

# The Silver Bulletin

## HAPPY NEW YEAR 2021!

As we begin the New Year, we at the Office of Aging would like to take this opportunity to wish you all a Happy New Year. As we look back at the past year, we can all agree that 2020 was an exceptional year with many first time experiences. It is without a doubt that the most unexpected challenge in all of 2020 was the COVID-19 pandemic. Who would have guessed back in March of 2020, that here in January of 2021 we would still be in the grips of COVID-19.

Although many resources have been directed to the COVID-19 pandemic, it has not eliminated those individuals who take advantage of times like these to continuously refine their scam tactics. These “SCAM ARTIST” work to find out what motivates you as they seek to take advantage of your resources and money. Please be aware that with all the good that modern technology brings us, it also provides new avenues for “SCAM ARTIST” to reach us. With the wonder of technology, scams today happen at a simple push of a button, and electronic transactions happen almost immediately. Please take some time to ask yourself if this offer is truly legitimate. Whether these offers come to you by phone, over the internet, through the mail, or someone coming to your residence, if it sounds too good to be true use this rule, When in Doubt, Throw it Out.

As we celebrate the New Year and look back upon the old, let us build upon the lesson learned in the past to guide us as we move forward into another year. Learning from our past we want to encourage each one to continue to be patient. To all do our part so that one year from now we will look back and see that all of us working together, will have faced the challenges of 2020, and in 2021 we have turned them around and have come out better and stronger because we built upon those experiences. Together we can slow the spread of COVID-19. Together we can make it more difficult for “SCAM ARTIST” to deceive us, because we will have learned to support one another through difficult times.

*Life is about learning from the past, trusting your intuition going forward, taking chances, finding moments of happiness, and realizing everything is simply a lesson that happens for a reason.*

This New Year will give us the opportunity to demonstrate through action the patience we learned in 2020. Together we can all do our part to help keep us all safe by three simple words.

**WASH! MASK! and DISTANCE!**



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## Meet the ADRC team

The Aging and Disability Resource Center, ADRC, is an access point for older individuals, caregivers and people with disabilities.

The ADRC provides information, resource awareness, assists with connecting people to services, and supports island wide. Aging and Disability Service Specialists are available in our Hilo and Kailua-Kona offices Monday through Friday.

The ADRC team members are introduced below, sharing a little bit about themselves along with a personal share.

### Meredith Catalini – Aging and Disability Services Manager

Happy Holiday Season to everyone! I am happy to be working with the Aging and Disability Resource Center. I transferred from a contracted Case Manager position with Hawaii County Office of Aging into my role as Service Manager in March 2020. My background includes working with seniors and individuals with disabilities in a variety of roles spanning over 30 years. My childhood was spent in the Midwest and my early adulthood on the east and west coasts. I feel extremely fortunate to be settled in Hawai'i and blessed to call it home. I look forward to connecting with many of you in 2021.

The holidays are full of memories for me - one of my favorite holiday memories is making Gingerbread Man cookies with my family. Recalling time spent in the kitchen baking and laughing will fill my heart this year as we celebrate the holidays apart. Below is my mom's gingerbread cookie recipe – roll up your sleeves, grab the grandkids or a friend and ENJOY!

### Mom's Gingerbread cutout cookies

Beat 6 Tbs butter	2 tsp vanilla	1 ½ tsp baking powder
¾ c dark brown sugar	Sift together 3 c flour	¾ tsp baking soda
1 egg	1 ¾ tsp cinnamon	¼ tsp salt
Add ½ c molasses	¼ tsp cloves	1 Tbs ginger

- Mix all ingredients and wrap in plastic after dividing in 2 balls.
- Let sit at room temperature at least 2 hours if baking that day. (You can refrigerate dough for 3-4 days. If you do, bring dough to room temperature and let sit a few hours before using)
- Lightly flour rolling pin and surface. Roll out dough about ¼ inch thick and cut out shapes. If using gingerbread man cutter, give him raisin eyes, mouth and buttons before baking.
- Bake in preheated 375 oven for about 7 minutes. Check as ovens vary.
- Let cool on baking sheet for at least 5 minutes before moving to racks. If desired, frost with mittens, scarf, etc.

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## Alice Bratton – Aging and Disability Services Specialist

Aloha! I feel so blessed to be working at the Hawaii County Office of Aging, in the Aging and Disability Resource Center. I've been the Aging and Disability Services Specialist in the Kona office at the West Hawaii Civic Center for five years. It is a pleasure to be in a position to assist folks in navigating the system of care and getting connected to the services and resources that can help ease their lives. I grew up in rural Indiana, but I moved to Kona in 1998 after spending twenty years in Tokyo, Japan. I came to Hawaii with a fascination for the many ways Japanese culture contributes to the local culture. I love the inclusive spirit of aloha that I've found here.

I'd like to share a story about how an old skill, learned more than fifty years ago, became a valuable self-care activity for me recently. I call it: **Old Dog Revisits Old Tricks for New Meaning**

I think I was nine or ten when I learned to crochet. I produced several crocheted craft projects throughout my teen years -potholders, purses, ponchos, afghans, etc. I think my primary motivation was the pleasure of making something useful. Over the years I've watched my sister and my niece pursue knitting and crocheting in an almost spiritual way. Their dedication to the craft was inspiring and I thought, maybe I would enjoy bringing that back into my life. My first project was a baby blanket, intermediate difficulty. I was astounded to find that sitting for half an hour focused on performing a series of repetitive actions left me feeling extraordinarily satisfied and relaxed. I have found an amazingly effective form of meditation!

## Wesley Tanigawa – Aging and Disability Services Specialist II

Mele Kalikimaka a me Hau'oli Makahiki Hou mai Kakou! I have worked with seniors and people with disabilities since 1979 in various capacities. Through my experiences in growing up on Kaua'i, living in Honolulu and San Francisco, then moving to Hawaii Island, I have found that the culture on Hawaii Island embraces the concept that kupuna are vessels of wisdom and knowledge, and they provide care to them with a coordinated and united effort. I see the ALOHA spirit in action and I am humbled and honored to support this effort at the ADRC.

I share with you some words of wisdom from a kupuna, Auntie Pilahi Pahi, an educator and spiritual advisor in Hawaii. In 1970, during a Governor's Conference on the Year 2000, she shared about the Aloha Spirit and what it means. It is included in the Hawaii Revised Statutes, Section 5 – 7.5 and is known as A Tropic Prayer.

A- Is Akahai, Hawaii meaning Kindness, to be expressed with a feeling of Tenderness

L- is Lokahi, Hawaii meaning Unity, to be expressed with a feeling for Harmony

O – is 'Olu'Olu, Hawaii meaning Agreeable, to be expressed with a feeling of Unity

H – is Ha'a Ha'a, Hawaii meaning Humility, to be expressed with a feeling of Modesty

A – is Ahonui, Hawaii meaning Patience, to be applied with Perseverance

These are traits of character that express the charm, the warmth, the sincerity, the generosity, and the love of an intangible substance or spirit known to many in Hawaii Nei as ALOHA.

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## Leilani Westergard– Aging and Disability Services Specialist

Aloha and Hafa Adai!

2020 has certainly been one of the most challenging and eventful years for all of us. We have all made significant changes to adjust to the “new normal” brought on by the COVID-19 pandemic. For many (including myself) these changes are particularly difficult during the holiday season, when we have so many traditions that involve the gathering of family and friends to celebrate each other and the coming New Year. Growing up in Saipan, celebrating Christmas meant getting together! Whether it was going to mass on Christmas morning, gathering together with my Nana and Tata, aunties, uncles, and cousins for a barbeque at the beach, or attending various parties thrown by family, friends, neighbors, or co-workers.

During this holiday season, we have to continue to be mindful of exposure to COVID-19. Phone calls, FaceTime, Skype, Zoom, texts and shakas now replace the hugs and honis...certainly not ideal, but necessary to protect ourselves and our families from the coronavirus. When I start to feel down or isolated from limiting contact with those closest to me, I find it helps to pause and consciously focus on at least 3 things that I am grateful and thankful for... This simple step helps shift my mood into a more positive outlook and allows me to acknowledge that “this, too, shall pass” (eating a piece of chocolate also helps!).

I sincerely wish you all a safe and happy holiday season!! Our community here on the Big Island is a special one- full of caring and compassionate individuals (that includes You!). Let us continue to be kind to ourselves and others as we look forward to a New Year. Mele Kalikimaka, Felis Pasgua, and Happy Holidays to you and your loved ones.

## Upcoming ADRC Trainings/Programs

### Person Centered Emergency Planning

Training offered by the Aging and Disability Resource Center to assist individuals and caregivers with developing a Person Centered Emergency plan that will outline people, resources and services to assist Kupuna during a pandemic or natural disaster.

Training includes support with developing a written plan and putting together an emergency kit. ADRC provides plan outline and starter kits to participants.

Training dates to be determined – Please contact ADRC if you are interested in participating.

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## Alzheimer's Association Hawai'i Island Caregiver Support Groups

Caregiver support groups are ongoing meetings for *caregivers* of individuals living with Alzheimer's and other dementias. These groups provide a forum for caregivers to share feelings, needs and concerns in a confidential, safe, supportive, non-threatening and non-judgmental atmosphere. These groups are open to anyone caring for individuals living with Alzheimer's and other dementias.

All Caregiver Support Groups are currently being held via Zoom.

First Wednesday of the Month  
(Jan 6, Feb 3, Mar 3, 2021)  
10:00 a.m.-11:00 a.m.

Third Thursday of the Month  
(Jan 21, Feb 18, Mar 18, 2021)  
4:30 p.m.-5:30 p.m.

Questions? Want to join a support group? Contact Nic Los Baños at [nklosbanos@alz.org](mailto:nklosbanos@alz.org) or 808-518-6649.

## Online Education Programs

Join the Alzheimer's Association to learn more about topics related to Alzheimer's disease and dementia through the following education programs. These programs are currently being offered virtually via Zoom and are open to anyone in the community.

Understanding Alzheimer's and Dementia  
Jan 27, 10:00 a.m. - 11:00 a.m.

10 Warning Signs of Alzheimer's  
February 24, 10:00 a.m. - 11:00 a.m.

Legal and Financial Planning for Alzheimer's Disease  
March 24, 4:30 p.m.- 5:30 p.m.

Register by phone at 800-272-3900 or online at [alz.org/crf](http://alz.org/crf).

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## Fraud and Scam Information

### Why are the elderly frequent targets of fraud scams?

Unfortunately, the elderly population are the most frequent targets for financial scams. The criminals focus on populations that may be lonely, isolated, willing to listen and trusting of others. Kupuna can be prime targets to schemes attributed to credit cards, sweepstakes, contest, prize winnings, home improvement, insurance and more.

Each year, millions of elders fall victim to some type of financial abuse. It is important to report suspicious activity and to not be ashamed if you have been a target of a scam.

Elder's may be embarrassed that they fell for a scam and worry about what their family will say if they find out. This protects the scammer, which is another reason they target older populations for their scams.

51% of financial fraud cases against the elderly were from strangers taking advantage of the aging population. The hardest hit age groups were between 70 yrs of age and older.

#### IMPORTANT TIPS/PROTECT YOURSELF:

1. **Be cautious of unsolicited phone calls and door-to-door services.**
2. **Never give or send any personally identifiable information, social security number, money, jewelry, gift cards, or checks, bank account information.**
3. **Recognize scam attempts and end all communication with perpetrator.**
4. **Talk with your family and friends if you are not sure if you are being scammed.**
5. **Do not click pop ups on your computer – be careful what you download.**
6. **Do not make quick decisions. Scammers want you to act fast.**

#### For more information, see the sites listed below:

1. National Council on Aging [www.ncoa.org](http://www.ncoa.org)
2. Elder Protection Center [www.elderprotectioncenter.com](http://www.elderprotectioncenter.com)
3. Informational resources can be requested from Hawaii County Office of Aging

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## ADVANCE HEALTH CARE DIRECTIVE: ***Do you have one?***

Let us help you complete an Advance Health Care Directive that documents your end-of-life wishes. It's FREE and doesn't require an attorney.

Community First can help you complete your Advance Health Care Directive. Workshops are free and are especially important for Seniors. Next workshop will be held in February, 2021. In the meantime, Happy Holidays...keep safe and healthy. For details on the February workshop go to [www.communityfirsthawaii.org/registration/](http://www.communityfirsthawaii.org/registration/) or if you have questions, call Amy Hamane, 443-4033 or Rosemary Burnett, 987-4405.

*Presented by:*



### LOCATION

Aging and Disability Resource Center (ADRC) Training Room  
1055 Kino'ole Street, Hilo, HI 96720

### REGISTRATION

Online at <http://www.CommunityFirstHawaii.org/registration>  
Phone: Rosemary Burnett, 987-4405 or Amy Hamane, 443-4033

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## TAX TIME

Coordinated Services for the Elderly is taking calls for tax preparation support. The free tax preparation is being provide by AARP. There will not be any in person sessions this year as a safety precaution. Please call Coordinated Services for the Elderly at 808-961-8777 for more information. Spaces are limited.

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



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Hilo, HI 96720  
(808) 961-8600  
Aging & Disability Services  
(808) 961-8626

### KONA OFFICE

75-5044 Ane Keohokalole HWY  
Building B  
Kailua-Kona, HI 96740  
(808) 323-4390  
Aging & Disability Services  
(808) 323-4392

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Thank you to our Volunteers & Sr. Training & Employment Workers:  
Judith Ater, Josephine Cox, Carol DeLima, Meryl Iwasaki, Nu'u McKeague,  
Irene Kauwe, Katie Kosora, Julie Steenhuis, and Patricia Yamamoto

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