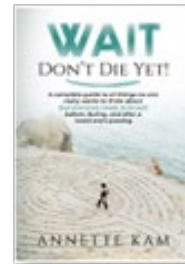


The Silver Bulletin

A Year to Remember

Aloha, and welcome to our 2022 fall Silver Bulletin issue. As we move through the final three months of the year, we also, look back and can truly say that 2022 was an exceptional year of change. It is the year that we turned the corner on COVID-19. Yes, COVID-19 may still be with us, but we have learned more about and how we can better defend ourselves against it. We have learned how important simple precautions, such as washing our hands, sanitizing surfaces, and taking extra precautions when in large crowds have been proving successful in helping to slow the spread. The availability of being vaccinated and booster shots has really been instrumental in helping to turn the tide on COVID-19. We want to continue to encourage all Kupuna and Caregivers that if you have not been vaccinated or have not received your booster shots, it is still not too late. Also, flu season is coming up, so now is the time to schedule your flu shot. Taking these precautions can help us all have a joyous holiday season.

In September I had the privilege of meeting and listening too, Registered Nurse, and local Author, Annette Kam giving her presentation on her experiences of caregiving. Annette, the author of, "WAIT- Don't Die Yet!" is on a mission to help others who are caregiving. Like many of us, we assume that our affairs or the ones we care for are all in order. After caregiving her in-laws, she quickly discovered how wrong she was. Mistakenly believing that their affairs were in order when they passed, she spent the next 2 years struggling and navigating all the "Wish I Had Known's" that could have been avoided with a little knowledge and preparation. To help others, she shares her personal story that will motivate you to learn from her experiences, to take that first step and having the assurance you can be ready when the time comes. Her eBook, includes a fillable guidebook, and is available free at the following online address: www.annetekam.com



As the holiday season approaches, we at the office of Aging would like to thank our Kupuna and Caregivers for making 2022 that year of change. We wish you a safe and joyous holiday season with your family and friends. Let us finish the year in good health, the spirit of thanksgiving, and the gift sharing. Please be safe over the holiday season as we look forward to a new year.

HAPPY HOLIDAYS



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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).

SENIOR HOUSING INFORMATION AND RESOURCES

Although life seems to have “gone back to normal”, the effects of the COVID-19 pandemic are still rippling through our community. The end of the COVID pandemic eviction moratorium, rising housing costs, and influx of people moving to Hawaii from the continental U.S. has put a strain on the housing market. Affordable housing and financial aid for overdue rent continue to be highly sought after. Here are some resources that may be helpful:

- ❖ For information on subsidized housing with the County (Section 8, subsidized senior housing), you can contact the Office of Housing and Community Development (HUD) at 808-959-4642. A housing specialist will be able to answer your questions regarding subsidized housing, the application process, and wait-list. You can also visit their website at <http://www.hawaiicounty.gov/departments/office-of-housing> to view their Affordable Housing List. *Please note that the HUD office is not allowing Walk-Ins at this time.*
- ❖ For individuals who are experiencing homelessness, you may contact HOPE Services for assistance with temporary or emergency housing. HOPE Services also manages funds from the Emergency Rental Assistance Program (ERAP). This program provides funding for overdue rent or mortgage payments. To get information or apply, call at 808-935-3050.
- ❖ The Hawaii Economic Opportunity Council is another agency that manages funding for the Emergency Rental Assistance Program (ERAP). They also oversee the Low-Income Home Energy Assistance Program (LIHEAP), which provides financial assistance to reduce electricity and water costs. Call 808-731-7009.
- ❖ The Neighborhood Place of Puna has several programs that can assist with securing stable housing. You can contact their Family Resource Center at 808-965-5550 for help with finding housing in the community, filling out housing applications, or help with financial budgeting. The Neighborhood Place of Puna also manages funds for the Emergency Rental Assistance Program (ERAP). This program provides

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funding for overdue rent or mortgage payments. For information about ERAP, you can call 808-345-0202 or visit: <http://www.neighborhoodplaceofpuna.org/erap>

- ❖ If you have questions regarding your rights as a land-lord or tenant, you can contact the Department of Commerce and Consumer Affairs (DCCA) Landlord-Tenant Information Hotline at 808-586-2634, Mondays-Fridays from 8am-12pm.
- ❖ For legal assistance regarding a wrongful eviction, you may reach out to Legal Aid Society of Hawaii. For a referral to Legal Aid Society of Hawaii, contact the ADRC office at 808-961-8626 (Hilo) or 808-323-4390 (Kona).
- ❖ The Financial Empowerment Center provides free confidential financial counseling to help you reduce your debt and attain financial stability. Call Hawaii First Federal Credit Union at 808-933-6600 for more information.

DEALING WITH GRIEF DURING THE HOLIDAY SEASON

by Amy Goyer, **AARP**, December 11, 2020

Article has been modified. Original can be found at: www.aarp.org/home-family/friends-family/info-2020/grief-loss-during-holidays.html



Amy Goyer is AARP's family and caregiving expert and author of [Juggling Life, Work and Caregiving](#). Connect with Amy on [amygoyer.com](#), [Facebook](#), [Twitter](#), in [AARP's Online Community](#) and in the [AARP Facebook Family Caregivers Group](#).

Grieving the loss of a loved one is a deep and difficult challenge at any time. The holiday season can magnify our sense of loss and sorrow — especially this holiday season, marked by a still-raging pandemic that has taken hundreds of thousands of lives and left millions bereaved.

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Seasonal events can be painful reminders of the absence of loved ones. At the same time, they can also be comforting rituals where we connect with family and friends, focusing on good memories and trying to recapture our sense of joy. If you are mourning the loss of loved ones this season, here are some important things to keep in mind.

1. Only do what feels right

It's up to you which activities, traditions or events you can handle. You are not obligated to participate in anything that doesn't feel doable. Create realistic expectations for yourself and others, but above all, be gentle with yourself.

On the other hand, if holiday activities are a good distraction that bring joyful feelings and good memories, go all out. Get out every decoration and bask in happy memories. Immerse yourself in holiday movies that always have happy endings.

It's all OK — there is no one right way to do this. All you need to do is get through the day or week or season, in a healthy way that is comfortable for you. Try not to focus much further ahead than that.

2. Accept your feelings

Everyone takes his or her own path in grief and mourning. Some may try to avoid sad feelings; others will be bathed in tears. Some feel bad that they aren't up to enjoying a holiday; others feel guilty because they are feeling joy.

Accept whatever you are feeling, as well as the inevitable ups and downs. You may feel peaceful one moment and gut-wrenchingly sad the next. If you stay in tune with your own needs, you'll know how to get through the holiday without judging yourself or others.

3. Get support

Talk with loved ones about your emotions and mental health needs. Be honest about how you'd like to do things this year — if you want to talk about those who have passed, then do so, and let others know it's OK. If you participate in a holiday activity, let people know you may bow out quickly if it's too much for you, and, if possible, have a friend on standby for support.

Be aware if you are sinking into depression, anxiety or complicated grief (a psychological condition that involves prolonged, very intense grief that interferes with daily functioning). Seek professional help from a physician, therapist or counselor via telehealth.

You can also look into virtual support groups or other services available through your workplace or house of worship, or connect with friends or others who are grieving via online communities such as AARP's Grief & Loss community and Family Caregivers Discussion Group.

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4. Focus on the kids

Many holiday activities place special attention on children, and it often helps to zero in on their needs. Realize that your choices around getting through the holidays may affect the children, grandchildren, nieces and nephews in your family. If you withdraw, they may not understand why you don't want to join family festivities. Perhaps you can allow yourself to absorb their joy by participating in activities that are important to them and excuse yourself when you reach your limit.

5. Plan ahead

Sometimes the anticipation is worse than the actual holiday. Plan comforting activities ahead of time so you have something to look forward to, rather than building up dread of the pain that the holiday could bring.

New activities without specific memories tied to lost loved ones might be easier. But remember that familiar traditions might be comforting as well, even if you have to adapt them for this year's circumstances.

6. Give

In times of grief and loss, when we may feel paralyzed by sheer emotion or negative feelings (sadness, anger, resentment), the biggest comfort may come from giving to others. Taking action that makes a difference can help widen our perspectives.

For example, you can honor a loved one you've lost by making a donation in her name to a charity or cause she cherished. Or you can buy something that symbolizes the person, or what you shared with him, to donate to a needy family.

Also try channeling negative energies in positive ways that create good in the world. Give of your time and talents. Volunteer to help people in a way that relates to what caused your anguish. If, say, you've lost someone to suicide, volunteer for a depression or suicide hotline. If a loved one succumbed to COVID-19 or another disease, give money to a local hospital or participate in a clinical trial.

7. Acknowledge and honor those who have passed

It can be helpful to participate in a holiday ritual in memory of someone you've lost, especially if it relates directly to his or her interests. Here are some ideas.

- Light candles.
- Talk, write about or post on social media about the person.
- Donate children's toys or books through a charity such as Toys for Tots.
- Dedicate a prayer or religious service to the loved one's memory, such as a Catholic Mass or Jewish Kaddish.
- Plant a tree in memory of the deceased, in your own yard or in a forest (through a group like the Arbor Day Foundation).
- Make a card or write a holiday letter with the person's picture.

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- Place the deceased's photo or a significant item of his on your Christmas tree or among holiday decorations.
- Join a group Bereavement group- it helps to have a community of others who are on their own journey coping with grief and loss. It can ease the feelings of loneliness and isolation.
- Take a walk. Connecting with nature soothes the spirit, produces endorphins, and gives you time to meditate or soulfully connect with your loved one.
- 6 word memoir: Think of a 6 word sentence that speaks to your loved one or the grief you feel. *"We never got to visit Paris". "Her smile always cheered me up". "He loved cooking for his family."*

8. Do something different

The holidays are already very different this year; losing loved ones with whom you've long celebrated can make it feel like these annual celebrations will never be the same again. In a way, they won't, and accepting this will help you manage expectations. But remember that different doesn't have to mean bad.

If you can, embrace the difference. Plan novel activities (especially helpful the first holiday season after the loss) that create new memories. Hold a virtual family gathering, change the holiday menu, or have a meal delivered from a grocery store or restaurant. Many families return to their usual rituals the following year, but some enjoy incorporating these fresh experiences into holiday routines permanently.



9. Skip it

If you feel that it will be too much for you and you'd like to simply opt out of participation in a holiday, let family and friends know. But plan comforting alternative activities for yourself, and let someone know what you will be doing. It's a good idea to make sure someone checks in with you regularly, especially on the real holiday.

The bottom line: Grieving is a very individual and personal journey. No one can tell you how to grieve or how long it will take. I've lived through the loss of Mom and Dad, my niece Shaelee and my sister Karen, all around the holidays. I've survived by taking my time, doing what feels right to me, seeking support, living in the moment and honoring my loved ones.

Life may never be the same, but you will get through this, and joy will surprise you when it bubbles again — I promise.

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Everyone Mourns Differently

No one should feel guilty or self-conscious about their personal grieving process. Some people may grieve for longer periods of time than others. Some may experience sadness in unexpected waves. Ultimately, there is no one "right" way to mourn the loss of a loved one.

Feelings of grief can come and go without warning, even years after a loved one has died. Certain events, smells, foods, music, or photographs can trigger a sudden temporary upsurge of grief. The holiday season, with all of its traditions and emphasis on family and friends, is a time that can heighten or reignite these intense feelings. Knowing this can help you prepare for a possible roller coaster of emotions so you can better navigate this potentially difficult time.

If these feelings become too much to handle, seek the help of a counselor, religious/spiritual leader or hospice worker. Hospice providers offer support to both the ill person and their family throughout the dying process and after death.

Hawaii Care Choices (formerly Hospice of Hilo) offers Bereavement Care support for those who have lost a loved one. For more information, contact Hawaii Care Choices at 808-969-1733.

Hawaii Cares provides free 24/7 mental health support through their confidential hotline. Call 1-800-753-6879 if you are experiencing feelings of stress or sadness that impact your appetite or daily routine.

LOOK FOR ME IN RAINBOWS

Time for me to go now, I won't say goodbye;
Look for me in rainbows, way up in the sky.
In the morning sunrise when all the world is new,
Just look for me and love me,
as you know I loved you.

Time for me to go now, I won't say goodbye;
Look for me in rainbows, high up in the sky.
In the evening sunset,
when all the world is through,
Just look for me and love me
and I'll be close to you.

It won't be forever, the day will come and then
My loving arms will hold you,
when we meet again.

Time for us to part now, we won't say goodbye;
Look for me in rainbows, shining in the sky.
Every waking moment and
all your whole life through
Just look for me and love me,
as you know I loved you.

Just wish me near to you,
And I'll be there with you.

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The Hawaii County Office of Aging and the Aging and Disability Resource Center would like to extend our deepest gratitude to the men and women who bravely served in the military to protect our freedom.

Mahalo piha!!

Show our veterans how much you care! Join us on **Saturday, November 12** at **10am** in Downtown Hilo for the Veteran's Day Parade.

For more information, call 808-930-3609 or visit <http://www.hivetparade.org>



The Office of Aging, ADRC, and other county offices will be closed on November 11, 2022 in observance of Veteran's Day.

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PEARL HARBOR REMEMBRANCE DAY DECEMBER 07, 2022

“Yesterday, December 7, 1941 – a date which will live in infamy – the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan.”

These were the words spoken by President Franklin D. Roosevelt following the Japanese attack on the Pearl Harbor naval base near Honolulu, Hawaii. Just one hour after this speech, Congress would pass an official declaration of war on Japan, bringing the United States into WWII.

Although tensions had been rising between the U.S. and Japan for some time, the attack came completely as a surprise. Any attack from Japan was expected to happen in other areas of the South Pacific, which meant that the Pearl Harbor base was left largely undefended. Almost the entirety of the U.S.’s Pacific fleet and hundreds of aircraft were located at Pearl Harbor. The motive behind the plan was to destroy as many U.S. ships as possible, so that nothing could hinder Japan’s forces as they conquered the South Pacific.

The attack, which occurred just before 8 a.m. on December 7, 1941, resulted in the deaths of 2,403 civilians and service members. Additionally, 1,178 were injured, 188 aircraft were destroyed, and two U.S. Navy battleships, the *USS Arizona* and the *USS Utah*, permanently sank.

Just three days later, Germany and Italy declared war on the United States. Congress then turned right around and declared war on Germany and Italy, bringing the U.S. solidly into WWII.

Decades later, on August 23, 1994, Congress would declare December 7th . **“National Pearl Harbor Remembrance Day”**. Flags are flown at half-mast and events are held throughout the country, including at the Pearl Harbor Memorial on Oahu.

Not only does Remembrance Day serve as a way to educate American citizens about what happened on December 7th, 1941, but it serves as a way to honor the 2,403 lives lost in the attack



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Hawaii UTelehealth

A program through the University of Hawaii John A. Burns School of Medicine and the Hawaii/Pacific Basin Area Health Education Center. Provides **free** primary care and behavioral health services. No insurance necessary. Call **808-375-2745** or visit www.hawaiiutelehealth.org for more information.

Maika'i Health Community Clinic

Non-profit clinic that offers telehealth for primary medical, behavioral health, and pharmacy services. Accepts all major insurances; patients with limited finances can ask about payment plans or the sliding fee discount program. Call **808-333-3420** or visit www.maikaihealth.org for more information.

Kupuna Mobile Health

A private home healthcare practice that offers annual mobile/house-call visits, preventative screenings, and telemedicine support. Call **808-359-1641** or visit www.kupunamobilehealth.com for more information.

SHIP- State Health Insurance Assistance Program

Medicare Open Enrollment begins October 15. If you have questions about enrolling, Medicare plans, supplemental insurance, prescription coverage, etc. You can reach out to SHIP for non-biased information. Call **1-888-875-9229** for assistance.

****Check with your primary care provider insurance provider to see if they offer telehealth services!****

WHAT IS TELEMEDICINE?
Talk to doctors without having to see them in person.

MINOR HEALTH PROBLEMS:

- Sore throats
- Backaches
- Many others

MENTAL HEALTH TALK THERAPY:

- Depression
- Anxiety
- Many others

PRESCRIPTIONS:

- Most meds available
- Use a local pharmacy

SPECIALISTS LOCAL OR FAR AWAY:

- Skin doctors
- Cancer doctors
- Many others

QUESTIONS AFTER SURGERY

- Are my stitches infected?
- Can I drink alcohol?

SECOND OPINIONS

- Do I actually need this surgery?
- Are you sure I have this diagnosis?

WHY USE TELEMEDICINE?

- PRIVATE:** You decide who sees your records
- CONVENIENT:** No travel or waiting rooms, and often available 24/7
- EFFICIENT:** May save you time and money

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Whole Wheat Spaghetti with Lemon, Basil, and Salmon

- whole-wheat spaghetti pasta
 - 1 clove garlic, minced
 - 2 tablespoons extra-virgin olive oil
 - 1/2 teaspoon salt, plus more for seasoning
 - 1/2 teaspoon freshly ground black pepper, plus more for seasoning
 - 1 tablespoon olive oil
 - 4 (4-ounce) pieces salmon
 - 1/4 cup chopped fresh basil leaves
 - 3 tablespoons capers
 - 1 lemon, zested
 - 2 tablespoons lemon juice
-
- 2 cups fresh baby spinach leaves



Instructions

- Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- Drain pasta and transfer to a large bowl. Add the garlic, extra-virgin olive oil, salt, and pepper. Toss to combine.
- Meanwhile, warm the olive oil in a medium skillet over medium-high heat. Season the salmon with salt and pepper.
- Add the fish to the pan and cook until medium-rare, about 2 minutes per side, depending on the thickness of the fish. Remove the salmon from the pan.
- Add the basil, capers, lemon zest, and lemon juice to the spaghetti mixture and toss to combine 1/2 cup spinach in each bowl. Top with 1/4 of the pasta. Top each mound of pasta with a piece of salmon. Serve immediately.

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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.