

The Silver Bulletin

Spring Has Arrived!

Welcome to our second quarter issue of the Silver Bulletin for 2022. As we move out of winter and into spring, we look for the signs of change that signal the arrival of spring. Longer warmer days and new signs of life in nature affirm that spring has come. Spring is also a good time to review some important changes that can affect our lives.

National Healthcare Decision Day is April 16. National HealthCare Decisions Day (NHDD) is a nationwide initiative that encourages adults of all ages to plan ahead of a health crisis. When making health care decisions it is important to put your wishes in writing. Family members and loved ones can have peace of mind knowing what your wishes are. We also allow our caregivers to be our voice and advocates when we are unable to do it ourselves. Now is the perfect time to review your advanced care planning documents. If you have not thought about it, April 16 is a good time to start. If you are interested in starting, or have questions about your current Advanced Health Care Directive, please call the Office of Aging at (808) 961-8626. Our Aging and Disabilities Specialist (ADS) will be happy to connect you to the Community First Foundation for assistance.

This year is the first election year after the decennial census count. We want to encourage everyone to exercise his or her right by casting your vote this year. To help guarantee your right,



it is important that your voter registration information is current and correct. Voter Notification Postcards also known as the “Yellow Card” will be arriving at households during the 3rd or 4th week in April. Only properly registered voters will receive Voter Notification Postcards. It is very important that you verify your information is correct so you can receive your ballot. If you do not receive your “Yellow” card by mid-May and believe that

you have registered to vote, please contact the Elections Office at (808) 961-8277. You may also visit their website at www.elections.hawaiicounty.gov.

As we enjoy getting back to normal, let us remember to do the following:

Wash your Hands, and wear a MASK if you are not feeling well



The Silver Bulletin

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).

“Pay it Forward”

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

I receive many acts of kindness in the course of a day. Often the kindness is an expression of gratitude or appreciation, for which I am grateful! These acts of kindness enhance my connection to folks, which I find emotionally, psychologically, socially, and spiritually nourishing. As I contemplate acts of kindness, I see how easily one act of kindness generates a responding act of kindness. I believe these chains of gratitude and joy amplify our connection to others and community. How beautiful!

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

I believe acts of kindness come in many forms. I feel that most acts of kindness I received was when my father passed away. I was in the grieving state and my father’s passing was still fresh in my mind. I took my family out to dinner and as I was trying to pay the bill the waiter stated that the bar tender paid my bill. He walked up to me and said “I’m sorry for your loss and felt your pain when I found out.” He was a friend, but on that day he became a really good friend. It wasn’t about the money. It was the gesture of kindness he did. I repaid him when I helped him with his wedding and did the imu with him. When I was going through one of the hardest things I’ve ever went through, people that cared for me showed me kindness by talking to me and trying to use empathy to help me go through the feelings of loss that I felt and had to learn to deal with.

Westley Tanigawa- Aging and Disability Services Specialist II (East Hawaii)

We are fortunate to have many blessings that come our way. They come so often and regularly that they can be considered as an expectation. But it takes work and humility to remember and appreciate the goodness that comes our way, the people that brought them and the many forms that it can take that blesses our lives. Usually, it is the blessings that come during our hardest struggles that remain in our hearts and minds for many years.

One of my profound memories of a good deed that made a significant impact in my life’s experience was when I moved to San Francisco. I was not happy with my life in Hawaii and wondered if Akua wanted me to change my path in life. I talked to a friend of mine in San Francisco discussed my thoughts of moving there. She informed me that she was thinking of moving to Arizona in a few weeks but did not want to give up her apartment that she rented in case she wanted to return in a year or two. She offered to sublet it to me.

I prayed about it, packed my bags and moved on April 1, 1991. The cards were stacked against me: I had no job, unemployment in California was almost 10%, and I had enough money to pay the first month’s rent. I had to find a job in a

The Silver Bulletin

month or I would be in big trouble. San Francisco was beautiful the morning I arrived—warm, clear blue skies, and so sunny. I immediately began my job search after I dropped my belongings in my new apartment. I went almost everywhere to apply for a job and submit my resume. There were some agencies that liked me and I was interested in that particular job. But they could not offer me the job until the deadline for in-house applicants was met. In each of those cases, I ended up as the first runner up. Now I know how Miss America's first runner up felt.

During a job search, I went to an employment agency. I was reluctant to apply with this type of agency because they charge a significant fee for finding a person a job. While I was being interviewed, a man passed by and heard me speaking to the interviewer. He turned around and said, "You're from Hawaii". I nodded, yes.

He took me from that meeting and to his office, looked at my resume, and wrote about 6 names of people and their telephone numbers for me to call. He sent me off with, "Call them. One of them will find you a job". There was no fee for his service. I did not even get his name. But one of the people on the list offered me a job at the end of the month and wanted me to start immediately. My first paycheck came in time to pay my rent. I was saved. Prayers were answered... and more. The job paid me more than I could have expected. It required me to tap beyond my diverse experiences. This job was the first of its kind nation-wide so I had no models to follow. I knew I had a huge responsibility to get it off the ground and running, but I met many wonderful people who were helpful and so supportive of me working in San Francisco. I could not help but succeed. I felt like I died and went to heaven. I gave thanks to Akua and committed to spreading goodness in return.

I regret that through my frantic search for a job, I did not have the sense to record the address or phone number of the employment agency where that lifesaving gentleman worked. I wanted to thank that man who was so helpful. But I remember an old saying: "For every good deed done to you, you have to do it 10,000 times to others." I realize that it will take more than a lifetime for me to accomplish this mission, but it is a mission that I gratefully accept.

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

The Dalai Lama is quoted "*Be kind whenever possible. It is always possible.*" Kindness starts somewhere. It starts with me. It starts with you. It really doesn't take very much to do our tiny part to increase the good in this world. A little kindness goes a long way, often further than we realize.

We often say "Lucky We Live Hawaii", and it is so very true. Especially NOW.

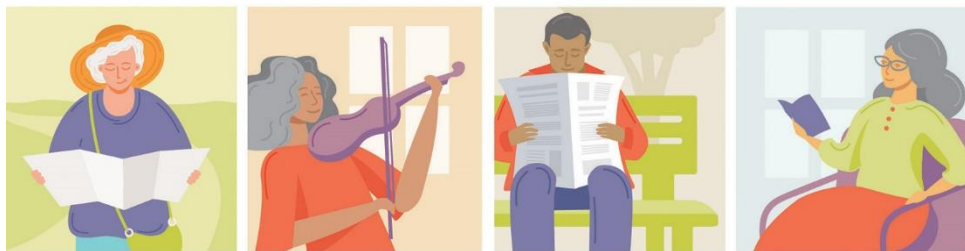
Let us move the world with ripples of Aloha. Ripples that start small...beginning with kindness in our words and compassion in our actions to those around us. Ripples that stretch far and wide as the power of our Aloha Spirit inspires others to generate their own ripples of Aloha.

Meredith Catalini- Aging and Disability Services Manager

Paying it forward is a practice that I appreciate whether I am on the "getting or giving" side. There are simple moments in time that remain in my memory because someone took a second to pass a kind gesture, action or appreciative word my way. It is amazing how the smallest of things can lift us up. The intention in which these have been given, pushes me to also be intentional about paying it forward to others.

"When you learn, teach. When you get, give" Maya Angelou

The Silver Bulletin



Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning**: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement**: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access**: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection**: Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, the Hawaii County Office of Aging will not be hosting our traditional luncheon in celebration of Older Americans Month due to the ongoing COVID-19 pandemic. Like last year, the Hawaii County Office of Aging will be accepting nominations to recognize Outstanding Older Americans who continue to strengthen their communities. Nominees and winners will be recognized by the Hawaii County, the State Executive Office on Aging, and the Governor’s office. Our office will continue to release information and details. Stay Tuned!

The Silver Bulletin

sage | Advocacy &
Services for
LGBT Elders
**National Resource Center
on LGBT Aging**

I'M COMING OUT: TIPS AND RESOURCES FOR COMING OUT IN LATER LIFE

National Resource Center
on LGBT Aging
National Headquarters
c/o Services & Advocacy
for GLBT Elders (SAGE)
305 Seventh Avenue
6th Floor
New York, NY 10001

212-741-2247 phone
212-366-1947 fax

info@lgbtagingcenter.org
lgbtagingcenter.org

Youth and young adults are often the focus when speaking of coming out as lesbian, gay, bisexual and/or transgender (LGBT). The truth is people come out at all ages and stages in life. It's not uncommon for people to self-identify as LGBT long before they come out to family and friends. Regardless of age, the coming out process is personal and can be filled with mixed moments of relief, celebration, anxiety, and stress as people step into what they may know as living their authentic lives.

If you are an older adult ready to come out, know that you are not alone. Keep the following tips in mind as you explore coming out as LGBT in later life. A list of resources is provided at the end of this document for continued support and learning as you come out to family, friends, and others in your life.

Coming Out Tips

- **Coming out is personal** – Only you can decide when and if to come out. It is okay to start slowly and share that you are LGBT with those closest to you. Ask them to respect your privacy and not share with others until you are ready.
- **Educate Yourself** – There are several website resources, support groups, books, and movies that can help you answer sexual orientation and gender identity questions. Search the internet using the term “Coming Out in Later Life.”
- **Connect with Community** – Finding community through social groups can be very empowering as you come out. There are often meet-up groups, social clubs, Facebook groups, and other opportunities for connecting with the community. Search the internet for LGBT Older Adults to find local groups and resources.
- **Consider Counseling** – It is often encouraged to establish a therapeutic relationship with a counselor to support coming out. An LGBT affirming counselor can help you explore your coming process and work with you as you begin coming out to family and friends.
- **Spiritual/Religious Support** – Reconciling faith beliefs may be challenging when coming out. Today there are several LGBT welcoming and affirming spiritual and faith traditions that you can seek out for support.

Remember – while many family, friends, and acquaintances may have questions, it is not your responsibility to educate them on all things LGBT. It may be helpful to refer your family and friends to organizations such as [SAGE](#) or [PFLAG](#) for additional resources and support in their learning process.

The National Resource Center on LGBT Aging is supported, in part, under a cooperative agreement from the U.S. Department of Health and Human Services, Administration on Aging. Grantees undertaking projects under government sponsorship are encouraged to freely express their findings and conclusions. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, and endorsement by the Federal Government should not be assumed. All Rights Reserved.

The Silver Bulletin

Resources You Can Use

Bisexual Resource Center (biresource.org/) - works to connect the bi+ community and help members thrive with resources, support, and celebration.

Center Link (lgbtcenter.org) - links the LGBT Community across the country.

FORGE Transgender Aging Network - (forge-forward.org/resources/aging/) providing support and resources of older transgender people and their significant others.

GLMA (glma.org/) - a searchable database of health and mental health providers who are LGBT affirming.

SAGE (sageusa.org) - the largest and oldest nonprofit dedicated to providing advocacy and services to older LGBT people. Programs through SAGE that may of interest include:

- SAGE Affiliate Network with programs across the country.
- SAGEConnect is a safe and easy way to connect with a volunteer for friendly conversations and connection to the community.
- SAGE NYC Centers provides opportunities to meet other LGBT New Yorkers at the center closest to you.
- SAGE LGBT Elder Hotline a 24/7 hotline available for older LGBT people in English and Spanish. Call 1-877-360-5428 for support, information, and referral.

National Resource Center on LGBT Aging (lgbtagingcenter.org/comingout) - providing resources and education on LGBT aging including coming out resources.

Old Lesbians Organizing for Change (oloc.org/) – provides list of virtual events and chapters across the country.

PFLAG (www.pflag.org/)-provides 400 chapters across the country providing support to LGBTQ+ people, their family, friends, and allies. There are also a number of faith-based resources including Christian, Jewish, and Muslim).

PrimeTimers (theprimetimersww.com/) - provides list of chapters and events across the country designed to enrich with lives of gay and bisexual men.

Zami Nobla (zaminobla.org/) - National Organization of Black Lesbians on Aging provides list of resources and events.

The Hawaii County Office of Aging is proud to support every individual in our community. We provide access to our activities without regard to race, color, national origin, age, gender, orientation, religion, or disability.

The Silver Bulletin

Getting Started with Services for LGBTQ+ Veterans



U.S. Department
of Veterans Affairs

The Department of Veterans Affairs (VA) welcomes all Veteran, family, caregiver and survivor beneficiaries and employees, inclusive of diverse gender identities and sexual orientation(s). VA is committed to providing a safe, welcoming and equitable environment for all the Veterans we serve.

Choose VA

What is LGBTQ+? Why does the VA offer specific health care services for these Veterans?

All Veterans are welcome at VA, including those who identify as LGBTQ+. LGBTQ refers to lesbian, gay, bisexual, transgender, and queer identities. The '+' sign captures identities beyond LGBTQ, including pansexual, asexual, agender, gender diverse, nonbinary, gender neutral and other identities. Veterans with sexual and/or gender minority identities have faced stigma and discrimination, which can affect health. As a health care institution, VA works to make sure that LGBTQ+ Veterans know that they are welcome and we are trained to meet their health care needs.

Does my sexual orientation or gender identity matter to my health care?

As a result of stigma, stress, and discrimination, LGBTQ+ Veterans face increased health risks and unique challenges in health care. We want you to be comfortable talking with your VA providers about all aspects of your life, so we can offer you the best care possible.

Why is it important to come out to my health care provider?

Coming out to your health care provider is an important step in maintaining your health. To see that you receive the best care possible, your health care provider needs to know who you are. Information about your sexual orientation and gender identity will prompt your provider to ask specific questions about potential risks to your health and offer appropriate health screens.

If you do not feel comfortable opening up to your provider about your sexual orientation or gender identity, ask for another VHA provider. It's important for you to be able to trust your health care provider. Tell your provider about the medicines you have taken and the surgeries you have had. Information about your full health history will enable your provider to determine the best treatment for you. For answers to more questions, visit <https://www.maketheconnection.net/events/coming-out-health-care-provider>.

If I come out to my provider, will this information be shared?

No. Your conversations and the information you share with your VA provider are confidential. You can also ask that this information not be entered into your medical record. However, medically necessary information, such as diagnosis or medications, must be included in your medical record to ensure that your providers have a complete picture of your health and that you are receiving the best care possible. Finding a provider you are comfortable with is essential to your health and wellness.

If you are not comfortable with your VA provider or do not feel you are being provided compassionate care, please contact your facility's Patient Advocate or <https://www.patientcare.va.gov/LGBT/VAFacilities.asp>.

WHAT HEALTH ISSUES SHOULD I KNOW ABOUT AS A VETERAN WITH AN LGBTQ+ OR RELATED IDENTITY?

Studies have shown that LGBTQ+ Veterans are at an increased risk for elevated levels of stress. This stress can increase the risk for certain mental and physical health conditions.

As a group, LGBTQ+ Veterans have elevated rates of the following behaviors and conditions that can affect their health:

- Smoking, problem drinking, and substance use
- Anxiety, trauma exposure, and depression
- Sexually transmitted diseases, including HIV infection
- Some cancers

LGBTQ+ Veterans can also face forms of bigotry and discrimination that can cause the loss of employment, housing, child custody, or physical or sexual assault. These challenges and events can also lead to stress and anxiety, as well as social withdrawal and low self-esteem.

View VA's health fact sheets for LGBTQ+ Veterans.

GAY, BISEXUAL, AND QUEER MEN
<https://www.patientcare.va.gov/LGBT/docs/va-pcs-lgbt-factsheet-gay-bisexual.pdf#>

LESBIAN, BISEXUAL, AND QUEER WOMEN
<https://www.patientcare.va.gov/LGBT/docs/va-pcs-lgbt-factsheet-lesbian-bisexual.pdf#>

TRANSGENDER MEN AND GENDER DIVERSE VETERANS
<https://www.patientcare.va.gov/LGBT/docs/va-pcs-lgbt-factsheet-transgender-male.pdf#>

TRANSGENDER WOMEN AND GENDER DIVERSE VETERANS
<https://www.patientcare.va.gov/LGBT/docs/va-pcs-lgbt-factsheet-transgender-female.pdf#>

NONBINARY VETERANS
<https://www.patientcare.va.gov/LGBT/docs/LGBTQ-factsheet-nonbinary-Veterans.pdf#>

The Silver Bulletin

If I have additional questions, who else can I speak to at the VA Medical Center regarding my concerns?

There is an LGBTQ+ Veteran Care Coordinator (VCC) at every facility to help you get the care you need. To reach the VCC at your nearest facility visit: <https://www.patientcare.va.gov/LGBT/VAFacilities.asp>.

VA health care includes, among other services:

- Hormone treatment
- Substance use/alcohol treatment
- Tobacco use treatment
- Treatment and prevention of sexually transmitted infections/PrEP
- Intimate partner violence reduction and treatment of after effects
- Heart health
- Cancer screening, prevention and treatment

What are the Birth Sex fields in my medical record?

VA understands that Veterans with transgender and related gender identities face increased health risks and unique challenges in health care, and is committed to promoting a welcoming environment that is inclusive of all Veterans. Previously, your medical record had only one place for your sex and gender. Now, you can have both your Birth Sex and your Self-Identified Gender Identity in your medical record. For more information, see:

Birth Sex and Self-Identified Gender Identity Fact Sheet

<https://www.patientcare.va.gov/LGBT/docs/FAQ-BirthSex-SelfIdentifiedGenderIdentityFactSheet.pdf>

Are there any providers specializing in transgender Veteran care in my area?

All VA facilities are required to provide care to transgender Veterans or pay for services in the community. The LGBTQ+ VCC at your facility will be the most knowledgeable about local resources.

How do I change my legal name on file with VA?

If you're a Veteran, spouse, dependent, or caregiver and you get VA health care or direct benefit payments, you'll need to tell us if you have a legal name change so we can change your name on file with VA. You must contact your VA medical center, each VA program office that you receive direct benefit payments from, and the Defense Enrollment Eligibility Reporting System (DEERS) support office. Keep reading to find out how to change your name with each of these offices.

For more information, visit <https://www.va.gov/resources/how-to-change-your-legal-name-on-file-with-va>.

OTHER QUESTIONS YOU MAY HAVE

How do I enroll in VA health care?

Veterans can apply for VA health care enrollment by completing VA Form 10-10EZ.

Apply online at <https://www.va.gov/health-care/how-to-apply>, or visit, call or write to any VA health care facility or Veterans' benefits office. You can also call the VA Health Benefits Call Center toll free at 877-222-VETS (877-222-8387)

How do I apply for a military discharge upgrade?

All branches of the military consider you to have a strong case for a discharge upgrade if you can show your discharge was connected to any of these categories:

- Mental health conditions, including post-traumatic stress disorder (PTSD)
- Traumatic brain injury (TBI)
- Sexual assault or harassment during military service (at VA, we refer to this as military sexual trauma or MST)
- Sexual orientation (including under the Don't Ask, Don't Tell policy)

For more information, visit: <https://www.va.gov/discharge-upgrade-instructions>

Are there any benefit updates for LGBT Service Members and Veterans?

The Department of Defense (DoD), in their ongoing review of military benefits in connection with the repeal of "Don't Ask, Don't Tell," identified some VA benefits for which Service members, regardless of sexual orientation, may designate beneficiaries of their choosing, such as the following:

- Service members' Group Life Insurance (SGLI)
- Veterans' Group Life Insurance (VGLI)
- Montgomery GI Bill-Active Duty
- Montgomery GI Bill-Selected Reserves
- Post-9/11 GI Bill

In addition, there are other benefits for Service members provided by DoD for which LGBTQ+ Service members may designate a beneficiary regardless of sexual orientation. Learn about those DoD programs on the Defense Department's DADT (Don't Ask, Don't Tell) website.

For more information, visit <https://www.benefits.va.gov/persona/lgbt.asp>.

The Silver Bulletin

SENIOR MEDICARE PATROL (SMP HAWAII)

The SMP Hawaii (<http://smphawaii.org>) provides information to detect, prevent, and report Medicare fraud, abuse, and waste. Protecting your personal information is the best line of defense in the fight against

healthcare fraud and abuse. However, even when you do everything right, there is a chance that you could be a target of healthcare fraud. So if you suspect errors, fraud, or abuse, report it immediately!



Call SMP Hawaii at 586-7281 on Oahu. On the neighbor islands, call SMP Hawaii toll-free 1-800-296-9422.

LEARN TO DETECT POTENTIAL ERRORS, FRAUD, AND ABUSE

Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for mistakes. Access to your current Medicare account is available 24 hours a day, simply visit www.MyMedicare.gov

Look for three things on your billing statement:

- Charges for something you didn't get;
- Billing for the same thing twice;
- Services that were not ordered by your doctor.

IF YOU SUSPECT ERRORS, FRAUD, OR ABUSE

If you have questions about information on your Medicare Summary Notice or Part D Explanation of Benefits, call your doctor or health plan first.

If you are not comfortable calling your doctor or health plan, or you are not satisfied with the response you get, call SMP Hawaii.

BECOME A SMP HAWAII VOLUNTEER

SMP Hawaii relies on volunteers to educate and empower older adults to take an active role in the detection and prevention of health care fraud and abuse in Hawaii.

To become a SMP Hawaii volunteer, please call the Executive Office on Aging at 586-0100 (Oahu) for more information

The Silver Bulletin

Kupuna Cards are issued to County of Hawai'i Residents 55 and older. Please bring a Valid ID (Examples are Hawai'i Driver's License, Hawai'i State ID, Military ID, Passport, Birth Certificate and Social Security Card). Hilo and Kona offices will issue *Kupuna Cards* five days a week, except on holidays.

APRIL

04, Mon.	Hilo	Kamana Senior Center	1:00 – 3:00 p.m.
06, Wed.	Honoka'a	Malama Market	11:00 – 1:00 p.m.
11, Mon.	HOVE	St. Jude's Church	9:00 – 11:00 a.m.
11, Mon.	Kohala	Kohala CSE "Old Bank of Hawai'i Building"	9:00 – 11:00 a.m.
12, Tues.	Waimea	Lily Yoshimatsu Senior Center	9:00 – 11:00 a.m.
12, Tues.	Kona	Walmart, Kailua-Kona	9:00 – 12:00 p.m.
12, Tues.	Puna	Pāhoa Senior Center	12:00 – 2:00 p.m.
13, Wed.	Honoka'a	Hale Hau'oli Senior Center	9:00 – 11:00 a.m.
21, Thurs.	Kona	Keauhou Shopping Center (outside KTA)	11:00 – 1:00 p.m.
Mon.-Fri., except on holidays	Kona	West Hawai'i Civic Center - Building B	2:00 – 3:30 p.m.

MAY

04, Wed.	Honoka'a	Malama Market	11:00 – 1:00 p.m.
09, Mon.	Ka'u	Pāhala HI Housing Center	9:00 – 10:00 a.m.
09, Mon.	Ka'u	Nā'ālehu Community Center	11:00 – 12:00 p.m.
09, Mon.	Kohala	Kohala CSE "Old Bank of Hawai'i Building"	10:00 – 12:00 p.m.
10, Tues.	Waimea	Lily Yoshimatsu Senior Center	9:00 – 11:00 a.m.
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11, Wed.	Honoka'a	Hale Hau'oli Senior Center	9:00 – 11:00 a.m.
11, Wed.	Puna	Kea'au Community Center	2:00 – 3:00 p.m.
Mon.-Fri., except on holidays	Kona	West Hawai'i Civic Center - Building B	2:00 – 3:30 p.m.

JUNE

01, Wed.	Honoka'a	Malama Market	11:00 – 1:00 p.m.
06, Mon.	Hilo	Kamana Senior Center	1:00 – 3:00 p.m.
08, Wed.	Honoka'a	Hale Hau'oli Senior Center	9:00 – 11:00 a.m.
13, Mon.	HOVE	St. Jude's Church	9:00 – 11:00 a.m.
13, Mon.	Kohala	Kohala CSE "Old Bank of Hawai'i Building"	10:00 – 12:00 p.m.
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23, Thurs.	Kona	Keauhou Shopping Center (outside KTA)	11:00 – 1:00 p.m.
Mon.-Fri., except on holidays	Kona	West Hawai'i Civic Center - Building B	2:00 – 3:30 p.m.

“TO BE YOURSELF IN A WORLD THAT IS CONSTANTLY TRYING TO MAKE YOU SOMETHING ELSE IS THE GREATEST ACCOMPLISHMENT.”

– Ralph Waldo Emerson

The Silver Bulletin

HEALTHYLIVINGTIPS

Stay Safe on the Road: Tips for Older Drivers



Aging is a part of life; driving cessation doesn't have to be.

Consider the following tips to stay safe behind the wheel:

- Discuss your medication and its effects on driving with your doctor or pharmacist.
- Ensure that your mirrors and seat are properly adjusted for optimal viewing.
- Pay attention to road conditions.
- Get an annual eye exam and wear contact lenses or glasses as recommended.
- Plan to go over your route ahead of time.
- Leave more distance between you and the car in front of you.
- Eliminate distractions like playing radios, talking on cell phones and eating.
- Keep car windows clean inside and out.
- Add a larger review mirror to increase your range of visibility.
- Limit driving to daytime if you have trouble seeing at night.
- Stay physically fit – take a brisk walk daily.
- Stay mentally active – learn a new skill or hobby.
- Carpool or take public transportation whenever possible.

Useful Resources

National Center on Senior Transportation (NCST)

Includes resources on transportation options for older adults on how to address the need for driving retirement.

<http://www.seniortransportation.net>

AAA Foundation for Traffic Safety

Website offers useful tips and tools for older drivers and their families.

<http://www.seniordrivers.org>

Eldercare Locator

Find out what is available in your community by contacting the Eldercare Locator at 1-800-677-1116 or visit www.eldercare.gov.



FOR MORE INFORMATION ABOUT AOA U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES,
ADMINISTRATION ON AGING, WASHINGTON, D.C. 20201

PHONE: (202) 619-0724 | FAX: (202) 357-3555 | EMAIL: AOAINFO@AOA.GOV | WEB: WWW.AOA.GOV |
FACEBOOK: WWW.FACEBOOK.COM/AOA.GOV

The Silver Bulletin



Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as "Gay Pride Day," but the actual day was flexible. In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history-- locally, nationally, and internationally.

The Silver Bulletin

Chinese Savory Pancakes

INGREDIENTS

- 1 cup all-purpose flour
- 1 large egg
- 1 cup water
- ½ tsp salt (or salt to taste)
- 1 cup chopped green onions/chives
- 1 medium carrot (grated)
- 1 ½ cup cooked shrimp (chopped)
- 4 TBSP vegetable oil



DIRECTIONS

- In large bowl combine flour, egg, water, and salt. Stir to make a smooth batter (batter should have a thick, smooth consistency).
- Stir in vegetables and shrimp. Mix well.
- Heat about 2 TBSP of the vegetable oil in a frying pan. Pour/ladle about ¼ cup batter into pan for each pancake.
- Pan fry about 3-4 minutes. Flip pancakes and fry another 3-4 minutes or until golden brown and crisp.
- Remove pancakes and drain on paper towels. Do not overcrowd the pan. Fry in 2 batches.
- Serve warm with Thai sweet chili sauce, Chinese hot mustard, some sour cream, or your favorite sauce/topping.

**It is definitely possible to use a store-bought pancake mix instead of making the pancake batter from scratch. Follow the instructions on the package, add the veggies and shrimp, and then cook as instructed. You can also be adventurous and add kamaboku, corn, or crab meat to make this extra tasty. If I have cooked sweet potato or kalo, I dice it up into small cubes and add it to the batter. Enjoy!*

The Silver Bulletin



Small Kine Funny Kine

**THE OLDER YOU GET
THE BETTER YOU GET
UNLESS YOU'RE A
BANANA**

BETTY WHITE

		3		9	2			
4				3			1	
2	7							
	1		3					8
	5		1	6	7		3	
3					8		6	
							5	3
	3			8				9
			6	2		1		

What is Bruce Lee's favorite drink?
WATAH!

How does NASA organize their company parties?
They planet.

What do dentists call X-rays?
Tooth pics.

What do you call a big pile of kittens?
A meowntain

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