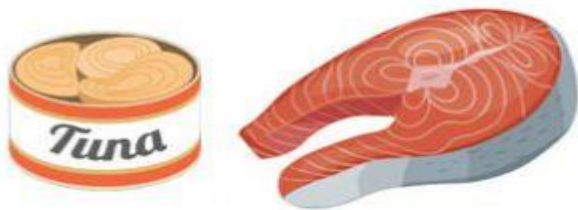
5 FOODS LINKED TO BETTER BRAINPOWER

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by:

www.health.harvard.edu



Funny Stuff!!!

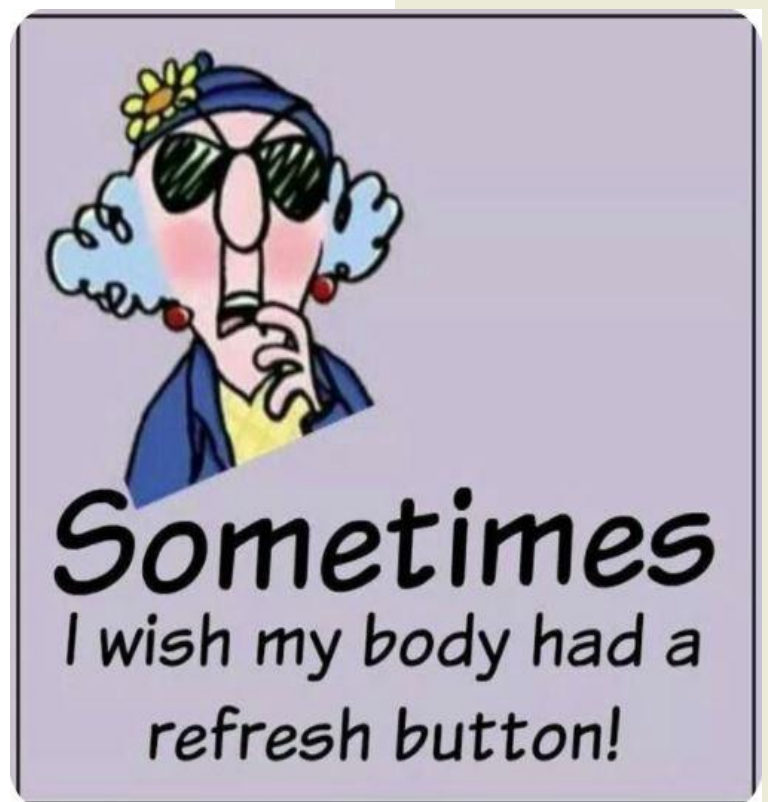
A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard.

After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."

When you're 20 and you drop something, you pick it up.

When you're 80 and you drop something, you decide you don't need it anymore.

Two older gentlemen, Fred and Sam, went to see a movie. Merely minutes into the movie, Sam heard Fred rustling around. It appeared that he was reaching under all of the seats. "What on earth are you doing, Fred?" asked Sam. Fred indignantly responded, "I had a caramel in my mouth and it dropped out. I'm trying to find it!" Annoyed, Sam told him not to worry about it — they could get him another caramel later since that one was ruined by now. "But I've got to," said Fred, exasperated. "My teeth are in it!"



Club Announcements

The Kahului Hongwanji Mission will be holding a bazaar on April 8th, 2023 from 7am—11:00am.

The Church is located at 291 Puunene Ave, Kahului between the 7th day Adventist church and the Kahului Baptist Church.

Korean Chicken Plates will be available from 808 plate food truck (tickets will be available at church for \$16.00), chow fun (\$10.00 a quart), and baked goods.

There will also be a rummage sale of new and gently used items, such as clothing, children's toys, and books. The Country store will have a variety of household goods and small appliances for sale.



Wailuku Hongwanji will be having their yard sale on Saturday April 15, 2023 at the church starting at 8am.

So please come and see what they have!

Chicken Salad



Ingredients:

1 1/2 pounds raw chicken breasts, cooked and diced
4 tablespoons light mayonnaise
3/4 cup celery, diced
2/3 cup red onion, diced
1/2 teaspoon pepper
1/2 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/2 teaspoon dried parsley
1/8 teaspoon salt (optional)

Directions:

After chicken is cooked, combine all ingredients and mix well. Refrigerate until ready to serve. Serve cold on top of a bed of romaine lettuce.

Servings: 5

Serving Size: 1/2 cup



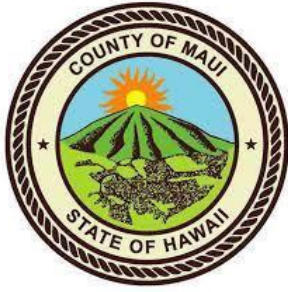
HAPPY EASTER

WORD SEARCH PUZZLE

BASKET
BUNNY
CHICK
COLOR
DECORATE
DESIGN
DOZEN
DUCKS
DYE
EGGS
FAMILY
FLOWERS
FRIENDS
FUN
GRASS
HUNT
KIDS
PEEPS
RABBIT
SPRING
TRADITION
TULIPS

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

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: Alex 808-249-2970

M.I.L.C

(Maui Independent
Living Center)

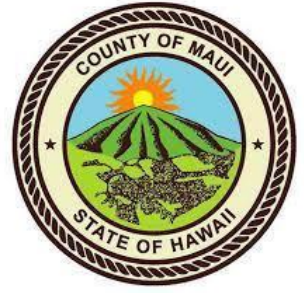
Overview: MILC's mission is to ensure that persons with disabilities are full social, civic and economic partners, both within their families and in a fully accessible community, and to create access and choice.

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: (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.

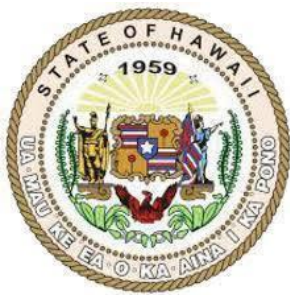
Eligibility: There is no income criteria. Senior citizens 60 years and older residing in Maui County are eligible to apply. Senior individuals may complete and submit an application to the Program Coordinator. Red Cards are distributed via mail to the applicant.

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

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 Center	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 hours.

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.