

The Silver Bulletin

Autumn is “Here”!

Shorter days and cooler nights signal that autumn is here. The season autumn, also called fall, is the only season that goes by more than one commonly used name. As the long lazy days of summer fade behind us, we begin to shift our focus on the festive activities that precede the closing of another year. For many the autumn season festivities are associated with colorful falling leaves that take place across the northern hemisphere during this time of the year.

As we make plans to enjoy the festivities that the fall season brings, we remind ourselves that while it might be fine for leaves to fall, it is never a good time for us to fall. Falls are the No. 1 cause of injuries in seniors. One out of three seniors will fall this year, resulting in hip fractures, cuts, and serious head injuries. Most common falls take place in the home we live, and where we might have a false sense of security. We want to take this opportunity to share a few fall prevention tips to ensure our holiday season will be a joyous one.



1. Remove all clutter. Keep stacks of old newspapers and magazines away from all walkways. Especially hallways and stairs. Keep walkways neat and tidy to prevent falls.
2. Remove or repair tripping hazards. As you examine your home look for items such as loose carpets, throw rugs, or extension cords running across walkways that could become a tripping hazard.
3. Adequate lighting. Be sure that your walkways and rooms have adequate lighting. Install brighter lights in hallways and stairs.
4. Slippery surfaces. Be sure tubs, showers, and other floor surfaces that may become wet have nonslip surfaces.

These are just a few simple tips to help keep you safe. For everyone, fall prevention means injury prevention. For seniors, taking these simple measures to prevent falls means you can keep you living safely in your home. As we prepare to welcome in the holidays, we encourage our seniors and caregivers that if you have not been vaccinated please do so. For now let us remember fall prevention and these three simple words.

WASH! MASK! and DISTANCE!



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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 (808-323-4392)** offices Monday through Friday from 7:45am-4:30pm (closed on holidays).

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

I have worked in the social services field my whole working career. I started as a personal assistant/ support specialist with Goodwill Industries working with all different age groups who were physically and mentally challenged, then as a personal assistant for Easter Seals of Hawaii working with persons who were disabled. Afterwards, at the ARC of Kona, I worked as a personal assistant and also became their first employment specialist helping persons with physical and mental disabilities find employment. I then became a paraprofessional with Hawaii Behavioral Health, where I worked with adolescents diagnosed with physical and mental disabilities (mainly autism). After, I became a case manager with Hope Treatment Services where I managed cases for people with mental disabilities. Then I joined the County of Hawaii Nutrition Program as a Community Service Worker III for Papa'aloa. As a CSW I found that I enjoyed working with seniors. I would play Hanafuda, cook, exercise, and do crafts with them. I learned that seniors lived an honest life and are in the last stage of life, where they are the best teachers and are very kind and loving. I learned a lot from them and by doing so taught me what I want to be when I become a senior. I also enjoy the company and what they can teach me about life.

My favorite senior is my Nana, Irene Midel, who is 92 years old and still working in the laundry department at the Hilo Hawaiian Hotel. My grandmother is one of my best friends and a person that I can talk to about life. She is such a loving and successful person who everyone can admire as a senior- independent and someone with a long and happy life. She wears flowers in her beautiful hair everyday with style and authority. I treat every senior like I would treat my own Nana and that makes my job a blessing in my life.

Meredith Catalini- Aging and Disability Services Manager

Aloha, we wanted to share some basic information about Medicare and Medicaid health insurance. Below is some basic information and resources you can contact for specific information based on your situation and needs.

MEDICARE INSURANCE

Medicare health insurance Eligibility:

- People 65 years old or older
- People under the age of 65 who are eligible for Social Security Disability Insurance (SSDI)

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- People of all ages with End-Stage Renal Disease

Medicare has different components that cover different types of services:

- **Medicare Part A** – helps cover hospital in-patient care and skilled nursing facilities. It can also cover hospice care and home health services. Most people do not pay a premium for Part A if they have 40 credits where they were employed and paid Social Security taxes. Each work credit is a 3-month period of employment. 40 credits generally means working for 10 years.

If you are receiving Social Security or Railroad Retirement Benefits when you turn 65, you will automatically be enrolled in Medicare Part A. If not, you must contact Social Security to sign up for Medicare.

- **Medicare Part B**- Part B helps cover doctor visits and outpatient care services. It also covers some medical services that Part A does not cover such emergency and ambulance, and durable medical equipment. Most people are responsible to pay a monthly premium for Part B.
- **Medicare Part D** – Medicare prescription drug coverage is an option for everyone on Medicare Part A and B. In order to obtain Medicare prescription drug coverage, people can choose a Medicare plan that offers Medicare drug coverage. Most people pay a monthly premium for Part D prescription coverage.
- **Medicare Part C** – also known as Medicare Advantage plans. Medicare advantage plans are offered by Medicare via approved insurance plans. It provides coverage for in-patient, outpatient, and prescription drug benefits. Additionally, it may provide dental, vision, and even gym memberships. Individuals can choose plans that best fit their medical needs. Individuals wanting a Part C plan must be enrolled in Part A and B. There is a cost for Medicare Advantage plans. Cost varies based on plan you choose.

Open enrollment periods run every year from Oct 15th – December 7th. This is the period of time when a person can add or change a Part C plan.

For more information please check out the Medicare website @ www.medicare.gov

For information about your specific coverage or plan options, you can contact Hawaii's State Health Insurance Assistance Program, SHIP. Help Line: 808-586-7299. Hawaii SHIP is a federally funded program helping beneficiaries, their families, caregivers and soon-to be retirees with Medicare questions. You can also reach out to our office for additional resources to assist with your Medicare planning.

MEDICAID/MEDQUEST

Medicaid – Medicaid has a wide range of health insurance program meeting the needs of low-income individuals. In Hawaii, the Medicaid program is called Med Quest. The information shared below is focused on the Medicaid's Home and Community-Based Services program for the elderly.

There are different options for Medicaid/Quest long-term care for Hawaii's kupuna. The supports available are based on an individual's Level of Care needs. Each program has different eligibility requirements based on financial situations, medical needs, and functional abilities. Medicaid/Quest targets eligible population are low-income individuals or families. Income and asset levels for eligibility vary based on the makeup of a family unit. In addition, the financial requirements vary based on marital status.

Long-term care supports through Medicaid/QUEST include the following:

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- **Nursing Home**—Provides assistance in nursing home facilities. Anyone who meets their eligibility requirements will receive benefits via the Institutional/nursing home Medicaid program.
- **Home and Community Based Services** – Anyone who meets eligibility requirements can receive in-home and community support such as personal care, homemaker services, adult day care. The focus of this service is to allow eligible individuals to remain in their homes safely. Eligible persons may also receive support in a community care foster family home or assisted living residence through a managed care system.

For more information on MedQuest and eligibility, requirements please see the MedQuest website medquest.hawaii.gov. If you need additional information or do not have access to the website, please contact the MedQuest office: West Hawaii – 808-327-4970; East Hawaii – 808-933-0339 or reach out to the Aging and Disability Resource Center West Hawaii – 808-323-4392 East Hawaii 808-961-8626.

If you need assistance completing a MedQuest application or understanding information you received from MedQuest, you can contact Ku’u Makuakane-Salavea, MedQuest Outreach @ 808-348-4410 or Rachele Hanohano, Kumukahi Health and Wellness @ 808-896-5051.

The information above is a brief snapshot of Medicare and Medicaid. Please reach out to the resources above to obtain more detailed information for your specific scenario.

Getting in Touch

The Hawaii County Office of Aging and the Aging and Disability Resource Center (ADRC) 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 the ADRC at 808-961-8626 (East Hawaii) or 808-323-4392 (West Hawaii) to speak with a specialist or to schedule a telephone appointment.

For questions or assistance with your Disability Parking placard, please call 808-961-8005 (East Hawaii) or 808-323-4390 (West Hawaii)

Due to the high volume of calls we receive, please understand it may take 2-3 days for our office to contact you.

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What Is Long-Term Care?

**Article from the National Institute on Aging, <http://www.nia.nih.gov/health/what-long-term-care>*

Long-term care involves a variety of services designed to meet a person's health or personal care needs during a short or long period of time. These services help people live as independently and safely as possible when they can no longer perform everyday activities on their own.

Long-term care is provided in different places by different caregivers, depending on a person's needs. Most long-term care is provided at home by unpaid family members and friends. It can also be given in a facility such as a nursing home or in the community, for example, in an adult day care center.

The most common type of long-term care is personal care—help with everyday activities, also called "activities of daily living." These activities include bathing, dressing, grooming, using the toilet, eating, and moving around—for example, getting out of bed and into a chair.

Long-term care also includes community services such as meals, adult day care, and transportation services. These services may be provided free or for a fee.

People often need long-term care when they have a serious, ongoing health condition or disability. The need for long-term care can arise suddenly, such as after a heart attack or stroke. Most often, however, it develops gradually, as people get older and frailer or as an illness or disability gets worse.

Who Needs Long-Term Care?

It is difficult to predict how much or what type of long-term care a person might need. Several things increase the risk of needing long-term care.

- **Age.** The risk generally increases as people get older.
- **Gender.** Women are at higher risk than men, primarily because they often live longer.
- **Marital status.** Single people are more likely than married people to need care from a paid provider.
- **Lifestyle.** Poor diet and exercise habits can increase a person's risk.
- **Health and family history.** These factors also affect risk.



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What Are the Different Types of Home-Based Long-Term Care Services?

Home-based long-term care includes health, personal, and support services to help people stay at home and live as independently as possible. Most long-term care is provided either in the home of the person receiving services or at a family member's home. In-home services may be short-term—for someone who is recovering from an operation, for example—or long-term, for people who need ongoing help.

Most home-based services involve personal care, such as help with bathing, dressing, and taking medications, and supervision to make sure a person is safe. Unpaid family members, partners, friends, and neighbors provide most of this type of care.

Home-based long-term care services can also be provided by paid caregivers, including caregivers found informally, and healthcare professionals such as nurses, home health care aides, therapists, and homemakers, who are hired through home health care agencies. These services include: home health care, homemaker services, friendly visitor/companion services, and emergency response systems.

Home Health Care

Home health care involves part-time medical services ordered by a physician for a specific condition. These services may include nursing care to help a person recover from surgery, an accident, or illness. Home health care may also include physical, occupational, or speech therapy and temporary home health aide services. These services are provided by home health care agencies approved by Medicare, a government insurance program for people over age 65.

Homemaker and Personal Care Services

Home health agencies offer homemaker and personal care services that can be purchased without a physician's order. Homemaker services include help with meal preparation and household chores. Personal care includes help with bathing and dressing. Agencies do not have to be approved by Medicare to provide these kinds of services.

Friendly Visitor and Senior Companion Services

Friendly visitor/companion services are usually staffed by volunteers who regularly pay short visits (less than 2 hours) to someone who is frail or living alone. You can also purchase these services from home health agencies.

Senior Transportation Services

Transportation services help people get to and from medical appointments, shopping centers, and other places in the community. Some senior housing complexes and community groups offer transportation services. Many public transit agencies have services for people with disabilities. Some services are free. Others charge a fee.

Emergency Medical Alert Systems

Emergency response systems automatically respond to medical and other emergencies via electronic monitors. The user wears a necklace or bracelet with a button to push in an emergency. Pushing the button summons emergency help to the home. This type of service is especially useful for people who live alone or are at risk of falling. A monthly fee is charged.

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Long-Term Care Planning

You can never know for sure if you will need long-term care. Maybe you will never need it. But an unexpected accident, illness, or injury can change your needs, sometimes suddenly. The best time to think about long-term care is before you need it.

Planning for the possibility of long-term care gives you time to learn about services in your community and what they cost. It also allows you to make important decisions while you are still able.

People with [Alzheimer's disease](#) or [other cognitive impairment](#) should begin planning for long-term care as soon as possible.

Making Decisions About Long-Term Care

Begin by thinking about what would happen if you became seriously ill or disabled. Talk with your family, friends, and lawyer about who would provide care if you needed help for a long time. Read about how to prepare healthcare [advance directives](#).

You might delay or prevent the need for long-term care by staying healthy and independent. Talk to your doctor about your medical and family history and lifestyle. He or she may suggest actions you can take to improve your health.

Healthy eating, regular physical activity, not smoking, and limited drinking of alcohol can help you stay healthy. So can an [active social life](#), a [safe home](#), and regular health care.

Making Housing Decisions: Aging in Place

In thinking about long-term care, it is important to consider where you will live as you age and how your place of residence can best support your needs if you can no longer fully care for yourself.

Most people prefer to stay in their own home for as long as possible. Learn about services, products, and resources that can [help older adults stay in their homes](#).

Talking About Long-Term Care

It can be difficult to make the decision about whether you or a loved one needs to leave home. Sometimes, decisions about where to care for a family member need to be made quickly, for example, when a sudden injury requires a new care plan. Other times, a family has a while to look for the best place to care for an elderly relative.

You may have had a conversation with a loved one where they asked you not to "put them" in a nursing home. Many of us want to stay in our own homes. Agreeing that you will not put someone in a nursing home may close the door to the right care option for your family. The fact is that for some illnesses and for some people, professional health care in a long-term care facility is the only reasonable choice.



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Making Financial Decisions for Long-Term Care

Long-term care can be expensive. Americans spend billions of dollars a year on various services. [How people pay for long-term care](#) depends on their financial situation and the kinds of services they use. Often, they rely on a variety of payment sources, including:

- Personal funds, including pensions, savings, and income from stocks
- Government health insurance programs, such as Medicaid (Medicare does not cover long-term care but may cover some costs of short-term care in a nursing home after a hospital stay.)
- Private financing options, such as long-term care insurance
- Veterans' benefits
- Services through the Hawaii County Office of Aging (Kupuna Care Program)
- **To find information on home-based services or other options for care, contact the Aging and Disability Resource Center at 808-961-8626 (East Hawaii) or 808-323-4392 (West Hawaii).**

Where to Turn for Help with Long-Term Care

6 HARD FACTS

1

Medicare does not pay for LTC in most cases.

2

Medicaid does cover LTC, but only if you have a very limited income and assets. Eligibility varies greatly by state but is generally less than \$931 a month.

3

The median cost of a private room in a nursing home is \$87,600 a year.

4

The median cost of a home health aide is \$45,188 a year.

5

Family caregivers of older adults spent an average of \$5,531 out-of-pocket in 2007. Long-distance caregivers spent even more—\$8,728.

6

In 2009, 62 million family caregivers provided some care at an estimated value of \$450 billion.



Have the conversation.

Have an honest conversation with your older loved one about the kind of care they need, their financial situation, and how to make decisions as they age. AARP offers a resource center with tips and guides on how to discuss legal, financial, and medical issues.



Connect with community services.

Tap into the national aging network. It includes local programs and services to help your older loved one stay in their own home as long as possible. These include meals, homemaker assistance, adult day care, support for you as a caregiver, and more. Find your local agency at www.eldercare.gov



See if you are eligible for benefits.

Visit BenefitsCheckUp.org, a free online service from the National Council on Aging. Take a short survey and get a personalized report on whether your older loved one is eligible for more than 2,000 programs to help pay for food, medicine, health care, utilities, and more.



Make the home safe.

Evaluate your older loved one's home to make sure it meets their changing needs. Eliminate falls hazards and make modifications so it's easier for them to do basic activities like bathing and cooking.



Find and compare LTC providers.

There are several online tools that allow you to find local providers and make side-by-side comparisons of the quality of their care.



Start planning for your own LTC.

If you're a caregiver, now is the time to think about how you'll pay for your own LTC as you age. The U.S. Department of Health & Human Services' Long-Term Care Pathfinder is a good place to start. Visit www.longtermcare.gov

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Security Tips for the Holiday Season

- *Keep your travel plans to yourself. If you plan to be off-island for the holidays, DO NOT post your travel plans on social media. DO NOT say you are out of town on your voicemail or answering machine.*
- *DO let a trusted friend, neighbor, or family member know if you will be away for an extended period of time. Ask if they can check in occasionally.*
- *Make it appear like someone is home. You can set up a timer to turn on a lamp or the TV to make it seem as though someone is home in the evening. A clock radio can be programmed to play music during the day.*
- *Install motion sensor lights outside. Consider investing in a home security system. Place a surveillance sign outside your home to deter would-be burglars. Find out if there is a Neighborhood Watch group for your area and make contact.*
- *Keep Christmas gifts hidden or out of view from the window. Have packages delivered to your office. If you will be away, ask the post office to hold your mail so it doesn't pile up and possibly attract the attention of a thief or burglar.*
- *Find a new hiding spot for your spare house key. Change any lock codes. Make sure everything is locked- including your garage, gates, doors, and windows.*
- *Take pictures of your valuables. In case anything is missing, these pictures will be useful when filing an insurance claim.*
- *Check the wiring on your Christmas lights for frayed or exposed wires. Throw out anything that could be a fire hazard and make sure your smoke detector is working.*
- *Trim any hedges or tree branches that are obscuring your home- this makes it harder for a burglar to go unnoticed.*
- *Be mindful of what you throw away. Packaging for expensive gifts or mail with personal information should not be left by the curb.*

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Important Change for SSI Recipients and Applicants

Kate Lang, Senior Staff Attorney, Justice in Aging (August 2021)

The Social Security Administration (SSA) recently changed their rules about how pandemic-related financial assistance can affect an individual's eligibility for Supplemental Security Income (SSI) or monthly SSI benefit amount. Previously, SSA had been counting many types of assistance as income and resources for SSI purposes, resulting in individuals having their SSI benefits reduced or suspended, or having their applications for SSI benefits denied. However, due to the severity of the ongoing COVID-19 pandemic, SSA has decided they will not count most types of pandemic-related financial assistance against SSI eligibility or benefit amount.

This includes:

- Economic Impact Payments (EIP)
- Unemployment Assistance (also includes regular state unemployment benefits, with the time period for the exclusion in certain states ending in June or July 2021)
- Paycheck Protection Program (PPP): Loan Forgiveness to Employers and Self-Employed Individuals
- Coronavirus Food Assistance Program—Direct Payments to Farmers and Ranchers
- COVID-19 Funeral Assistance
- Emergency Rental Assistance Fund
- Emergency Assistance for Rural Housing/Rural Rental Assistance
- Homeowner Assistance Fund
- Supporting Foster Youth and Families
- Emergency Assistance to Children and Families through the Pandemic Emergency Assistance Fund

SSA has identified all of these types of pandemic-related financial assistance as “disaster assistance.” This means they are excluded from being counted as a resource indefinitely, without a time limit. SSA is now reviewing SSI applications, redeterminations, appeals, and other records going back to the beginning of the COVID-19 pandemic in March 2020, to restore SSI payments for people whose SSI was affected by receiving any of the assistance listed above. In most cases, the individual will not need to do anything. If SSA does not need any additional information, they will restore the SSI benefits going forward and also send a lump sum of any “underpaid” benefits that were missing since March 2020. SSA will mail a letter explaining the payments to the most recent address they have on record for the individual. If the person has an appointed representative or a representative payee, SSA will also send this information to the representative.

If SSA needs additional information from the person before they can restore their SSI benefits, or if they need to take a new SSI application, they will mail a letter. The letter will explain that SSA needs to talk with the person at a scheduled appointment. Generally, this appointment will take place by telephone.

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ADVANCE HEALTH CARE DIRECTIVE WORKSHOPS

In November, Community First Hawaii plans to hold its first Hilo in-person Advance Health Care Directive workshop since the start of the pandemic, however it is dependent on County and State COVID -19 guidelines and requirements at the time. Seating will be limited and is intended only for folks who are unable to participate by Zoom.

Seniors who have an iPad, computer, or smart phone will be able to participate by ZOOM. Community First has volunteers who will assist folks in connecting to ZOOM. In August, a participant's evaluation said, "Appreciated the Zoom technical assistance by Nic; if that hadn't been available I probably would've procrastinated again until the in-person workshops resumed."

Date and time for both In-person and Zoom Workshop:

Tuesday, November 2, 2021 - 9 to 10:15 a.m.

Registration is quick and easy either via phone or online:

In-person registration: call Annie Maeda at 987-1230

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

Seniors who are unable to ZOOM on the above workshop date can request a video recording of the workshop to view on their computer, iPad, or iPhone. Register at:

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

What to Expect at our Workshop:

- A step-by-step explanation on how to complete your AHCD.
- If you already have a Living will, Health Care Power of Attorney, or Advance Health Care Directive, learn how to review it to ensure it meets your current needs.
- Learn how to choose the person who will speak for you if you should be unable to communicate due to illness or accident.
- Learn importance of talking to your loved ones about the kind of medical care that you want...or do not want...if you are near the end of life.

Questions? Call Rosemary Burnett, 987-4405 or Amy Hamane, 443-4033

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Hawaii SHIP Is Here To Assist You!

New To Medicare?

Have Questions About Your Medicare Coverage?

Hawaii SHIP trains volunteers to **EMPOWER, EDUCATE and ASSIST** Hawaii's kupuna and people with disabilities with Medicare and other health plan topics.

Hawaii SHIP is funded by the U.S. Administration for Community Living and is under the Hawaii State Department of Health, Executive Office on Aging.

Hawaii SHIP is available to help!

Hawaii SHIP is practicing social distancing measures to ensure your safety. Counseling sessions are conducted over the phone. Presentations are conducted virtually.

We're only a phone call away!

Contact Us Today!

Helpline: 808.586.7299 Toll-Free: 1.888.875.9229

Website: www.hawaiiiship.org



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IMPORTANT INFORMATION ABOUT CHANGES TO HOW YOU WILL MAKE PHONE CALLS



Dialing 808 before making a local call: Effective 10/24/2021

1. All Hawaii phone numbers, even when calling within the island you reside, will no longer be able to dial a 7-digit number.
2. To complete a **local** call, you will need to dial area code 808 + the 7-digit phone number.
3. This change affects everyone living in the 808 area code.

Plan Ahead:

1. Edit your saved contacts on your phone to include 808+7 digit phone number
2. Check any other devices that are connected to your phone line such as fall detection devices, fax machines, fire/safety alarms and reprogram as needed to include the 808 area code.

Additional Information:

1. Your phone number, including current area code, will remain the same.
2. There will be no changes to the price of the call.
3. You can continue to utilize 3-digit number by dialing the 3-digit number. Ex: 911, 711, 211, 411

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Cowboy Cookies

Former First Lady Laura Bush is credited with putting these delicious oat, coconut, and pecan stuffed chocolate chip cookies (now known as Cowboy Cookies) on the radar. This delicious recipe will make everyone's face light up. A perfect dessert to share with friends, family, and coworkers this holiday season. Watch out though! They're so good you might want to keep them all to yourself!

INGREDIENTS

3 cups all-purpose flour
 1 TBSP baking powder
 1 TBSP baking soda
 1 TBSP ground cinnamon
 1 tsp salt
 1 ½ cups butter (room temperature)
 1 ½ cups granulated sugar
 1 ½ cups light brown sugar (packed)
 3 eggs
 1 TBSP vanilla extract
 3 cups semisweet chocolate chips
 3 cups old-fashioned rolled oats
 2 cups unsweetened coconut flakes
 2 cups chopped pecans (or macadamia nuts!)

DIRECTIONS

- Heat oven to 350 degrees. Mix flour, baking powder, baking soda, cinnamon, and salt in bowl.
- In 8-quart bowl, beat butter on medium speed until smooth and creamy, 1 minute. Gradually beat in sugars to combine, 2 minutes.
- Add eggs, one at a time, beating after each. Beat in vanilla. Stir in flour mixture until just combined.
- Add chocolate chips, oats, coconut, and pecans.
- For each cookie, drop 1/4 cup dough onto ungreased baking sheets, spacing 3 inches apart.
- Bake in 350 degrees oven 17 to 20 minutes, until edges are lightly browned; rotate sheets halfway through.
- Remove cookies and place on rack to cool.
- **ENJOY!!**

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Holiday Word Search Challenge



Solve each clue to reveal the holiday-related words to find in the puzzle going across, down, and diagonal.

1. December 25th holiday: _____
2. Jolly man in red suit: _____
3. Hung by the chimney: _____
4. December holiday celebrating African-American heritage: _____
5. Family customs passed down to next generation: _____
6. Kwanzaa candle holder: _____
7. Hung on a door at Christmas: _____
8. Jewish Festival of Lights: _____
9. Special Jewish candelabra: _____
10. Red and white striped Christmas sweet: _____
11. A wax light that is used as a ceremonial symbol of many holidays: _____
12. Number of days of Hanukkah: _____
13. Santa's vehicle: _____
14. Kwanzaa feast: _____
15. Gifts given on the last day of Kwanzaa: _____
16. Christmas songs: _____
17. Potato pancakes: _____
18. They pull Santa's sleigh: _____

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



Bonus: Find 5 more holiday words hidden in the word search grid



SCHOLASTIC Find more printables for children at [scholastic.com/parents/activities-and-printables](https://www.scholastic.com/parents/activities-and-printables)

Here in Hawai'i, we are blessed to live in a community where racial and religious diversity is welcomed and celebrated. As 2021 comes to an end, we would like to wish you and your ohana....

Season's Greetings and Happy Holidays

From the Hawaii County Office of Aging



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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Aging & Disability Services
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KONA STAFF

Alice Bratton
Bernie Canda
Debbie Wills

Information & Assistance Clerk
Aging and Disability Services Manager
Aging and Disability Specialist I
Information & Assistance Clerk
Aging Program Planner III
Aging Program Planner II
Administrative Services Assistant 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 Sr. Training & Employment Worker:
Patricia Yamamoto

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