

# The Silver Bulletin

August 2019  
Volume 21 Issue 8

HCOA Vision: Age with honor. HCOA Mission: Help older individuals live independently with dignity.

## Passionate, Intelligent, and Versatile Farewell and Much Mahalo to Mary McLaughlin By C. Kimo Alameda

There is a saying, “when it rains, it pours.” This cliché seems to be true in times of transition, and luckily HCOA has never been stronger so I guess you could say it’s probably the best time for a downpour and here it is.

ADRC manager and superstar employee Nic Los Baños resigned last month to accept a top position with Hawai‘i Care Choices (aka Hospice of Hilo). And now, I regret to inform our readers that we will be also losing our editor, publisher, and producer of the Silver Bulletin, Mary McLaughlin. Our awesome volunteer is venturing on, open to conversations where her skills and passion will be useful as a consultant. With a skill set like hers, I know it was just a matter of time. Let me tell you a little story of how lucky we were to find Mary.

When the late George Yoshida published his final Silver Bulletin in August 2017, we were

saddened and began the search for someone to fill his legacy. We couldn’t find anyone and I thought “no problem, I can do this myself”, and I worked hard to find material to include in the next edition and then...reality struck!. I was like “this is going to take forever to complete.”

This is where I looked for spiritual guidance, said a

little prayer, and then two days later my prayers were answered. We found Mary McLaughlin. Well, more like “Super Mary” because she didn’t just save the Silver Bulletin, she has since orchestrated every publication, pamphlet, brochure, and handout that has come out of the office. Mary had even taken the lead in the development of the office’s new county website design soon to go live, and all of this with such grace, such aloha, and most impressively at no cost to the tax payer. Yes, Mary has been a volunteer for our office for over two years and has risen to the rank of “super-duper volunteer”.

Farewell to this exceptional volunteer. Mary’s hard work and dedication communicating the stories, key updates, critical events, and prudent information is one of the reasons for the office’s continual success. The staff is in agreement, as Clayton Honma stated “It has been an honor to work with Mary. We couldn’t have asked for a better volunteer and we really appreciate the fact that Mary has been such a team-oriented member of the office.”

And so, let us raise our glasses in appreciation for such dedication, “Cheers to Mary McLaughlin”! Mary...Please know that you will be missed.

Warmest Aloha,  
C. Kimo Alameda

PS. If you or someone you know would like to volunteer as our senior editor and publisher of the Silver Bulletin please contact our office.



Filled with abundant gratitude and best wishes.



HCOA programs are funded by the County of Hawai‘i, the State Executive Office of Aging, and Older Americans Act Title III funds.  
Editor: Mary McLaughlin



## Success at the Legislature

Aloha Kupuna, Caregivers and Advocates,

This is the final update for the legislative session as Governor Ige has signed the Kupuna Caregivers bill, along with several other important bills that are part of the Kupuna Caucus package.

As Kupuna advocate Pedro Haro stated, this marks the end of a successful session for Kupuna, particularly the Kupuna Caregivers program, which was able to up its funding from \$1.2 million to \$1.5 million. This is why our office have been advising our case managers to identify working caregivers who are caregiving for eligible recipients so that we can pull funds from this program to support their caregiving needs.

We would like to thank our legislative leaders who have led the way for Governor Ige to sign this bill. Pedro Haro states it the best in his letter of gratitude:

Thank you “Senators Baker and Dela Cruz, Representatives Takayama and Belatti, and many others who worked for years to bring the Kupuna Caregivers to the forefront. This year, we saw the rise of leadership from Senator Moriwaki, who is jointly convening the Kupuna Caucus, and new chair Representative San Buenaventura teaming up with Finance Committee Chair Luke, that helped increase the funds for the program.



Also heavily important this session was our partnership with the Hawai‘i Family Caregiver Coalition, led by Gary Simon, who did amazing advocacy work for our kupuna this session. We also saw an incredible amount of leadership from the Executive Office on Aging and its interim Executive Director, who has now become the official Executive Director, Caroline Cadirao. That goes double for the leadership at each of the Aging and Disability Resource Centers, who not only have been working to secure future funding but also providing services for all these programs. There are many, many others who should be thanked by name, but I hope you know who you are.”

As the executive, I’d also like to thank these legislative champions and everyone who provided testimony. The needs have continually increased and we will be at the legislature again in 2020 to advocate for our seniors.

Mahalo!  
C. Kimo Alameda, Ph.D.  
Executive  
Hawai‘i County Office of Aging

## Free CyberGenerations Cyber Safety Workshop for Kupuna

This training was developed specifically for our kupuna and is offered by CyberPatriot as a community service. All materials to include student workbooks and content is provided at no-cost. A small lunch is provided.

When: October 4th 9 a.m. to 3 p.m. and/or  
Oct 7th from 9 a.m. to 3 p.m.

Where: Hawai'i County Office of Aging  
Aging and Disability Resource Center  
1055 Kino'ole Street, Training Room, Hilo



Please call 961-8600 and ask for Kalen Koga to register. Registration deadline is August 29, 2019.

### Topics Covered:

**Introduction - Cybersecurity 101:** Helps learn the basics of cybersecurity, including the physical threats to cyber safety and the importance of personally identifiable information.

**Module 1 - Password Management:** The importance of maintaining good password hygiene and tips on creating strong, unique passwords.

**Module 2 - Common Internet Threats:** Raise awareness about malware, social engineering methods (phishing, vishing, etc.) and public Wi-Fi tips to avoid becoming victims of cybercrime.

**Module 3 - Internet Scams and Fraud:** Different types of scams targeting seniors, how to recognize false customer service calls, identity theft, and online shopping tips.

**Module 4 - Social Media Safety:** Understanding privacy settings, becoming mindful of the various social media scams, and information about social media etiquette.

**Self-Help Resources:** Direct contact information for government and local resources.



## LSVT BIG and LOUD Parkinson's Disease Therapy

Parkinson's disease is an incurable, progressive neurodegenerative disease that results in the breakdown of dopamine producing cells in the brain. The loss of dopamine that controls the neuromuscular movement in the body can cause rigidity, slow and impaired movement, tremors, as well as mental depression and apathy. Those afflicted with Parkinson's disease are frustrated and angry that their bodies have let them down, and are unable to do the things that were formerly easy to do. Sixty thousand Americans are newly diagnosed with Parkinson's disease every year.

However, the brain has neuroplasticity and is able to form new neural connections. Les Silverton Vocal Training (LSVT) forces the brain to be retrained and reset to do things differently. The Parkinson's patient moves slowly using small steps, talks softly, and does everything in a slow and small manner. LSVT works to rebuild and retrain your brain by doing everything in an opposite manner. They emphasize large exaggerated stretches, big steps, and big arm swings. The emphasis is on "BIG", deliberate and intense movements in everything you say and do. Stimulate the brain by taking large strides and steps. Stretch your arms, fingers, and

legs as much as you can. "Think BIG!!!"

People afflicted with Parkinson's disease tend to have soft voices and difficulty with swallowing. Shouting and yelling routinely will build up your vocal cords and oral muscles. LSVT LOUD encourages loud oral expressions. Speak and shout loudly as much as you can. Don't hesitate to speak up. Yell out the vowel exercises. Do not do the minimum movements as amplitude is the key to success with this LSVT program.

Ask your health care provider for recommendations, and look into organizations in your area that offer exercise classes with LSVT physical and oral exercises that encourage you to use your loud voices by shouting and yelling. Join the class and bring home those exercises to practice at home. LSVT is a lifetime commitment if you want your brain to be reset and see improved results in your condition. High intense individualized exercises by the LSVT trained Parkinson's disease physical therapist can make a big difference in your life. You need to continue those exercises at home as well. Daily intense exercises are crucial elements in the management of Parkinson disease.

Article by: June Kiyabu

## Looking for Fun in August? Enjoy Your Public Library Events!

### Kalima: Music for the Soul

Date: August 13, 2019

Time: 5:30 p.m. to 6:30 p.m.

Location: Kailua-Kona Public Library

75-138 Hualalai Road, Kailua-Kona

Phone: 808-327-4327



Enjoy Brother Kalima's slack-key artistry and outstanding vocals combined with Chet Gardiner's decades of performance experience on lead guitar, bass, and vocals. This performance is made available through a generous grant from the Friends of the Libraries, Kona.

### World Premiere: Hawai'i Ukulele Ensemble

Date: August 14, 2019

Time: 5:30 p.m. to 6:30 p.m.

Location: Kealakekua Public Library

81-6619 Mamalahoa Highway,  
Kealakekua

Phone: 808-323-7585

Email: [hklcirc@librarieshawaii.org](mailto:hklcirc@librarieshawaii.org)



The Hawai'i Ukulele Ensemble debuts their unique orchestral sound with original arrangements of a variety of pop, rock, classical, and jazz pieces. They will demonstrate the versatility of Hawai'i's most beloved instrument and give new meaning to the saying, "uke can do it"! Program sponsored by Friends of the Libraries, Kona (F.O.L.K.)

### Ancient Medicine is Natural Medicine

Date: August 19, 2019

Time: 6:00 p.m. to 7:00 p.m.

Location: North Kohala Public Library

54-3645 Akoni Pule Highway,  
Kapaau

Phone: 808-889-6655

Join Dr. Aldorf at the North Kohala Public Library to learn more about the art of ancient medicine and how it is connected to natural medicine today. In part one of this three-part series, the subject will be the body's immune proteins.



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the State Executive Office of Aging, and through Older Americans Act Title III funds.

## Remembering Your Loved Ones



Sunday August 25  
Floating Lantern Ceremony

**What?**

North Hawai'i Hospice Floating Lantern Ceremony is scheduled for Sunday, August 25th. This special ceremony serves to honor those who have lost their lives in war, loved ones who have passed away, and pray for a future of peace and harmony. Lantern floating has its roots in Japanese Buddhist tradition but now anyone can participate and observe. The intent of the ceremony is to honor and remember our loved ones who have passed away and bring people together for support and comfort. More details soon.

**Where?**

We look forward to having you join us at the beautiful Fairmont Orchid Hotel on the Kohala Coast. The Fairmont Orchid generously partners with Hospice every year to provide this meaningful ceremony for our community.

**Volunteer**

We will need you! Official call for volunteers going out soon. If you have previously volunteered in a particular role and want to again, please click [here](#) or on the blue button to the right.

Yes! I want to  
volunteer.

**Donate**

Can't join us this year? Please donate to support ongoing Hospice services in our community.

**DONATE**

North Hawaii Hospice | 65-1328 Kawaihae Road, Kamuela, HI 96743



## Advanced Health Care Directives and Senior ID Schedule

### Community First - Advanced Health Care Directives

Let us help you complete an Advance Health Care Directive that documents your end-of-life wishes. It's free and doesn't require an attorney.

**WHERE?** Hawai'i County Office of Aging

Aging and Disability Resource Center

1055 Kino'ole Street, Training Room, Hilo

**WHEN?** Tuesday, August 13th, from 9 a.m. to 10:30 a.m.

Tuesday, September 10th, from 5 p.m. to 6:30 p.m.

Tuesday, October 8th, from 9 a.m. to 10:30 a.m.

**WHY?** An Advance Health Care Directive is an important gift to your loved ones so that they won't have to guess what you would want if you no longer can speak for yourself because of illness or accident. You will select your Health Care Power of Attorney, your "Agent", and "Alternate Agent" who will speak for you. Bring with you the following information about two people that you would like to be your "Agent" and "Alternate Agent": Name, street address, cell phone, home phone and email address.

**HOW?** Register online at <http://www.CommunityFirstHawaii.org/registration> or call Tony Kent (808) 292-4559 or Amy Hamane (808) 935-1500.

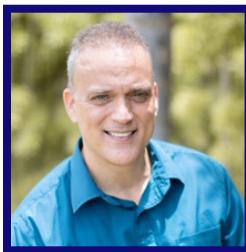


### August 2019 Coordinated Services for the Elderly (CSE) Senior ID Card Schedule

Date	Day	Time	District	Location
1	Thursday	11 a.m. to 1 p.m.	Kona	Yano Hall
2	Friday	1 p.m. to 3 p.m.	Puna	Kea'au Community Center
5	Monday	1 p.m. to 3 p.m.	Hilo	Kamana Senior Center
6	Tuesday	1 p.m. to 3 p.m.	Puna	Pāhoa Senior Center
7	Wednesday	9 a.m. to 11 a.m.	Honoka'a	Hale Hau'oli Senior Center
12	Monday	9 a.m. to 11 a.m.	HOVE	St. Jude's Church
12	Monday	10 a.m. to 12 p.m.	Kohala	Kohala CSE "Old Bank of Hawai'i Building"
13	Tuesday	9 a.m. to 11 a.m.	Waimea	Lily Yoshimatsu Senior Center
13	Tuesday	9 a.m. to 12 p.m.	Kona	Walmart, Kailua-Kona
21	Wednesday	11 a.m. to 1 p.m.	Honoka'a	Malama Market
28	Wednesday	9 a.m. to 12 p.m.	Kona	West Hawai'i Civic Center - Building B



HCOA ADRC  
1055 Kino'ole Street  
Suite 101  
Hilo, HI 96720



HCOA ADRC East Hawai'i  
1055 Kino'ole Street  
Suite 101  
Hilo, HI 96720  
HCOA Phone: 808-961-8600  
ADRC Phone: 808-961-8626

C. Kimo Alameda, Ph.D.  
Executive on Aging

HCOA ADRC West Hawai'i  
74-5044 Ane Keohokalole Highway  
Building B  
Kailua-Kona, HI 96740  
HCOA Phone: 808-323-4390  
ADRC Phone: 808-323-4392

Statewide ADRC Phone: 808-643-2372



Mayor Harry Kim

	<b>EAST HAWAI'I</b>
Luana Ancheta-Kauwe	Information & Assistance Clerk
William Farr, III	Information Systems Analyst IV
Clayton Honma	Aging Program Planner III
Keola Kenoi-Okajima	Aging Program Planner II
Kalen Koga	Information & Assistance Clerk
Cherine Pai	Aging & Disability Services Specialist I
Christina Raine	Administrative Assistant
Kori Koike Smith	Aging & Disability Services Specialist I
Wesley Tanigawa	Aging & Disability Services Specialist II
Leilani DLG Westergard	Aging & Disability Services Specialist I
Jolean Yamada	Aging & Disability Services Manager
Patricia Yamamoto	Senior Training & Employment Program

	<b>WEST HAWAI'I</b>
Alice Bratton	Aging & Disability Services Specialist I
Bernadette Canda	Information & Assistance Clerk
Lisa Diaz	Aging & Disability Services Specialist I
Debbie Wills	Aging Program Planner II

	<b>RSVP and Volunteers</b>
Irene Kauwe	West Hawai'i
Carol De Lima	Cheryl Sugiki
Laraine Kawasaki	Wanneta Wilson
	East Hawai'i
	Katie Kosora
	Nu'u McKeague