

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**



### HILO OFFICE

1055 Kino'ole Street  
Suite 101  
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

### HILO STAFF

Luana Ancheta-Kauwe	Information & Assistance Clerk
Meredith Catalini	Aging & Disability Services Manager
Lori Enomoto	Information & Assistance Clerk
Charmaine Felipe	Administrative Services Assistant I
Kelli Figueira	Clerk III
Clayton Honma	Aging Program Planner III
Keola Kenoi	Aging Program Planner II
Kimberlee Sato	Aging & Disability Services Specialist I
Wesley Tanigawa	Aging & Disability Services Specialist II
Leilani DLG Westergard	Aging & Disability Services Specialist I
Jolean Yamada	Aging & Disability Services Manager

### KONA STAFF

Alice Bratton	Aging & Disability Services Specialist I
Bernie Canda	Information & Assistance Clerk
Debbie Wills	Aging Program Planner II

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

HCOA programs are funded by the County of Hawai'i, the State of Hawai'i through the State Executive Office on Aging and through Older Americans Act Title III funds.

# The Silver Bulletin

## What Is the Age-Friendly Movement?

Original article: [www.forbes.com/health/senior-living/age-friendly-movement/](http://www.forbes.com/health/senior-living/age-friendly-movement/)

One of the main goals of the age-friendly movement is to eliminate physical and social barriers for older adults. Age-friendly communities support policies, services, systems, technologies and products that promote and enhance residents' physical and mental health throughout their lives.

"The same effort that goes into business-friendly and culturally vibrant cities to attract younger professionals and new families applies to the age-friendly movement," says Joy Loverde, author of *Who Will Take Care of Me When I'm Old?* and *The Complete Eldercare Planner*.

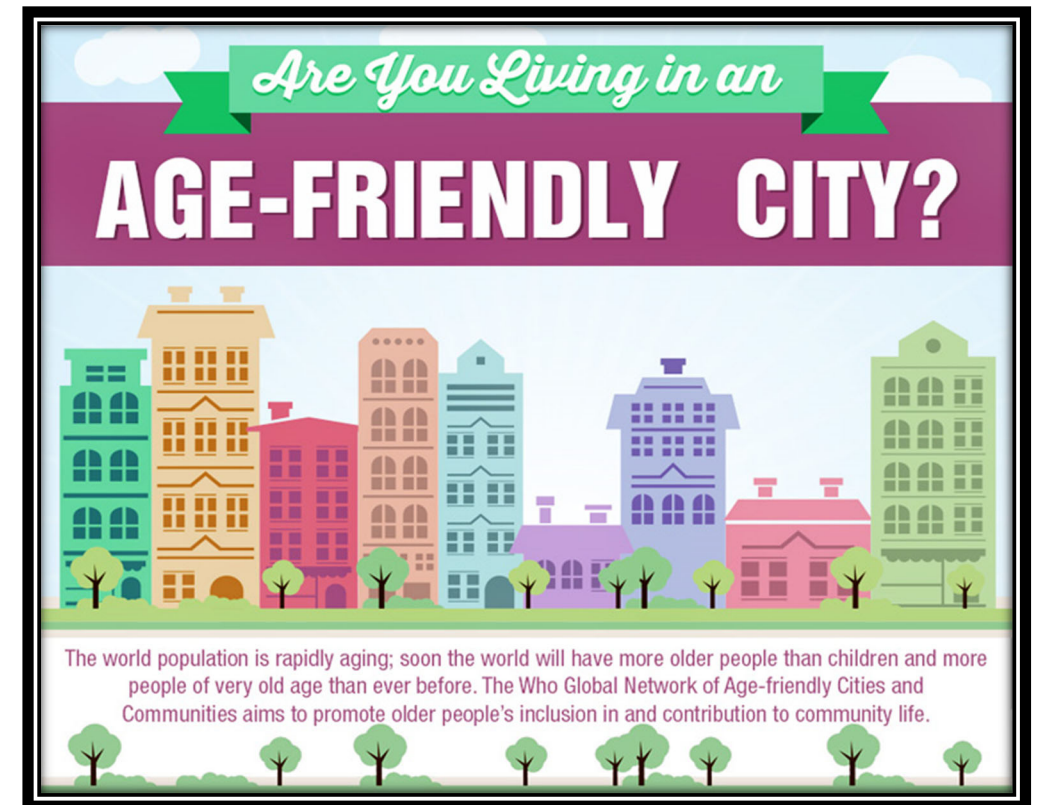
"The age-friendly city is inclusive," she says. "The initiative offers residents of every age ample opportunity to deepen how they experience everyday life."

As defined by WHO, age-friendly practices in communities help older adults:

- Meet their basic needs
- Continue to learn, grow and make decisions
- Remain mobile
- Build and maintain a social network and relationships
- Contribute in meaningful and fulfilling ways to their communities

As a result, older adults in age-friendly communities benefit from reduced workplace inequity, increased community inclusion and protections for aging adults who are most vulnerable.

To learn more about age-friendly communities, you can also visit: [/www.aarp.org/livable-communities/network-age-friendly-communities/info-2020/age-friendly-and-equity.html](http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2020/age-friendly-and-equity.html)



**WASH! MASK! and DISTANCE!**



# 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.*

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. **Please call us to schedule an appointment Monday through Friday from 8:30am-3:30pm (closed on holidays).**

**Hilo (808-961-8626)**

**Kailua-Kona (808-323-4390)**

*The Hawaii County Office of Aging and the Aging and Disability Resource Center extends our deepest sympathy for the victims of the Lāhainā fire. We send our heartfelt aloha to those who are struggling to recover and rebuild in the wake of this tragedy.*

*We exclaim “Maika’i no!” to the UNSUNG Heroes who risked their lives to assist others during the evacuations.*

*“Maika’i no!” to all First Responders, Volunteers, and the Lāhui for your bravery, kokua, and aloha to the Lāhainā community.*

*People of Maui, you are strong. You are resilient. You are not forgotten. Rise and THRIVE.*

**ONIPA’A**

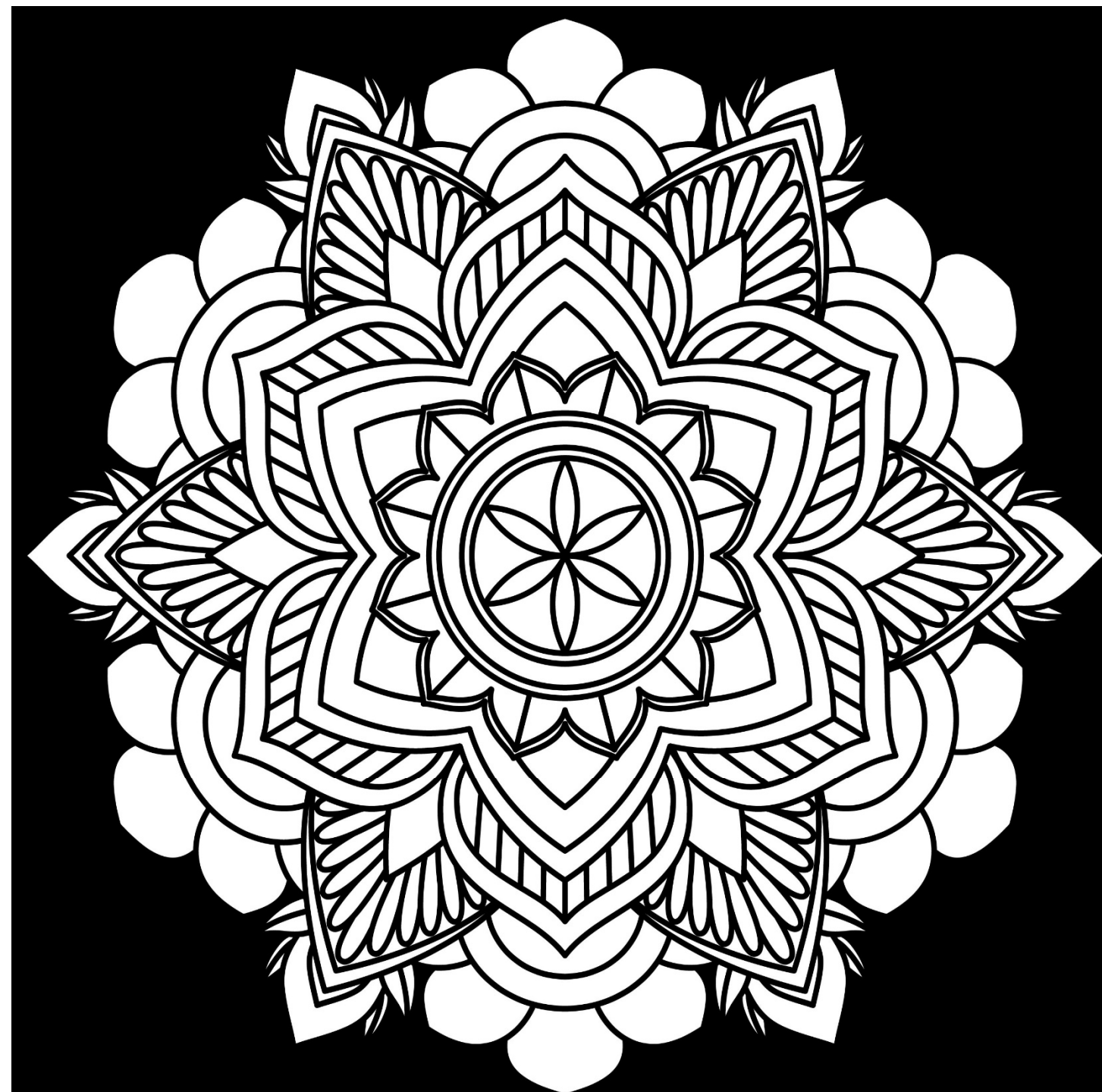
**Aloha kekahi i kekahi.**

*Love one another.*



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*Grab some colored pencils, markers, crayons, or paints and enjoy some quiet time coloring this Mandala.*



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## 10 MINUTES TO RECOGNIZE THE GOOD STUFF

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

Things, people, and places you adore:


One thing you've worked hard to achieve:

\_\_\_\_\_

One thing that's going well right now:

\_\_\_\_\_

Two subjects or pursuits you're passionate about:

\_\_\_\_\_

Two people you can count on for warm hugs and kind words:

\_\_\_\_\_

Three things to look forward to:

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# The Silver Bulletin

## Finding Resilience After Disaster Strikes a Community

Understanding the nature of trauma and recovery helps us move forward.

by Lamila Ezcano LMHC

Original article found at: <http://www.psychologytoday.com/us/blog/becoming-resilient/202107/finding-resilience-after-disaster-strikes-community>

**Mental Health Check-In**

-  **Take a breath of fresh air.**  
Taking a walk and enjoying the outdoors is a perfect way to ground yourself during this unusual time. Practice social distancing, please!
-  **Take care of yourself.**  
If you are feeling anxious, download a meditation or mindfulness app. Taking time to journal, exercise, and eating healthy foods are all gentle ways to give yourself some much needed care.
-  **Take regular breaks from media.**  
It can feel overwhelming to constantly read or watch news and social media updates. Take a media break and engage in self-care activities like coloring books, watching a movie, playing with your pets, reading, or puzzles.
-  **Call or text a loved one.**  
Reach out and connect to someone you love with a text, video or phone call. Just remember: we are all navigating this situation together.

**Most of all, remember that you are resilient.**

### Long-term trauma effects following a disaster

When disasters strike, they are typically unexpected and overwhelming. Their sudden, painful and traumatic nature can leave victims feeling helpless, disoriented, stunned, and unable to comprehend the avalanche of distressing information.

When the brain is presented with a sudden and traumatic event, and no mitigation measures are taken, the brain's regions that normally identify threats become overactive, causing the individual to feel unsafe and have negative expectations about life.

Research on trauma has shown its long-term effects. For example, a neurological study of a group of people who lived in close proximity to the World Trade Center in New York during the attacks of September 11, 2001, found that their brain threat detection systems were highly overactive a full five years after the event took place (Ganzel et al., 2007).

Having stressful hormones, such as cortisol, circulating in the body longer than they are required can lead to significant health issues like cardiovascular problems, high glucose, and immune issues, among others.

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## Recovery from trauma

The road to recovery from a traumatic event may leave a person experiencing intense feelings of hopelessness and fear. Should those feelings be present for a long time and interfere with the person's functioning, it is important to reach out for professional help.

Some of the common responses seen in those who have been exposed to a disaster include:

- Intense or unpredictable feelings. Some might experience mood swings, irritability, and anxiety, and be easily overwhelmed.
- Changes in thought/behavioral patterns. Individuals might have recurrent and vivid memories of the event. Sometimes these memories surface unexpectedly and often trigger physical reactions such as palpitations and sweating. Also, people may have difficulties concentrating and making decisions.
- Sleeping and eating patterns disruption. Some people may overeat or oversleep, while others may experience a lack of appetite and sleeplessness.
- Sensitivity to environmental factors. They become negatively reactive to loud noises, especially sirens or any other environmental stimulation that recollects memories of the disaster.
- Strained interpersonal relationships. There might be an increase in conflict, such as disagreements with families, or being easily irritated by the behaviors of others. Some individuals may become disengaged from families and friends, and withdraw from social gatherings.
- Stress-related physical symptoms. It is very common after a disaster to have physical symptoms related to stress such as nausea, headaches, and chest pain. Some of these symptoms may require medical attention.

It is difficult to determine how long it may take for most people to recover from the traumatic experience of a disaster, inasmuch as there are myriad factors at play with each individual, such as pre-existing mental health conditions or exposure to trauma, or whether he or she has a personal support system.

However, there are many ways in which an individual can strengthen their emotional well-being and gain a sense of control following a disaster, such as:

- Allowing a period of mourning for losses that may have been endured.
- Allowing the person to heal at their own pace with gentleness as they experience changes in their emotional state.

Looking to surround themselves with people who care about them or looking for support from others who can empathize with their situation; social support is not only a protective factor for overall good mental health but crucial in recovering from a traumatic experience.

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### Helping Kupuna to Prevent, Detect and Report Medicare Fraud, Errors and Abuse

SMP Hawaii is a volunteer-based federal program administered under the [Hawaii State Department of Health – Executive Office on Aging \(EOA\)](#), the state designated lead agency for the coordination of aging initiatives.

We collaborate with a network of partners and advocates to expand outreach and assistance to communities statewide.

#### CONTACT SMP HAWAII

Executive Office on Aging  
Hawaii State Department of Health  
No. 1 Capitol District  
250 South Hotel St. Suite 406  
Honolulu, HI 96813-2831

**Phone: 808-900-6392**

Toll Free: 1-800-708-6205

Email: [info@smphawaii.org](mailto:info@smphawaii.org)

Website: [smphawaii.org](http://smphawaii.org)

If a scam affects you, your loved ones, or people in your community, please tell the Federal Trade Commission at [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov). Your reports help us understand what's happening in your community.

## 7 TIPS TO AVOID HOLIDAY SHOPPING SCAMS

### 1 MONITOR YOUR ACCOUNTS

Use online and mobile banking to monitor your financial accounts regularly for fraudulent transactions, especially during the holidays. You can sign up for text alerts from Powell Valley National Bank for certain types of transactions. Always notify your bank right away if there's any fraudulent activity.

### 2 BEWARE MOBILE PHISHING

Criminals may create fake emails or texts for deals that are too good to be true. Avoid opening links and attachments in emails and texts from senders you don't know.

### 3 LIMIT LARGE SUMS OF CASH

Be careful not to carry large sums of cash. Your bank can help if there's fraud against your account. If cash is stolen, the money is gone.

### 4 WATCH OUT FOR PUBLIC WIFI

Public WiFi isn't very secure. Avoid performing secure tasks, like online shopping and other banking transactions, on public networks.

### 5 SHOP SAFELY

When shopping online, check to see if your browser's padlock/key icon is active. Another way to check website security is to look for an "s" after the "http" at the front of the website's URL address.

### 6 BEWARE SHOULDER SURFERS

The most generic form of info theft is observation. Be aware of your surroundings if you are making online purchases in public.

### 7 READ PRIVACY POLICIES

Privacy policies tell us how the site protects the personal info it collects. If you don't see or understand a site's privacy policy, consider doing business elsewhere.

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## Practice good cybersecurity hygiene.

- Don't click any suspicious links or attachments in emails, on websites, or on social media. [Phishing scams](#) and similar crimes get you to click on links and give up personal information like your name, password, and bank account number. In some cases, you may unknowingly download malware to your device.
- Be especially wary if a company asks you to update your password or account information. Look up the company's phone number on your own and call the company.

## Know who you're buying from or selling to.

- Check each website's URL to make sure it's legitimate and secure. A site you're buying from should have https in the web address. If it doesn't, don't enter your information on that site.
- If you're purchasing from a company for the first time, do your research and check reviews.
- Verify the legitimacy of a buyer or seller before moving forward with a purchase. If you're using an online marketplace or auction website, check their feedback rating. Be wary of buyers and sellers with mostly unfavorable feedback ratings or no ratings at all.
- Avoid sellers who act as authorized dealers or factory representatives of popular items in countries where there would be no such deals.
- Be wary of sellers who post an auction or advertisement as if they reside in the U.S., then respond to questions by stating they are out of the country on business, family emergency, or similar reasons.
- Avoid buyers who request their purchase be shipped using a certain method to avoid customs or taxes inside another country.

## Be careful how you pay.

- Never wire money directly to a seller.
- Avoid paying for items with [pre-paid gift cards](#). In these scams, a seller will ask you to send them a gift card number and PIN. Instead of using that gift card for your payment, the scammer will steal the funds, and you'll never receive your item.
- Use a credit card when shopping online and check your statement regularly. If you see a suspicious transaction, contact your credit card company to dispute the charge.

## Monitor the shipping process.

- Always get tracking numbers for items you buy online, so you can make sure they have been shipped and can follow the delivery process.
- Be suspect of any credit card purchases where the address of the cardholder does not match the shipping address when you are selling. Always receive the cardholder's authorization before shipping any products.

# The Silver Bulletin

Gaining a sense of control by communicating their experiences in any form they find comfortable, such as talking to family and friends, writing in a diary, and engaging in creative activities like painting, drawing, photography, or pottery, among others.

Engaging in healthy behaviors that enhance a person's ability to cope with traumatic stress, such as eating a well-balanced diet and getting plenty of physical activity and rest. Also, avoiding the use of alcohol or drugs inasmuch as they can be an unhealthy diversion from the journey to recovery.

Most trauma survivors benefit from establishing new routines to have something to look forward to during difficult times.

Research has shown that most people are resilient and, with time, they are able to bounce back from tragedy. Some have even reported personal growth following times of crisis. Others experience an elevated sense of spirituality, as well as more appreciation for family, friends, and life. However, if victims or their family members notice a consistent pattern in feelings of distress or hopelessness that interfere with normal everyday functioning and responsibilities, professional help should be sought as soon as possible.

## HEARTS LIKE WILDFLOWERS

I hope you are blessed  
with a heart like a wildflower.

Strong enough to rise again  
after being trampled upon,  
tough enough to weather  
the worst of the summer storms,  
and able to grow and flourish  
even in the most broken places.

—  
*Nikita Gill*

# The Silver Bulletin



## *The Art of Kindness*

[Steve Siegle](#) is a licensed professional counselor in [Psychiatry & Psychology](#) in [Menomonie, Wisconsin](#).  
[www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness](http://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-art-of-kindness)

Kindness is more than behavior. The art of kindness involves harboring a spirit of helpfulness, being generous and considerate, and doing so without expecting anything in return.

Rather than viewing it exclusively as an action, think of kindness as a quality of being you can cultivate. Giving kindness often is simple, free and health-enhancing.

### *Good for the body*

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a hormone directly correlated with stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer.

Kindness can increase your sense of connectivity with others, decrease loneliness, combat low mood and improve relationships. It also can be contagious, encouraging others to join in with their own generous deeds.

Looking for ways to show kindness can give you something to focus on, especially if you are anxious or stressed in certain social situations.

# The Silver Bulletin

## Holiday Scams

[www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/holiday-scams](http://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/holiday-scams)

When shopping online during the holiday season—or any time of year—always be wary of deals that seem too good to be true. Do your part to avoid becoming a scammer's next victim.

Every year, thousands of people become victims of holiday scams. Scammers can rob you of hard-earned money, personal information, and, at the very least, a festive mood.

The two most prevalent of these holiday scams are non-delivery and non-payment crimes. In a non-delivery scam, a buyer pays for goods or services they find online, but those items are never received. Conversely, a non-payment scam involves goods or services being shipped, but the seller is never paid.

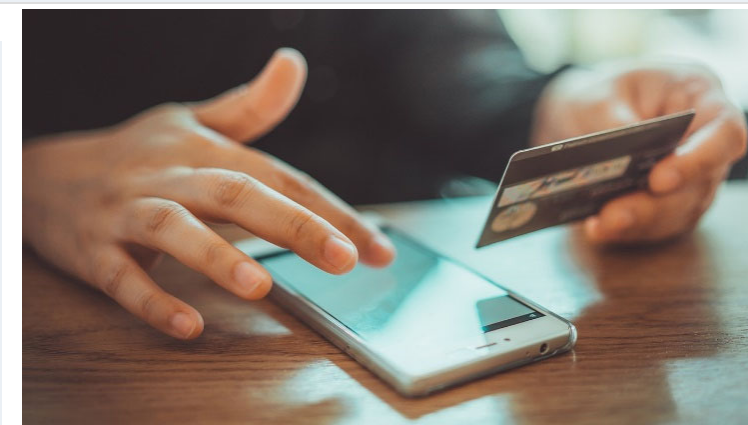
According to [the Internet Crime Complaint Center's \(IC3\) 2021 report](#), non-payment or non-delivery scams cost people more than \$337 million. Credit card fraud accounted for another \$173 million in losses.

Similar scams to beware of this time of year are auction fraud, where a product is misrepresented on an auction site, and gift card fraud, when a seller asks you to pay with a pre-paid card.

The IC3 receives a large volume of complaints in the early months of each year, suggesting a correlation with the previous holiday season's shopping scams.

### If You've Been Scammed

- Call your credit card company or your bank. Dispute any suspicious charges.
- Contact local law enforcement.
- Report the scam to the FBI's Internet Crime Complaint Center (IC3) at [ic3.gov](http://ic3.gov).



# The Silver Bulletin




## ADVANCED 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
Tuesday, November 7, 2023	At 9:00 a.m. - 10:15 a.m.	*Hilo - ADRC 1055 Kinoole St. *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



Scan this QR Code to Register Online

Zoom Workshop Registration:  
<https://communityfirsthawaii.org/registration>

In Person Workshop Registration Call:  
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 Hawai'i County Office of Aging and Disability Resource Center

# The Silver Bulletin

## RANDOM acts of kindness

Give a compliment	Make someone laugh	Clear up a mess you didn't make	Hug someone	Tell someone you love them
Smile at everyone you see today	Hold the door open for someone	Read to someone else	Include someone new in your games	Let someone in front in the queue
Leave a friendly note for someone	Introduce yourself to someone new	Give some loose change to charity	Sort out some old clothes to donate	Get someone else a drink
Pick up some litter that isn't yours	Tell someone reasons why you like them	Share something with someone	Say thank you to someone	Offer help to someone
Tidy up without being asked	Encourage Someone	Thank an adult for something they do for you	Make someone a card	Help cook dinner

### Good for the mind

Physiologically, kindness can positively change your brain by boosting levels of serotonin and dopamine. These neurotransmitters produce feelings of satisfaction and well-being, and cause the pleasure and reward centers in your brain to light up. Endorphins, your body's natural painkiller, also may be released when you show kindness.

### Be kind to yourself

When sharing kindness, it's not just how you treat other people — it's also about how you extend those same behaviors and intentions to yourself. I believe you can be kinder in your own self-talk and [practice gratitude](#).

People are good at verbally beating themselves up which does not work as a pep talk. Rather, negativity often causes you to unravel and may even create a vicious cycle of regularly getting down on yourself. You wouldn't talk to your neighbor the way you sometimes speak to yourself. This is what I call the good neighbor policy, which can be helpful. If you wouldn't say it to your good neighbor, don't say it about yourself.

# The Silver Bulletin

## Take action

Start your day with this question: "How am I going to practice kindness today?" For a homework assignment, I have invited some patients to pay attention and periodically document their evidence of kindness to others and especially to themselves during the day. This positive focus is like planting positive seeds in your mind garden. Where focus goes, energy flows.

A young client recently asked if I wanted them to get on the ARK. When I asked what that meant, the client replied, "Acts of random kindness." How about you? Are you willing to get on the ARK?

Consider joining Mayo Clinic Health System's [Kickstart Kindness program](#) to start your kindness journey. The program offers many ideas on how to extend kindness to yourself, your community, environment, home, family, co-workers and others.

Finally, I'd like to leave you with this quote by the Dalai Lama: "Be kind whenever possible. It is always possible."

## Upcoming Events

**October 2-** International Day of Non-Violence

**October 9-** Indigenous People's Day

**November-** Native American Heritage Month

**November 10-** Veteran's Day (H)

**November 25-** Thanksgiving (H)

**December 7-** Pearl Harbor Remembrance Day

**December 8-** Chanukah

**December 25-** Christmas

**December 26-** Kwanzaa



*The Hawaii County Office of Aging and the Aging and Disability Resource Center would like to extend our warmest wishes to you and your 'ohana this holiday season.*

# The Silver Bulletin

## Kona Caregiver to Caregiver Breakfast Workshop



**FREE**  
**Wednesday,**  
**November 8**  
**9:30 a.m. - Noon**  
**Resource Fair &**  
**Registration**  
**begin at 8:30 a.m.**  
**Royal Kona Resort**  
**Ali'i Surf Room**



Our special guest **Darin Yoshimoto** is a certified trainer with the dementia care training program *Positive Approach to Care*. He has been an administrator for long-term care and senior living facilities in Kona and Honolulu, and has educated hundreds of family members and caregivers on the challenges of dementia care.

**Sign-up is Required.**  
 Please email your name to [HCCN@hawaiicaregivers.org](mailto:HCCN@hawaiicaregivers.org) and we'll notify you when registration is open, or check the website [www.hawaiicaregivers.org](http://www.hawaiicaregivers.org) in mid-October for a link.  
 Full breakfast will be served.  
 Free parking with validation.

Are you helping a family member or friend to age at home in the community? You are not alone! Across the state more than 157,000 family caregivers are providing transportation, friendly visits, meals, help with finances, sharing their homes and much more.  
 Let's learn from each other. We'll talk about caring for a loved one with dementia, with time to look at individual family situations, and enjoy a short stress reduction class based on *Powerful Tools for Caregivers*. Give yourself a chance to refuel and relax!

