

The Silver Bulletin

GOOD OLD SUMMERTIME!

Aloha and welcome to our summer edition of the Silver Bulletin. As we move into and enjoy the warmer and longer days of summer, let us also remember we have come a long way in our quest to end the battle of COVID-19. We thank each one who has participated in helping to reach the goal of returning soon to some sort of “Normalcy.” Although we are not quite there yet, each day brings us closer to reaching that goal. To all we say, “Mahalo” for the progress we have made.



BEWARE OF FRAUD

DON'T give personal information: date of birth or social security number over the phone.

STOP do not provide credit card or bank information to incoming callers.

BYE Hang up on telemarketers and don't make verbal agreements with people you don't know.

GO to the National Do Not Call Registry. www.donotcall.gov or call: 1-888-382-1222 to register.

HAWAII COUNTY OFFICE OF AGING
Hilo: 961-8600 Kona: 323-4390

Today many entities are at work to bring about economic stability as we recover from COVID-19. Unfortunately, it has also opened the door and provided an environment for “SCAM ARTIST”, and “FRAUDULENT” individuals to prey upon the innocent and elderly. In support of World Elder Abuse Awareness Day (WEAAD) held on June 15, 2021, the Office of Aging will use the initiatives developed, as our pivot and anchor point in kicking off our elder abuse campaign to build a strong support system for Elders. The design of this educational campaign is to bring awareness to kupuna on the many facets and schemes of elder abuse and to remove the stigma of “shame” if you were a victim. The Office of Aging would especially like to thank the State Department of Commerce and Consumer Affairs (DCCA) for supplying the information, educational, and other promotional materials that

supplemented our elder abuse kits. For more information on fraud prevention and awareness, please call the Office of Aging ADRC at 961-8626.

As we settle in to the long lazy days of summer and the relaxation of COVID-19 rules, we want to thank those who already received their vaccinations, and encourage anyone who has not been to consider getting your vaccination. Again, if you need information on where you can receive a vaccination shot, please call the Office of Aging ADRC at 961-8626. As we get out our grills for summer, relax, or maybe catch a game of baseball, let us continue to remember to please:

Follow Current COVID-19 protocols!

And always WASH your hands!



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CONGRATULATIONS! OUTSTANDING OLDER AMERICAN 2021 WINNERS

May is recognized as Older American's Month. The state of Hawai'i celebrates by honoring Outstanding Older Americans from each county. These individuals are nominated by their communities for the work and effort they put forth to make their communities stronger. Below are the Outstanding Older Americans representing Hawaii County.

If you would like to view the Outstanding Older American Recognition ceremony, please visit:

<https://youtu.be/GxPOP98lq5s> or <https://spaces.hightail.com/receive/tyxL44YK8C>

On behalf of the Hawaii County Office of Aging and the communities that you help and serve, Mahalo Nui and Congratulations to this year's Outstanding Older American winners!

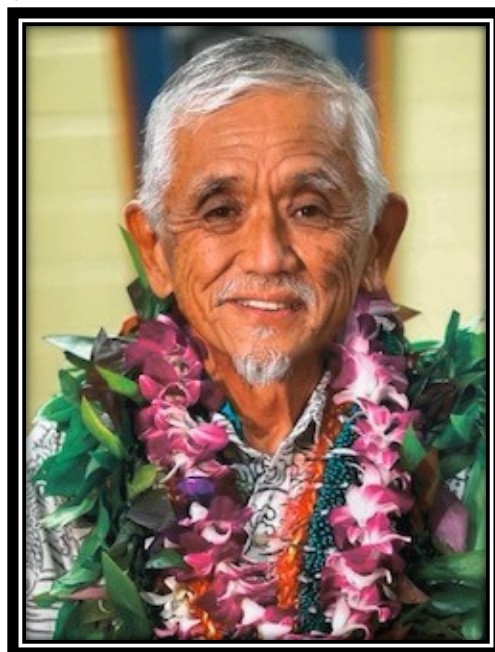
Hawaii County Office of Aging Representative: Wayne Kawachi (Pahala, 74)

Wayne Kawachi is truly an incredible individual. He is a retired commercial fisherman, a highly efficient member of his community in the district of Ka'u and a wonderful family man.

He is the current President and founding board member of the local non-profit, O Ka'u Kakou (OKK), the President of the Ka'u Hospital Charitable Foundation and the President of the Pahala Hongwanji Mission.

In 2020, Wayne became a "Brawny Giant" for his contributions to the community. This award from Brawny Paper Towel Company resulted in a \$10,000 donation to O Ka'u Kakou.

Under Wayne's leadership, OKK sponsors 4 large annual community events as fundraisers for their community service projects. These include the Keiki Fishing Tournament, the Veteran's Day celebration, the July 4th Parade Celebration/ Keiki Fun Day, and the Ka'u Coffee Trail Run.



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In January 2018, Wayne raised \$75,000 towards a proposed Na'alehu Senior Housing project by walking 100 miles in rubber slippers from Paauilo to Na'alehu. Statewide, he became known as "da Rubbah Slippa Guy" after appearing in numerous news reports following his walk.

His continued support and dedication in providing for his community needs in food, equipment for the emergency room at the hospital, and the revival of the annual Bon Dance Festival is but a few of his outstanding community accomplishments. The Pahala Hongwanji Bon Dance now coincides with the Ka'u High School Reunion event held annually for all classes. For his incredible energy and deep sense of community, Wayne Kawachi is an Outstanding Senior to our Ka'u community. His positive attitude and "Can-Do" spirit are a big part of why he is such a great community leader. Ka'u is lucky to have him!

Hawaii County Office of Aging Representative: Annie Kuamo'o Ka'aukai (Pahoa, 76)



Annie hails from the Puna district of Hawai'i island and grew up on Pohoiki Beach. She remembers waking up at 3:00AM, getting into a canoe with her dad and sister when they were young, and catching fish-arriving back on land before sunrise and off to school she went!

Annie loves to cook and bake and loves the ocean. She has been providing her special dishes ('Ake and Hawaiian food from scratch) to various groups, community, and family members all her life.

In 2005, she joined the Pahoa Nutrition Congregate program and is also a member of the Retired Senior Volunteer Program (RSVP) and the Alu Like Program (Pahoa Site).

She has been the Pahoa Nutrition President for the past three years and is famous for her homemade specialty cakes (made from scratch with lots of aloha). She assists with food distributions and volunteers at the Pahoa Food Pantry and the Food Basket warehouse. She says that volunteer

work is fun and keeps her active and healthy. Knowing that she is helping others is her passion.

Annie is a Master Weaver and specializes in Hawaiian craft such as: lauhala and niu (coconut) weaving, weaving Hawaiian ti leaf sandals (Hawaiian beach tabi) and cordage made out of ulehala, hau, coconut fiber, and olona, and creating throw nets, regular fishnets, and cross nets.

At 76 years old, she embodies the Hawaiian phrase, "Kokua aku, kokua mai (give help, get help)". Her vitality and continued volunteer service allow her to share her lifetime of talent, experience, skill and hobbies with the community. By helping her community, she in turn has stayed physically active and established important social connections.

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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).

Kami Bolster – Case Manager (West Hawaii)

I have always had a tender spot in my heart for Kupuna. I love to talk story and hear about how life used to be...back in the day! I feel we can learn so much from listening. In my position as a case manager, I get to do just that, along with providing help and guidance to Kupuna and their families. I help provide services through the Kupuna Care program (a state funded home and community based service program designed to meet the needs of older adults who need formal support to remain living independently in their homes.)

Once my children were in high school, I began my career in helping seniors. I started out working in an assisted living community in Bend, Oregon as the community relations director. This gave me knowledge about the challenges of staying safe living at home and the options of living in a more structured, supervised environment. Soon thereafter, my husband and I became “empty nesters” and moved to the Big Island. I was able to work at Regency Hualalai as their community relations director and continue my love for helping families and seniors. I wanted to get more hands-on experience providing care so I went to work for Ho’onani adult care services in Waimea. I was a caregiver at the care home and adult day center. This truly gave me an insider’s perspective on the day-to-day routine of Kupuna. My mother-in-law used to tell me: “growing old isn’t for sissies, you got to be tough” and right she was! I wanted to share the knowledge I gained from my experiences and help more families navigate the aging process and that is when I became a case manager representing the Kupuna Care program on the West side of the island. I have been helping Kupuna and families caring for loved ones from North Kohala to Ocean View since 2018. I love being part of the team at Hawaii County office of Aging and I’m very grateful to be able to call Hawaii my home.

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

Our mental health is not limited to mental illness. It’s important that we identify and support mental wellness, as well as recognize the signs and symptoms of mental illness.

Did you know?

There are multiple causes for mental health issues. There are multiple risk factors that can affect our mental health. There are multiple options and approaches for improving our mental health. There are multiple ways to

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prevent the worsening of a mental health condition. There are multiple ways to protect ourselves from a decline in our mental health.

The point is, mental health is a complex facet of our lives, and it takes some effort to figure it out. Addressing mental health concerns is further complicated by stigma. The shame, disgrace, and harmful stereotyping that we face when addressing a mental health challenge is the single biggest barrier to getting effective treatment. Mental Health America is an organization dedicated to helping folks get informed, get screened and get help.

More information on mental wellness and illness can be found on the following websites:

<https://www.mhanational.org/b4stage4-get-informed>

<https://www.hawaiipublicradio.org/local-news/2021-06-22/lifestyle-tips-for-improving-mental-health-amid-the-pandemic>

<https://www.verywellmind.com/mental-health-a-z-4797402>

Wesley Tanigawa – Aging and Disability Services Specialist II (East Hawaii)

Mental Health Care and the Need for Early Intervention

In 2012, a study found that one in five American adults experience a diagnosable mental illness. Of these tens of millions of Americans, less than half (41%) received any mental health services during that time. Many do not know where or when to start, who to ask, and when they should ask for help. Many decide to wait or not seek treatment at all. As time goes on, the risk for serious hardships increases.

It is known that early intervention is the best strategy for many of our physical ailments. This is also true in mental health. Early intervention provides an opportunity for success in managing this condition. During the initial period, most still have the supports of their home, family, friends, school, and work. They often have a chance to recovery quickly and live full and productive lives.

However, hope and effective strategies are still available when a condition becomes serious and disruptive. A person can be offered choices and supports to facilitate recovery via clinical services, medications, peer supports, counseling, family supports and various therapies that can help to manage their thoughts and emotions.

Here are some of the agencies associated with mental health care:

- State of Hawaii, Adult Mental Health
 - Eligibility and Screening: 643-2643
 - Crisis Intervention: 1-800-753-6879
 - Hilo Office: 974-4300
 - Honokaa: 775-8835

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-Kamuela: 885-1220

-Kona Office: 322-4818

-Naalehu: 939-2406

- Care Hawaii

-Hilo: 930-0777

-Kona: 325-6500

- Mental Health Kokua

-Hilo: 935-7167

-Kona: 331-1468

Use these resources for yourself or pass them along to a friend who might need the support. If you are concerned about a friend who might be having a hard time right now but are not sure how to start a conversation around mental health, visit The Mental Health Coalition's [How to Talk About Mental Health](http://thementalhealthcoalition.org/howto/) page for tips on how to do so (<http://thementalhealthcoalition.org/howto/>).

For immediate 24/7 support, text COALITION to 741741 to connect with a Crisis Counselor for free 24/7. You can also call [National Suicide Prevention Lifeline at 1-800-273-8255](tel:1-800-273-8255) or the [Crisis Line of Hawai'i at 1-800-753-6879](tel:1-800-753-6879). It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe.

Getting in Touch with the Aging and Disability Resource Center

The Hawaii County Office of Aging and the Aging and Disability Resource Center are open to assist you during the COVID-19 pandemic. However, we are limiting walk-in access to reduce the risk of spreading COVID-19.

We encourage you to call us at 808-961-8626 (East Hawaii) or 808-323-4390 (West Hawaii) to speak with a specialist or to schedule a telephone appointment. **Due to the high volume of calls we receive, please understand it may take 2-3 days for our office to contact you.**

We must all do our part to keep our community safe. Please remember to mask up when you are in public, practice social distancing of 6 feet, and wash your hands!

Remember, we are in this together!

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Accessing Mental Health and the Asian American and Pacific Islander (AAPI) Population

**Article and Information taken from the National Alliance on Mental Illness*

Asian Americans and Pacific Islanders (AAPI) are an integral part of the American cultural mosaic, encompassing a wide range of diversity. AAPI communities consist of approximately 50 ethnic groups speaking over 100 languages, with connections to Chinese, Indian, Japanese, Filipino, Vietnamese, Korean, Hawaiian, and other Asian and Pacific Islander ancestries.



Over 24 million Americans, or [7.3%](#) of the U.S. population, are AAPI; however, about [two-thirds](#) of the population identify with their specific ethnicity or country of origin. Ethnic and community identity is considered a notable protective factor to mental health for many AAPIs. The sense of communal identity, connections, belonging and family bonds is a strong predictor of resilience while facing life's challenges. In fact, studies have shown that a strong sense of ethnic identity is linked [to lower suicide risks](#) and predicts [higher resilience](#) in the face of racial discrimination, which is, unfortunately, an issue for many in this population.

Barriers to Mental Health Care

AAPIs have the [lowest help-seeking rate](#) of any racial/ethnic group, with only 23.3% of AAPI adults with a mental illness receiving treatment in 2019. This is due to the many systemic barriers to accessing mental health care and quality treatment. It may also be driven by stigma and lack of culturally relevant and integrated care that addresses mental health in a more holistic way. These disparities can lead to worsened symptoms and poorer quality of life due to the lack of or delayed treatment.

Language Barriers

Over [13 million](#) U.S. residents were born in Asia, representing over 30% of the total foreign-born population in the nation. Overall, [32.6%](#) of AAPI Americans are not fluent in English, and rates of proficiency vary within specific subgroups: 44.8% of Chinese, 20.9% of Filipinos and 18.7% of Asian Indians are not fluent in English. Additionally, [60%](#) of AAPIs aged 65 years and older have limited English proficiency. The disparity between the high demand and [poor availability](#) of linguistically and culturally appropriate mental health service providers is a significant gap in accessing treatment.

Stigma and Shame

According to a recent [SAMSHA survey](#), compared to other racial and ethnic groups, AAPIs are the most likely to quote the following reasons for not receiving mental health treatment:

- Didn't want others to find out
- Confidentiality concerns

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- Fear of neighbors' negative opinions

Lack of understanding about mental illness and stigma associated with mental health issues can lead to denial or neglect of mental health problems, especially among first-generation AAPI immigrants. The notions of shame and “loss of face” is an important factor in understanding low use of services among AAPI people. Mental illness has often been considered a weakness or a sign of poor parenting, and a source of shame not only to the individual, but also to the entire household. The desire to protect the family's reputation can often discourage help-seeking until there is a crisis.

Insufficient Health Insurance Coverage

Concerns over the high cost of mental health care also lead to lower rates in help-seeking and treatment adherence. Some groups within the AAPI community face disparities in coverage — Native Hawaiian or Other Pacific Islander (NHOPI) populations have a higher uninsured rate of **9.3%**, compared to **6.8%** for Asian American communities in 2018.

Immigration Status

Some AAPI immigrants may not seek necessary mental health care due to fears of jeopardizing their immigration status or citizenship application process.

Faith and Spirituality

Faith and spirituality have important influences on mental health, especially for the AAPI community where **religious diversity** is a distinct characteristic, and more people identify as Buddhists, Hindus, Muslims or other religious affiliations compared to the U.S. average.

Alternatives to Treatment

Traditional/non-western medicine or indigenous healing practices, which often emphasize the integration of mind and body in maintaining health and promoting healing, remain popular forms of mental health intervention in some AAPI communities. These practices include, but are not limited to:

- Traditional Chinese medicine
- Ayurveda (the traditional medicine of India)
- Acupuncture
- Massage therapy
- Energy healing exercises (such as tai chi and qi gong)

Some AAPIs, especially first-generation immigrants, consider traditional/non-western medicine their primary treatment rather than a complementary treatment. This can result in delaying or refraining from seeking mental health care.

Challenges in Research

Insufficient research on AAPI communities often leads to an inaccurate picture of the experience and needs of these communities. Due to the broad diversity of the community overall, and the relatively small population size of specific cultural subgroups, it can be challenging to obtain adequate samples or to generalize the needs of this population. Despite these challenges, researchers and clinicians have made **progress** recently in bridging the gap of quality treatment by exploring culturally relevant interventions for AAPI people.

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How to Seek Culturally Competent Care

Culturally competent providers understand each person's values, experiences and personal beliefs, and strive to provide services that support their goals and are aligned with their cultural values. When a person is struggling with their mental health, it is essential to receive quality and culturally competent care in order to improve outcomes.

Given the vast diversity of AAPI groups, culturally competent providers for these communities often show a strong desire to establish a trust-based therapeutic relationship with the individuals they are treating through effective listening and willingness to learn. They may understand and work with individuals to address concerns over medication, such as fear of side effects. A culturally competent provider may also demonstrate knowledge and acknowledgement of “[cultural bound syndromes](#),” such as:

- “Hwa-byung” – Korean syndrome similar to DSM-5 major depression
- “Taijin kyofusho” – Japanese disorder similar to DSM-5 social phobia
- “Shenjing shuairuo” – Chinese term for [neurasthenia](#)

While we recommend seeking help from a mental health professional, a primary care professional can be a great place to start for an initial assessment or to get a referral for a recommended mental health professional. When meeting with a provider, ask questions to get a sense of their level of cultural sensitivity. Providers expect and welcome questions from their patients since this helps them better understand what is important in their treatment. Here are some questions to ask:

- *Have you treated other AAPI people?*
- *Have you received training in cultural competence or on AAPI mental health?*
- *How do you see our cultural backgrounds influencing our communication and my treatment?*

Whether you seek help from a primary care professional or a mental health professional, you should finish your sessions with health professionals feeling heard and respected. You may want to ask yourself:

- *Did my provider communicate effectively with me?*
- *Is my provider willing to integrate my beliefs, practices, identity and cultural background into my treatment plan?*
- *Did I feel like I was treated with respect and dignity?*
- *Do I feel like my provider understands and relates well with me?*

The relationship and communication between a person and their mental health provider is a key aspect of treatment. It's very important that a person feels their identity is understood by their provider to receive the best possible support and care.

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Congratulations and A Hui Hou...

A truly great coworker is hard to find, difficult to part with, and impossible to forget.

If you have ever visited or called the Hawaii County Office of Aging, chances are you were assisted by one of the hardest working individuals you will ever meet- Kalen Koga.

A graduate of Waiakea High School and the University of Las Vegas, Kalen joined the Hawaii County Office of Aging in 2015 as an Information and Assistance Clerk. Kalen could always be counted on to provide our callers and visitors with excellent service and support coupled with a friendly demeanor and smile. Kalen's positive energy, helpful attitude, and creative enthusiasm made him a strong and supportive member of the



HCOA team.

Kalen is also an avid car enthusiast and active member of the classic car club, Hawaii Classic Cruizers. This car club has organized several different community activities that are ohana-friendly, including "Drive-In" movie nights and the Hot Wheels for Heroes Car cruise, where the club gathers on July 4th to visit skilled nursing facilities, Ka'u hospital, and the Yukio Okutsu Veterans Center so Kupuna can admire the classic rides and reminisce about "the good ol' days".

Kalen has recently shifted gears and is now Program Director-I with Parks and Recreation- Elderly Activities Division. He and his team are working hard to provide Hawai'i Kupuna with a variety of classes and activities to keep you healthy, active, and engaged in the community.

2ND ANNUAL Hawaii Classic Cruizers
HOT WHEELS FOR HEROES CRUISE
 to Hilo Care Facilities & the Kau Hospital

Questions?
 Contact Francis @
 808-896-3467

SUNDAY, JULY 4, 2021
 MEET AT THE HILO KAMEHAMEHA STATUE
 8:30 AM LEAVE AT 9:00 AM

Congratulations, Kalen, and Mahalo for your dedication to Kupuna!

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COVID-19 VACCINE INFORMATION

The COVID-19 vaccine is now available at multiple locations (including Safeway, Long's Drugs, KTA, Kaiser Permanente, and Bay Clinic). To find County Supported Vaccination sites and other vaccination locations, please visit: <http://coronavirus-response-county-of-hawaii-hawaiicountygis.hub.arcgis.com/pages/vaccine-information>

The vaccine is free of charge, but be sure to bring your insurance card with you (if you have one).

Homebound seniors now have a way to get vaccinated! If you are unable to leave your home to receive the vaccine, you can contact **KTA pharmacy (808-959-8700)** to schedule an in-home visit to get vaccinated.

Many states only offer vaccine information in English or Spanish. The National Asian Pacific Center on Aging launched its **free multilingual phone helpline** for older adults and caregivers in March 2020. Helpline counselors provide in-language support for COVID-19 Vaccine and COVID-19 emergency resources, Social Security, Medicare, general public benefits and more. You can also listen to a guided meditation if you are feeling stressed, or share your experience during this pandemic. The Helpline is available in 8 different languages: English, Japanese, Mandarin, Cantonese, Vietnamese, Korean, Tagalog, and Spanish.

If you need help navigating websites or learning more about the COVID-19 vaccine, please call:

English	Japanese	Cantonese	Tagalog
1-800-336-2722	1-800-398-1117	1-800-582-4218	1-800-593-8087
Mandarin	Vietnamese	Korean	Spanish
1-800-683-7427	1-800-582-4336	1-800-582-4259	1-800-948-3844



- Free program to help residents navigate critical financial issues related to the COVID-19 pandemic

- Provides guidance over the phone to help residents access available programs and services to manage income disruptions and other financial concerns

- Helps residents one-on-one to triage personal financial issues, identify immediate action steps to manage expenses and maximize income, and make referrals to other services



**Financial
Navigators**

If you are interested in this program, do not hesitate to call **808-933-6600** or sign up at <http://www.hawaiifirstfcu.com/community-resource-center/>.

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IRS Implements New Tool on Website

On Monday, June 14, 2021, the IRS launched a [new Non-filer Sign-up tool](http://www.irs.gov) on its website: <http://www.irs.gov>

Although this non-filer portal is labeled for non-filers claiming advance payments of the child tax credit, **it is also available for others, including single individuals and people experiencing homelessness.** It will allow individuals to provide their information to the IRS so that they can receive any of the three Economic Impact Payments (EIPs), also known as "stimulus payments," that they may be missing. If an individual did not get the full amounts of the EIPs, they may use this tool if they:

Are not required to file a 2020 tax return, didn't file a 2020 tax return, and don't plan to, and
Want to claim the 2020 Recovery Rebate Credit (which covers the first and second EIPs) and get their third EIP.

When using the new non-filer portal, individuals will need to provide:

Full name;
Current mailing address;
Email address;
Date of birth;
Valid Social Security numbers (or other taxpayer IDs) for the person completing the form (and their dependents, if any);
Identity Protection Personal Identification Number (IP PIN) if received from the IRS earlier this year; and
Bank account number, type, and routing number (optional).

The [new Non-filer Sign-up tool](http://www.irs.gov) is for people who did not file a tax return for 2019 or 2020, and who did not use the IRS Non-filers tool last year to register for Economic Impact Payments.



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Hawaiian
Electric

NEWS RELEASE

Hawaiian Electric to auto-enroll “past due accounts” in 12-month payment plan to avoid disconnection

First installment appears in July bills

Hawaiian Electric customer accounts that would normally face disconnection will instead be enrolled in a 12-month payment plan to keep the lights on. Affected customers will see higher “current charges” when the first of 12 installments appears in bills starting in July. May 31 marked the end of the moratorium on disconnections set by the Public Utilities Commission. Collection activity resumes in July for past due Hawaiian Electric customers who are not already enrolled in a payment plan. The automatic enrollment affects about 3% of Hawaiian Electric’s residential and smaller commercial customers whose accounts meet the threshold for disconnection – and who either have not contacted the company about their past due balance or are not currently enrolled in a payment plan.

Payment reminder notices have been sent to past due customers throughout the COVID-19 pandemic. The notices have urged customers to set up payment arrangement and over the past two months informed customers that their accounts would be placed on a 12-month installment plan to avoid disconnection, averting a large one-time payment and allowing time to apply for assistance. Customers will receive a notice with their bill when the payment plan starts that explains how the arrangement works, including instructions on how to opt out. Bills for customers on payment plans (auto-enrolled or by customer request) will include the current charges, plus the installment amount. The installment amount will differ for each customer.

Customers with past due balances may still go to hawaiianelectric.com/paymentarrangement to see payment plan options, including an 18-month plan for residential customers, and submit a request. The payment arrangement request form and an informational flyer are available in eight languages on Hawaiian Electric’s website.

Customers experiencing hardship related to the COVID-19 pandemic are encouraged to seek government and nonprofit agency assistance. Hawaiian Electric does not administer these programs, but it works with many of these agencies. [See a listing of resources at hawaiianelectric.com/COVID19](https://hawaiianelectric.com/COVID19).

On Hawai’i Island, six nonprofits are administering COVID19 rental and utility aid. Read Hawaiian Electric's news release for the list of nonprofits. • Eligible customers may apply for energy credit from the Low-Income Home Energy Assistance Program during the month of June. The amount of the credit provided varies. Visit Hawaiian Electric’s website for LIHEAP information and an application.

For assistance managing energy costs, Hawai’i Energy is a trusted resource for tips and rebates to help offset the costs of energy-saving equipment and services. Visit <https://hawaiienergy.com/tips> for more information

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Congregate Dining

The Parks & Recreation Elderly Activities Division plans to re-open congregate dining sites on 7/26/2021. With the reopening of programs, EAD management will ensure all COVID mandates, proclamations, and safety protocols are followed for the protection of both staff and participants.

Also, Meals on Wheels will resume normal operations on 7/26/2021. Contact the Hawaii Nutrition Program at 808-961-8726 if you have any questions or would like to sign up for home delivered meals or the congregate dining program.

SCAM ALERT!

The Hawaii County Office of Aging urges you to exercise caution when sharing information over the phone or when you are contacted to provide money for an “emergency”. Scammers are getting smarter and it doesn’t hurt to be extra-careful.

- Government agencies like the Internal Revenue Service (IRS) or the Social Security Administration (SSA) will never call you to ask for your information. Official correspondence from these agencies is through the US Postal System. **Never give out important information over the phone!!**
 - Watch out for scams through social media- like Facebook or Instagram. You may think the random message from your long-lost high school friend or relative asking more money is real, but it may be a scam!
 - Do not click on random links that pop-up on your screen or email.
 - If you suspect you are being contacted by a scammer, hang up the phone or stop communication immediately. Contact a trusted family member or the police for assistance.
-

Emergency Preparedness

Hurricane season is approaching, and it doesn’t hurt to have an emergency plan and essentials on-hand, just in case. The Aging and Disability Resource Center has developed a short Emergency Preparedness video to help senior citizens and caregivers plan and prepare for the unexpected.

You can view this free video on our website: <http://www.hcoahawaii.org/programs-and-trainings>. You may also download a free workbook to help you plan for any type of emergency.

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alzheimer's  association®

2021 Walk to End Alzheimer's

Alzheimer's isn't stopping and neither are we. Whether in-person or virtually, we hope that you will join us for the 2021 Walk on **September 18** in Hilo. Stay tuned for more details!

Ways to support the Walk to End Alzheimer's

Start or join a Walk team.

Being a part of a Walk team with family, friends, or coworkers is a visible way to show your support for people affected by Alzheimer's disease and other dementias. Sign-up is quick and easy at act.alz.org/hawaiiwalk.

Make a donation.

Every dollar we raise through Walk allows the Alzheimer's Association to provide 24/7 care and support while accelerating critical research.

Learn the impact of Alzheimer's

Approximately 29,000 people over the age of 65 are living with Alzheimer's in Hawai'i. Over 51,000 caregivers are providing unpaid care for them. These numbers are expected to continue growing.

Share your story.

Our stories can be powerful. Many of us have been touched by Alzheimer's disease and can support

Ongoing Programs

Online Education Programs

We continue to provide free online education programs on many topics related to Alzheimer's and dementia via Zoom.

Online Caregiver Support Groups

- Jul 7, Aug 4, & Sep 1 (Wednesdays) from 10:00 to 11:00 a.m.
- Jul 15, Aug 19, & Sep 16 (Thursdays) from 4:30 to 5:30 p.m.

If you have any questions or are interested in participating on any of our programs, please contact Hawai'i Island Regional Coordinator, Nic Los Baños by phone/text: 808-518-6649 or by email: nklosbanos@alz.org

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

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ADVANCE HEALTH CARE DIRECTIVE WORKSHOPS

Community First Hawaii holds workshops to help folks complete their Advance Health Care Directive. Everyone 18 yrs. and older should have an AHCD, especially senior citizens.

Here are the important things to know about Advance Health Care Directives:

- It is a legal document that allows you to name someone you trust to speak for you if you are no longer able to communicate.
- Having an Advance Health Care Directive helps your family, your doctor and the hospital know exactly what kind of medical care you want ...or do not want...if you are near the end of your life and are unable to speak. Complete it now when you can make your own decisions. Don't wait until you are hospitalized and are asked to complete one.
- The AHCD can be changed at any time by completing a new one. You don't need an attorney.

WORKSHOP DATES: (You only need to attend one session)

If you are unable to use Zoom, please register anyway. We now have a new way for you to view our workshop presentation by using a Tablet in the comfort of your home. It's easy to use and does not require a computer (currently available in Hilo only).

ZOOM Workshop: Sunday, August 1, 2021 from 3 to 4:15 p.m.

ZOOM Workshop: Sunday, October 3, 2021 from 3 to 4:15 p.m.

IN-PERSON Workshop: Tuesday, November 2, 2021 from 9 to 10:15 a.m.

at ADRC, Office of Aging; 1055 Kinoole St. Hilo (Pending COVID situation)

HOW TO REGISTER:

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

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

The Silver Bulletin

Class is in Session!

After a long hiatus due to the COVID-19 pandemic, the Elderly Activities Division is gearing up to resume senior classes beginning July 26th. Participants must be at least 55 years old to register and compliance with COVID-19 safety protocols will be expected. To view a schedule of classes for Kamana Senior Center, Kea'au, and West Hawaii, please visit: <http://www.parks.hawaiicounty.gov/divisions/elderly-activities>. You may also contact Kamana Senior Center or the ADRC to request a copy of the class schedule (we can mail or email the schedule to you).

ENROLLMENT: Registration will be closed when class limit is met. Class size is dependent on room size and student/teacher ratio. You will need an Elderly Activities Division Senior Identification card to participate in activities. If you do not have an identification card please call the ERS office **(808-961-8710)** to schedule an appointment. ERS Release of Claims/Emergency Information Form must be completed prior to starting activities.

SAFETY PROTOCOLS: Each participant will be required to wear their mask upon entering facility. Masks will not be required to be worn during classes that require any type of physical activity (ex: Zumba, Yoga, etc.). If you are feeling ill please refrain from attending classes. Hand sanitization stations will be made available at every class.

SUMMER REGISTRATION: General public registration will start Monday, July 12, 2021 @ 9:00 AM – 2:00 PM at the Afook-Chinen Civic Auditorium – Drive-Thru Only. Registration will continue through Friday, July 16, 2021 at Kamana Senior Center. **NO REGISTRATION WILL BE ACCEPTED AFTER JULY 16. PLEASE, NO REGISTRATION BY TELEPHONE.** Each participant will only be allowed to register for 1 class. Register by writing your name, telephone #, email address and classes you are requesting on the class registration sheet. Payment will be collected when classes begin. If you decide to drop the course before the 2nd class, please call the ERS office at 961-8710. "No shows" will be removed from the roster after the 2nd class.

COSTS: Participants will be required to pay a registration fee per class. The fee will be \$10.00 for the entire session (whether it's 8, 9, or 10 classes) and will be collected at the first and second class. Classes that are 2 hours or more will be \$20 per class. The monies will be used to support all programs and ERS activities. **No refunds after the second class. Do NOT pay office. Please pay in class. Please make checks out to: County Director of Finance.**

SPORTS REGISTRATION: General public registration for sports classes will start MONDAY, July 19, 2021 @ 8:00AM @ Kamana Senior Center. Registration will continue through Friday, July 23, 2021. Payment will be collected at 1st and 2nd class. You may register for multiple sports classes. Cost is \$10 per class per session.

Please call the Kamana Senior Center at 808-961-8710 if you have any questions.

The Silver Bulletin



Introducing a new, locally produced TV show for kupuna with an active lifestyle, Cool for Kupuna!



Each weekly episode will feature one community or neighborhood as we discover it's many treasures. Join us as we share:

- » Restaurants with kupuna discounts
- » Businesses with early access for kupuna
- » Kupuna friendly places to exercise
- » Activities and hobbies kupuna can enjoy
- » Tips on how to save money or choose the right business to deal with
- » Safety and security advice from The Honolulu Fire Department and Crimestoppers
- » "Hacks" on how to tackle everyday chores
- » So much more!

Cool for Kupuna will air every Sunday at 5pm beginning July 11th only on KHON.

Sponsored in part by



Visit us at CoolforKupuna.com

The Silver Bulletin



Hawaiian Sweet Roll Ham & Cheese Sliders

Ingredients:

- 1 package Hawaiian sweet rolls
- 9 oz thinly sliced ham
- 8 oz sliced Swiss cheese
- $\frac{3}{4}$ cup melted butter
- 1 Tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon brown sugar
- 1 Tablespoon poppy seeds
- 2 teaspoons minced dried onions

- Use a 9 x 13 pan. In a bowl combine and stir the melted butter, mustard, Worcestershire sauce, brown sugar, poppy seeds and dried onions.
- Slice the Hawaiian sweet rolls in half. Set top half aside.
- Place bottom half into pan. Layer the ham and then the cheese. Place top half on and pour the butter mixture over.
- Put in the oven to bake (350 degrees) for 15-20 minutes (or until rolls are light brown and cheese has melted).
- Remove from oven, let cool for 5 minutes and use a knife to separate each slider. Best served hot.



Cool Cucumber Salad

Ingredients:

- 4 Cucumbers (thinly sliced)
- 1 medium red onion (thinly sliced)
- 1 tablespoon celery seed
- 1 teaspoon salt
- 1 cup white vinegar
- $\frac{1}{2}$ cup water
- $\frac{3}{4}$ cup sugar

- Slice cucumbers and onions and place in [large bowl](#)
- Sprinkle on celery seed and salt
- In a small [saucepan](#), bring vinegar, water and sugar to boil and stir until sugar is dissolved
- Carefully pour mixture over cucumbers and mix well
- Place in airtight container, cover and seal
- Place in refrigerator and serve well chilled.
- Enjoy!

The Silver Bulletin

Moana Word Search

D	F	R	S	B	R	K	E	E	U	Z	J
J	W	A	N	A	O	M	N	K	U	R	C
I	U	T	Y	B	I	L	A	Y	J	J	X
A	L	A	T	T	U	K	H	N	E	F	C
Y	S	I	N	A	A	W	I	E	I	X	V
L	B	K	X	M	M	G	I	C	U	A	M
U	R	P	O	A	R	F	D	D	N	P	C
T	P	R	L	T	A	E	U	N	U	X	G
M	A	J	Y	O	L	G	Y	F	T	H	A
I	C	W	E	A	Q	J	M	L	O	A	A
E	A	P	S	L	K	H	C	A	M	B	Z
W	N	N	A	I	S	E	N	Y	L	O	P
N	O	D	D	E	M	I	G	O	D	P	G
F	E	E	R	T	N	H	I	X	S	D	P
B	N	Z	G	O	C	E	A	N	B	U	C
N	A	L	E	R	E	I	I	H	A	Y	F

MOANA
MAUI
TUI
TALA
SINA

MOTUNUI
POLYNESIAN
HEIHEI
PUA
DEMIGOD

KAKAMORA
TAMATOA
REEF
CANOE
OCEAN



Hawai'i County Office of Aging
1055 Kino'ole St.
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Hilo, HI 96720



HAWAI'I COUNTY OFFICE OF AGING



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Aging & Disability Services
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