

# The Silver Bulletin

## Spring, a Season of Opportunities

This year Spring arrived one day earlier due to February having 29 days. Spring is a great time to head outdoors, enjoy the longer days and warmer weather, and reawaken our love of nature and adventure. Spring is a time for fresh starts. It is also a great time to take those New Year's resolutions we made that have started to cool off, and turn them into spring challenges. As an

example, why not take unhealthy choices and turn them into Spring Wellness Challenges. Wellness challenges are a great way to create new healthy habits that can boost your happiness and well-being. One of the best spring wellness challenges you can make is to prioritize your health. Shorter days and cooler

### Simple and Friendly Spring Activities

1. **Get outside and enjoy nature** – Step outside and enjoy the fresh air and sunshine. If you are not mobile enough to step outside, simply sitting in a room with the windows open is a comfortable way to enjoy nature.
2. **Visit a farmers' market or a Park** – Stroll through and shop the fresh produce, lovely flowers, and local products. Explore a park with a family member or friend.
3. **Celebrate with a family gathering** – Have a spring potluck with family and close friends. Each one sharing a dish.
4. **Create an indoor garden** – Having plants around the house brings a little piece of nature indoors. Spring is a perfect time to start an indoor garden.
5. **Do some spring cleaning** – Spring cleaning is a great motivator to remove unnecessary clutter. Turn this task into a meaningful activity by going through photos and keepsakes with a close family member or friend.

temperatures that accompany the New Year make it difficult to stay on track or even get our New Year's resolutions started. Participating in a spring wellness challenge is a great way to reignite your motivation in prioritizing your physical and mental well-being. Here are a few suggestions of a few spring wellness challenge ideas you might want to try:

- Go for a walk five days a week. A great way to stay motivated is walk with a buddy. This can be a friend, family member, or anyone whose company you enjoy.
- Contact a friend at least once a week. Socialization and time to communicate with others is good for our mental wellness. For long distance friends a video call or a simple phone call are other ways to connect with others instantly.
- Keep hydrated by drinking the recommended amount of water each day. This challenge is something we should all be doing each day.

Look for other ideas in this quarters Silver Bulletin, or feel free to call the Hawai'i County Office of Aging, Aging and Disability Resource Center at (808) 961-8626, for more ideas or information on how you can benefit from a Spring Wellness Challenge.



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## 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 (808-323-4392)***

*In recognition of Older Americans Month, the Hawaii County Office of Aging is excited to host the 2024 Older Americans Recognition Luncheon*

*Date: Friday May 10, 2024*

*Time: 10:30am - 1:15pm*

*Place: Hilton Waikoloa Village*

*Tickets: \$35 for those registered with the Office of Aging  
\$50 for non-registered individuals*

*If you would like to attend and celebrate, please call HCOA at 808-961-8600.*

**OLDER  
AMERICANS  
MONTH**



**POWERED BY CONNECTION: MAY 2024**

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## The Benefits of Gardening for Senior Physical and Mental Health

*Edited for length. Original article at: [www.greatergoodhealth.com/patients/benefits-of-gardening-for-seniors/](http://www.greatergoodhealth.com/patients/benefits-of-gardening-for-seniors/)*

Imagine this: you are sitting in a beautiful garden filled with colorful flowers, buzzing bees, and a light breeze. Your skin feels the warmth of the sun's rays beating down on you. You are enjoying spending time tending to your plants and flowers, as well as showing your loved ones your work. Although gardening is often viewed as simply a pleasant pastime, its benefits go far beyond enjoyment, especially for seniors. As we get older,



maintaining good physical and mental health becomes increasingly important. Participating in gardening for seniors is an activity that promotes vital well-being.

### Physical Benefits of Gardening for Seniors

There is a wealth of research indicating that gardening yields various physical health benefits, including enhancing physical activity, providing essential vitamins

#### Enhances Physical Activity

You may not automatically classify gardening as exercise. Although the physical movements performed in gardening may not be as intense as other exercises, gardening still requires a variety of movements. These

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include bending, lifting, digging, and reaching, which seniors may otherwise not engage in on a daily/weekly basis. These actions provide an excellent workout for muscles, joints, and bones, helping to improve overall strength and flexibility, especially in seniors who may not be able to partake in more strenuous exercise. Gardening regularly can also help seniors manage their weight and cardiovascular health, helping them avoid other health conditions. By spending time tending to plants and maintaining the garden, seniors can incorporate a gentle form of exercise into their daily routine—and one that is enjoyable and rewarding! [1]

## Provides Vitamin D

Exposing yourself to the sun's rays is important for your body to properly take in and synthesize vitamin D. Gardening offers an opportunity for seniors to soak up the sun, leading to an increase in vitamin D levels. Vitamin D plays a significant role in the absorption of calcium, which is key to maintaining bone health. As bones tend to weaken with age, the absorption of calcium can make a huge difference in senior health. In addition, vitamin D supports immune function and has been linked to a reduced risk of certain diseases, including osteoporosis, diabetes, and certain types of cancer [2]. But, remember, wear sunscreen when gardening outside to protect your skin from the sun! Your skin health is just as important as taking in vitamin D.

## Improves Balance and Coordination

As previously mentioned, gardening requires one to regularly reach, bend, and squat in order to tend to their plants. Doing these movements on a regular basis helps seniors improve their balance and coordination, as they must navigate bumpy soil, lift pots and planters, and groom plants. The practice in balance and coordination that they gain when gardening may help these skills transfer into their day-to-day functions, decreasing the risk of falls.

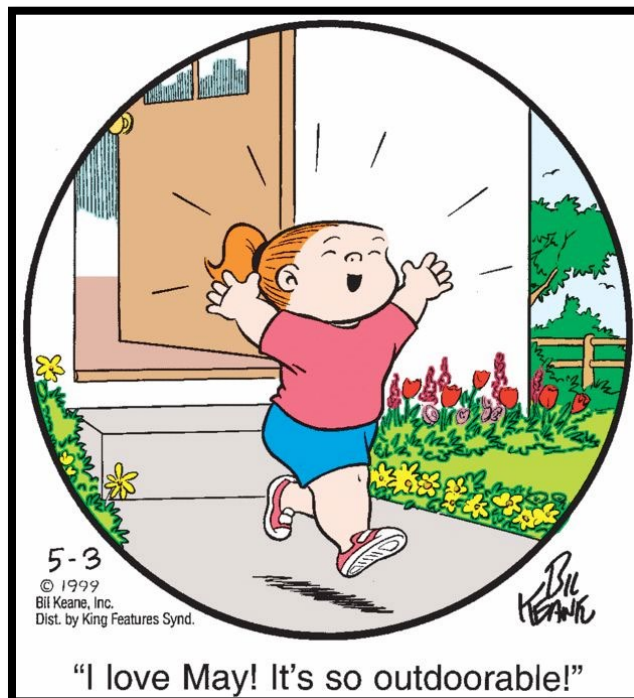
## Encourages Healthy Eating

One of the best benefits of gardening for seniors is that it gives you the chance to grow your fruits and vegetables! Not only does this save one a trip to the grocery store—and the money spent there—but it also helps inspire one to eat the fresh produce they grew. Seniors who garden reap the benefits of fresh, organic produce right from their backyard. They can incorporate more fruits and vegetables from their garden into their diet, which supports their overall health and nutrition. And, the vegetables will probably taste even better knowing that you grew them from the ground up.

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## Provides Better Sleep

Engaging in physical activity outdoors, surrounded by nature, has a calming effect on one's body and mind. Think about the last time you went on a walk or simply sat outside. It most likely made you feel tranquil and meditative, even if just for the time being. This can become a daily routine, especially when you have tending to plants as a motivator. The combination of physical exertion, fresh air, and exposure to green spaces promotes relaxation and better [sleep quality for seniors](#).



## Emotional Benefits of Gardening for Seniors

Gardening doesn't only benefit the physical—it has a vast positive impact on seniors' mental and emotional health, as well.

### Promotes Socialization

Gardening by yourself may be enjoyable, but think about how fun it may be to garden alongside friends or family! Gardening offers seniors an opportunity to connect with others, promoting socialization and a sense of belonging. As seniors tend to feel loneliness at higher rates than younger individuals [3], making gardening a social activity can help combat isolation. Community gardens, gardening clubs, or even sharing gardening tips with neighbors provide good excuses for interaction. Engaging in conversations about plants, exchanging ideas, and working together on gardening projects can create a supportive and close-knit group, as well as support the overall happiness of seniors.

### Boosts Mood and Sense of Reward

Watching all the beautiful plants in one's garden grow and thrive can have a huge impact on seniors' emotional well-being. Gardening provides a sense of purpose, as seniors take responsibility for nurturing and caring for

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their plants. Seniors learn that without their nurture and care, their plants will die—this gives them a reason to get up each morning and water their plants. Seeing their efforts pay off and their garden expands instills a sense of accomplishment and reward, boosting self-esteem and overall mood. The satisfaction gained from successfully growing plants can bring joy and fulfillment to seniors' lives.

## **Fosters Mindfulness**

Gardening is a mindful activity—meaning it encourages seniors to remain present at the moment. As they tend to their plants, they become fully engaged in the tasks at hand, allowing their worries and stress to fade away for the time being. The sights, sounds, and smells of the garden create a serene environment that promotes relaxation. Seniors can immerse themselves in the experience and find peace in it.

## **Creates a Connection with Nature**

Studies have shown that individuals who spend more time in nature are calmer, mindful, and content [4]. Gardening allows seniors to make a deeper connection with nature. This connection can create a sense of gratitude and a feeling of being part of something much larger than their immediate lives, which helps instill a sense of purpose.

## **Sparks Creativity and Self-Expression**

Seniors can tap into their creative side and express themselves through the design and arrangement of their garden space. From choosing plant varieties to planning the layout, seniors can infuse their personality into gardening, which can help them express themselves and gain self-confidence. So, for any seniors who are bored of drawing and painting, maybe gardening will work as your next creative interest.



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## WHY CHOOSE NATIVE HAWAIIAN PLANTS?

### 1. PROTECT ENDANGERED FLORA

Due to overwhelming land development and the spread of invasive species, native Hawaiian plants have become some of the most endangered in the world. Since approximately 90% of Hawaiian plants are found nowhere else in the world, their loss will be irreversible. Incorporating native species in your landscaping will help preserve the state's unique biodiversity.

### 2. REDUCE WATER USAGE & MAINTENANCE

When plants are grown in their proper zones, where they've acclimated to the climate, available sunlight, and soil conditions, they require much less upkeep. Most notably, they can flourish with significantly less water, which helps protect against runoff and erosion. The majority of native plants also need little to no fertilization and fewer pesticides to ward off insects.

### 3. PROVIDE SHELTER & FOOD FOR WILDLIFE

Native plants contain unique nectar, pollen, and seeds that local insects, birds, and other animals depend on. Without this sustenance, wildlife may experience nutritional deficiencies and have to eat more outside varieties, which likely contain more pesticides. Many of the plants also promote biodiversity, as certain insects are reliant on them to survive, and certain bird species need the insects to survive.



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## 15 Foods You Can Regrow from Scraps

Don't throw away those old potatoes! There are lots of foods you can regrow from scraps - it's easy, free, and you don't need a lot of space to keep fresh produce ready all year long!



### Green Onion

Plant the bulbs in a pot or container garden so that the top of the stalk pokes out of the dirt



### Onion

Save the bottom piece of the onion that contains the roots! This one piece of onion can be used to re-grow two or more onions

### Kale

Once your kale plants are mature, clip off leaves as needed, starting with the larger leaves at the bottom of the stem



### Sweet Potato

Sweet potatoes are grown a little differently than regular potatoes. To regrow sweet potatoes, you plant the sprouts, or "slips"



### Leeks



Save bulbs with at least an inch or two of the stalk. Plant the bulbs in the ground with the stalk peeking out



### Ginger

Plant a piece of ginger root in a pot with soil, water, and wait for it to sprout

### Basil

Cut the stem, keeping a few leaves attached. Place in a jar of water to generate roots, then you can move to a planter



### Mint

Mint is a fairly easy plant to grow and spreads quickly on its own. You can regrow mint cuttings as you would basil



### Garlic

Simply bury the cloves under about an inch of soil and keep watered. The garlic is ready to harvest when it starts to turn yellow



### Rosemary

Cut a 3" piece from a mature plant. Strip the leaves from the bottom half of the cutting and plant that end in soil

### Potatoes

Cut a sprouting potato so that each chunk has an eye and a sprout. Plant with the eye facing up and cover with a few inches of dirt



### Cilantro

Like basil, cilantro can be regrown from cuttings. Once you have a mature cilantro plant, you can cut leaves as needed



### Romaine Lettuce

You can plant the bottom end of a head of Romaine in soil, water, and it will start to regrow leaves



### Celery

Celery can be regrown by saving the base and placing in a cup of water until leaves sprout. Then transfer the celery plant to a pot with soil

### Bok Choy

Bok Choy can be regrown just like romaine lettuce!





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## Upcoming Events

**April 1-** April Fool's Day!

**April 2-** Autism Awareness Day

**April 22-** World Earth Day

**May-** Older Americans Month

Ethics Awareness Month

**May 27-** Memorial Day (H)

**June-** LGBTQ Pride Month

**June 11-** King Kamehameha I Day (H)



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## 5 Things To Know About Kamehameha The Great

By Denby Fawcett, Contributor

*Article edited for length.*

*Original: [www.huffpost.com/entry/5-things-to-know-about-ka\\_b\\_5486501](http://www.huffpost.com/entry/5-things-to-know-about-ka_b_5486501)*

My father always had a lot of respect for King Kamehameha I. When we were young he would take us every June to watch the Kamehameha Day parade. And after, we would eat Hawaiian food for lunch. Before the parade started, we usually stopped off in Chinatown to buy a fresh plumeria lei to place at the foot of King Kamehameha's statue. My youngest brother was given the middle name Kamehameha with the consent of a Father David "Daddy" Bray, a Hawaiian kahuna directly descended from the great chief.

When I was a reporter during the Vietnam War, we liked to write things on our helmets. Draftees would infuriate some of their more strict officers by drawing peace symbols on the helmets we called "steel pots."

On my helmet, I wrote Kamehameha's famous battle cry "*Imua*," which means "Forward!"

The one-word battle cry "*Imua*" is from Kamehameha's longer rallying call,

*"Imua e na pokii a inu I ka wai awaawa aohe hope e hoi mai ai."*

*"Forward my young brothers [and sisters] and drink of the bitter waters of battle for there is no turning back until we are victorious."*

I liked the word *Imua* for its brave ring, a feeling of control in the face of Vietnam firefights, which could suddenly turn into frenzied entanglements of chaos and fear.

Here are five things that may make it more interesting to think about the man born on a stormy night in Kohala who became Hawaii's greatest alii.

### 1) Like a character from a Greek heroic poem, Kamehameha had the equivalent of a price on his head from the day he was born.

Alapainui, the ruling chief of Hawaii island, ordered the child who was about to be born to Kekuiapoiwa, Kamehameha's mother (Alapainui's niece), to be executed at birth. This was after a priest warned Alapainui the child would grow up to be a mighty warrior who one day would overthrow him.

Kamehameha's mother had her infant son wrapped in a kapa shroud and carried by a runner to a place called Awini in the mountains of Kohala where Kamehameha would be hidden away for five years under the protection of a woman relative named Kahaopulani. For some reason, perhaps guilt, Alapainui eventually welcomed the young boy Kamehameha to live in his household where Kamehameha began his training in the chiefly skills of leadership and fighting.

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## INSPIRING HAWAIIAN VALUES



|               |  |
|---------------|--|
| ALOHA         | ALWAYS LIVE WITH LOVE                      |
| MAHALO        | LIVE IN GRATITUDE                          |
| MĀLAMA        | TEND TO THE NEEDS OF<br>OTHERS + THE WORLD |
| IMI OLA       | SEEK LIFE                                  |
| HO'OMAU       | ENDURE + PRESS<br>FORWARD                  |
| 'IKE LOA      | SEEK KNOWLEDGE                             |
| HO'OMANAWANUI | BEAR WITH PATIENCE                         |
| LOKAHI        | SEEK UNITY + ONENESS                       |
| PONO          | LIVE RIGHTEOUSLY                           |
| KULEANA       | TAKE RESPONSIBILITY                        |
| KUPA'A        | STAND FIRM                                 |
| HA'AHA'A      | BE HUMBLE                                  |
| LAULIMA       | WORK TOGETHER                              |
| 'OHANA        | WE ARE ALL CONNECTED                       |

NATURALLYALOHA.COM

### 2) Kamehameha grew to be more than seven feet tall.

His height is estimated by taking into account the length of his war spears and his feather cape, which measured more than seven feet in length. Hawaiian chiefs did not allow their feather capes to touch the ground. Kamehameha was also extremely strong. He is reputed to have picked up and moved a rectangular rock known as the Naha Stone that weighed more than a ton. The legend was any man who lifted the Naha stone would eventually conquer all the Hawaiian Islands.

Kamehameha had been told not to lift the Naha Stone because he lacked the high-ranking Naha blood; he was of the lower niaupio bloodline. But Kamehameha, who never let anyone put him down, was undaunted and proceeded to successfully move the stone.

The Reverend Stephen Desha wrote, "All who stood by were amazed and dumb with awe."

The Naha Stone today rests in front of the Hawaii County Library on Waianuenue Avenue in Hilo.

### 3) Kamehameha was a brilliant strategist.

He formed a special group of warriors that were similar to shock troops today such as the U.S. Marines. They were fast-running spear throwers known as the Kipuupuu warriors. Kipuupuu is the name for the pelting rain, which sweeps through Waimea on Hawaii Island. Author Desha called

Waimea "...this mountainous land full of fearless men" -- the kind of men Kamehameha wanted with him. The Kipuupuu were trained to rush in first with their spears, surprising enemy encampments, leaving them momentarily confused, after which Kamehameha bore down with his regular troops and killed the startled enemy. Many of the Kipuupuu warriors died in the first moments of a battle.

One of the most beautiful songs sung by the Brothers Cazimero is "Waika," about Kamehameha's Kipuupuu warriors as they stripped wood for their spears in the forest known as Waika. The song speaks of the soldiers' reveries as they work in the cold and the mist surrounding the verdant plants.

As they prepare for war, the elite soldiers are deep in thought about the beauty of the forest and loved ones they will probably never see again. It is a universal lament that could be understood by today's army troops in Afghanistan, a pre-battle song about soldiers yearning for life as they face the certainty of death.

### 4) Kamehameha embraced change.

When foreigners began to arrive in the Hawaiian Islands, he used them mercilessly to learn skills to make himself a more powerful thinker and military commander. Kamehameha adopted the Englishmen Isaac Davis and John Young to teach him how to use cannons and guns during battles. In return, he gave Davis and Young each a chiefly Hawaiian wife and acres of valuable land.

Historian Samuel Kamakau wrote, "It was through the aid of muskets and of foreigners to instruct in their use that Kamehameha was able in so short a time to bring all the islands under his rule." The historian Ralph Kuykendall said that even though Kamehameha had foreigners helping him "they were always his servants, never his masters; his was the better mind and the stronger will."

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Kamehameha at times also favored the innovation of western attire. When the Russian exploring ship Rurick arrived in Kailua-Kona in 1816, Louis Choris, the official artist on board, painted a portrait of Kamehameha. When Kamehameha arrived for the painting session, he surprised Choris by showing up in the attire of a sailor, blue trousers, a clean white shirt and a necktie of yellow silk. Choris said, "I begged him to change his dress; he refused and insisted on being painted as he was," wrote Choris. His resulting work, "Kamehameha in Red Vest" is one of the most famous paintings of the king.

## 5) Kamehameha was an entrepreneur, quick to grasp business opportunities.

Kamakau writes that Kamehameha and his people first tasted rum in Kailua-Kona in 1791 that had been brought in by a Captain Maxwell.

"Kamehameha went out to the ship with Young and Davis when it was sighted off of Keahole Point and there they all drank rum," writes Kamakau. He said Kamehameha set up a still at Kahapaakai "and from this beginning rum-making spread over the group from Oahu to Hawaii."

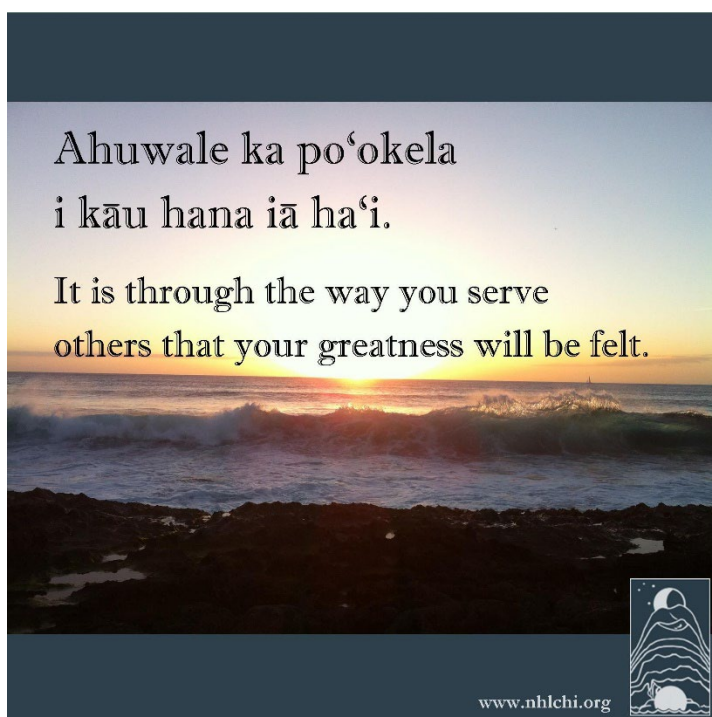
Interestingly, Kamehameha did not become much of a rum drinker himself. People who knew him said the king was disciplined in his eating and drinking habits. Captain Vasilii Golovnin, commander of the Russian ship Kamchatka, wrote in 1818, "Tameama [Kamehameha] ...is alert, strong, active, temperate and sober, never takes strong drink, and eats very moderately ... his honesty and love of justice are demonstrated by his behavior." Kamehameha died in Kailua-Kona on May 8, 1819. There is no grave to visit today to mourn him because, before he took his last breath, he instructed his friend Hoapili to hide his bones in a place they would never be found. That was the custom then. The bones of alii were believed to contain mana. By hiding them, a chief's enemies could not steal the bones to enhance their own power.

No Hawaiian king after Kamehameha was ever able to have such far-reaching power.

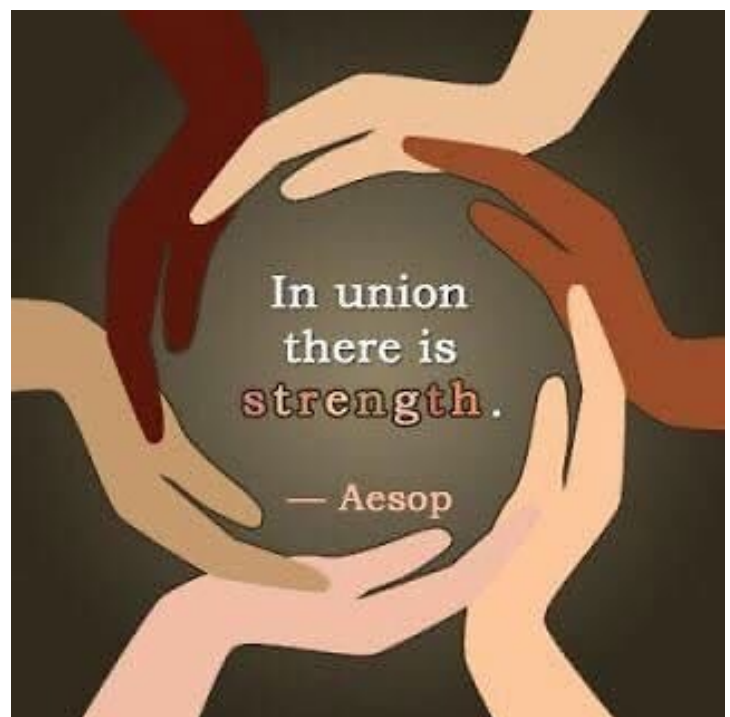
## In Honor of King Kamehameha I, the Hawaii County Office of Aging and the Aging and Disability Resource Center will be closed on June 11, 2024

Ahuwale ka po'okela  
i k'au hana i'a ha'i.

It is through the way you serve  
others that your greatness will be felt.



www.nhlchi.org



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## WEATHERIZATION ASSISTANCE PROGRAM



**Now Accepting Applications!**

### Weatherization Program

The WAP program is a federal program funded by the DOE that reduces utility costs for low-income families and individuals by increasing the energy efficiency of their homes.

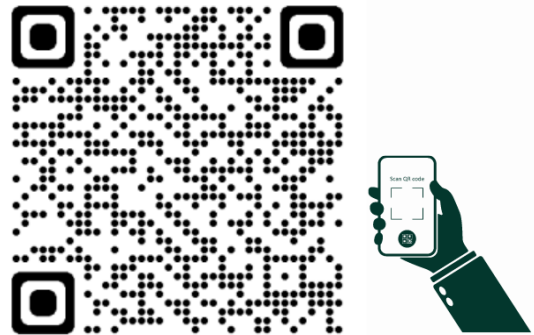
### Free Home Energy Assessment

Analysis of energy bills and inspection of energy equipment for potential health and safety issues. Professional recommendations to implement energy conservation measures specific to the needs of your household. All Applicants will be subject to approval before Home Assessment.

### Free Energy Efficient Replacements

Install energy-efficient devices and appliances like solar water heating systems, high-efficiency showerheads, aerators, CFLs, powerstrips, and energy-efficient refrigerators. All replacements will be determined by the Home Energy Assessment needs.

**SCAN QR CODE To Download Application**



200% Federal Poverty Guidelines for Hawaii 2023

| Household Size | Monthly | Annually  |
|----------------|---------|-----------|
| 1              | \$2,795 | \$33,540  |
| 2              | \$3,780 | \$45,360  |
| 3              | \$4,765 | \$57,180  |
| 4              | \$5,750 | \$69,000  |
| 5              | \$6,735 | \$80,820  |
| 6              | \$7,720 | \$92,640  |
| 7              | \$8,705 | \$104,460 |
| 8              | \$9,690 | \$116,280 |

**Contact us to schedule your FREE Home Energy Assessment**


 47 Rainbow Drive Hilo Hi 96720

 (808) 731- 7009 Option 7

 [www.hceoc.net](http://www.hceoc.net)

 [wap@hceoc.net](mailto:wap@hceoc.net)

*Limited applications will be accepted due to program funding.*



# ADVANCE HEALTH CARE DIRECTIVE

*Do you have one?*

Let us help you complete your Advance Health Care Directive. It documents who will make medical decisions for you when you no longer can. It helps your doctor and loved ones know what kind of care you want or do not want if you are unable to speak due to illness or accident.

Already have an Advance Health Care Directive? Learn how to review update it to ensure it meets your current needs

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

| Date                | Time          | In-Person Location                                    |
|---------------------|---------------|---|
| Wed, March 27, 2024 | 9:00-10:30 am | Hilo – ADRC 1055 Kinoole St.<br>Waimea – Tutu's House |
| Sun, May 5, 2024    | 2:00-3:30 pm  | Hilo – ADRC 1055 Kinoole St.                          |
| Tue, July 9, 2024   | 9:00-10:30 am | Hilo – ADRC 1055 Kinoole St.                          |

Zoom **OR** In-Person Workshop Registration:

Register Online:

<https://communityfirsthawaii.org/registration>

Register On The Phone (call or text):

**Annie Maeda (808) 987-1230**

Waimea Registration:

**Shawn Saito (808) 885-6777**



Scan this QR Code to  
Register Online

Additional questions?  
Call/text Amy Hamane  
(808) 443-4033

Sponsored by:



Special mahalo to the Hawaii County Office of  
Aging and Disability Resource Center!



# Baked Spaghetti Squash

## Ingredients

- 1 large (3- to 4-pound) spaghetti squash, halved lengthwise and seeded
- 3 tablespoons extra-virgin olive oil
- Kosher salt and black pepper
- 1 cup freshly grated Parmesan
- ½ cup panko
- 1 garlic clove, grated
- 1 teaspoon fresh thyme leaves
- 8 ounces mozzarella, cut into ½-inch cubes (optional)



## Directions

### Step 1

Heat the oven to 450 degrees. Brush the cut side of each squash half with 1 tablespoon olive oil, then season with salt and pepper. Place squash, cut-sides down, on a parchment-lined baking sheet and roast until the squash is tender when poked with a fork, 35 to 40 minutes.

### Step 2

Meanwhile, in a small bowl, stir together the Parmesan, panko, garlic, thyme and the remaining 1 tablespoon olive oil. Season with salt and pepper.

### Step 3

Flip the squash and use a fork to scrape the squash into spaghetti strands. Stir in half the mozzarella, if using, then sprinkle the squash with the remaining mozzarella and the panko mixture. Roast until the top is golden brown and mozzarella has melted, 20 to 25 minutes.

Hawai'i County Office of Aging  
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## HAWAI'I COUNTY OFFICE OF AGING



Executive on Aging **William Farr III**



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Thank you to our Senior Training & Employment Worker:  
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*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.*