

# The Silver Bulletin

## Summer, Time to be Active!

The summer season is officially here and with it come many perks. One of the biggest advantages is the weather. The kids are out of school. Long anticipated vacations and travel plans are about to become a reality. For others, the simple outdoor gatherings with family and friends, taking advantage of the warm and longer days brings great delight. Summer is also when the earth is at its strongest and healthiest. With more sunlight, we can receive better and healthier air, water, and food.

For many others though, the increase in outdoor summer activities can bring on more allergic encounters during the summer season. Plants are in full bloom and warm and windy days can cause pollen counts to surge. For allergy sufferers this can mean many miserable days, and limiting the amount of outdoor activity that we can participate in. Here are some of the most common outdoor allergy symptoms and some tips and tricks to help handle your allergies to better enjoy your summer:

### Common Symptoms

- Runny Nose
- Stuffy Nose
- Postnasal Drip
- Nasal Congestion
- Itchy Eyes
- Sneezing
- Coughing
- Scratchy Throat

### Tips & Tricks

1. Plan your outdoor activities around pollen levels. Pollen levels are generally highest between 10am and 5pm.
2. Keep your home clean to help keep allergen out. Using an air filter can help maintain indoor air quality.
3. Change your clothes, shower, and wash your hair. This helps to reduce the allergens you bring into your home.
4. Keeping your furry friends groomed. Pets including cats and dogs, can carry pollen on their coats, so bathing and grooming can help keep allergen levels down.
5. Be sure to drink lots of water, and consider wearing a NIOSH-rated 95 filter mask when engaging in outdoor activities.

We also want to remind everyone to take some extra precautions during the summer season. Please be aware that with school out, more of our children will be out in our communities, and with longer daylight hours we will need to monitor more closely our exposure to sunlight. **Have a Great Summer!**



# The Silver Bulletin

## ADRC CORNER

*Aloha! The Aging and Disability Resource Center (ADRC) is an access point for older individuals, caregivers and people with disabilities. Please call us to schedule an appointment Monday through Friday from 8:30am-3:30pm (closed on holidays).*

The ADRC provides information, resource awareness, and assists with directing 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.

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### *HOW CAN WE INCREASE EQUITY IN THE COMMUNITY FOR OUR KUPUNA and PERSONS WITH DISABILITIES?*

*The time to start planning and building more inclusive communities is NOW. Improving accessibility for everyone means better quality of life, healthier individuals, and an increased sense of safety and belonging in the community.*

*We would love to hear input or suggestions from the community.*

*Please share your mana'o by emailing: [hcoa@hawaiiantel.net](mailto:hcoa@hawaiiantel.net)*

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**‘A‘ohe hua o ka mai‘a i ka lā ho‘okahi.**

*No task is too big when done together by all.*

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

*According to the dictionary, equity is the quality of being fair and impartial. I would like to look at how we experience that quality in our relationships. We are addressing equity when we offer (or agree) to help someone; also when we ask for (or accept) assistance. This experience, for both the giver and the receiver, can be tricky. The giver may be afraid to offer -- don't want to offend, overstep, cause shame. The receiver may have trouble asking or accepting -- due to shame, loss of independence, denial. These issues, and more, are barriers to equity that result in greater inequality and isolation, right here in our community.*

*We can navigate the awkward, delicate and sensitive by being good listeners and being non-judgmental. If you want to help someone, ask them what they want and need --and listen without judgment. If you need help, let folks know what you need specifically. If they cannot help, be understanding and ask if they have any suggestions for how to get your needs met --and listen with an open mind.*

*And always remember you can call us here at the ADRC --Hilo, 808-961-8626; Kona --808-323-4392*

# The Silver Bulletin

## Meredith Catalini- ADRC Manager

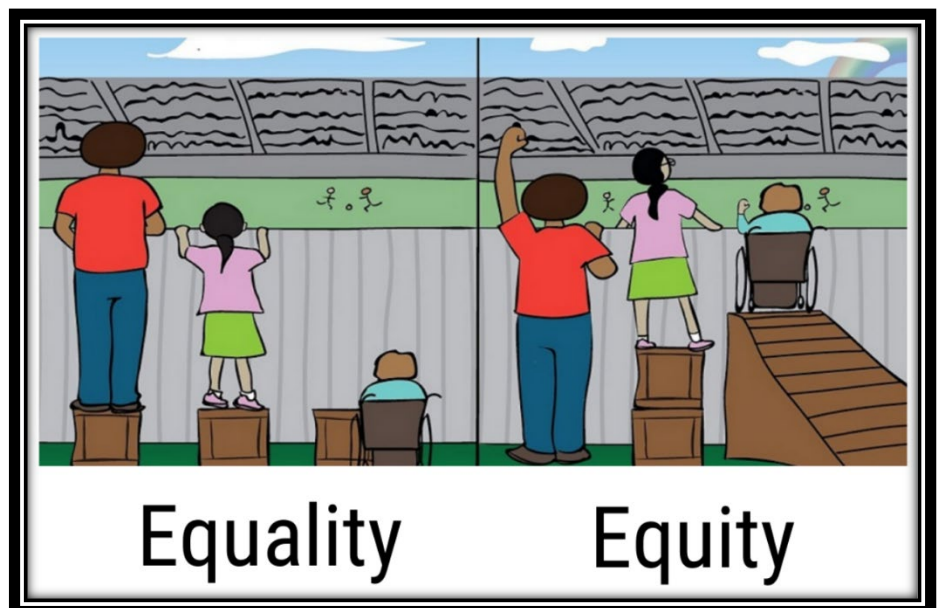
*I would like to focus on digital equity for seniors and people with disabilities across Hawai'i Island. We are blessed to live on this unique and beautiful island with plenty of rural places and small communities. These blessings are appreciated and treasured but can also cause some challenges to providing the opportunity for people to connect through technology.*

*Digital equity means all individuals have the ability to access information technology to connect fully in our society, democracy and economy. As the world relies more and more on access to people and services using technology, digital equity is becoming necessary to maintain and create social connections, lifelong learning as well as a way to access essential services.*

*There are important components to achieving true digital equity.*

1. Access to internet
2. Access to internet-enabled devices
3. Understanding of how to utilize devices (access to in home training)
4. Ongoing technical support

*Efforts to have our island achieve digital equity will take ongoing focus, collaboration and "outside of the box" thinking. The Aging and Disability Resource Center remains focused on supporting efforts to achieve island-wide digital equity for our Kupuna and disabled residents.*



Equality

Equity

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

*I believe there needs to be equity in housing for our Kupuna. I believe that there should be a cap on the amount charged for Kupuna renting privately. Recently many Kupuna had to move out of their home that they have been renting for years due to large rent increase that landlords have enacted. Due to this, many Kupuna are facing the possibility of homelessness, have become homeless, or have moved in temporarily with friends or family while they search for an affordable place to live.*

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

*This is really broad and diverse topic. I will approach it through a state-of-mind and collaborative process.*

*In order to achieve equity for our Kupuna and people with disabilities, I believe that we first need to secure their confidence through:*

- Conveying willingness to engage their presence
- Listening and observing their stories and environment to assess their needs and concerns

# The Silver Bulletin

- *Planning and prioritizing their concerns (Are there common areas of concerns with other seniors and people with disabilities?)*
- *Developing steps to achieve the desired outcomes through direct services or their community network. (What can we achieve together as an agency or through a community effort?)*

*I believe that as their confidence are secured, their participation will be stimulated and their sense of equity and trust will increase.*

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

*One step towards increasing equity would be to improve transportation services for our Kupuna and community members with disabilities. Access to the community is an important part of aging in place and gives people a sense of belonging and inclusion. Ways to increase/improve equity in transportation include:*

- *Increasing transportation services and options like voucher programs for Uber or Lyft or more shared rides*
- *Improving access by adding bus stops and bus routes to rural areas*
- *Improving sidewalks and roadways so our Kupuna and community members with vision or mobility deficits can travel safely in their neighborhoods*



## **Upcoming Events**

**July-** National Disability Pride Month

**July 4-** Independence Day (HOLIDAY)

**August 18-** Statehood Day (HOLIDAY)

**September-** National Preparedness Month

Hispanic Heritage Month

**September 2-** Queen Lili'uokalani's Birthday

**September 4-** Labor Day (HOLIDAY)

# The Silver Bulletin



## ADVANCE HEALTH CARE DIRECTIVE (AHCD) WORKSHOPS

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

Register now for this FREE step-by-step explanation on how to complete your Advance Health Care Directive. An AHCD becomes your voice if you are unable to speak due to illness. The AHCD is a gift that provides valuable guidance for your loved ones.

**Free In-Person and Online ZOOM Workshops! You Choose!**  
(You only need to attend one session)

| Date                      | Time                      | In-Person Location  |
|---------------------------|---------------------------|---|
| Tuesday, July 18, 2023    | At 9:00 a.m. - 10:15 a.m. | *Hilo -ADRC 1055 Kinoole St.  |
| Sunday September 10, 2023 | At 2:00 p.m. - 3:15 p.m.  | *Hilo -ADRC 1055 Kinoole St.<br>*Waimea - Tutu's House<br>*Kealahou -Kona Hongwanji |
| Tuesday, November 7, 2023 | At 9:00 a.m. - 10:15 a.m. | *Hilo-ADRC 1055 Kinoole St.<br>*Waikoloa - Highlands Center, Unit 221               |



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

### Zoom Workshop Registration:

Online: <https://communityfirsthawaii.org/registration>



Scan this QR Code to Register Online

### In Person Workshop Registration

Online: <https://communityfirsthawaii.org/registration>

Or call: **Annie Maeda** at (808) 987-1230 for Hilo, Waikoloa, Kealahou  
**Shawn Saito** at (808) 885-6777 for Waimea



**Questions?** Contact Amy Hamane (808) 443-4033

Sponsored by Community First Hawai'i

Mahalo to the Hawaii County Office of Aging and the Aging and Disability Resource Center

# The Silver Bulletin

## *In Recognition and Celebration of Queen Lili'uokalani*

Article has been edited for length. Original:  
[www.britannica.com/biography/Liliuokalani](http://www.britannica.com/biography/Liliuokalani)

Lili'uokalani (original name Lydia Kamakaeha) is also known by Lydia Lili'uokalani Pahi or Liliu Kamakaeha. Born on September 2, 1838 in Honolulu, Hawaii, Lili'uokalani was the first and only reigning Hawaiian queen and the last Hawaiian sovereign to govern the islands, which were annexed by the United States in 1898.

Lydia Kamakaeha was of a high-ranking family. Her mother, Keohokalole, was an adviser of King Kamehameha III. Reared in the missionary tradition deemed appropriate for Hawaiian princesses, she received a thoroughly modern education, which was augmented by a tour of the Western world. After a time as a member of the court of Kamehameha IV, she was married on September 1862 to John Owen Dominis, son of a Boston sea captain and himself an official in the Hawaiian government. In 1874 her brother David Kalakaua was chosen king and in 1877, on the death of a second brother, W.P. Leleiohoku, who was heir apparent, she was named heir presumptive. She was known from that time by her royal name, Lili'uokalani.



Over the next 14 years she established herself firmly in that role. She served as regent during King Kalakaua's world tour in 1881, and she was active in organizing schools for Hawaiian youth. During a world tour in 1887 she was received by U.S. Pres. Grover Cleveland and by Britain's Queen Victoria. On the death of King Kalakaua in January 1891, Lili'uokalani ascended the throne, becoming the first woman ever to occupy it.

Lili'uokalani regretted the loss of power the monarchy had suffered under Kalakaua and tried to restore something of the traditional autocracy to the Hawaiian throne. She had earlier made her position clear by opposing the renewed Reciprocity Treaty of 1887, signed by Kalakaua, granting privileged commercial concessions to the United States and ceding to them the port of Pearl Harbor. This attitude forever alienated her from Hawaii's *haole*—foreign businessmen—who, after her accession, tried to abrogate her authority.

Led by Sanford Dole, the Missionary Party asked for her abdication in January 1893 and, declaring the queen deposed, announced the establishment of a provisional government pending annexation by the United States. To avoid bloodshed, Lili'uokalani surrendered, but she appealed to President Cleveland to reinstate her.

Cleveland ordered the queen restored and rejected the treaty of annexation sent to Congress by his predecessor, Pres. Benjamin Harrison. In his message to Congress withdrawing the treaty from consideration, Cleveland stated that:

# The Silver Bulletin

***“but for the lawless occupation of Honolulu under false pretexts by the United States forces, and but for Minister Stevens’ recognition of the Provisional Government when the United States forces were its sole support and constituted its only military strength, the queen and her government would never have yielded to the Provisional Government.”***

Dole, however, defied the order, claiming that Cleveland did not have the authority to interfere. In 1895, an insurrection in the queen’s name, led by royalist Robert Wilcox, was suppressed by Dole’s group, and Lili’uokalani was kept under house arrest on charges of treason. On January 24, 1895, to win pardons for her supporters who had been jailed following the revolt, she agreed to sign a formal abdication.

As head of the ‘Onipa‘a (“immovable,” “steadfast,” “firm,” “resolute”) movement, whose motto was “Hawaii for the Hawaiians,” Lili’uokalani fought fiercely against annexation of the islands by the United States. Annexation nonetheless occurred in July 1898. In that year she published *Hawaii’s Story by Hawaii’s Queen* and composed “Aloha ‘Oe,” a song ever afterward beloved in the islands. Thereafter she withdrew from public life, but still quietly and lovingly engaged with her community until her passing on November 11, 1917 in Honolulu.



## *Aloha ‘Oe*

*Ha'aheo ka ua i nā pali  
Ke nihi a'e la i 'kanahale  
E uhai ana paha i ka Liko  
Pua 'Āhiki Lehua o uka*

*Aloha 'oe, aloha 'oe  
E ke onaona noho i ka lipo  
One fond embrace, a ho'i a'e au  
Until we meet again*

*Proudly swept the rain cloud by the cliffs,  
As on it glided through the trees  
bringing back remembrance of the past  
and all of the loved ones left behind*

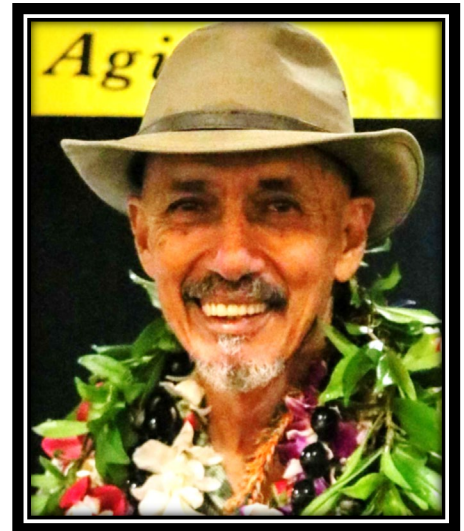
*Farewell to thee, Farewell to thee,  
Thou charming one who dwells among the bowers.  
One fond embrace, Before I now depart,  
Until we meet again.*

# The Silver Bulletin

## Meet Our 2023 Outstanding Older Americans!

### Albert Pacheco Jr., Hilo (71 years young)

Albert enjoys music and sharing his musical talents with others. He shares his ukulele and guitar playing with others. He is an active participant in life and improves the lives of those around him. He has volunteered for numerous projects that include cleaning and landscaping including the Memorial Garden at Auntie Sally's. He has also developed music books for nutrition program participants. Albert is always kind, courteous and humble; he is an assets to all he shares his time with.



#### Q: What lesson have you carried with you?

A: *"When I was younger, I was more on the reckless side. Now that I'm more mature, I remember what my dad would say: 'Count to 10. Relax.' Now, I take the time to be more mellow. More respectful. To listen to others. Really listen to their thoughts, their mana'o."*

#### Q: What would you like to leave behind?

A: *"Never give up. Always pursue what your goals are...Keep trying, even if you fall off the ladder. Get back up. Keep learning. Keep trying. Never give up."*

#### Q: What is your favorite place or a place that embodies Hawai'i?

A: *"Oh, that's easy. Moku Ola. I went through a divorce in 2010...I wasn't playing music...I was in a depression. I told myself I cannot put myself in a rut like this...and I went to Moku Ola. I listened to the seabirds, felt the ahiahi, watched the water...and that place brought me back to life. I quit smoking cigarettes and I got back into the water. I became an avid swimmer and I started learning how to dive...People ask if I'm afraid of the sharks when I swim. I meditate before I go in the water. I pray to Akua, to the aumakua, I bring ti leaf. There's lots of kids that dive there, and I tell them Kupuna are not going to be around forever. They need to respect the aina. Respect the ocean. Respect their Kupuna and Hawaiian culture. It's good I can connect with them and tell them these things. But yea, Moku Ola is a beautiful special place. I even wrote a song about it, Moku Ola"*

Moku Ola Island  
Coconut Island

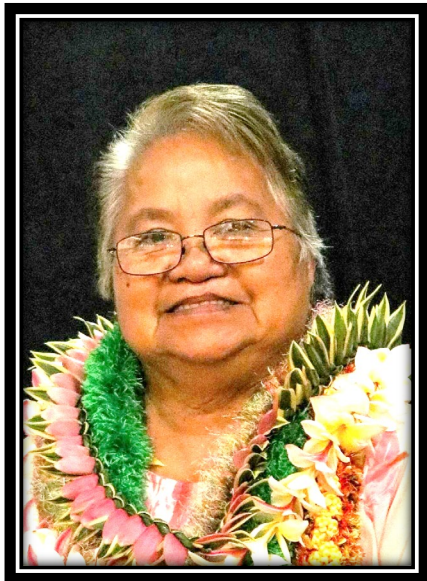
Words and Music by:  
Albert Pacheco Jr.

*Beautiful Moku Ola Island; Hilo Hawaii  
A special place, where I go diving and  
swimming, a place to meditate and relax;  
a place of healing.*



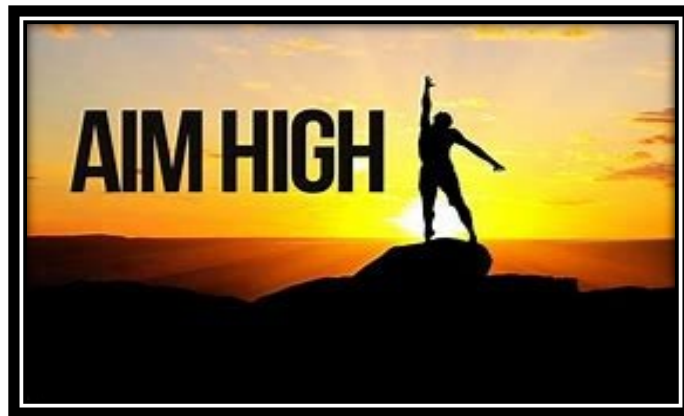


# The Silver Bulletin



## **Fely Villegas, Pahala (76 years young)**

Fely is a master baker, known for her almond cookies. Since retiring as a Volcano House baker, she helps local non-profits and families by baking for special events. Fely serves as the Nutrition Site President for over 7 years now and takes on important roles such as “back-up” for NCNP Site Manager and helping to transport seniors to the meal site. She is also an active board member for the Pahala Senior club serving as Club Treasurer. Fely believes laughter is the secret to a long and happy life.



### **Q: Tell me a favorite life memory.**

*A: “My favorite? There are so many!” she said with a laugh. “Well, you know, I love to garden. I love to go to the senior garden and plant things there and share with the other kupuna at the senior center.”*

*“In 2020, or 2021, the Ka’u high school students and the Youth Challenge kids from Hilo came to the senior center and they did such a great job clearing the garden. The kids, I think they were learning agriculture, they cleared the garden, pulled weeds, planted seeds. And the vegetables we picked, they helped cook that for the kupuna. That was a really nice, you know. It was nice to see the kids and work together.”*

### **Q: What did you and your friends do for fun in high school?**

*A: “I never had fun in high school so I’m having fun now!” she said with a laugh. “I was always at home helping my parents with my siblings, my mom had 10 kids with my dad. I started working when I was 18 and baked for Volcano house for 30 years. Now, I’m learning all the things I never got to do in high school! It’s never too late, you know, to learn new things and enjoy your life.”*

### **Q: Do you have any advice for our keiki and young adults?**

*A: “Aim higher. Respect your elders. And smile more. Smiling is free and it adds spice in your day. I remember my high school graduation motto: The higher the climb, the broader the view. Aim higher.”*

# The Silver Bulletin

## How Seniors Can Safely Benefit from the Sun



**Article has been edited.** Original article found at: [www.allseniorscare.com/blog/how-seniors-can-safely-benefit-from-the-sun/](http://www.allseniorscare.com/blog/how-seniors-can-safely-benefit-from-the-sun/) Posted Jul 07, 2022

With summer in full swing, older adults are spending more time outdoors. After all, the feeling of the sun on your skin is wonderfully restorative!

Remember slathering yourself in baby oil before heading to the beach?

Older adults grew up at a time when the average ultraviolet (UV) exposure was lower and the benefits of sun protection were not well understood. To help guide you in the right direction for sun protection, consider the following facts.

### The Good: Older Adults and Sun Exposure

Sunlight has been linked to a range of health benefits, some of which are particularly important for seniors. The health benefits of sunlight include:

- Generating the production of vitamin D
- Supporting bone health
- Helping cognition
- Lowering blood pressure
- Disease prevention
- Promoting good mental health.

Exposure to sunlight is also linked to improved sleep patterns in seniors. Our natural sleep schedule is heavily influenced by sunlight, so a lack of exposure to the sun can trigger insomnia or irregular sleeping patterns.

As people age, they synthesize vitamin D less efficiently. While supplementing is a good strategy for some, most of these benefits are linked to vitamin D that is produced naturally through exposure to the sun.

# The Silver Bulletin

## The Risk: Sunlight and Skin Damage

Aside from concerns about sunburns, there are other conditions triggered by prolonged sun exposure that older adults need to keep in mind during the summer months.

It's a case of too much of a good thing. The effects of too much time in the sun is called photo-damage or photo-aging and it begins in the teens to early twenties. Symptoms include:

- Wrinkling
- Pigmentation changes such as age spots, liver spots (solar lentigines) and freckles
- Loss of skin tone (decreased elasticity)
- Rough, uneven skin texture
- Broken capillaries (spider veins), usually around the nose and chest
- Redness and blotchiness

Too much sun exposure also increases the possibility of UV damage, which can sometimes lead to skin cancer. While skin cancer is one of the most common cancer in the U.S., both the incidence and mortality rates are highest in older Canadians.

Many reasons can be attributed to this. The important point is that both suntans and sunburns have the potential to harm our skin's DNA, which can have negative consequences. Further, this could result in the genetic errors responsible for skin cancer. Just five sunburns over your lifetime more than doubles your risk of developing melanoma. Each consecutive sunburn further increases the overall risk. This means that getting serious about sun protection is essential for your health and wellbeing.

## Sun Protection Reminders

When weighing the benefits and risks associated with soaking up the rays, it is important to find a healthy balance.

According to experts, seniors should aim for 10 – 15 minutes of sunlight 3 times a week. This is the amount that is needed to produce healthy levels of vitamin D. To offset the possible damage caused by over-exposure, follow these simple reminders to help keep your skin healthy at any age.

## Plan Your Summer Fun to Avoid Peak Hours

To reduce the harmful effects of UV rays, check your local weather before heading out. When the UV Index is 3 or higher, protect your skin as much as possible. In general, the UV Index in Canada can be 3 or higher from 11 a.m. to 3 p.m. between April and September, even when it's cloudy. Aim to garden or play outdoor games in the morning, or go for a walk after dinner instead of during midday.

# The Silver Bulletin

## Apply sunscreen when you're going to be in the sun

Of course, avoiding the sun entirely isn't a practical solution, especially for older adults. So, when you do spend extended periods of time outside during the day, be sure to use sun protection.

Most dermatologists will recommend using SPF 30, which blocks 97% of UVB rays. Protect your skin from UVB and UVA rays by using a sunscreen with broad-spectrum protection. Follow the directions on the bottle to use the appropriate amount of product and reapplying it often.

## Wear protective clothing

Wear a hat and long sleeves. If you'll be sitting in the sun, consider wearing pants, too. Look for a lightweight but dense weave fabric, which offers more protection. Some clothing comes with SPF built right in.

## Wear sunglasses

Eye care increases in importance with age. The elderly can be more prone to developing eye problems, especially those related to exposure to UV rays. Choose UVA/UVB sunglasses to protect your eyes from both types of rays.

## GARFIELD

BY JIM DAVIS



# The Silver Bulletin

## Chocolate

## Mochi

## Brownie



### Ingredients:

1 ½ c Mochiko Flour  
¾ c Cocoa Powder  
1 ½ tsp Baking Powder  
A pinch of salt  
3 Eggs

1 c Sugar  
¼ c Butter, melted  
1 ½ c Coconut Milk  
1 tsp Vanilla Extract  
Chocolate Chunks or Chocolate Chip

### Instructions:

Preheat the oven to 375 degrees. In a large bowl, sift together mochiko rice flour, cocoa powder, baking powder, and salt.

In a separate bowl, whisk together eggs, melted butter, and sugar until combined. Add the coconut milk and vanilla extract and mix.

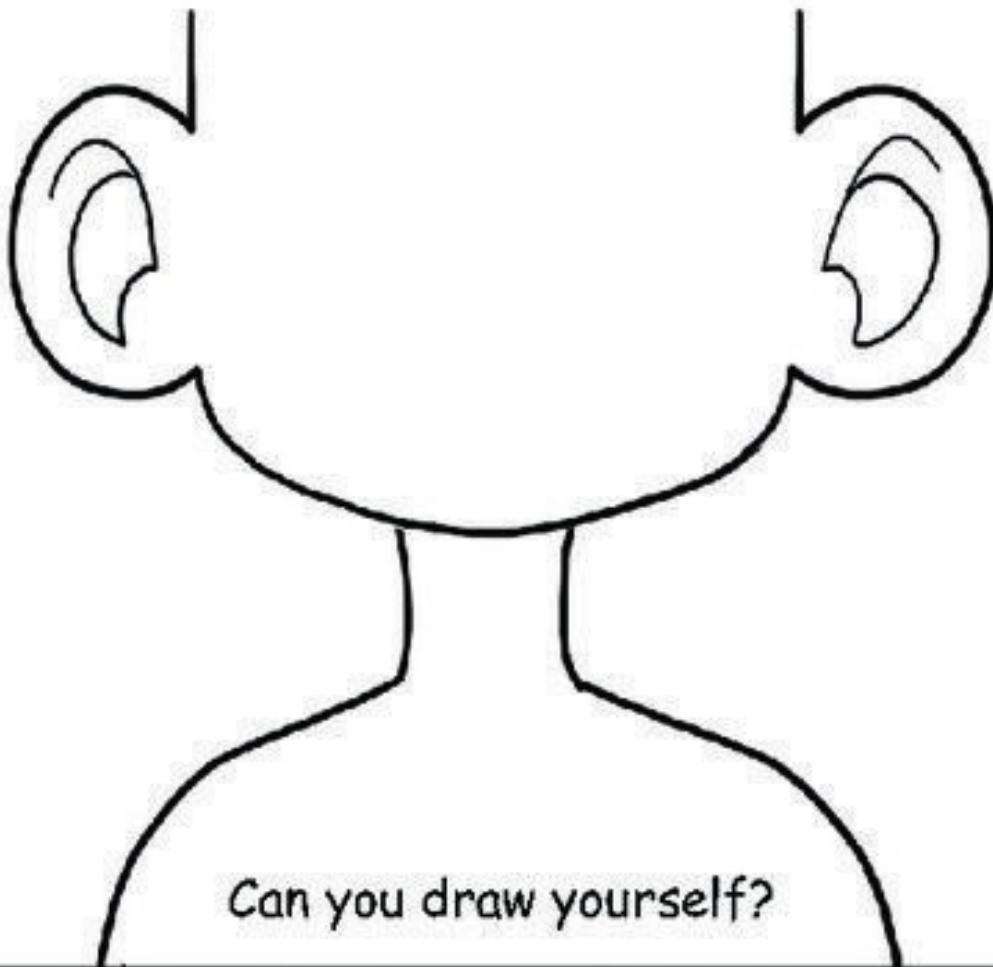
Pour the liquid mixture into the dry mixture and mix until fully combined.

Grease a 9 X 9" baking dish or pan. Pour the batter into the baking dish and top with chocolate chunks or chocolate chips. (I mixed the chocolate chips in with the batter, then poured it into the pan)

Bake in the middle rack of the preheated oven for 60 minutes or until a toothpick inserted comes out clean. Remove from the oven and allow to cool for 20 minutes before serving.

# The Silver Bulletin

## FINISH THE DRAWING



Can you draw yourself?



# The Silver Bulletin

## 10 MINUTES TO HIGHLIGHT YOUR DAY

\_\_\_\_\_ Date:

Saw:

Heard:

Tasted:

Felt:

Indulged in:

Appreciated:

Worked on:

Thought about:

Decided to:

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  
(808) 323-4392

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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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