

The Silver Bulletin

Spring into Action!

As we move out of winter and into spring, we look forward to spending more time together with family and friends as the weather warms up and the days begin to get longer. This is a great time to add some physical activity in our lives after a long winter. A good goal is to try to get at least two and a half hours of moderate exercise each week. Eating a healthy diet, limiting the amount of alcohol you consume, managing your stress, and getting a good night’s sleep are wise choices that we can make to help boost our immune system that keep us healthy.

Now that spring is here, are you looking for an activity that is satisfying and rewarding? Have you ever thought about volunteering?

Doing Good is Good for You
Volunteering

<p style="text-align: center;">Reduces</p> <p style="text-align: center;">↓</p> <ul style="list-style-type: none"> depression chronic pain stress risk of disease social isolation 		<p style="text-align: center;">Increases</p> <p style="text-align: center;">↑</p> <ul style="list-style-type: none"> physical fitness cognitive health sense of purpose social connection longevity
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Corporation for National & Community Service, *The Health Benefits of Volunteering: A Review of Recent Research*, May 2012, www.nationalservice.gov/pdf/healthbenefits_factsheet.pdf.

Volunteering is a great way to give back to your community. Volunteering benefits the volunteer and the community. What better time to start this activity than in the spring. Volunteering provides you the benefit of being active and connecting with others. Volunteering can help improve your physical and mental health. Giving back

to communities gives you a sense of purpose and fulfillment. Need help locating a volunteer opportunity that matches your interest? Call the Office of Aging, Aging and Disabilities Resource Center at (808) 961-8626 and speak to an Aging and Disabilities Resource Specialist.

Let us make spring the time we “Spring into Action”. Let us engage in activities that will help us improve our physical and mental health. Activities that will give us a sense of fulfillment and purpose and keep us healthy and connected. The Office of Aging thanks our Island residents for helping to keep our communities safe for our Kupuna and their Caregivers. By following the Center for Disease Control and Prevention’s recommendations, our Kupuna and their Caregivers can continue to live safely at home and in their communities. We continue to encourage our Kupuna and their Caregivers to get their COVID and Influenza vaccines, thus helping to keep our communities safe and healthy.



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ADRC CORNER

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, and assists with connecting people to services and supports island-wide. Aging and Disability Service Specialists are available to answer questions and provide assistance in our **Hilo (808-961-8626)** and **Kailua-Kona (808-323-4390)** offices. ***Please call us to schedule an appointment Monday through Friday from 8:30am-3:30pm (closed on holidays).***

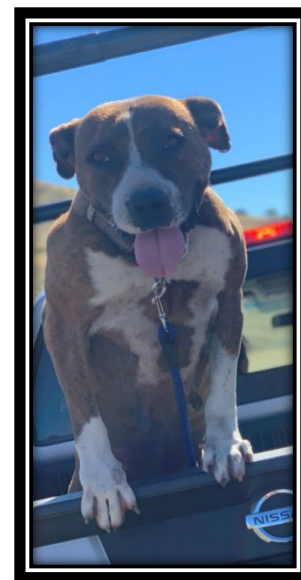


Meredith Catalini- ADRC Manager

Chili is the best dog! He grabs his favorite orange ball as soon as we get home from work indicating it is time to PLAY!

Kimberlee Sato- Aging and Disability Services Specialist I (Hilo)

Shai is my 7 yo adventure companion. Shai loves to take a ride on Mana Road to enjoy the scenery, pick fruits, and take in all the sights and smells while exploring a new destination.



Wesley Tanigawa- Aging and Disability Services Specialist II (Hilo)

Here is a picture of our boy Ke'a'ila. Tom gave him this name because his fur is shiny, and the previous owner named him Grease. He is about 5 years old now and a rascal. This is him in the morning after running around outside and eating his breakfast.

He is saying, "I am really a good boy. Can I have a snack?"



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Leilani Westergard- Aging and Disability Services Specialist I (Hilo)

Ladybird (L) and Kali Girl (R) are two peas in a pod. They are both sweet as can be and very gentle with my toddler and our cat, Sancho. Ladybird has mesmerizing blue eyes and knows lots of tricks. Kali Girl has the most soulful brown eyes and loves to snuggle and give kisses.



Alice Bratton- Aging and Disability Services Specialist I (Kona)

May I present Ginger Rogers and Fred Astaire, who joined my family two years ago when they were six weeks old. They provide us with endless entertainment. Their dance routine involves a lot of racing around and leaping onto high places. Fred has a lot to say about everything, loudly. Ginger speaks rarely, and very softly. They proudly contribute to the running of the household, each in their own way. Ginger takes care of the rodents. Fred deals with the lizards, coqui and centipedes. They love having access to paper bags, boxes and throw rugs. We feel blessed to share a home with them.

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2023, ACL has chosen the theme, Aging Unbound. With this theme, we will have the opportunity to explore an array of aging experiences without being boxed in by expectations and stereotypes.

We'll be discussing the positive aspects of growing older, why everyone has a role to play in combating ageism – and how we all benefit when older adults remain engaged, independent, and included in their communities.

The Hawaii County Office of Aging is looking forward to hosting our Older American's Month Luncheon in May!

Our office will provide additional information and details. Stay Tuned and See You There!!

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

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Aging and Alcohol

www.nia.nih.gov/health/facts-about-aging-and-alcohol

The effects of alcohol change as we age

As you grow older, health problems or prescribed medicines may require you drink less alcohol or avoid it completely. You may also notice that your body's reaction to alcohol is different than before. Some older people feel the effects of alcohol more strongly without increasing the amount they drink. This can make them more likely to have accidents such as falls, fractures, and car crashes.

Some people develop a harmful reliance on alcohol later in life due to major life changes, such as the death of a spouse or other loved one, moving to a new home, or failing health. These kinds of changes can cause loneliness, boredom, anxiety, or depression. In fact, depression in older adults often aligns with drinking too much.

People who drink daily do not necessarily have alcohol use disorder. And not all who misuse alcohol or have alcohol use disorder drink every day. But heavy drinking, even occasionally, can have harmful effects.

How does drinking damage the body?

Drinking too much at one time or having too many drinks over the course of a week increases the risk of harmful consequences, including injuries and health problems. People who consistently misuse alcohol over time are also at greater risk of developing alcohol use disorder.

Drinking too much alcohol over a long time can:

- Lead to some kinds of cancer, liver damage, immune system disorders, and brain damage
- Worsen some health conditions such as osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss, and mood disorders
- Make some medical conditions hard for doctors to accurately diagnose and treat. For example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack.
- Cause some older people to be forgetful and confused — symptoms that could be mistaken for signs of Alzheimer's disease or a related dementia.



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Cautions about mixing alcohol and medicines

Many medicines can be dangerous or even deadly when mixed with alcohol. Before taking any medicine, ask your doctor or pharmacist if you can safely drink alcohol. Here are some examples of potential dangers caused by mixing alcohol with some medicines:

- If you take aspirin and drink, your risk of stomach or intestinal bleeding increases.
- When combined with alcohol, cold and allergy medicines (antihistamines) may make you feel very sleepy.
- Alcohol used with large doses of acetaminophen may cause liver damage.
- Some medicines (such as cough syrups and laxatives) have a high alcohol content. If you simultaneously drink alcohol, that will add to the effects.
- Alcohol used with some sleeping pills, pain pills, or anxiety/anti-depression medicine can be deadly.

**Drinking
alcohol with
medicine or
energy drinks
can be a
deadly
mistake.**

When in doubt,
check it out.
Call the experts.



How alcohol affects safety

Drinking even a small amount of alcohol can lead to dangerous or even deadly situations because it can impair a person's judgment, coordination, and reaction time. This increases the risk of falls, car crashes, and other accidents.

Alcohol is a factor in about 30% of suicides and fatal motor vehicle crashes, 40% of fatal burn injuries, 50% of fatal drownings and homicides, and 65% of fatal falls. People should not drink alcohol if they plan to drive, use machinery, or perform other activities that require attention, skill, or coordination.

In older adults, too much alcohol can lead to balance problems and falls, which can result in hip or arm fractures and other injuries. Older people have thinner bones than younger people, so their bones break more easily. Studies show that the rate of various types of fractures in older adults increases with heavy alcohol use.

Adults of all ages who drink alcohol and drive are at higher risk of traffic accidents than those who do not drink. Drinking slows reaction times and coordination, and interferes with eye movement

and information processing. People who drink even a moderate amount are at higher risk for traffic accidents, possibly resulting in injury or death to themselves and others. (Note that even without alcohol, the risk of a car

Your Poison Center. 

American Association of Poison Control Centers, copyright 2010

**POISON
Help**
1-800-222-1222

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accident goes up starting at age 55.) Also, older drivers tend to be more seriously hurt in crashes than younger drivers. Alcohol adds to these age-related risks.

In addition, alcohol misuse or alcohol use disorder can strain relationships with family members, friends, and others. At the extreme, heavy drinking can contribute to domestic violence and child abuse or neglect. Alcohol use is often involved when people become violent, as well as when they are violently attacked. If you feel that alcohol is endangering you or someone else, call 911 or obtain similar help right away.

Reasons for a healthier approach to drinking

- Keep your high blood sugar (diabetes) under control
- Lower your blood pressure
- Keep your liver working as it should
- Avoid legal trouble or hurting yourself or others by drunk driving
- Lessen the chances you will fall and hurt yourself
- Feel less sleepy or sick the morning after you drink
- Get back to enjoying the things you used to do
- Stop feeling embarrassed about how you act when drinking
- Prevent damage to relationships with friends and loved ones

Getting the help you need for alcohol misuse or alcohol use disorder

If you or someone you love is thinking of changing their habits around alcohol, the “Rethinking Drinking” website, hosted by NIH’s National Institute on Alcohol Abuse and Alcoholism (NIAAA), provides information on signs of a problem and tools that can help lead to better health.

Making a change in your drinking habits can be hard. Don’t give up! If you don’t reach your goal the first time, try again. The good news is you’re not in this alone. Don’t be afraid to talk with a doctor and ask your family and friends for help. Here are some approaches to try to get started:

- Ask your doctor about advances in medication that might help you stick with alcohol abstinence longer or reduce cravings. Your health care professional may also be able to give you advice about treatment.
- Talk to a trained counselor who knows about alcohol problems in older people.
- Find a support group for older people with alcohol problems. Many people find group counseling sessions or meetings helpful.
- Choose individual, family, or group therapy, depending on what works for you.
- Check out an organization such as Alcoholics Anonymous that offers support and programs for people who want to stop drinking.
- Consider websites or mobile applications that can help you track your alcohol intake and offer positive support as you make progress toward your goals.

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Learn your patterns and plan ahead

As you evaluate your alcohol use, you may find that you drink more often in particular settings or in reaction to certain emotions, such as stress or boredom. Take time to learn about your habits and plan ahead on ways to make a change. Here are some ideas:

- Develop interests that don't involve alcohol.
- Avoid people, places, and situations that may trigger your drinking.
- Avoid drinking when you're angry or upset or if you've had a bad day.
- Plan what you will do if you have an urge to drink.
- Learn to say "no, thanks" when you're offered an alcoholic drink.
- Remember to stay healthy for the fun things in life, such as the birth of a grandchild, a long-anticipated trip, or a holiday party.

Your body changes as you get older and that can affect daily routines. Be alert to these changes and think about adjusting your alcohol use so you can enjoy your life to the fullest.



The Hawaii County Office of Aging and the Aging and Disability Resource Center will be closed on June 12, 2023 in observance of King Kamehameha Day.

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May is
**Asian American
& Pacific Islander
(AAPI) Heritage Month**

with grace

WAYS YOU CAN CELEBRATE THE AAPI COMMUNITY

Learn ABOUT AAPI HISTORY

Learn about the Filipino fisherman who established the first Asian American settlement in the Louisiana marshlands | [history.com/news/first-asian-american-settlement-filipino-st-malo](https://www.history.com/news/first-asian-american-settlement-filipino-st-malo)

Inspire LEADERS/JOB/COMPANIES CREATED BY AAPI ENTREPRENEURS

This recent CNBC article gathers thoughts from 12 AAPI leaders across various industries on how the Asian American model minority stereotype has influenced their approaches to leadership and parenting | [cnbc.com/2021/05/10/asian-american-leaders-talk-parenting-career-life-advice-and-identity-in-united-states.html](https://www.cnbc.com/2021/05/10/asian-american-leaders-talk-parenting-career-life-advice-and-identity-in-united-states.html)

Support NONPROFITS CREATED BY AAPI INDIVIDUALS

Asian American Feminist Collective asianamfeminism.org | Baesianz baesianz.com

Shop FROM LOCAL AAPI-OWNED SHOPS/E-COMMERCE BUSINESSES

Nguyen Coffee Supply nguyencooffeesupply.com recently featured on the *Drew Barrymore's Show*

Read THE PERSONAL STORIES OF AAPI AUTHORS

Know My Name by Chanel Miller | *Minor Feelings* by Cathy Park Hong

Coronation by Ruby Veridiano (sister of MIND colleague Alyssa Ching) | rubyveridiano.com/book

Watch HOW THE ASIAN AMERICAN EXPERIENCE HAS EVOLVED

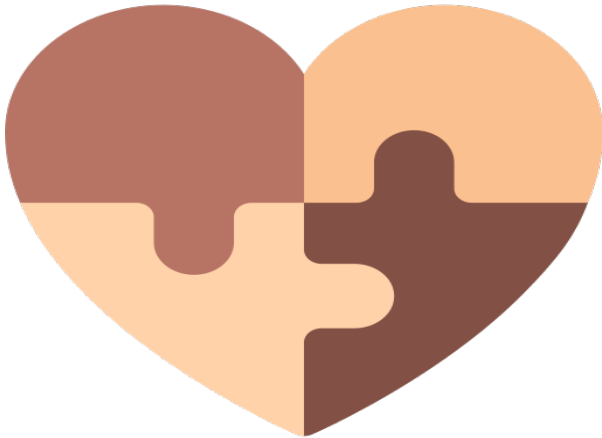
Nowness Asia nowness.asia | PBS Series: Asian Americans pbs.org/show/asian-americans

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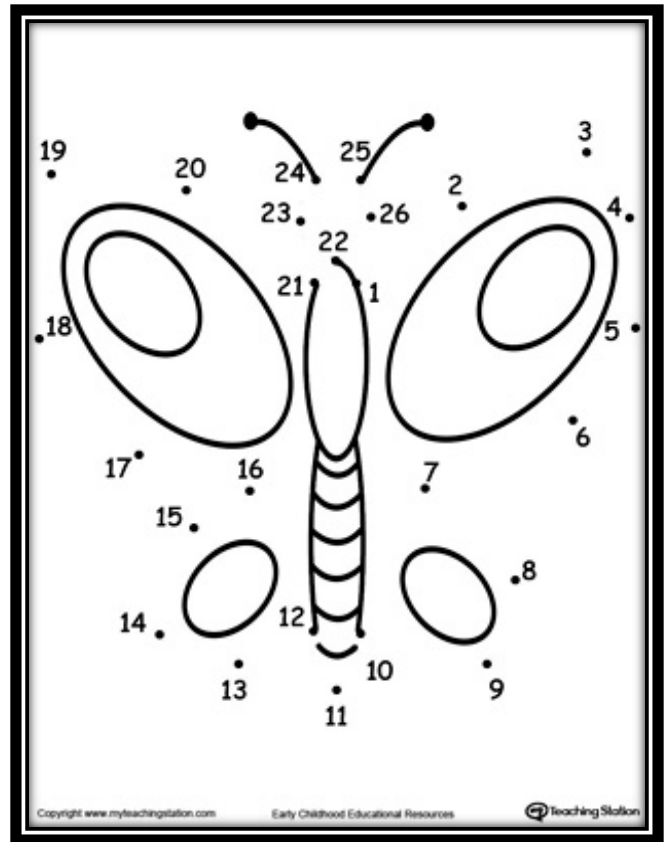
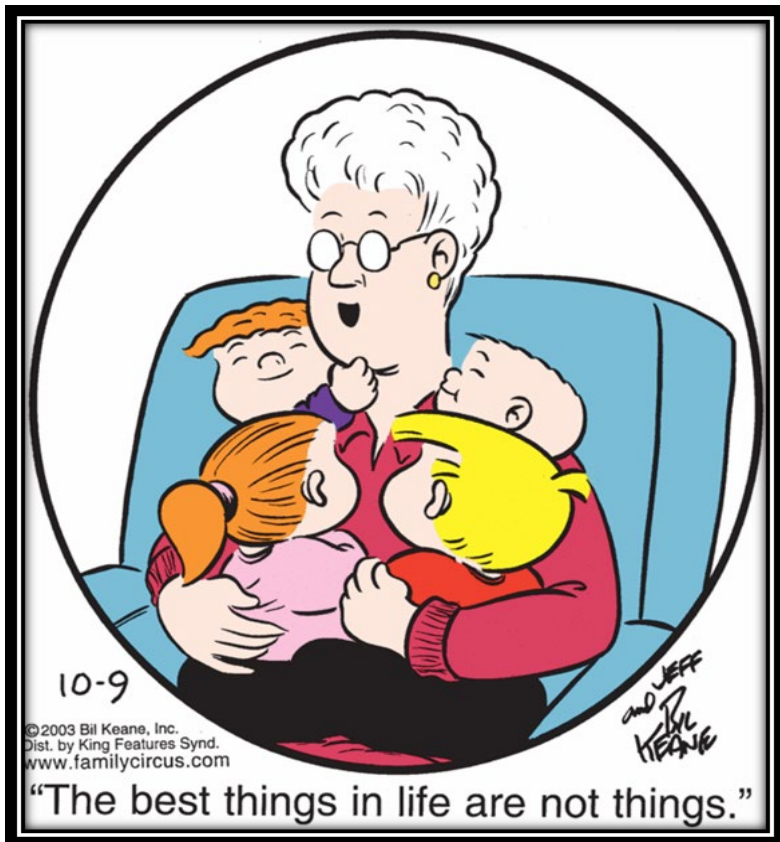
Celebrating Diversity, Inclusion and Equity

Upcoming Events

- April**- Alcohol Awareness Month
- April**- National Minority Health Month
- April 7th**- Good Friday (*Holiday*)
- May** – Older American’s Month
- May** – Asian American and Pacific Islander Month
- May 29th** – Memorial Day (*Holiday*)
- June** – Pride Month
- June 12th** – King Kamehameha Day (*Holiday*)



Icon made by Freepik from www.flaticon.com



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Designing Age-Friendly Communities

<http://www.ruralhealthinfo.org/toolkits/aging/2/age-friendly-communities>

An important component of aging in place is having a community that helps older adults to do so. The World Health Organization (WHO) has created a model of “age-friendly environments” that provides ways in which communities can support older adults living among them. WHO states that creating age-friendly environments takes a community effort.

“Creating environments that are truly age-friendly requires action in many sectors: health, long-term care, transport, housing, labor, social protection, information and communication, and by many actors – government, service providers, civil society, older people and their organizations, families and friends. It also requires action at multiple levels of government.”

must work to address discrimination toward people based on age, also known as ageism, to foster independence among older adults, and to develop policies that support healthy aging.

The AARP Network of Age-Friendly Communities partnered with the WHO model to help cities prepare for the large increase in the older adult population. Thirty-six states are currently participating in the program. AARP works with partner organizations to identify communities for membership in the program, assists the community's enrollment, and guides the representatives through the implementation and assessment process. Through the program, AARP and program participants design and built the social environment around the local elderly population, ultimately helping communities become better places for older adults aging in place.

The WHO model also stresses that communities



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FALL PREVENTION TRAINING- COMING SOON

The Aging and Disability Resource Center will be offering

In-person training on Fall Prevention.

The training will include:

1. Information to help assess your fall risk
2. Checklists and educational materials to help decrease risk of falls
3. Simple exercise options to help decrease falls
4. Take away materials including a Personalized Fall Prevention Mobility Plan.

If you are interested in learning more about this upcoming training opportunity or would like to schedule a training for a group, please contact the Aging and Disability Resource Center.

This training opportunity is available starting in April 2023 and continuing through the end of 2023.

This program was funded in part by the County of Hawai'i, Hawai'i State Executive Office on Aging

Objective: To help Kupuna remain safe and independent in their homes.

“An ounce of wisdom is worth a pound of cure”
- Benjamin Franklin

This is a free program offered by ADRC for Seniors and/or their caregivers

Aging and disability resource center

1055 Kino'ole Ave
Hilo Hawai'i, 96720

808-961-8626

74-5044 Ane Keohokalole Hwy. Bldg. B Kailua-Kona HI. 96740

808-323-4392

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6 STEPS TO PREVENT A FALL

1



Find a good balance and exercise program

Look to build balance, strength, and flexibility.
Contact your local Area Agency on Aging for referrals.
Find a program you like and take a friend.

2



Talk to your health care provider

Ask for an assessment of your risk of falling.
Share your history of recent falls.

3



Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling.
Take medications only as prescribed.

4



Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.

5



Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe,
and install grab bars in key areas.

6



Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are
not just a seniors' issue.

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ADVANCED HEALTH CARE DIRECTIVE (AHCD) WORKSHOPS

Want to give your loved ones the most valuable gift for FREE?

Join us for this FREE step-by-step explanation on how to complete your Advanced Health Care Directive. An AHCD becomes your voice, if you are unable to speak due to illness. It will provide valuable guidance for your loved ones.



If you have a Living will, Health Care Power of Attorney, or Advance Health Care Directive, learn how to review it to ensure it meets your current needs

Register Now!

<p>Sunday, May 7, 2023</p>	<p>Hilo -ADRC 1055 Kinoole St.</p>	<p>At 2:00 p.m. - 3:15 p.m.</p>
<p>Tuesday, July 18, 2023</p>	<p>Hilo-ADRC 1055 Kinoole St.</p>	<p>At 9:00 a.m. - 10:15 a.m.</p>

Zoom Workshop Registration:

<https://communityfirsthawaii.org/registration>

In Person Workshop Registration

<https://communityfirsthawaii.org/registration>

Or call: Annie Maeda at (808) 987-1230 for Hilo or Kau

Scan here to register for a workshop



Questions?
Contact Amy Hamane
(808) 443-4033



Sponsored by Community First Hawai'i
Mahalo to the Hawai'i County Office of Aging and Disability Resource Center

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Mango Panna Cotta

A sweet, cool Italian dessert to enjoy on a hot day!

Ingredients

For the Panna Cotta

- 1 cup Heavy Cream
- ½ cup Whole Milk
- ⅓ cup Granulated Sugar
- ½ teaspoon Vanilla Extract
- 1 packet Gelatin

For the mango sauce:

- 2 cups Frozen Mango Chunks , thawed
- 2 tablespoons Granulated Sugar
- ½ Lemon , juice only
- A knob of Butter , optional

Instructions

- Pour heavy cream, milk and sugar into a small sauce pan. On low heat, stir until the sugar has dissolved and the cream is hot. Do not boil! Turn off the heat and stir vanilla essence in. Set aside to cool slightly.
- Bloom the gelatin following the package instructions.
- Add the bloomed gelatin to the cooled cream mixture and stir until completely dissolved.
- Pour the mixture into small glasses (leave space for mango sauce) and refrigerate until the panna cotta has set (at least 2 hours).
- For the mango sauce, process thawed mango pieces, lemon juice and sugar in a food processor until smooth. Taste it. Add more sugar or lemon, if needed.
- You can pour this over the set panna cotta or pour it into a small sauce pan and bring to a simmer. Stir in butter for a creamier texture. Let cool down and then pour over panna cotta. You can also add fresh, diced mango! ENJOY!!



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THANK YOU, SOLDIERS.

HAPPY MEMORIAL DAY

We are grateful for your service and sacrifice.



BEGIN EACH DAY
WITH A GRATEFUL
HEART.

- Unknown -



Memorial Day

-----Word Scramble-----

1. NOROH _____
2. NICAERMA FGLA _____
3. DBLA GLEAE _____
4. DLRIEOS _____
5. DNPNEEINDECE _____
6. TAIONN _____
7. EVABR _____
8. YERIBTL _____
9. BEMREERM _____
10. AYRTMILT _____
11. TROIPT _____
12. DFOEMRE _____

-----Word Bank-----

SOLDIER	BRAVE	NATION	FREEDOM
INDEPENDENCE	BALD EAGLE	PATRIOT	MILITARY
HONOR	REMEMBER	AMERICAN FLAG	LIBERTY

www.precisionroller.com



If I could thank
a fallen
soldier, this is
what I would
say...

Signed: _____

Hawai'i County Office of Aging
1055 Kino'ole St.
Suite 101
Hilo, HI 96720

HAWAI'I COUNTY OFFICE OF AGING



Executive on Aging **William Farr III**



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Aging & Disability Services
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Aging & Disability Services
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Aging & Disability Services Specialist II
Aging & Disability Services Specialist I
Aging & Disability Services Manager

Aging & Disability Services Specialist I
Information & Assistance Clerk
Aging Program Planner II

Thank you to our Senior Training & Employment Worker:
Stuart Taketa

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