

SENIOR SCOOP

April – June 2024

In Loving Memory of Gladys Coelho Baisa



Maui Economic Opportunity mourns the passing of Gladys C. Baisa, the 59 year old nonprofit's fourth chief executive who in her 22 years at the helm left a lasting imprint on Maui County with programs reintegrating recently released inmates into the community, helping low income and disadvantaged residents start a business, and supporting Mexican/Hispanic laborers brought to Maui to work in agriculture.

And there was so much more. Gladys, 83, mobilized kupuna to promote and support their own well-being with transportation, health and other services, looked for ways to fund raise, including the Basil Project that grossed more than \$300,000 annually, and secured the donation of 11.5 acres in Waiehu that currently is slated for the 120-unit 100 percent affordable rental project, the Hale Mahaolu Ke Kahua Affordable Housing Community.

"She was a true trailblazer, advocate for low income, disadvantaged and seniors, and she was a role model for women leaders," said MEO CEO Debbie Cabebe. "Gladys dedicated a good portion of her life to MEO and many of the programs that we administer today were started under her leadership. Please keep her family in your prayers."

Gladys would go on to win five terms on the Maui County Council after retiring from MEO and serve in county administrations. But she will always be remembered by the Community Action Agency she guided as Executive Director from 1983 to 2005. In all, Gladys had a 37-year career at MEO, as the agency's first full-time accountant and later as fiscal officer before succeeding Joe Souki as Executive Director.

The Being Empowered and Safe Together (BEST) program was created by Gladys and continues to help incarcerated men and women reintegrate into society upon release. She reached out to friend and motivational speaker Lou Tice to lay the foundation for BEST and garnered funding. Gladys brought the MEO Business Development Center Microenterprise program to Maui, which continues to provide microloans, the Core Four business planning course and business expertise to support low income residents, while generating jobs and strengthening the economy.

HELPING PEOPLE... CHANGING LIVES...

MEO

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MARGARET
CAMBRA

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Lahaina – Honolua Older American Luncheon

Elizabeth Whitehead & Estrelita Bradford, both 80 years old was honored at the Lahaina Honolua Senior Club Older American Luncheon on Monday, May 13 at MEO.

Elizabeth was a hairdresser and volunteers at Maria Lanakila Catholic Church and is a member of the Lahaina Filipino

Catholic Club, the Lahaina Honolua Senior Club and the Maui ILWU Pensioners Club.

Estrelita was a teacher in the Philippines and worked at the Kapalua Bay Hotel for 24 years.

Club members played bingo and had lunch. The club has been meeting at MEO since the August 8 wildfires destroyed their main meeting site, the West Maui Senior Center, and scattered many members all over the island. One club member lost their life in the wildfires and members lost adult children and other relatives. Nearly 40 members lost their homes.



Arleen Gerbig (right), long time president of the Lahaina Honolua Senior Club, was honored by the club at a gathering Monday, May 13 for the Older Americans Luncheon. Arleen guided the club through the COVID-19 pandemic, when many seniors were left shuttered in their homes, and the Lahaina wildfires. Arleen delivered food boxes to members, learned how to navigate social media and online platforms, such as Zoom, to keep in touch, and held the club together after many members were left reeling from the wildfires. "This woman takes care of everyone", said former Mayor Michael Victorino who led the recognition.

Scams aimed at older adults result in the loss of billions of dollars each year. Social isolation is a major contributing factor. Let them know they are not alone.

STRONGER TOGETHER.

Unite to uplift victims.



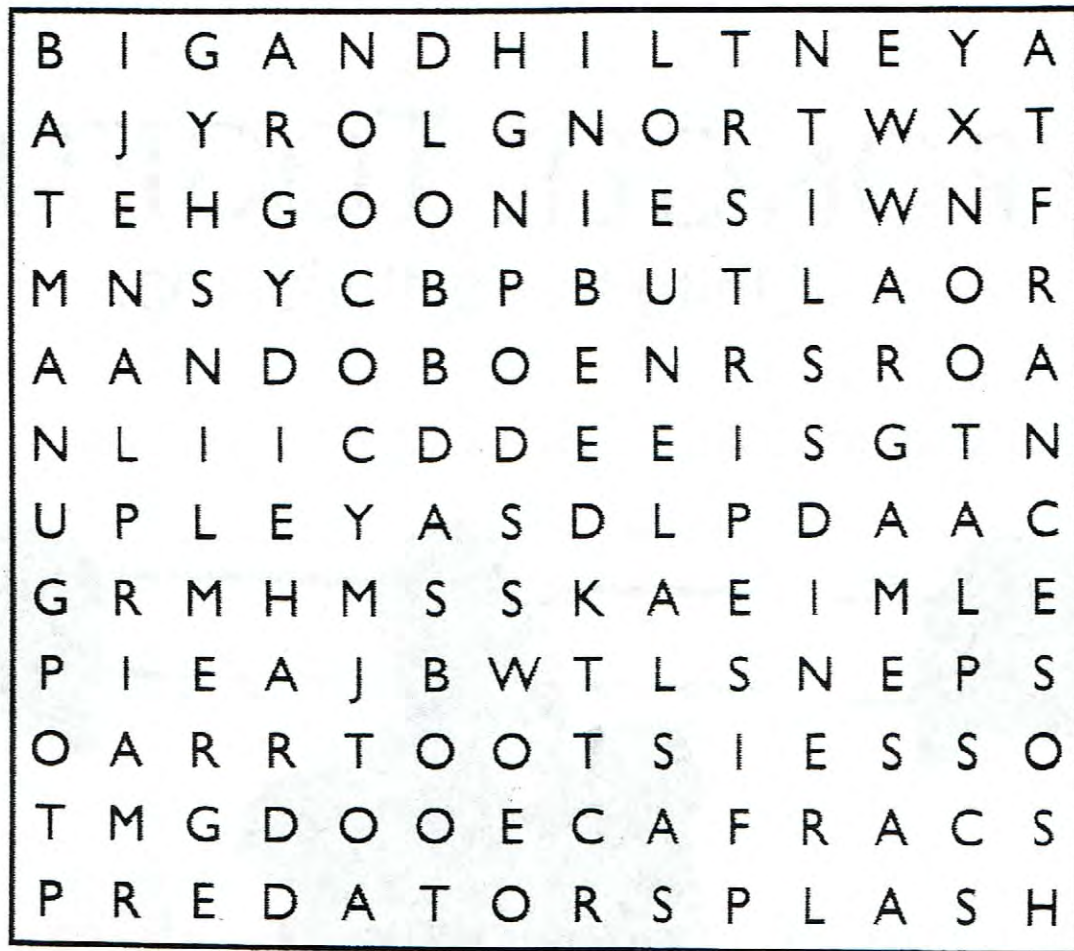
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If you suspect someone is in need of help, call the **National Elder Fraud Hotline** at **1-833-FRAUD-11** or visit <https://justice.gov/stopelderfraud>

80s Movies



AIRPLANE

AMADEUS

BATMAN

BIG

BODY HEAT

COCOON

DAS BOOT

DIE HARD

DINER

FRANCES

GANDHI

GLORY

GOONIES

GREMLINS

PLATOON

PREDATOR

RAIN MAN

RAN

REDS

SCARFACE

SILKWOOD

SPLASH

STRIPES

TAPS

TOOTSIE

TOP GUN

TRON

WARGAMES

WITNESS

YENTL

HYPERTENSION SIGNS AND SYMPTOMS



Dizziness



**Irregular
Heartbeat**



Nausea



Vomiting



Fainting



**Low blood
pressure**



Fatigue

**Cardio Exercises
for Seniors**

1. Aerobic Exercises
2. Anaerobic
3. Walkin
4. Jogging
5. Swimming
6. Aqua Aerobics

For more information,
Visit www.epainassist.com

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An advertisement for cardio exercises for seniors. It features a woman in the foreground holding two dumbbells, smiling. In the background, a man is shown with a heart symbol on his chest, and another woman is visible on the right. The text lists six types of cardio exercises: Aerobic Exercises, Anaerobic, Walkin, Jogging, Swimming, and Aqua Aerobics. It also includes a website URL and the ePainAssist.com logo.

Symptoms

If you are experiencing new, severe, or persistent symptoms, contact a health care provider.

Most of the people are symptomless, others may experience:

- Severe headache
- Shortness of breath
- Nosebleed
- Severe anxiety
- Feeling of pulsations in the neck or head

Causes

- Exact causes of high blood pressure are not known. Hypertension can be categorized into two types, each type has a different cause.
- Primary hypertension (essential hypertension): This type of blood pressure usually takes many years to develop and probably is a result of lifestyle, environment, and age.
- Lifestyle - sedentary lifestyle
- Environment - poor diet, stress
- Age - More common after 50 years of age
- Secondary hypertension: High blood pressure caused due to health problem or certain medications.
- Family history may increase the risk for primary hypertension.
- High salt intake or salt sensitivity
- Smoking
- Overweight or obesity
- Lack of physical activity
- Too much of alcohol consumption
- Stress
- Age - above 50 years
- Factors which may cause secondary hypertension include:
- Diabetes
- Kidney problems
- Sleep apnea
- Thyroid or adrenal gland problems
- Birth control pills

Prevention

- Maintain a healthy weight
- Get regular exercise
- Reduce salt intake
- Learn to manage tension or stress
- Take a well-balanced diet rich in calcium, potassium, and magnesium

Complications

After a prolonged period, untreated high blood pressure can cause heart disease and related complications such as heart attack, stroke, and heart failure.

Other complications include:

- Fluid build up in the lungs
- Vision loss
- Kidney damage
- Erectile dysfunction
- Memory loss

Healthy Recipes

Ingredients

Four 4-ounce boneless, skinless chicken breast cutlets
Kosher salt and freshly ground black pepper
1/3 cup whole wheat flour
1 1/2 tablespoons extra-virgin olive oil
3/4 cup low-sodium chicken broth
1/3 cup sun-dried tomatoes (not packed in oil; not rehydrated), finely chopped or very thinly sliced
1/2 teaspoon finely chopped rosemary
10 ounces white button or cremini (baby bella) mushrooms, sliced
1/3 cup sweet marsala wine
2 teaspoons unsalted butter
1 to 2 tablespoons roughly chopped flat-leaf parsley

Directions



1. Place the chicken cutlets between 2 pieces of plastic wrap and pound with a meat mallet (or the flat side of a chef's knife) until about 1/3-inch thick. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
2. Put the flour on a medium plate. Heat the oil in a large nonstick skillet over medium-high heat. Dredge the chicken in the flour to fully coat, shaking off any excess. Add the chicken to the skillet and fry until fully cooked and golden brown, about 4 minutes per side. Transfer to a platter and tent with foil to keep warm.
3. Add 1/2 cup of the broth, the sun-dried tomatoes and rosemary to any remaining drippings in the skillet and cook, stirring frequently, for 1 minute to plump the tomatoes. Add the mushrooms, 1/4 teaspoon salt and 1/2 teaspoon pepper and cook until the mushrooms are soft, about 5 minutes. Add the marsala and bring to a boil. Add the remaining 1/4 cup broth and the butter and simmer until the butter is fully melted, about 30 seconds.
4. Spoon the mushroom mixture and sauce over the chicken, sprinkle with the parsley and serve.

Cook's Note

This recipe uses regular whole wheat flour, but for a slightly more refined coating, whole wheat pastry flour can be substituted. This steak, broccolini and pea dinner is a one-skillet meal that will be on your table in just 25 minutes! The pan drippings combine with mushrooms, broth and grainy mustard to make a thick and delicious sauce.

By Caitlyn Diimig, RD

Prep Time:

20 mins

Additional Time:

5 mins

Total Time:

25 mins

Servings:

4

Yield:

4 servings

Nutrition Profile:

Diabetes-Appropriate Nut-Free Dairy-Free Healthy Aging Healthy Immunity Low-Sodium High-Blood Pressure Soy-Free Heart-Healthy High-Protein Egg-Free Gluten-Free Low-Calorie

JUMP TO NUTRITION FACTS

Ingredients

- 12 ounces boneless beef top sirloin steak, cut 1 inch thick and trimmed
- 2 teaspoons salt-free steak grilling seasoning, such as Mrs. Dash®
- 2 cloves garlic, minced
- ½ teaspoon salt, divided
- 2 teaspoons canola oil
- 6 ounces broccolini, trimmed
- 2 cups frozen peas
- 1 teaspoon chopped fresh thyme
- 3 cups sliced fresh mushrooms
- 1 cup unsalted beef broth
- 1 tablespoon whole-grain mustard
- 2 teaspoons cornstarch

Directions

1. Preheat oven to 350°F. Sprinkle steak with steak seasoning, garlic and 1/4 teaspoon salt. Heat oil in a 12-inch cast-iron skillet over medium-high heat. Add the steak and broccolini. Cook for 4 minutes, turning the broccolini once (do not turn the steak). Place peas around the steak; sprinkle with thyme. Transfer the skillet to oven and bake until the steak is medium-rare (145°F), about 8 minutes. Transfer the steak and vegetables to a plate (leave the drippings in the pan); cover and keep warm.
2. Add mushrooms to the drippings in the pan. Cook over medium-high heat for 3 minutes, stirring occasionally. Whisk broth, mustard, cornstarch and the remaining ¼ teaspoon salt in a small bowl or measuring cup; add to the pan with the mushrooms. Cook, stirring, until thick and bubbly, about 1 to 2 minutes. Cook, stirring, for 1 minute more. Serve the steak and vegetables with the sauce.