

# The Silver Bulletin

## Happy New Year 2024!

As we say farewell to 2023 and welcome in the New Year, we want to encourage everyone to continue to build upon keeping safe and healthy in 2024. We want to thank you for doing your part in the fight to keep COVID and Influenza manageable throughout 2023. Keeping ourselves safe and healthy starts with each of us taking the initiative to make that our goal for the New Year.

We continue to ask and encourage everyone to keep current on their vaccinations and boosters as we move through the new year.

One of the first places we can start with is helping to keep our brains

healthy. Here are some simple Brain-Healthy habits that we can start with in the New Year.

### CHOOSE Brain-Healthy Habits

1. **Be Social** – Keep in touch with friends and family. Don't let yourself become isolated.
2. **Engage Your Brain** – Find ways to stimulate your thinking. Explore new interest and hobbies.
3. **Manage Stress** – Practice relaxation. Take time for yourself.
4. **Ongoing Exercise** – Move throughout the day. Target 2½ hours a week of moderate physical activity.
5. **Restorative Sleep** – Get 7-8 hours of restful sleep every day.
6. **Eat Right** – Choose a nutritious heart-healthy of fish, vegetables, and fruit.

Global Council on Brain Health – *Courtesy of the State Executive Office on Aging*

Good health also starts with our home. Everyone deserves to live in a healthy home. A home can support the health of your family as much as a healthy lifestyle and diet. It is important for people of all ages to know how to make their home safe and healthy for their own health concerns. It is always worth taking the time to make the place you call home a healthier, safer, and happier place to live. How can I have a Healthy Home? Here are three tips to having a Healthy Home:

- 1) **Keep it DRY** – Damp homes provide an environment for dust, insects and rodents, and mold. All of these can cause or worsen asthma.
- 2) **Keep it Well VENTILATED** – Having a good fresh air supply to your home is important to reduce exposure to indoor air pollutants and to increase respiratory health.
- 3) **Keep it CLEAN** – Clean homes reduce pest infestation and exposure to contaminants.

Let's make 2024 the year of safer communities, better health, and safer homes. For more information on how to make those goals your goals for 2024, call the Hawai'i County Office of Aging, Aging and Disability Resource Center at (808) 961-8626.

**HAPPY NEW YEAR!**



# The Silver Bulletin

## ADRC CORNER

*Aloha! The Aging and Disability Resource Center (ADRC) is an access point for older individuals, caregivers and people with disabilities.*

The ADRC provides information, resource awareness, and assists with directing people to services and supports island-wide. Aging and Disability Service Specialists are available to answer questions and provide assistance. **Please call us to schedule an appointment Monday through Friday from 8:30am-3:30pm (closed on holidays).**

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

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

---

*The Aging and Disability Resource Center would like to extend a Joyful Happy New Year to you and your loved ones!*

*We hope you and your loved ones experience peace, joy, and kindness this year. If you are able, there are many opportunities to help others who may be struggling.*

*Here are a few different ways to spread aloha and share kindness with others.*

---

**Boys and Girls Club of the Big Island:** Boys & Girls Club of the Big Island offers children throughout Hawaii Island a fun, safe and supervised place after school to be engaged, to learn and to grow. Consider making a donation or volunteering to support their efforts.

**Aloha Ilio Rescue:** A local rescue organization devoted to providing help, support, and love to surrendered and abandoned dogs here in Big Island. They are dedicated to finding each dog their perfect forever home. You can help Aloha Ilio by volunteering, donating supplies, or making a financial donation.

**Maui Humane Society:** They are currently focused on supporting shelters for displaced people and animals, and caring for injured animals (from the Lahaina fire).

**Hawai'i People's Fund:** This organization is currently providing immediate relief to those directly impacted by the wildfires on Maui Island.

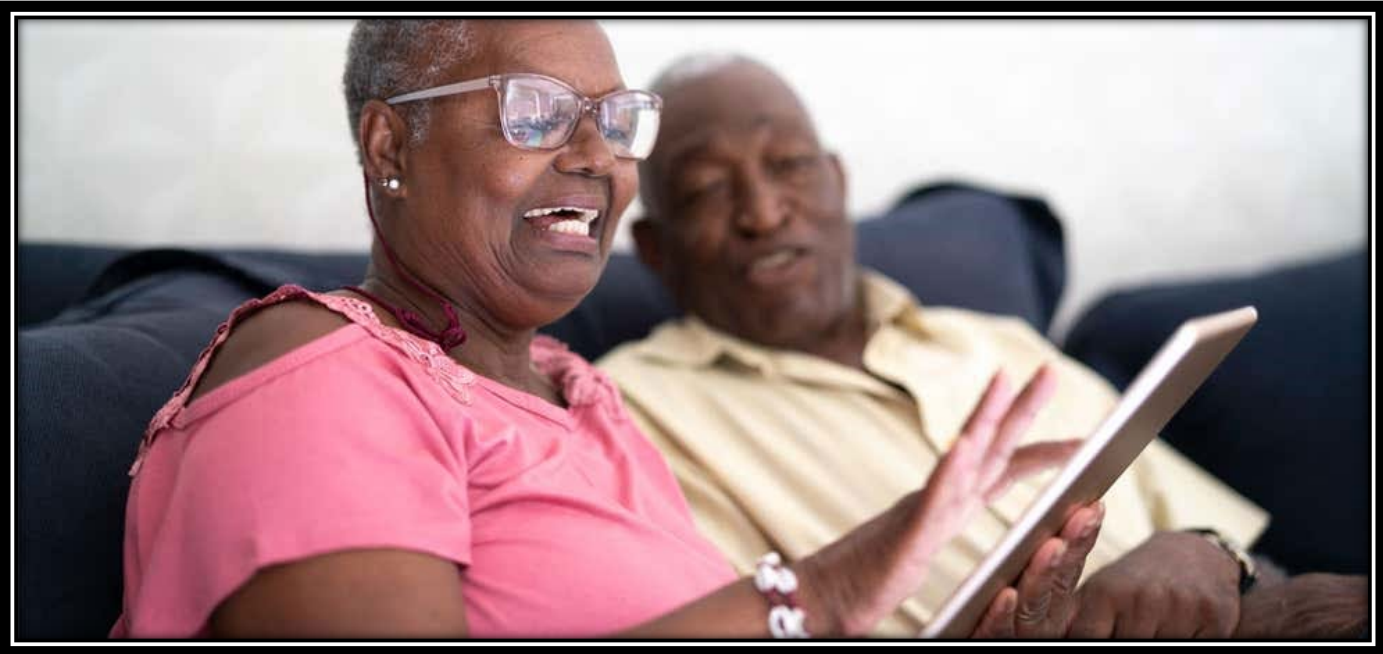
**Hilo Temple Corps/ Salvation Army:** Give joy to a child, senior, or family by donating an Angel Tree Gift from their online Walmart Registry or donate directly to the organization.

**Hawaii Island LGBTQ+ Pride:** This local non-profit organization is focused on encouraging inclusion and supporting the local LGBTQ+ community here in Big Island. You can help their cause with a financial donation.

# The Silver Bulletin

## Lifelong Learning Opportunities for Older Adults

[www.rightathome.net/blog/lifelong-learning-opportunities-for-older-adults-and-retirees](http://www.rightathome.net/blog/lifelong-learning-opportunities-for-older-adults-and-retirees)



It's that time of year again: back to school. And while you might think that only applies to kids, there are actually a significant amount of older folks who choose to go back to school post-retirement. In fact, more so than prior generations, seniors are choosing to continue their educations later in life, proving that it's never too late to learn something new.

The American Council on Education partnered with the MetLife Foundation to publish a comprehensive report titled, "**Framing New Terrain: Older Adults & Higher Education**," as a result of a two-year research project about the needs of older Americans. The report found that the group as a whole plans to remain "engaged in some form of work, community service, or learning activity" through retirement.

### The Benefits of Continued Education

There are many reasons why seniors would pursue new opportunities in retirement, **including second careers**, but continuing education has a host of emotional and mental benefits. Lifelong learning opportunities provide seniors with so much more than what the classroom curriculum provides:

- **Social Connection.** **Loneliness is a big risk factor** that comes along with aging, especially for those who choose to remain in their own homes. By choosing to go back to school, seniors who live alone can combat loneliness through social engagement, especially since they will be surrounded by like-minded peers in class.

# The Silver Bulletin



- **Cognitive Improvement.** Research has shown that learning new things throughout your lifetime can **help keep Alzheimer's disease at bay**. According to the **Alzheimer's Association**, "higher levels of education appear to be somewhat protective against Alzheimer's, possibly because brain cells and their connections are stronger."
- **Skill Enhancement.** It can be appealing to learn a new skill or better your skill at a lifelong hobby when you finally have the time in retirement. "Framing New Terrain: Older Adults & Higher Education" found that "many older adults also are driven to study a subject area that they previously never had the opportunity to learn, including those adults with no previous higher education experience."

Taking all of these benefits into account, it doesn't come as a surprise that it's now easier than ever for older adults to engage in lifelong learning opportunities.

## Senior-Friendly Online Learning Platforms

The digital age, emphasizing inclusivity, has given rise to numerous platforms tailored for senior learners. Here's an in-depth look at some of the standout platforms.

### SeniorNet

SeniorNet, a nonprofit organization, has been a beacon for seniors looking to enter the digital world. Founded to empower seniors through technology, it offers specialized computer and internet training. Their courses range from basic computer literacy to more advanced topics like internet security, making them a one-stop-shop for seniors eager to embrace the digital age. The organization emphasizes hands-on learning, ensuring that seniors don't just understand the theoretical aspects but also gain practical knowledge.

### GetSetUp

Designed with a laser focus on older adults, GetSetUp offers a unique peer-to-peer learning model. Instead of younger instructors, seniors are taught by individuals from their age group, ensuring better relatability, empathy, and understanding. Such an approach eliminates the generational gap and the associated communication challenges. Moreover, courses on GetSetUp span a wide array of topics, from health and wellness to technology and hobbies. The platform also offers social hours where seniors can converse, share experiences, and foster connections, enhancing the learning experience.

# The Silver Bulletin

## Udemy

Though Udemy is a universal platform catering to learners of all ages, it's hard to ignore its vast repository of courses that can benefit seniors. With its easy-to-use interface and extensive range of subjects from gardening, history, arts, and music to technology, seniors can find nearly any topic of interest. Moreover, many instructors on Udemy are sensitive to the needs of senior learners and design their courses with them in mind, ensuring that the content is accessible and enjoyable.

## TEDTalks

TED is on a mission to discover and spread ideas that spark imagination, embrace possibility and catalyze impact. Our organization is devoted to curiosity, reason, wonder and the pursuit of knowledge — without an agenda. We welcome people from every discipline and culture who seek a deeper understanding of the world and connection with others, and we invite everyone to engage with ideas and activate them in your community.

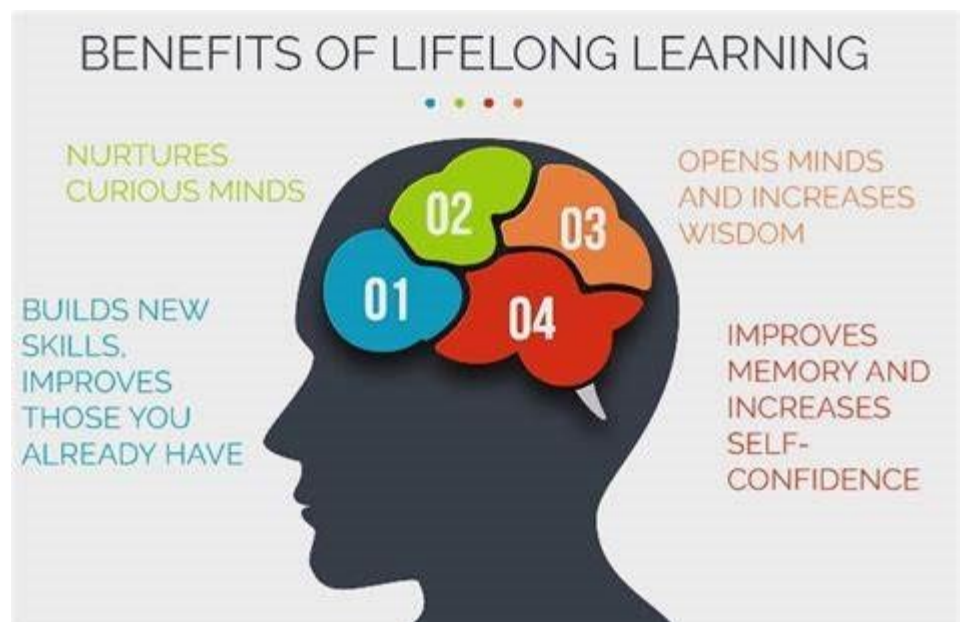
## Elderly Activities Division

Hawaii County Parks and Recreation Elderly Activities Division provides a variety of classes for Kupuna. The courses are low-cost and cover a variety of interests and activity levels- from ceramics, yoga, ukulele making, to Kupuna sports teams. Contact 808-961-8708 for more information.

## YouTube

If you are just looking to dip your toe in the water with e-learning, don't miss the thousands of global instructors on YouTube. What started out as a place for videos focused on entertainment, music and gaming has now become a professional hub for lessons on any topic you can imagine.

You can also explore thousands of the free apps available for download to your phone, like Duolingo, PictureThis and Brainly.



# The Silver Bulletin

## Upcoming Events

**January 1-** Happy New Year! (H)

**January 15-** Martin Luther King Jr. Day (H)

**February-** Black History Month

Senior Independence Month

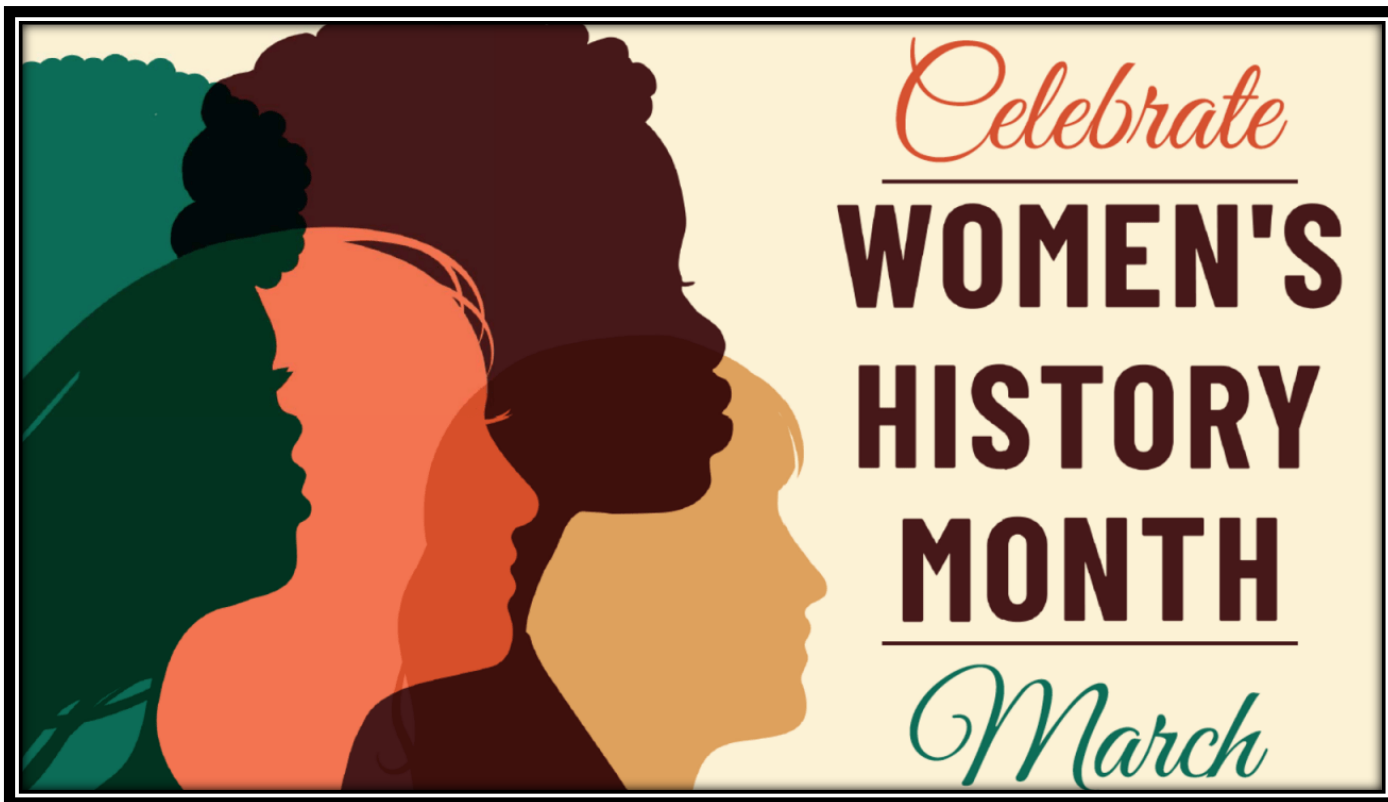
**February 19-** President's Day (H)

**March-** Woman's History Month

Ethics Awareness Month

**March 8-** International Women's Day

**March 27-** Prince Kuhio Kalaniana'ole Day (H)



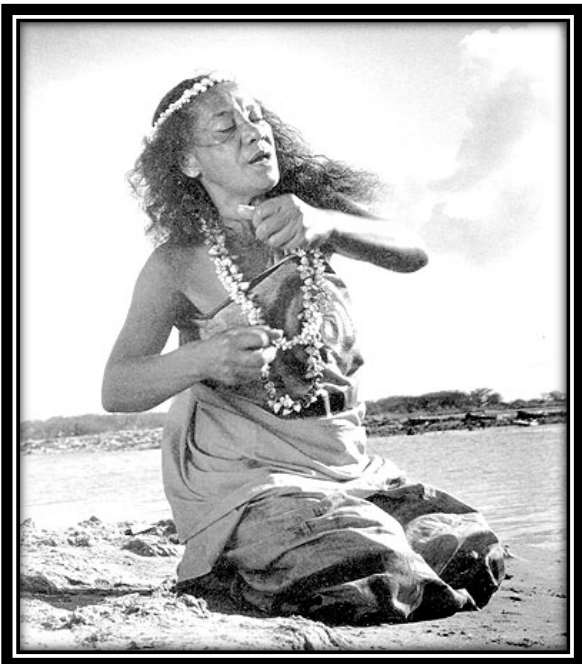
# The Silver Bulletin

## 8 Extraordinary Hawai‘i Women Who Inspire Us All

Matthew Dekneef \*Article has been edited for length.

Original article: [www.hawaiimagazine.com/15-extraordinary-hawaii-women-who-inspire-us-all/](http://www.hawaiimagazine.com/15-extraordinary-hawaii-women-who-inspire-us-all/)

The halls of Hawai‘i’s history are filled with examples of powerful and inspirational *wahine* (women) who made progressive steps for women’s, indigenous and minority rights across the Hawaiian Islands. Their actions and achievements also instilled pride in culture and identity, regardless of gender. Here are some remarkable figures who were steadfast in their causes, unafraid to challenge the status quo and stand up for what they believe in.



### 1. ‘Iolani Luahine *Photo: Francis Haar*

Regarded as the 20th century’s foremost authority and representative on the ancient art of *hula*, ‘Iolani Luahine was a world famous dancer with an unmatched mastery of this nearly lost cultural tradition. The “high priestess of hula,” as she’s often deemed, is remembered for not just her magnetic presence and artistry as a dancer, but instruction and revival of *hula kahiko*, the traditional oral heritage of hula passed down for generations.

After opening her own Honolulu *hālau* (hula school) in 1947, Luahine trained over 300 students in the ancient rituals, chants, authentic instrumentation and proper

production of appropriate costumes for hula that was passed down to her—all this during a time when Hollywood was reducing the sacred dance into something merely for entertainment. In 1969, Luahine hosted a pivotal meeting, at the onset of the Hawaiian Renaissance, with the Islands’ most knowledgeable *kumu hula* (hula teachers) and dancers in Nānākuli, O‘ahu to demonstrate the need for

# The Silver Bulletin

organizations committed to preserving and perpetuating Hawaiian culture as it pertained to hula. In doing so, she reignited an awareness for the dance's complexities and historical importance for the Hawaiian people.

Soon thereafter, a Hawaii state-run council was underwritten to teach the old ways of hula to a new generation of pupils. As a result, some of today's most respected hula teachers in Hawaii attended these very first workshops.

## 2. Princess Ka'iulani *Photo: Hawaii State Archives*

Victoria Kawēkiu Lunalilo Kalanikūiahilapalapa Ka'iulani Cleghorn was destined to rule the Islands—the princess, who might have become queen, was named heir to the throne by Queen Lili'uokalani when she was just 15 years old. Princess Ka'iulani was celebrated by Hawai'i's citizens upon her birth (bells rang out at 4 o'clock in the afternoon on October 16, 1875 to announce her) and, in her teens, became an avid surfer and expert equestrian. She was eventually sent to England for schooling, where she became highly educated in the arts and fluent in several languages, all to prepare her for her royal duties.

It was during these formative years when she was informed of the illegal overthrow of the Hawaiian monarchy. While detached from her Islands, her love for its people was unwavering. She immediately traveled to Washington D.C. to urge President Grover Cleveland to restore the Hawaiian monarchy and defend Lili'uokalani's name and honor—a historical moment for which she's best remembered. Princess Ka'iulani passed away from cardiac rheumatism at just 23 years old and was deeply mourned.





# The Silver Bulletin

## 3. Princess Ruth Ke'elikōlani

*Photo: Hawaii State Archives*

Princess Ruth Keanolani Kanāhoahoa Ke'elikōlani, known simply as Princess Ruth, was a steadfast figure in Hawai'i's history, who clung to her Hawaiian identity during an era of much change and transition in values. While educated and taught to read and write by missionaries, customary of a chiefly upbringing at the time, Ruth refused to speak English and only spoke in Hawaiian. She also was adamant against personally converting to Christianity or to even travel outside the Islands she called home, a conviction that brought about the ire of many Christian missionaries and non-Hawaiian politicians.

Despite her reputation in those circles, she was summoned by a Hawaiian council in 1881 to Hilo, Hawai'i Island where a lava flow threatened to destroy the town of Hilo to appease the volcano goddess Pele. Ruth sailed to Mauna Loa and it's chronicled in the ship captain John Cameron's

account that she prayed and made sacrifices to Pele, standing in the lava's path. That day, the flow stopped and refrained from destroying the town. When she returned to Honolulu, she was greeted by a crowd at the docks for her heroism.

Her contributions to Hawai'i today is traced to her will; Ruth, who inherited the vast landholdings of Kamehameha the Great, left her massive estate to Princess Bernice Pauahi Bishop, her cousin and best friend. Through Pauahi, that estate would ultimately become the [Kamehameha Schools](#), a school for the advancement of Native Hawaiian children.

He 'a'alī'i kū makani mai au; 'a'ohe makani nāna e kula'i

*I am a wind resisting 'a'ali'i plant; no gust can push me over.*

'Ōlelo Noeau #507



# The Silver Bulletin

## 4. Rosalie Keli'inoi Photo: Honolulu Magazine

Rosalie Enos Lyons Keli'inoi was Hawai'i's first elected woman legislator in the Territory of Hawai'i. In 1925, Keli'inoi made a successful Republican bid to represent the island of Kaua'i in the territorial house, introducing bills that empowered women in public life. Notably she proposed and passed landmark pieces of legislation that still stand in the books of Hawaii Revised Statutes: Act 274, which gave married women the right to sell, without the consent of their husbands, property they brought into the marriage; Act 31, designating funds for programs to promote the welfare of pregnant women; and, Act 51, authorizing the territorial government to purchase, restore and turn over Hulihe'e Palace, a historic summer home in Kailua-Kona to the Daughters of Hawaii for use as a museum.



## 5. Morrnah Nalamaku Simeona Photo: YouTube

Morrnah Nalamaku Simeona is a Hawaiian healer known for reinterpreting the *ho'oponopono*, an ancient Hawaiian reconciliation process, into the modern day version recognized around the world. Formerly a *lomilomi* massage practitioner (and to a famous visiting clientele to the Islands—Lyndon B. Johnson, Jackie Kennedy and Arnold Palmer to name a few), Simeona descends from a lineage of Hawaiian healers; her mother was a *kahuna la'au kahea* (healer through prayers and chants). In 1976, at 63 years old, Simeona began to adapt the *ho'oponopono* practice for an international contemporary audience and as a self-help exercise for the individual, presenting her method to the United Nations and around the globe.

# The Silver Bulletin

## 6. Haunani-Kay Trask *Photo: Ulukau*

Haunani-Kay Trask is a Native Hawaiian academic, activist and influential figure in the Hawaiian sovereignty movement Ka Lahui Hawai'i, the largest in the Islands. She was the first full-time director of the Center for Hawaiian Studies at the University of Hawai'i at Mānoa, serving in the position for 10 years. Unafraid of criticism, her incisive rhetoric and impassioned oratory



character made her at times a controversial figure (“I am not soft. I am not sweet,” she once responded to an undermining claim that her approach was too abrasive and “un-Hawaiian”) at the center of a much-needed intellectual discourse on issues surrounding native land rights, institutional racism and sexism in Hawai'i. Also a poet, Trask brought politics into the core of her poetry collections “Light in the Crevice Never Seen” and “Night is a Sharkskin Drum,” and penned the provocative book of essays “From a Native Daughter: Colonialism and Sovereignty in Hawai'i.”



## 7. Emma Metcalf Nakuina

*Photo: Hawaii State Archives*

Emma Kailikapuolono Metcalf Beckley Nakuina is a highly regarded authority on Hawaiian water laws and unofficially considered Hawaii's first female judge. A descendant of *ali'i* (chiefs), Nakuina became an esteemed figure to the court of Kamehameha IV because of her understanding of laws governing the traditional distribution of water in Hawaii—a “custodian of the laws of the Kamehamehas.” Her published works on the subject, notably “Ancient Hawaiian Water Rights and Some Customs Pertaining to Them,” have become a standard reference and primary source to this day. Her 18-year service as a judge and commissioner of private ways and water

rights spanned Hawai'i's many transitions, from kingdom to republic to a territory of the U.S. In

# The Silver Bulletin

retirement, she became one of the Hawaiian Historical Society's first female members and stayed active with the Daughters of Hawaii, a civic organization.



## 8. Mary Kawena Pukui *Photo: Wikipedia Commons*

Mary Kawena Pukui was a Hawaiian scholar, practitioner and cultural pioneer whose published works are considered a cornerstone in the active preservation and perpetuation of the Hawaiian language and diverse fields of Hawaiian studies. Born shortly after the overthrow of the Hawaiian monarchy, Pukui would publish invaluable resources, references and translated manuscripts including the definitive "Hawaiian Dictionary – Hawaiian-English, English-Hawaiian," "Place Names of Hawai'i" and "'Ōlelo No'eau," a collection gathering 3,000 Hawaiian proverbs and poetical sayings; all three considered to be the unequivocal authorities in their subjects. The juggernaut legacy of the two-volume set, "Nana I Ke Kumu, Look to the Source," provides an immense understanding of Pukui's contributions, covering Hawaiian concepts and belief systems through the anthropological and personal lens of a Native Hawaiian. A wealth of knowledge on the oral traditions of Hawaiian culture, Pukui's unparalleled accumulation of unpublished notes spanning over 50 years are currently held at the Bishop Museum on O'ahu.

## SHARING MO'OLELO

The Silver Bulletin invites YOU to share you mana'o and mo'olelo!

We welcome stories and experiences that offer insight to the history of Old Hawaii, growing up in Big Island, words of wisdom, or maybe a nice experience you had with the Aging and Disability Resource Center.

Feel free to mail or email your story to:

Aging and Disability Resource Center

1055 Kinoole St STE 101 Hilo, HI 96720

[Leilani.westergard@hawaiicounty.gov](mailto:Leilani.westergard@hawaiicounty.gov)

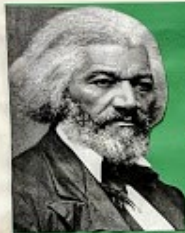
# The Silver Bulletin

WHAT WE LEARN FROM

# Black History




CHALLENGE  
like Rosa



REFORM  
like Frederick



STAND  
like Nelson




*Inspire*  
like Louis


LEAD  
like Harriet




≡ RUN  
like Jesse



FIGHT  
like Muhammad




SPEAK  
like Malcolm




SHOOT for the  
\*Stars\*  
like Mae



EDUCATE  
like W.E.B.



*Learn*  
like Ruby



*Play*  
like Jackie



*Dream*  
like Martin




*Write*  
like Maya



PROTEST  
like Angela



INVENT  
like George



**“A life is not important except in the impact it has on other lives”**

**-Jackie Robinson**



# 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
Sun, January 21, 2024	2:00-3:30 pm	Hilo – ADRC 1055 Kinoole St.
Wed, March 27, 2024	9:00-10:30 am	Hilo – ADRC 1055 Kinoole St.
Sun, May 5, 2024	2:00-3:30 pm	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**



Sponsored by:



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

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



# Tofu Watercress Salad

## Ingredients

- ¼ cup vegetable oil
- 1 TBSP sesame oil
- 1 garlic clove, minced
- ½ cup soy sauce
- 1 tsp sugar
- 1 package Firm/Extra Firm tofu
- 1 cucumber, diced
- 2 tomatoes, diced
- 1 can tuna, drained
- 1 bunch watercress, chopped
- Sesame seeds (garnish)
- Sliced green onions (garnish)



## Directions

1. Dressing: In a small saucepan, combine vegetable oil, sesame oil, and minced garlic. Heat mixture until barely simmering. Remove from heat (don't burn the garlic!). Add sugar and soy sauce, mix, and set aside to cool.
2. In a large serving bowl, layer the tofu, cucumber, watercress, tuna, and tomatoes.
3. Some people also add sliced white onion, mung bean sprouts, yellow bell pepper, chopped cabbage or romaine lettuce!
4. Add dressing and mix well to distribute evenly. Garnish with sesame seeds and sliced green onions.
5. ENJOY!!

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  
Lori Enomoto  
Charmaine Felipe  
Clayton Honma  
Keola Kenoi  
Kimberlee Sato  
Wesley Tanigawa  
Leilani DLG Westergard  
Jolean Yamada

### KONA STAFF

Alice Bratton  
Bernie Canda  
Debbie Wills

Information & Assistance Clerk  
Aging & Disability Services Manager  
Information & Assistance Clerk  
Administrative Services Assistant I  
Aging Program Planner III  
Aging Program Planner II  
Aging & Disability Services Specialist 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 Senior Training & Employment Worker:  
Stuart Taketa

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