

The Silver Bulletin

Welcome 2022!

From all of us here at the Office of Aging we want to take this opportunity to wish you all a very Happy New Year! Every New Year brings with it changes, and this is the time of year when many decide it is time to make a change. Sometimes change means making small adjustment, or it could mean making modifications that affect our habits or life styles. In any case, a New Year's Resolution involves making a change, and every effective change should be driven by a wise choice. The ability to choose wisely is a powerful gift.

To make a wise choice one must have information. Here at the Office of Aging, we want to be that One-Stop-Shop for your Aging and Disability resource needs and provide you with that information. If you are deciding what changes, you may face in 2022, or are looking for information regarding choices for your current needs, please call our Aging and Disability Resource Center at the following number, (808) 961-8626. Our trained Aging and Disability Service Specialists are available and happy to assist you. Our goal and mission is to help empower you in making better decisions. If you are an Older Person, individual with a disability ,Caregiver, or seeking information to assist someone else please call our Aging and Disability Resource Center.

Life is a matter of choices, and every choice you make **MAKES** you.

John C. Maxwell

Eleanor Roosevelt once said, "I am who I am today because of the choices I made yesterday." As we begin this New Year, what better time than today to start thinking about the changes that we may make about our future. A wise man said, "Tomorrow never comes." Let us remember that tomorrow soon becomes today, and today will become yesterday. Today is where we make it happen.

In closing, today we can choose to join the fight against of COVID-19. If you have not been vaccinated, we encourage you to do so. If you are eligible to receive you booster shot, please get yours as soon as possible. The wisest choice that we could make in 2022 is to protect our families, others, and ourselves. Today by following these three simple words below, we can help bring in a brighter future for the New Year.

WASH! MASK! and DISTANCE!



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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 Monday through Friday from 7:45am-4:30pm (closed on holidays).

“Talk Story: What skill/talent would you like to learn?”

Alice Bratton –Aging and Disability Services Specialist I (West Hawaii)

“In my senior years, I find myself looking for more ways to relax and re-energize. A few years ago I started crocheting again, a craft that I had not done for nearly five decades. I was surprised to find it meditative! I continue to crochet and enjoy the peaceful calm that accompanies the practice.

This experience has made me think about learning to play a musical instrument. I imagine that the practice and concentration required to do that would have a similar meditative effect, and that sort of relationship with music is known to enhance brain health.”

Keanalu Chartrand- Aging and Disability Services Specialist I (East Hawaii)

Personal: I personally would like to learn how to meditate. I have always wanted to take my thought to a higher conciseness and awareness but do not have the patience to sit for long periods of time. I want to learn how to ease my thoughts and learn how to sooth my fear of all the anxieties life throws at me.

Professional: I would love to learn how to build computer programs.

Leilani Westergard- Aging and Disability Services Specialist I (East Hawaii)

“There are lots of things I’d like to learn. For instance, I would love to get my baby to fall asleep (does that count?). He is so active and alert and hates to take his naps! I think he’s worried he’ll miss out on all the fun and action. It would be AMAZING if I could just snap my fingers and he would magically drift off into Dreamland. Other skills I’d like to learn: lauhala weaving, carpentry, free diving/spear fishing, and being able to expertly use my sewing machine! All these take time and effort to learn- two things I don’t have much of these days because of baby.”

Meredith Catalini- Aging and Disability Services Manager

“A picture is worth a thousand words” - Fred R. Barnard

The skill I would like to learn is photography. I have always been a fan of “story telling” and I feel that one strong picture can tell an amazing story. Of course, I take a lot of pictures but I haven’t learned to effectively capture light, emotion and the subject in my photos. I am also intrigued by the practice of developing pictures using the darkroom processing. I am hoping that someday I will be able to produce meaningful photography that captures moments and emotions accurately....Icing on the cake would be if I could process them myself in my own darkroom.

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The Hawaii County Office of Aging would like to wish you a happy, healthy, and blessed 2022!



Front row L-R: William Farr III, Patricia Yamamoto, Wesley Tanigawa

Back row L-R: Lori Enomoto, Christina Raine, Keola Kenoi-Okajima, Clayton Honma, Leilani Westergard, Meredith Catalini, Keanalu Chartrand, Jolean Yamada, Luana Ancheta-Kauwe, Kelli Figueira



Kona Staff

L-R: Debbie Wills, William Farr III, Alice Bratton, and Bernie Canda

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Home Modifications for Aging in Place

By Angela Stringfellow on Mar 27, 2018

**Content has been modified. Original article can be found at:*

<http://www.seniorlink.com/blog/50homemodificationtips>

More seniors are opting to age in place than ever before. This trend is driven in part by the rising costs of long-term care, coupled with the rapidly growing senior population as the Baby Boomer generation ages – a generation that's enjoying a more active, vibrant lifestyle than previous generations. Technology and wider availability of services, such as home meal delivery services, are making it easier for older adults to remain in their own homes independently, as well.

Many older adults have spent decades raising families in their homes and want to remain in the home where they've created so many cherished memories as long as they can. Others opt to age in place because the cost of retirement communities, independent living, and assisted living is daunting. While it may not be possible for an older adult to live independently forever, there are many changes that can be made to a home to make it safer and more functional for them to remain in their own homes longer. By implementing home modifications that support aging in place, today's seniors are able to maintain their independence, and in the long run, may save a substantial amount of money on senior living.

Below, you'll find tips on home modifications that support aging in place.

General Home Modification Tips

1. **Form a plan.** A good first step in making your home more age-friendly is to do an assessment. Go through your house, room-by-room, looking for problem areas like potential tripping or slipping hazards, as well as areas that are hard to access and difficult to maintain.
2. **Clear the excess.** Any unnecessary furniture or rugs should be removed. The more space you allow in each of your rooms, the better. Make sure there are clear pathways and plenty of space to walk in without bumping into anything, especially in the rooms you spend a lot of time in.
3. **Create at least one no-step entry into the home.** It's definitely a good idea to have at least one of these. But there's a host of related issues that go beyond the construction work. Outside, you'll probably want a covered entry to protect you from the elements. And you need good drainage since the doorway will be level with the walking surface just outside the door. Once inside, you'll need space for maneuvering.
4. **Pocket doors may make mobility between rooms possible.** Not only will the door be out of the way when opened, the hinge will prevent any catching on wheelchairs. For your existing home, "Aging in Place" may merely need to widen some doorways, and pocket doors may be useful to you when a swinging door just won't work.

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5. **Smooth exterior walkways.** Most outdoor falls can be attributed to uneven surfaces and walkways that are poorly maintained. With this in mind, keeping your loved one's walkways safe is of the utmost importance. Shrubbery and trees should be kept trimmed and off the walkway. If your loved one has a walkway lined with gravel or bark, consider having a curb installed to keep it from finding its way onto the walkway. Finally, any cracks, lips or moss should be removed and fixed immediately.
6. **Lever style door knobs can prevent undue struggles.** Levers are usually easier to grip than round doorknobs, and they don't require a twisting motion. That can be especially helpful for people who have arthritis or other conditions that limit motion. You can find lever-style knobs at home improvement stores starting around \$20 each. Changing doorknobs can be a do-it-yourself task, or you might hire a handyman.
7. **Make it brighter.** By age 75, most people require twice as much light as the normal recommended standard, and nearly four times as much as a 20-year-old, to see satisfactorily (*Dementia Services Development Center – The Importance of Lighting*). This is especially true for people with dementia. Dark spots or areas in a room can appear ominous and confusing to the brain. Providing nice, bright spaces will help ease the mind and provide a clearer understanding of surroundings.
8. **Leave the living room as open as you can.** According to the National Association of Home Builders, a five-foot by five-foot clear space in the middle of the living room is a good idea. That leaves enough room to navigate a wheelchair and get turned around properly with a walker—an essential, since backing up with a walker can quickly become a fall hazard.
9. **Make sure there is access to a phone in each room.** Place phone extensions in every room on a low surface, have the senior carry a cell phone in his or her pocket, or wear or emergency contact system with a panic button.

Home Modifications for the Bathroom

10. **Ditch the traditional tub.** A senior opting to age in place also should consider home modifications for the bathroom, particularly the bathtub. One option is to replace the bathtub with a walk-in shower, which provides much easier (and safer) entry and exit than a bathtub.
11. **Even if you keep your standard tub, add grab bars.** These heavy bars can help prevent falls because of slippery tubs, shower stalls and floors. You can generally find grab bars at home improvement stores for \$20 to \$30 each. The cost to have them professionally installed runs about \$100 each, materials included.
12. **Replace the toilet.** A raised toilet seat for elderly loved ones prevents embarrassment from needing assistance to go to the bathroom. And for those recovering from injury, suffering from chronic joint pain, or hindered by limited mobility, sitting on the toilet can be painful. A raised

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toilet seat alleviates pain and makes it easier for aging adults to go to the bathroom independently. Raised toilet seats are secure, comfortable, and affordable.

13. **Keep essentials easily accessible.** The harder an item is to get, the greater the chance of injury. Open shelves provide easy access to item. Putting glass-front doors on your cabinets lets you see what's inside without opening them. Look for cabinets with easy-close doors and drawers with D-shaped pulls instead of knobs.
14. **Incorporate shower chairs.** Using a shower chair or bath chair helps to increase safety by decreasing the chance of you falling by providing a secure area in a slippery shower or bath. Shower chairs and bath chairs are especially useful for those that are in wheelchairs, the elderly, or anyone who finds excessive movement painful or difficult. You do not want to risk falling and possibly ending up in the hospital and causing yourself pain.
15. **Switch out the shower head.** A very convenient option for aging-in-place bathrooms is to install a handheld shower head. These make it easier for those who need to shower while seated or who may have limited mobility issues that restrain them from using the permanently installed shower head. Usually, these shower heads have a hose that is between three and six feet in length, which makes it easier to use them from various spots on the shower seat or in the shower (like near the grab bar).

Home Modifications for the Kitchen

16. **Pay special attention to the kitchen stove.** Look for additional convenience and safety features that can be helpful for those aging in place. Electric cook top with level burners for safety in transferring between the burners, front controls and a light to indicate when surface is hot are some helpful safety features.
17. **Remember there is a lot of standing in the kitchen.** If you're gearing up for a kitchen remodel, take a close look at your flooring. Tile is hard to stand on for long periods, especially if you have lower back or hip pain. Consider vinyl, linoleum, wood or cork flooring, which are more forgiving. Also consider adding seated work spaces, so you can still chop your vegetables but take a load off while doing it.
18. **Adjust the locations of major appliances.** Appliances can also be lowered or raised up to make using them more convenient and safe. Dishwashers raised off the floor make loading and unloading easier on the back and joints. Ovens can also be raised to avoid painful bending and to make it easier to see when the heat needs to be turned down.

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Easy Home Modifications TO PREVENT FALLS

Install Handrails

along indoor and outdoor staircases, hallways, and anywhere you feel you need a little extra support.



Use nonslip mats and treads

to help improve traction on bathroom floors, shower, bathtub, outside decks, and outside steps.

Falls are the leading cause of injuries among older adults, sending more than two million people to the emergency department each year.



Improve lighting.

Make sure you have adequate lighting in hallways, stairways, and outdoor walkways, and areas in which you're likely to walk in the middle of the night.



Install grab bars

near showers, bathtubs, and toilets. Avoid grab bars that "stick on" to shower tiles with suction, which are less reliable than metal grab bars attached to wall studs.

Many of the fall hazards are right in our own homes, and a few inexpensive changes could lower your fall-risk.



Inexpensive fixes.

Remove all floor clutter. Rearrange furniture so that it works well with the flow of traffic. Use double-sided tape to secure the edges of area rugs to the floor, and remove small throw rugs.



Repair steps and flooring.

Repair crumbling outdoor steps, loose wall-to-wall carpeting, and uneven floorboards. Call a handyman to repair stairs or floorboards, or a carpet store to come and tighten wall-to-wall carpeting.



For other strategies and tips to avoid falls, check out "Preventing Falls," the online guide from Harvard Medical School.

www.health.harvard.edu/fall

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SPOTLIGHT: Case Management Services

The Hawaii County Office of Aging currently partners with two agencies, Services for Seniors (SFS) and Hawaii County Economic Opportunity Council (HCEOC), to provide case management services for participants in the Kupuna Care Program. Case Management services are a vital component of the Kupuna Care program. Case Managers are able to conduct a needs assessment to determine what services to put in place, create care plans for participants, and contact service providers to assist in the home. They are also able to provide education about long-term care and assistance with setting up permanent care options so participants will still be supported when they transition out of the Kupuna Care program. This ultimately empowers kupuna to continue aging safely in their home.

SERVICES FOR SENIORS (SFS)

The history of Services for Seniors, Inc. began as a small for-profit company in 1989 when it was first known as Vocational Rehabilitation Associates, Inc. The company provided rehabilitation counseling and support services. It was within this same year that the company was approached by the Hawai'i County Office of Aging and asked to participate in a pilot project called the "Long Term Care Access Project". This project's mission was to assist seniors with planning for long term care. The company agreed to participate and was awarded its first contract through the Hawai'i County Office of Aging. Eventually, this pilot program evolved into a comprehensive home and community based system and transitioned into a more short term Case Management model. For the next 20 years, Vocational Rehabilitation Associates, Inc. contracted with the Hawai'i County Office of Aging to provide case management services to kupuna throughout Hawai'i County before becoming a 501c3 non-profit organization in 2009. The company name was changed to Services for Seniors, Inc. and was incorporated on February 18, 2009.

HAWAII COUNTY ECONOMIC OPPORTUNITY COUNCIL (HCEOC)

The Hawaii County Office of Aging recently partnered with HCEOC to provide case management support in East and West Hawaii. HCEOC currently manages several programs aimed at assisting our Big Island community, including transportation, Senior Farmers Market Nutrition Program, Low Income Energy Assistance Program (LIHEAP), Weatherization Assistance Program (WAP), and the Emergency Rental Assistance Program (ERAP).

Established in 1965, Hawai'i County Economic Opportunity Council (HCEOC) is a Community Action nonprofit organization that operates a variety of programs to mitigate symptoms of poverty. Along with Maui Economic Opportunity Council, Honolulu Community Action Program, and Kaua'i Economic Opportunity, Inc., HCEOC is a proud member of the Community Action Partnership (CAP), a national association that provides technical assistance, training, and other resources to tackle the complex issues surrounding poverty.

The Hawaii County Office of Aging and the Aging and Disability Resource Center deeply values and appreciates its partnerships with these two agencies for providing Big Island kupuna with the support they need to thrive in our community. Mahalo Nui to SFS and HCEOC for your hard work and dedication!

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Bay Clinic Pharmacy

340B Pharmacy Dispensing Program

Keaau Family Health and Dental patients can visit their health care provider and conveniently pick up medications at Bay Clinic's Pharmacy at the same location. All patients can save time and money and have their medications delivered to their provider's office by Bay Clinic's pharmacy.

Bay Clinic's 340B Pharmacy Dispensing Program community partnership offers similar services to all patients. Bay Clinic delivers medications to Pahoā and Ka'u Family Health Centers so it's convenient for you.



- All patients are eligible.
- Uninsured patients may be able to obtain medications at a significantly discounted rate through this program.
- Participation in the program can save patients 20% to 50% on the cost of prescription medications.
- Pharmacies research all your options and provide the best possible price.
- Med-Quest (Medicaid) patients already qualify and receive discounted medications and so it is unnecessary to participate in the 340B Pharmacy Dispensing Program.

**Bay Clinic Pharmacy Location: Keaau Family Health and Dental Center
16-192 Pili Mua Street**

Hours: Monday through Friday 8:30 a.m. to 5 p.m.

Phone: 808-930-0488

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The State of Hawaii Office of Community Services (OSC) administers three (3) Federal food assistance programs in Hawaii under the direction of the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) as follows:

Program	Description	Eligibility	Contact
Commodity Supplemental Food Program (CSFP)	Works to improve the health of low-income elderly persons at least 60 years of age by supplementing their diets with a box of nutritious USDA foods.	At least 60 years of age. Individual Household – \$1,557.83 Two-person Household – \$2,108.17 Applicants must provide documentation showing that they reside in the service area to which they are applying for. Each participant may receive CSFP benefits at one (1) distribution location.	To participate, complete an application form and bring it, along with your documentation, to a certification site in your county. The Food Basket (Hawaii Island) Phone: (808) 933-6030
Senior Farmers Market Nutrition Program (SFNMP)	SFMNP grants are used to provide low-income seniors with eligible foods (fruits, vegetables, honey and fresh cut herbs) from authorized farmers, farmers' markets, and roadside stands during the "harvest season" (April 1 – September 30).	At least 60 years old Individual Household – \$26,603 Two-Person Household – \$36,001 Participants must be a resident of the State of Hawaii and must reside in the county of the service area they apply to.	Currently, Hawaii Foodbank Oahu and Kauai, and Maui Economic Opportunity are wait listing new applications. Hawaii County Economic Opportunity Council (Hawaii Island) Ed Yokoyama, SFMNP Manager 808-932-2721 eyokoyama@hceoc.net
The Emergency Food Assistance Program (TEFAP)	Helps supplement the diets of low-income Americans, including elderly people, by providing them with emergency food and nutrition assistance at no cost.	Individual Household- \$26,603 Two-person Household – \$36,001 Applicants must document their eligibility by filling out and signing a certification of self-declaration of income.	To participate, visit a soup kitchen or participating food pantry in your area. The Food Basket (Hawaii Island) Phone: (808) 933-6030



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Reopening of Senior Programs and Services

The Hawaii County Department of Parks and Recreation announces the reopening of numerous island-wide senior programs and services!



- *The Nutrition Program's Congregate Meal Centers will reopen starting January 10, 2022. Contact the Hawaii County Nutrition Program at (808) 961-8726 for more information.*
- *Retired & Senior Volunteer Program (RSVP) will resume January 10, 2022, to provide full volunteer services to individuals and government/ non-profit agencies.*
 - Persons 55 years and older wishing to participate in the program or government and non-profit agencies desiring to utilize RSVP to support day-to-day operations can contact RSVP in Hilo at (808) 961-8730 or in Kona at (808) 323-4333. Inquiries can also be made via email at rsvp@hawaiicounty.gov.
- *Elderly Recreation Services (ERS) classes are set to reopen January 10, 2022. Registration for all classes will remain open until start of classes in January 2022, and participants can register for multiple classes.*

For more information or to get a copy of class schedules, please call:

Hilo	(808) 961-8710
Puna	(808) 966-5801
West Hawaii	(808) 323-4340

808 Kupuna Fit is back on TV!

Monday- Friday 9am

Channel: KHII

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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 health care wishes if you are no longer able to speak for yourself. It's the best gift you can give to your family. Take the time to do this now before a crisis occurs.

In-person and Zoom Workshop Dates

Workshop Date	Workshop Time	In-person Workshop Location
Wednesday Feb. 2, 2022	9:00 – 10:15 AM	Hilo - ADRC 1055 Kinoole St. Waimea - Tutu's House
Sunday April 3, 2022	3:00 – 4:15 PM	Hilo - ADRC 1055 Kinoole St.
Tuesday, June 14, 2022	9:00 – 10:15 AM	Hilo - ADRC 1055 Kinoole St.

What to expect at our Workshop

- A step-by-step explanation on how to complete your AHCD.
 - What to consider when choosing your Health Care Power of Attorney
 - Make decisions on the kind of end-of-life care you want or do not want.
- If you already 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.

How to Register for our Workshop

Zoom workshop Registration:

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

Phone: Amy Hamane, 808-443-4033 or Rosemary Burnett, 808-987-4405

In-person workshop Registration:

Hilo: Annie Maeda, 808-987-1230

Waimea: Shawn Saito, 808-885-6777

If you are not available on the workshop dates and would prefer to view a video recording of the workshop, please register online and select that option.

Optional Follow-Up Session

We will be available to serve as witnesses and will provide 5 free copies of your completed document. More details on follow-up sessions are provided during the Workshop sessions.

MAHALO to the Hawai'i County Office of Aging and the Aging and Disability Resource Center

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TOOLKIT with weekly telephone contact

... a new mode of delivering the Chronic Disease Self-Management Program

Developed specifically to reach those

- 60+ years old & their caregivers
- Not allowed to attend face-to-face classes
- Who cannot or will not use a computer
- Without computer access
- Isolated

You get a TOOL KIT for Active Living with Chronic Conditions

- Living a Healthy Life with Chronic Conditions Book
- A CD for Exercise
- A CD for Relaxation
- Booklet with a self-test that directs people on how to individualize their use of the tool kit and with drawings of all the exercises on the CD

Why me?

- I have ongoing health problems
- I want to manage my chronic symptoms and problems, i.e. issues of pain, breathing, diabetes, exercises, fatigue, or anxiety
- I want to build endurance
- I want to communicate effectively with my family and healthcare professionals
- I want to plan for the future

What will I learn or gain from participating?

- Set my own goals with action plans
- Problem solve issues
- Get fit and exercise at my own pace
- Learn how to relax
- Make decisions

How can I participate?

- Six weekly telephone conference calls
- One hour a week

How much will it cost me?

- Presently, there is **NO COST** for Big Island participants. Workshop is funded in part by the County of Hawaii and Title III of the Older Americans Act through the Hawai'i State Executive Office of Aging

"This is an excellent method to accurately determine your health, eating habits, emotions, & plan for the future." LU



"The materials are 'tools' we can use long after the 6-week program. The 'action planning' for self management was the most helpful tool for me." CI

How can I start?

- ✓ Choose to learn tools to encourage and assist you in managing your health, staying active and **ENJOYING LIFE!**
- ✓ Register with Program Coordinator Laraine Kawasaki.
- ✓ Call Laraine today (808) 938-7431

Registration is now open for:

Chronic Disease Self-Management Program

Diabetes Self-Management Program

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Soy Glazed Mushrooms

INGREDIENTS

- 1 clove Garlic (grated)
- 1 lb fresh* mushrooms (*use your favorite! I like shiitake or hamakua mushrooms for this recipe*)
- 1 Scallion
- 1 TBSP sesame seeds
- 1/2 tsp Honey
- 1 TBSP Soy sauce, light
- 1/4 tsp Soy sauce, dark
- 1/4 tsp Black pepper
- 2 TBSP Vegetable oil
- 2 TBSP Butter, unsalted

**You can also use dried mushrooms for this recipe. First, rehydrate the mushrooms by soaking them in warm water or broth for 12-15 min (or until fully hydrated). Squeeze mushrooms and let them sit on a paper towel for 5 minutes to remove excess liquid before cooking in pan.*

DIRECTIONS

- Prepare your glaze by melting the butter. Stir in dark and light soy sauce, honey, grated garlic, and black pepper. Set aside.
- Slice mushrooms
- Heat vegetable oil in a non-stick or cast iron pan over medium high heat. Add the first batch mushrooms in 1 layer, leaving them a little space to breathe so the mushrooms fry rather than steam. Make sure mushrooms are evenly coated with vegetable oil.
- Pan-fry for about 5 minutes per side, until golden brown. Repeat for other batches of mushrooms.
- Add all the cooked mushrooms back to the pan, pour in the glaze, and immediately turn off the heat.
- Toss the mushrooms in the glaze using the residual heat of the pan.
- Garnish with chopped scallions and sesame seeds and serve.

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QUOTES to REMEMBER

“And in the end, it’s not the years in your life that count. It’s the life in your years.”

--Abraham Lincoln

“Take care of your body. It’s the only place you have to live.”

--Jim Rohn

“Everyone smiles in the same language.”

--George Carlin

“Wrinkles only indicate where smiles have been.”

--Mark Twain

SMALL KINE FUNNY KINE

Q: What does a nosey pepper do?

A: Gets jalapeno business!

Q: What do you call a fake noodle?

A: An Impasta.

Q: What do you call an alligator in a vest?

A: An Investigator.

Q: What happens if you eat yeast and shoe polish?

A: Every morning you'll rise and shine!

Q: "What's the difference between a guitar and a fish?"

A: "You can't tuna fish."

modest-jokes.blogspot.com

SUDOKU

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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
Meredith Catalini
Keanalu Chartrand
Lori Enomoto
Kelli Figueira
Clayton Honma
Keola Kenoi-Okajima
Christina Raine
Wesley Tanigawa
Leilani DLG Westergard
Jolean Yamada

KONA STAFF

Alice Bratton
Bernie Canda
Debbie Wills

Information & Assistance Clerk
Aging & Disability Services Manager
Aging & Disability Services Specialist I
Information & Assistance Clerk
Clerk III
Aging Program Planner III
Aging Program Planner II
Administrative Services Assistant I
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 Sr. Training & Employment Worker:
Patricia Yamamoto

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