

The Silver Bulletin

Welcome Spring 2021!

Aloha and welcome to our spring edition of the Silver Bulletin. As we look back at the month of March, we can truly say, “March came in like a lion, and has gone out more like a lamb”. Moving ahead into the spring season, we want to encourage everyone to continue to practice good COVID-19 safety protocols. As the vaccination process continues, we thank you for your responsiveness, patience, and cooperation that you have demonstrated. To the many individuals and entities that are working together to coordinate the massive logistics of the vaccination task, we say, “Mahalo”. On behalf of the Office of Aging, we want to recognize the State Department of Health – Hawaii Division, Civil Defense, the Medical Centers, the National Guard, and the many other entities that have risen to the challenge of spear heading and coordinating this process for Hawaii County.

As spring begins to settle in, April brings to us the annual tradition of filing our income taxes. This year the IRS has extended the deadline for federal returns to May 17, 2021. During this pandemic, we thank the AARP volunteers and Coordinated Services for the Elderly for implementing the drive-thru tax service this year. This has allowed them to process 800 tax returns this year under COVID-19 protocols. The COVID-19 pandemic outbreak in 2020, halted tax services halfway through the tax season. We commend them for thinking out-of-the-box to provide this service this year.

Spring is generally a time of new beginnings, but it is never too early to start thinking about our future needs as we progress through life. April 16, 2021, has been designated as National Healthcare Decision Day (NHDD). NHDD is designed to inspire, educate and empower the public and providers about the importance of advanced care planning. Advanced Healthcare Directives provides individuals the opportunity to express their wishes regarding healthcare, and for providers and facilities to respect those wishes, whatever they may be. If you are interested in learning more about Advanced Health Care Directives, please see the information provided in this issue and call Community First and take advantage of the free service they offer.

As we enjoy the months of spring let us continue to work together to end the battle with COVID-19. Together we can all do our part in helping to win the battle by remembering three simple words.

WASH! MASK! and DISTANCE!



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COMMUNITIES OF STRENGTH: MAY 2021

Celebrating Older Americans Month

May is recognized as Older American's Month, and this year we honor the important role seniors play in strengthening our communities. It has been a tradition for the Hawai'i County Office of Aging to celebrate Older American's Month by hosting a luncheon to thank our kupuna for all they do. Unfortunately, we have to postpone our celebration this year due to the COVID-19 pandemic. We still recognize our senior population is an important part of our community and plan on honoring our kupuna in a way that respects guidelines for preventing the spread of COVID-19 in our communities. In recognition of Older American's Month, the Hawai'i County Office of Aging is accepting nominations to honor Outstanding Older Americans who, through their selfless efforts, have strengthened their communities in the Big Island of Hawai'i. Nominees and winners will be recognized by Hawai'i County, the State Executive Office on Aging, and the Governor's office. Stay Tuned! Our office will continue to release information and details as they become available.

The Importance of Resilience as We Age

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. Hawai'i is often described as a "melting-pot" where many cultures have blended together to create a richly interwoven society. Many of the cultures found here deeply value the role elders have in the family and community as keepers of tradition, language, culture, and history. There is so much younger generations can learn from the wisdom and knowledge our kupuna have gathered over the years, particularly ways to bounce back from life's challenges and difficulties. Research has shown that seniors who have developed resilience from challenging experiences in their life have a more positive attitude and increased feelings of well-being. "Resilience is not simply the ability to survive a difficult experience, but the ability to adapt and cope with circumstances in a way that enables one to emerge stronger, to thrive in the aftermath, and to integrate the lessons learned. These are traits that can be learned and can have an effect on positive aging, including senior health and wellness as they relate to healthy aging."

Ways to build resilience in a crisis:

- **Take the long view.**
This philosophy can be summed up in the phrase "this too shall pass." Remembering that we are living in a short moment in time and that the world has overcome many crises — including pandemics that occurred during times when there was far less medical knowledge of how to combat them — can help put the current situation in perspective. Remember that, while life may not go on exactly as it was before, it will go on.
- **Don't worry- prepare.**
Worrying about a situation doesn't change it; worry only emphasizes feelings of helplessness. Look for actions you can take and things that are within your control. Then do something about those things. Action helps build feelings of empowerment and optimism.
- **Be generous.**
When you help others, it reinforces a sense of control over a situation and sends the message that "we're all in this together." In the case of COVID-19, the simple act of staying home and not endangering others is a generous gesture.
- **Enjoy small daily pleasures.**
Focusing on and appreciating the small daily pleasures of life emphasizes positive emotions and builds optimism.

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It can be as simple as making a phone call to a friend, enjoying a cup of your favorite tea, sitting in the sunshine, or watching birds nest in a tree — anything that adds a moment of joy to your day.

Cultivating resilience:

Resilience is not simply a set of personal characteristics one is born with; it's an adaptive process that can be learned. It also isn't dependent on circumstances. In fact, research has shown that senior adults can exhibit traits of high resilience regardless of their socioeconomic background, life experiences or health challenges.

If you'd like to practice the behaviors of resilient aging in an effort to increase your own ability to cope with difficult circumstances, these tips can get you started:

- Maintain an optimistic attitude and always look for the “silver lining.”
- Engage in new activities.
- Cultivate new friendships or join a social group.
- Accept that some things are out of your control, and take action on the things you can affect.
- Practice stress-management techniques.
- Develop a [spiritual](#) practice like prayer, meditation, yoga or mindful journaling.
- Maintain perspective; don't let your thoughts run away with you.
- Practice self-care through proper nutrition, regular exercise and good sleep habits.
- [Volunteer](#) your time to help others.
- Ask for help when you need it.
- Look for the lessons you can learn from the situation.

As you repeatedly turn your focus toward practicing the things you can do to overcome difficult circumstances, you may soon find that it becomes second nature — leading you toward a more empowered, engaged, happy and, yes, resilient life.

Sources: [“Building your resilience” \(American Psychological Association\)](#)

[“Resilience in Aging” \(Elder Care, The University of Arizona’s Arizona Center on Aging\)](#) [“The impact of resilience among older adults” \(Geriatric Nursing, Volume 37, Issue 4\)](#)

[“Living Well Through Crisis” by E.C.Barrett, Cornell College of Human Ecology](#)

“You don't stop laughing when you grow old. You grow old when you stop laughing.” —George Bernard Shaw

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Don't Let Stress Keep You Down

Many of us may still be feeling the effects of stress from the changes brought on by the COVID-19 pandemic. Concern about limiting exposure, isolating at home, changes in finances or housing, and having limited access to supports are still issues for many in the community. It's important to recognize signs of stress in our bodies and take steps to find balance again. Try some of the tips below to beat stress and smile again!

7 Easy Ways to Fight Stress

- 1. Listen to music:** Turn on your favorite radio station or listen to your favorite record. If you play an instrument, spend some time learning a new tune or playing a cherished favorite. Don't be afraid to sing along!
- 2. Talk with a friend:** Sometimes we just need to let it out. A friend can provide some helpful advice or a comforting shoulder to lean on. Other options include AARP's Friendly Voice Program (1-888-281-0145), the SageCONNECT program (for LGBT seniors, sageusa.org), or a wellness phone call from the Kupuna Kare group (808-938-9895, www.kupunakare.com).
- 3. Eat Healthy:** Food can nourish our minds as well as our bodies- so be mindful! Fermented food like kimchi is packed with nutrients and probiotics to maintain a healthy digestive system. Nuts and seeds (almonds, cashews, sunflower seeds) are loaded with vitamins and minerals, and fatty fish like salmon or saba contain fatty acids essential to brain health.
- 4. Get Active:** Exercise (even for a short time) is shown to improve mood and increase feelings of wellness. A short walk around the neighborhood, dancing to your favorite song, stretches, or low-impact chair exercises are easy ways to get your heart pumping and lift your spirits.
- 5. Practice stress-reduction techniques:** Meditation, mindful breathing practices, tai-chi, yoga- any of these practices can help to reduce high blood pressure and promote a sense of peace and well-being. Massage is well-known for relieving pain and reducing stress. Acupuncture, aromatherapy, and reflexology are other ways to wind down and promote calm feelings.
- 6. Disconnect:** Sometimes it helps to just have down-time. Turn off the news, put down your phone, and take some time to enjoy a little peace and quiet. You can read a book, draw, crochet, write, take a nap, spend time in nature, mediate, pray, or treat yourself to a calming bath.
- 7. Reconnect:** It feels good to have a purpose, especially when we are helping others. Volunteering in your community can help you stay active, build relationships, give back, and find a sense of well-being by assisting others. Reach out to the Retired and Senior Volunteer Program at 808-961-8730 for information. Your church or faith group may also be in need of volunteers!

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Giving to the Next Generation

From self-expression to self-direction, there are countless ways for older adults to stay engaged and give back to others at the same time. Some of the most rewarding ways to express yourself and contribute to your community involve passing on experiences, wisdom, and skills to the generations that follow.

Everyone has something to share, and these ideas can help get you started.

Mentor. Use professional or personal experiences to guide a child, young adult, or even a peer. Example: Visit Senior Corps at nationalservice.gov to learn about becoming a foster grandparent.

Volunteer. Put skills to use while giving back to your community. Example: Sign up to collect food/clothing donations, serve meals at a local soup kitchen, or help older friends with daily tasks at home such as paying bills. The Retired Senior Volunteer Program (RSVP) can be reached at 808-961-8730.

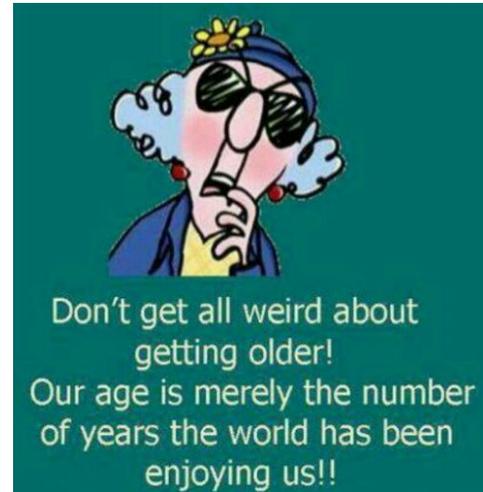
Teach. Impart expertise via formal or informal education and tutoring opportunities. Kamana Senior Center may be a good place to start when classes are scheduled to resume. You can call the Elderly Activities Division at 808-961-8708. You can also check with local schools that may need reading, math, or science tutors.

Speak. Sign up for speaking engagements, paid or unpaid, as well as storytelling events. Example: Open-mic events, often at theaters and libraries, welcome speakers of all ages. If you have a story to share about your past, StoryCorps Connect is a way to document and preserve your experience so future generations can learn and benefit from your unique perspective in history. Developed in March 2020 in response to the COVID-19 pandemic, **StoryCorps Connect** is a first-of-its kind platform that enables you to record a StoryCorps interview with a loved one remotely using video conference technology. The audio and a still photo from each interview goes into our archive at the American Folklife Center at the Library of Congress.

Engage. Visit a senior center or organize a gathering focused on connecting with others. For seniors who may be interested in working, contact the Senior Community Service Employment Program (SCSEP) WITH Workforce Development Division. This program, formerly the Senior Training Employment Program (STEP) can provide job opportunities to individuals who are 55 or older, unemployed, low-income and looking for employment. Contact Jenea Respicio at 808-935-6527 to learn about available job opportunities in the East Hawaii area.

Write. Pen an article, op-ed, or even a book to communicate wisdom and lessons learned. Example: Start with something you know the most about, such as a career, hobby, or historical event, and submit a column to your local newspaper.

Create. Pick a medium and use art to express yourself and share your perspective. Example: Paint, draw, sculpt, play music, dance, make crafts – whatever suits you.



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Meredith Catalini- Aging and Disability Services Manager

Kupuna – generations before us who by their spiritual wisdom and presence guide us through personal, familial or community difficulties. We look to our Kupuna to help us find and fulfill our pathways through life. *Kahikahealani Wight, Professor of Hawaiian Language and Literature, Kapi'olani Community College*

I took some time to reflect this week and recognize the gifts I have been given by the Kupuna in my life. It was hard to think of just one person who has guided me through life in mind and spirit. I realize I have benefited from many and continue to receive lessons that will stay with me throughout my journey. An example are my late grandparents – they showed endless love and patience while carrying themselves with a high moral compass. They taught me to love others openly, to not judge people for their differences and to embrace life's challenges with strength and determination. Their lessons were quiet and not given through speeches or staged learning sessions but provided through their actions, words and connections to others. I am humbled to have had them in my life and will continue to strive to hold their lessons close to my heart and act with intention and understanding towards others.

Being a part of the ADRC team allows me the opportunity to continue to connect and learn from Kupuna on Hawaii Island. Mahalo Nui Loa for your gifts and teachings.

Leilani Westergard– Aging and Disability Services Specialist I

My Nana spoke Chamorro exclusively and was fluent in Japanese, a remnant of the Japanese occupation of the Northern Marianas Islands after World War I until transferring power to the United States post-World War II. She bore 13 children, some of whom were born during World War II (my auntie Soledad arrived into the world in a cave, where many Chamorros found safety from the vicious fighting between the Japanese and American soldiers). She was the quietly noble matriarch of our family- resourceful, resilient, and a mean poker player.

Nana passed away on December 31, 1999- a few days after an important lease agreement was finalized. This business deal would ensure she could continue providing for her family, even now (over 20 years after her passing), by providing a small (but meaningful) monthly income to her surviving family. She took a nap on her couch one quiet afternoon and did not wake up. I have dreams of Nana every so often- I ask her how she is doing and she responds "Maolek, Leilani, mas maolek" (Good, Leilani, very good!) and we catch up with each other and play *chongka'* (an ancient Chamorro game similar to the ancient Hawaiian *konane*) until it's time for her to say goodbye. These dream visits with my Nana remind me that no one ever really disappears, and that each and every one of us has the power to leave an everlasting impact on others and our community.

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Upcoming ADRC Trainings/Programs



Hawaii Energy
YOUR CONSERVATION & EFFICIENCY PROGRAM

Hawaii Energy's Energy Smart 4 Homes Program

Hawaii Energy helps educate island families and businesses about the many and lasting benefits of energy efficiency and conservation. We encourage and reward smart energy decisions that allow our state to reach 100% clean energy faster and cheaper, and to date, have saved Hawaii more than a billion dollars in energy costs.

Energy Smart 4 Homes is a **FREE** direct install program for residential single family and multi-family properties. At no cost to you, your home may be retrofitted with energy saving items such as: select Energy Star LED lighting, high-efficiency showerheads, advanced power strips for energy management, and high efficiency faucet aerators (kitchen and bath).

Sign up today to receive **over \$150** in energy-saving products. It's a no-cost easy way to:

- Cut your electric costs
- Lower your water and sewer fees
- Conserve resources

HawaiiEnergy.com/ES4Hsignup or call toll free **877-231-8222**

**Hawaii Island residents can call Mike Vise of Pono Homes to set up appointments at 808-392-2156*

Aging in Place on Hawai'i Island

It's a great place to live, work, and play. But, is it a great place to grow older? What will it take to "age in place", on the island? Join us for a free 3-part webinar series to help you think about the plan for the future.



Join Us Online, Saturdays at 10am:

April 17th- Legal Issues and Financial Issues

April 24th- Housing Options for Older Adults on Hawai'i Island

May 1st- Eldercare Resources

Register at https://aarp.cvent.com/HI_AIP

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What Did You Say?!



Aloha Independent Living Hawaii (Hilo) offers referrals to **AUDICUS- Customized Affordable Hearing Aids**

- Call 808-339-7297 to let a specialist know you are interested in **AUDICUS**
 - Take an audiology test or submit your own (<1 yr old)
 - Get connected to **AUDICUS** to customize your hearing aid features and submit the order
 - Your hearing aids will be shipped by **AUDICUS** to your home
- Your designated hearing specialist will work with you and the audiologist to ensure satisfaction with your hearing aids

For more information on AUDICUS visit www.audicus.com or email contact@audicus.com



Advanced Health Care Directive Workshops

Community First continues to hold FREE workshops to help you complete your Advance Health Care Directive (AHCD). The AHCD is something that every adult, regardless of your health status, should prepare and share with your doctor and loved ones. It is a legal document that allows you to choose someone to speak for you about what kind of medical care you want--or do not want--if you are unable to speak for yourself.

Because of COVID restrictions, our workshops use the Zoom app which requires an iPad, computer or smartphone. Volunteers are available to help you log on with Zoom.

If you do not have the equipment to Zoom, Community First has a new way for you to view their workshop presentation by using a Tablet in the comfort of your home. The Tablet is easy to use and doesn't require any other equipment. This assistance is FREE. Call Rosemary Burnett at 987-4405 if you are interested.

Registration for the Zoom workshop is quick and easy either online or via phone!

Workshop Date	Workshop Time	Follow-Up Date (optional)	Follow-Up Time
Sun, April 11, 2021	3:00-4:15 pm	Sun April 18, 2021	2:30-3:00pm
Wed, June 16, 2021	9:00-10:15am	Wed, June 23, 2021	9:00-9:30am

How to register: Online: <https://www.communityfirsthawaii.org/registration/>

Phone: Amy Hamane, 808-443-4043 Rosemary Burnett, 808-987-4405

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INDIVIDUALIZED EMERGENCY SUPPORT PLAN DEVELOPMENT

The Aging and Disability Resource Center is offering a free training to assist Kupuna with developing a person centered emergency plan. Training includes support with developing a written plan and completing an emergency kit for your home. Plan and kits will include information and supplies to aid Kupuna through a pandemic, natural disaster or other emergencies. Plan development will help facilitate support from community resources.

Kupuna and/or their caregivers can sign up for this free training by calling the Aging and Disability Resource Center. Training includes:

1. Online pre-recorded training
2. 1:1 session with an Aging and Disability Specialist providing individualized support to help complete plan and kit
3. Participants will receive a free Support Plan workbook, free emergency kit bag and kit starter items

This program is available island wide while supplies last.

Contact ADRC to register! **808-961-8626**

This program was funded in part by the County of Hawai'i, Hawai'i State Executive Office on Aging, and through federal CARES ACT funding

Contact ADRC to
Register 961-8626

Why: To help
connect people to
resources in times
of need

“Planning is bringing
the future into the
present so that you
can do something
now.” Alan Lakein

This is a free program
offered by ADRC

Aging and disability resource
center

1055 Kino'ole Ave
Hilo Hawai'i, 96720
808-961-8626



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alzheimer's  association®

Stay Connected Virtually!

The Alzheimer's Association® continues to support individuals in the community touched by Alzheimer's disease or other dementia through online education programs and caregiver support groups.

Upcoming Online Education Programs

April 14 (4:30-5:30 p.m. HST)

Living w/ Alzheimer's
for Care Partners

April 28 (4:30-6:00 p.m. HST)

Legal and Financial Planning
for Alzheimer's

And many more! Contact us to register and for more information.

Online Caregiver Support Groups

Our Hawai'i Island Caregiver Support group continues to meet on Zoom twice a month. Contact us for the Zoom links to join in!

1st Wednesday of the month

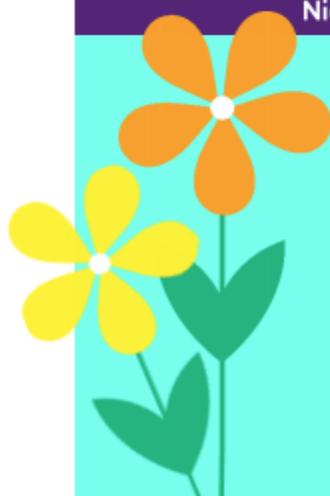
10:00 – 11:00 a.m.

3rd Thursday of the month

4:30 – 5:30 p.m.

For more information on our online programs contact Hawai'i Island Regional Coordinator, Nic Los Baños at 808-518-6649 or nklosbanos@alz.org.

2021 Walk to End Alzheimer's Save the Date: September 18



Alzheimer's isn't stopping and neither are we.

Join us this fall for our annual Walk to End Alzheimer's. Every dollar we raise through Walk allows the Alzheimer's Association to provide 24/7 care and support while accelerating critical research. Stay tuned for more details!

Take your first step today by registering for free at act.alz.org/hawaiiwalk

For more information about Alzheimer's Association programs on Hawai'i Island, contact Hawai'i Island Regional Coordinator, Nic Los Baños via phone (call or text) at 808-518-6649 or via email at nklosbanos@alz.org.

Connect with us online at alz.org and through our 24/7 Helpline 800-272-3900.

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BACON BROCCOLI SALAD



This quick and easy dish is the perfect side for a potluck or summer barbeque. Broccoli is full of vitamins, minerals, and healthy antioxidants linked to preventing cancer. Studies have shown that walnuts can help lower cholesterol, decrease inflammation, and are a great source of healthy omega-3 fatty acids. And bacon? Well, it makes everything taste amazing! Some recipes include cheese, imitation crab, snow peas, or grated carrots. Feel free to be creative and add your special twist to this classic recipe!

Ingredients:

- 8 slices bacon (cooked till crisp, chopped)
- 1 head broccoli (cut into florets)
- ½ cup raisins or dried cranberries
- ¼ cup red onion (chopped)
- ¼ cup walnuts (optional)
- ½ cup mayonnaise
- 2 tablespoons apple cider vinegar
- Black pepper (to taste)
- Sea salt (to taste)

Directions:

- Blanche broccoli in steaming water for 10 seconds or until bright green
 - Strain broccoli and run under cold water to stop the cooking process
- Combine broccoli, raisins, red onion, and walnuts in large bowl, place in refrigerator to cool
 - In small separate bowl, combine mayonnaise and apple cider vinegar for the dressing
 - Pour dressing over broccoli, mix well and add salt and pepper to taste
 - Serve chilled. ENJOY!

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HAWAII COUNTY OFFICE OF AGING

ISSUE 2



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Hawai'i County Office of Aging
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HAWAI'I COUNTY OFFICE OF AGING



HILO OFFICE

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Suite 101
Hilo, HI 96720
(808) 961-8600

Aging & Disability Services
(808) 961-8626

KONA OFFICE

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Aging & Disability Services
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Aging & Disability Services Specialist I
Case Manager
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Thank you to our Volunteers & Sr. Training & Employment Workers:
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Irene Kauwe, Katie Kosora, Julie Steenhuis, and Patricia Yamamoto

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