

The Silver Bulletin

July 2019
Volume 21 Issue 7

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

Rock Steady Boxing Mission Accomplished !!

Since May 2018, Jon Pawelkop, 61, and his wife Pat, who are from Tampa, Florida, have been on a mission to bring attention and inspiration to the values of Rock Steady Boxing for Parkinson's by participating in the Rock Steady Boxing Affiliate gyms in each of the 50 states. On June 14th, this goal was accomplished with a "Grand Finale" at the Hilo Rock Steady Boxing Gym in Hilo, Hawai'i at Waiakea Recreation Center.

Jon stated that the warm hospitality and "Aloha" that was given was one of the most memorable highlights of his long journey. They were surprised to receive leis, local papaya, Kona Hayden mango, and other Hawaiian goodies from the Hilo group, who in turn were very honored Jon chose Hawai'i to be the 50th state he visited. Hilo coaches and spouses encourage Parkinson people to keep fighting as hard as they can. It made a significant impact to hear this same message from an renowned, worldwide traveler such as Jon. He stated he is grateful and blessed to be on his Parkinson



Jon Pawelkop Equals "MIMS"

disease journey. He owes it all to the Rock Steady Boxing program as it has delayed the Parkinson's disease progression since its diagnosis in 2015. Jon followed a calling to spread hope and inspiration to people afflicted with Parkinson disease by bringing attention to Rock Steady Boxing's tremendous value. He is doing well

and wanted to show others can do well, too.

He told the class they are all friends, fighting Parkinson disease together, and exercise is the best medicine. Jon's message is they must push themselves with everything they have to "Make It Mean Something" or "MIMS".

Jon participated in the World Parkinson Congress in Kyoto, Japan demonstrating Rock Steady Boxing to the beat of Taiko drums. He has made a very positive and

uplifting effect everywhere that he by sharing his message of "Fighting Parkinson disease with everything you've got."



Rock Steady Boxing with Aloha in Hilo

Article by:
June Kiyabu



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



Scammers, Spoofers & Lowlifes Target Seniors

We have heard from the County of the warning about phone scams hitting Hawai'i County residents. People are receiving calls that look like they come from a county number. However, this is a practice known as spoofing, which uses fake caller ID numbers. The caller asks for personal, financial, and other confidential information.

There was a recent story of a female in Honoka'a. She reported that her "grandson" called her and stated that he was in jail in New Jersey and that she needed to send money for his bail. It is unknown how they got her grandson's name and her phone number. The caller was very brief and stated his attorney was going to call her with better details.

Then, a male called an hour later and explained her grandson was involved in a traffic accident but

got arrested for drunk driving and she needed to send \$7, 500 to bail him out. At first, they wanted her to FedEx the money, but she stated no FedEx in Honoka'a so she would use Postal Service. They also stated to make it no signature required. They stressed for her to not tell other family members.

She then went to the credit union, took out \$7, 500 cash, put it in an envelope and mailed it to the address that the second caller requested to. She later called her grandson's wife and was then able to speak to her real grandson who told her that he was in a different state and had not been arrested.

Yes. It happens. There are lowlifes out there looking to make a quick buck. Please, if you get a call like this or any call asking for money, simply hang up.



Stay Safe,

C. Kimo Alameda, PhD
Executive
Office of Aging

AARP Hawai'i Free Scam Jam Seminar

How to Hang up on Robocalls and Other Fraud-Fighting Tips

Have you gotten the “one-ring” call yet? It’s one of the latest twists that con artists have come up with to get you to call back or answer scam robocalls.

In the one-ring call scam, the operators will call, let the phone ring once and then hang up in an effort to pique your curiosity and get you to call back. Don’t call back. It will lead to scam pitch or sometimes the number is a toll number that you’ll be charged for calling.

The best way to fight back against scammers and their tricks is to be smarter than the con artists. So it’s important to keep up with the latest scams and that’s why AARP Hawai'i is holding a free Scam Jam seminar on “Hawai'i's Top Frauds & How to Fight Back.”

The seminar will be at Aunty Sally Kaleohano's Luau Hale, 799 Pi'ilani Street, on September 12th from 1:30 to 3:30 p.m. Light afternoon snacks will be provided. The seminar is free, but you have to pre-register by calling 1-877-926-8300.

Susan Arthur, director of Investor Education Outreach at the FINRA Foundation, is the featured speaker. Arthur travels the country teaching consumers how to protect themselves and their families from fraudsters. She'll speak about some of the most-reported frauds in Hawai'i, including phone scams and investor fraud.

There will also be resource tables with information on getting your free credit report and how to freeze your credit to protect your identity and keeping your identity safe while using Facebook and other social media.

AARP Hawai'i puts on Scam Jam seminars because our members have told us that financial security is important to them and financial security includes making sure you keep your money safe.

AARP has set up the Fraud Watch Network to alert you about the latest scams in your area. You can call our free helpline at 1-877-908-3360 to report scams or for advice if you or a loved one suspect a scam. You can also go online to aarp.org/fraudwatchnetwork to get tips on fighting fraud, see our interactive map of frauds reported near you, and sign up for free ‘Watchdog Alert’ emails.



AARP Hawai'i Scam Jam Audience



Update About Our Beautiful Big Island



HVO/USGS Volcanic Activity Notice

Issued: Tuesday, July 2, 2019, 7:40 AM HST

Volcano: Mauna Loa

Current Volcano Alert Level: ADVISORY

Previous Volcano Alert Level: NORMAL

Volcanic Activity Summary: For the past several months, earthquake and ground deformation rates at Mauna Loa Volcano have exceeded long term background levels. An eruption is not imminent and current rates are not cause for alarm. However, they do indicate changes in the shallow magma storage system at Mauna Loa. Following a significant earthquake swarm in October 2018, HVO seismic stations have recorded an average of at least 50 shallow, small-magnitude earthquakes per week beneath Mauna Loa's summit, upper Southwest Rift Zone, and upper west flank. This compares to a rate of fewer than 20 per week in the first half of 2018. Shallow earthquakes are occurring in locations similar to those that preceded Mauna Loa's most recent eruptions in 1975 and 1984.

During this same time period, GPS instrumentation and satellite radar have measured ground deformation consistent with renewed recharge of the volcano's shallow magma storage system. The current rate and pattern of ground deformation is similar to that measured during inflation of Mauna Loa in 2005 and again from 2014 to 2018.

Together, these observations indicate the volcano is no longer at a background level of activity. This increase in alert level does not mean that an eruption is imminent nor that progression to an eruption is certain. A similar increase in activity occurred between 2014 and 2018 and no eruption occurred.

Stay informed about Mauna Loa by following volcano updates and current monitoring data on the HVO web page <http://hvo.wr.usgs.gov/activity/maunaloastatus.php>

Hawai‘i County Civil Defense Agency is in constant communications with HVO. If anything develops that may affect your safety, you will be informed. Please sign up for Civil Defense notifications by visiting Hawai‘i County Civil Defense Agency webpage at <http://www.hawaiicounty.gov/civil-defense/>

Email Contact: askHVO@usgs.gov.

Up to 50% of Americans do not take their medication as prescribed.

sync my meds

We're here to encourage healthy living and support you in taking your medication as directed.

Ask us about Sync My Meds Today!

We can work with you to have your medications ready for pickup in a single monthly appointment.

KTA PHARMACY
"Sync your medications!"

KTA PUAINAO, HILO 808-959-8700 KTA WAIKOLOA VILLAGE 808-883-8434
KTA WAIMEA 808-885-0033 KTA KEAUHOU 808-322-2511



Enjoy Life and the Gift of Giving through Project Hawai'i



Project Hawai'i Keiki Having Fun!

Project Hawai'i, Inc. is a nonprofit organization run 100% by volunteers and solely supported by public donations. Our mission is to enhance the lives of homeless keiki and help them escape their cycle of poverty. We are gearing up for our summer educational programs that we offer free of charge to homeless children of all ages. We have several different options to help make this a successful event for these precious children. Our program has several different aspects: from our teen mentoring program, junior leader program, and our sleepover for the younger children. We encourage volunteers to host fundraising and collection sites prior to camp; host a teen mentoring or leadership program, or teen cultural program; or provide general help at our sleepover camp. Another option is to provide meals or snacks for our keiki at camp. This can be done as a drive, fundraiser, or your

Some of our upcoming events include:

- July 12th from 6 p.m. to 7:30 p.m. or July 13th from 3 p.m. to 5 p.m. or July 23rd morning hours to conduct a teen workshop in Hilo.
- July 12th from 3 p.m. to 5 p.m. or July 13th from 11 a.m. to 1 p.m. at our Hilo fundraiser.
- July 14th at 11:30 a.m. to provide lunches for our campers in Hilo.
- July 15th through July 18th as a general camp volunteer at Kalopa State Park.
- July 20th from 11 a.m. to 1 p.m. at our Kona fundraiser.

group making meals. Also, we seek volunteers to host a collection for back to school supplies, new outfits, and shoes. This can be done at your chosen location and time you set. We will be giving away more than 150 new backpacks. Please visit our website at ProjectHawaiiSummerCamp.org or email us at ProjectHawaiiSummerCamp@HelptheHomelessKeiki.org for more information and details. Mahalo.



Keiki and Staff Blanket Toss!



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

HCOA programs are funded by the County of Hawai'i, Page 5

Want to Share Your Heart? **GOING HOME HAWAI'I**



GOING HOME HAWAI'I
SECOND CHANCE MENTORS

LOOKING FOR CARING VOLUNTEERS

HOW CAN YOU HELP ???

**BY BEING A GOOD LISTENER, ONE WHO
ENCOURAGES, EMPOWERS, AND HELPS
GUIDE AND COACH THE INDIVIDUAL TO REACH
THEIR FULL POTENTIAL.**

TRAINING AND INCENTIVES PROVIDED !!!

CALL ZINAH FOR MORE INFO: (808) 491-2437

In 2019, Going Home Hawai'i was one of 15 organizations nationwide to be awarded funds pertaining to the Second Chance Act. Our mission is to assist justice-involved individuals with the challenges faced that may include mental health, substance use, housing, employment, education, and their families.



Advanced Health Care Directives and Senior IDs

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? Saturday, July 13, from 9 a.m. to 10:30 a.m.

Tuesday, August 13, from 9 a.m. to 10:30 a.m.

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

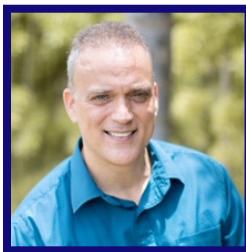
HOW? Register online at <http://www.CommunityFirstHawaii.org/registration> or call Tony Kent (808) 292-4559 or Amy Hamane (808) 935-1500.



July 2019 Coordinated Services for the Elderly (CSE) Senior ID Card Schedule				
8	Monday	9 a.m. to 10 a.m.	Ka'ū	Pāhala HI Housing Center
8	Monday	11 a.m. to 12 p.m.	Ka'ū	Nā'ālehu Community Center
8	Monday	10 a.m. to 12 p.m.	Kohala	Kohala CSE "Old Bank of Hawai'i Building"
9	Tuesday	9 a.m. to 11 a.m.	Waimea	Lily Yoshimatsu Senior Center
9	Tuesday	9 a.m. to 12 p.m.	Kona	Walmart, Kailua-Kona
10	Wednesday	9 a.m. to 10 a.m.	Honoka'a	Hale Hau'oli Senior Center
11	Thursday	11 a.m. to 1 p.m.	Kona	Keauhou Shopping Center (outside KTA)
12	Friday	1 p.m. to 3 p.m.	Puna	Kea'au Community Center
17	Wednesday	11 a.m. to 1 p.m.	Honoka'a	Malama Market
26	Friday	10 a.m. to 12 p.m.	Kona	Regency at Hualalai
31	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

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

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

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

