

The Silver Bulletin

January 2019

Volume 21 Issue 1

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

Hawai'i County Office of Aging Report January 2019



Cesar and Clarita Rentegrado

In 1993, the Mala Laulima Senior Garden was started on a vacant lot near Pahala Senior Center with a start-up grant from Hawai'i County Office of Aging. As 2019 marks the 26th anniversary of this project, it is fitting to acknowledge this hard-working couple who are responsible for keeping this garden strong: Cesar and his wife Clarita Rentegrado. Together, they grow a variety of fresh produce distributed to seniors at Pahala Senior Center and Pahala Elderly Housing.

Cesar and Clarita started helping at the garden in 2012 along with other community members. As age and illness caused others to drop out, the Rentegrado's eventually took full responsibility of this extremely valuable community resource. Cesar's commitment is uniquely admirable

when you consider he also worked full time as a macadamia harvester until just recently. He challenged himself to try and grow mamaki after hearing about its great health benefits. His green thumb and un-failing determination yielded success. Clarita is especially admirable as a beloved presence in the community, and a very compassionate and considerate lady. Clarita and Cesar are shining stars, a tribute and testimony truly representative of the glory of our kupuna spirit and vitality here in Hawai'i County. Cesar and Clarita Rentegrado won Outstanding Older American 2018 awards, nominated by their very grateful community. Consider 2019 a new year to enrich your spirit and enhance your community and discover the joys and benefits for everyone.



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



Dr. Kimo's Did You Know?

More To Thank

The Hawai'i Disaster Assistance, Response, and Recovery Team (HI-DARRT), of which I am a member, would like to mahalo a few more agencies that came to the aid of so many seniors in need because of the Kilauea eruption event.

The **Hawai'i Community Foundation** received over \$700,000 in financial donations, which have been used to hire temporary workers for nonprofit organizations that needed more employees to handle the influx of cases resulting from the eruption. The following agencies were able to hire much-needed staff: Neighborhood Place of Puna (case managers), HOPE Services (housing navigator), Catholic Charities (financial and rent assistance coordinator), BISAC (counselor), **Food Basket** (distribution helper), Legal Aide (legal counselor), Child and Family Services (social worker), Habitat for Humanity (home repair specialist), and Hawai'i Community Assets (housing specialists). Other entities also received grants to fund relief efforts, including Puna Baptist Church, who received \$2,000 in laundry vouchers for those at the shelter; the UH Foundation who will provide construction training; United Policyholders who provide assistance with insurance claims; and Project Vision, who stationed their mobile bathroom at the Pahoia micro-unit shelter until the on-site bathroom and showers were completed.

The Hawai'i Island's Food Bank received an estimated \$600,000 of in-kind donations including 240,000 pounds of food, water and emergency supplies to support the Kilauea Lava Flow disaster and recovery efforts. Approximately \$200,000 in financial donations, including corporate

and charitable foundation grants were also received to aid the crisis. Over 550 volunteers provided more than 2,280 hours of labor to help with distribution of emergency food and supplies to evacuees and residents affected by the disaster. Additionally, The Food Basket provided food for an estimated 30,000 meals at emergency congregate meal sites and 4,200 pounds of food in Keiki Backpacks for child survivors.

Connect Point Church received approximately \$160,000 in financial donations from various churches, businesses, and nonprofit organizations. In kind donations from vendors of about \$200,000, and \$250,000 in volunteer hours for a total of \$610,000 to build, manage and maintain the 11 micro units at Hale Iki Village for survivors of the lava. Collectively, there were over 40 different faith communities who responded to lava survivors and 12 different areas of response during this disaster like transportation, storage, laundry vouchers, food preparation, safety equipment for first responders, activities for children in shelter, and many other areas. There was an estimated \$1,000,000 of volunteer hours by the faith community. Over \$200,000 in financial donation enabled the purchase of vouchers, masks, blankets, clothing, food, water, tents, etc., and \$300,000 in-kind donations for a total of \$1.5 million dollars.

Mahalo,

C. Kimo Alameda & Kristen Alice

Co-Chairs

*Communications Committee of the Hawai'i
Disaster Assistance, Response, and Recovery
Team (HI-DARRT)*

Community Activities

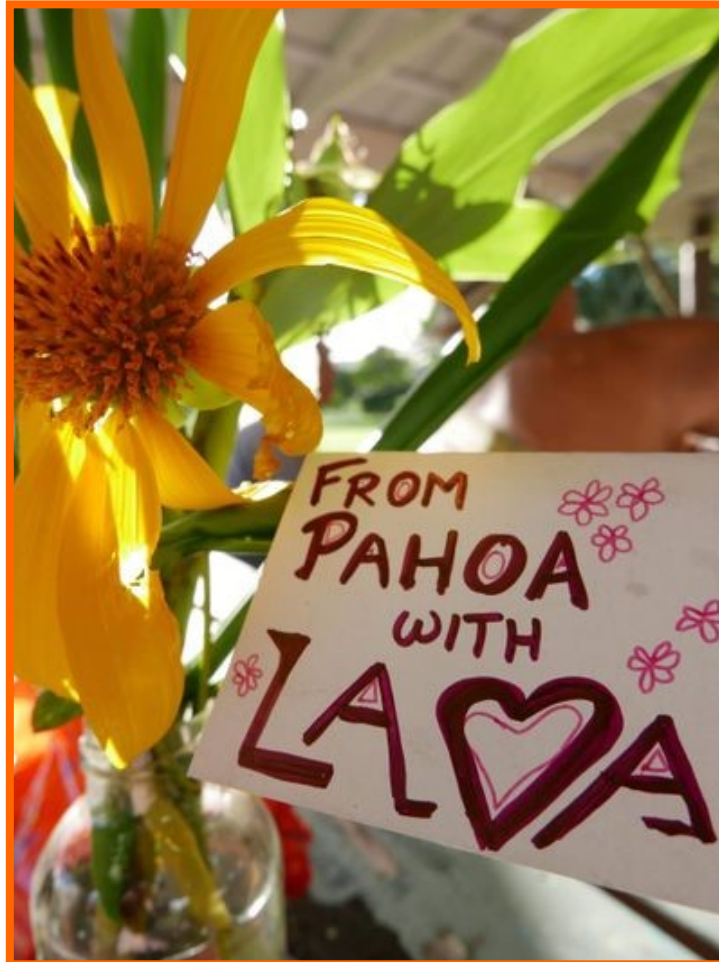
Laulima Pahoa

Join in, Enjoy and Celebrate Your Vibrant Community

Community nonprofit Laulima Pahoa is pleased to announce it is partnered with the County of Hawai'i Parks & Recreation Department and Mainstreet Pahoa at the Pahoa Senior Center on Saturday, December 8th, and began informational sign-ups and volunteer recruitment activities for our new ongoing documentary project "From Pahoa With Lava" which will be produced by independent filmmaker, Elizabeth Kerekgyarto. The show will be aired on Na Leo Community Public TV as a monthly feature, with a "One Year After-Lava Party" on Saturday, May 4, 2019. Afternoon music will be provided by the Laulima house band, The Geckos.

"From Pahoa With Lava" will challenge lava refugees and other residents impacted by the recent lava flows to create and share their artistic, expressive, musical, dancing or other process the journey brought out by having a volcano erupt out of our backyard and swallow entire communities within several months!

The "challenge" is turning all



our shock and awe, loss, struggles and victories into a painting, poem, song, dance or other performance action to share with your friends, family, our island and the greater universe. Residents are still suffering through various stages of grief, and it is hoped this project will help us all by offering a safe venue for expression as well as provide spontaneous connections and new opportunities to support our healing as a community.

The schedule will be as follows: Saturday, December 8th we

opened for questions and answers and collected performance sign-ups and started volunteer recruitment and banner painting. Thereafter, the first Saturday of each month, January 5th through April 6th, will be for interviews and filming with special live audience viewing areas. The second Saturday of each month, January 12th through April 13th, will be ongoing documentary questions/answers and sign-ups for the following month's filming and other Laulima Pahoa projects, coinciding with Pahoa Second Saturday Art & Music Walk.

For more information on "From Pahoa With Lava" email us at laulimapahoa@gmail.com, or visit our Facebook page at <https://www.facebook.com/Laulima-Pahoa-992443690881082/>. To volunteer your time, energy, organizational talents or money sponsorship for the production of "From Pahoa with Lava" please email us, go to www.LaulimaPahoa.org, visit our Facebook page, or call us at 808-936-9546, Monday through Friday, 9 a.m. to 5 p.m.

Community Activities

Ocean View Community Center

Dive in the Water is Great!



Yes, the Ocean View Community Center (OVCC) is still alive – at least for now. But for the last-minute (literally, according to the by-laws) volunteers who offered their willingness to be on the Board of Directors, the Community Center would have had to make some drastic changes – such as turning it over to the county to run or donating it to a different non-profit. Those changes are undesirable to most Ocean View Community Association (OVCA) members and volunteers.

They have the volunteers needed for special events, but are still in need of directors and office staff. OVCC may not be a senior center, but it does service the entire community and is in dire need of seniors/kapuna who have background in management. They don't want to take over your

life –they are just asking for a little of your time - for the betterment of the community, to feel a new purpose, to get involved in all of the necessary matters that are required in a non-profit organization like the OVCA. You did it for pay – now do it for the love of your community!

Each volunteer feels so fulfilled every time they give of themselves to the Center, whether it be assisting with the Pancake Breakfast, organizing the extensive library, or enjoying the beauty of the newly-installed (donated) flooring upstairs in the Main Hall! (Go and see it for yourself.) Donations are needed for a new roof, and other items, too, but volunteers are the main requirement at this point.

The Center has had its issues in the past, and they have been dealt with. Regulations are

now in place so nothing like that can happen again. The volunteers' goal is to make OVCC the very best Center it can be! And your help is needed.

So if you would be willing to give of your vast experience and background to help keep the OVCC alive and well, please contact them at your earliest convenience. Directors are needed now, for 2019 – please give OVCC a call and donate your valuable assets of background and experience for the good of the community. You won't regret it.

By Dave Anderson
OVCA President

Ocean View Community Center
92-8924 Leilani Circle
Ocean View, Hawaii
Mailing Address:
P.O. Box 6016
Ocean View, HI 96737
Phone: (808) 939-7033
Email: ovcahawaii@gmail.com
Website:
<https://ovcahi.org/activities-services>

Community Activities

Hawai'i County Office of Aging and Aging Network Lots of Great Information from Community Focus Groups

HCOA is the Area Agency on Aging (AAA) in the County of Hawai'i, serving older adults and their caregivers since 1973. As an AAA, an Area Plan on Aging for the period of October 2015 to September 2019 was developed and implemented to care for our kupuna, persons of disability, and caregivers. A new four-year 2019 to 2023 Area Plan on Aging is in development. The 'silver tsunami' is breaching our shores, with a significant increase in our culturally diversified, elderly population that is also living longer. Already our Elderly Activities Division, HCOA, and Aging and Disability Resource Center activities demonstrate the increasing demand for, and substantial importance of, these county and other resources that work hard to support our revered Hawai'i County constituents.

As HCOA develops a new 2019 to 2023 Area Plan on Aging, seniors, persons with disabilities, caregivers, and the Aging Network were invited to community focus group meetings. The purpose of the community focus groups was to gather important information from participants about their needs. A large majority of constituents participated in-person or online which is great because the more inputs the better the results. HCOA will analyze results and assess needs, identify the types and scope of services required, develop, implement and monitor the 2019 to 2023 Area Plan on Aging service delivery.

We gratefully acknowledge the wonderful people and invaluable constituents that is Hawai'i County's Aging Network. There are far too many to list here. Community Focus Group participants include, but are not limited to the following:

- Adult Residential Foster Care Home
- Alzheimer's Association Aloha Chapter
- American Association of Nurse Life Care Planners
- Bayada Home Health Care
- Blue Zones Project Hawai'i
- CareResource Hawai'i
- Department of Hawaiian Homelands
- Department of Veterans Affairs
- Hawai'i Care Choices
- Hawai'i Community Caregiver Network
- Hawai'i County Council
- Hawai'i County Economic Opportunity Council
- Hawai'i County Mayor's Office
- Hawai'i County Nutrition Program
- Hawai'i County Office of Aging Committee on Aging
- Hawai'i County Office of Housing and Community Development
- Hawai'i County Park and Recreation - Recreation Division
- Hawai'i County Parks and Recreation - Elderly Activities Division
- Coordinated Services for the Elderly
- Retired and Senior Volunteer Program
- Senior Training and Employment Program
- Hawai'i Health Systems Corporation
- Hawai'i Island Adult Care
- Ho'oNani Adult Care Services, Inc.
- HOPE Services Hawai'i
- Hospice of Kona
- Kona Adult Day Center
- Legal Aid Society of Hawaii
- Liberty Dialysis
- Life Care Centers
- Mastercare
- MetroCare Hawaii - PLUS
- North Hawai'i Community Hospital
- North Hawai'i Hospice
- Office of Language Access
- Seniors Helping Seniors
- Services for Seniors, Inc.
- State of Hawai'i Department of Health
- State of Hawai'i Department of Human Services
- State of Hawai'i Public Health Nurses
- West Hawai'i Community Health Center



Community Activities

Free Health Screenings for Hawai'i Island

Meet the Hui Mālama Ola Nā 'Ōiwi Medical Team



Left to Right: Louis Hao; Gaku Yamaguchi, MD; Ka'ohimanu Dang Akiona, MD; Noelani Scott; Donna Dennerlein, LCSW; Stacy Haumea, RDN, CDE; and Ikaika Moreno, MSN, NP-C

We are excited to launch medical and behavioral health services. Five health professionals have joined to serve Hawai'i Island, please see photograph above of our new esteemed colleagues.

Executive Director Louis Hao shares, "We are in a time of ho'i-ho'i, a time to replenish, restore, renew, and rebuild. It has been a vision of ours to reestablish medical services. There is a need in the community for these services. We strive to help make the community healthier and appreciate the opportunity to serve our people."

Hui Mālama is one of five Native Hawaiian Health Care Systems in the state of Hawai'i, established under the Native Hawaiian Health Care Improvement Act of 1988. Hui Mālama aims to address the health disparities of the Native Hawaiian population specifically, but services are open to the public. Uncle Louis adds, "We are open to everybody. This is just the

beginning of something bigger; more services to expand and offer more comprehensive health care."

Noelani Scott, Hui Mālama Medical Program Manager explains the vision: "Our health education programs have existed for 27 years, with a major focus on diabetes and hypertension. Expanding the services to include medical services, behavioral health, nutrition, and health education classes will allow us to complete the circle of care for our patients."

The program is rolling out with free health screenings in January at the Hui Mālama office in Hilo Monday, Wednesday, and Friday mornings 8:30 a.m. to 12:00 p.m. Adults 18 years and older can schedule a medical or behavioral health appointment to see a medical professional. Insurance not required. Donations are accepted. To make an appointment, please call (808) 969-9220.

Also, Dr. Stacy Haumea is accepting patients for nutrition counseling; and also offers a specialty in diabetes education, training, and support. Preventive and therapeutic nutrition services include obesity (weight), hypertension (high blood pressure), hyperlipidemia (high cholesterol / triglycerides / LDL), diabetes, fatty liver, and eating disorders. To schedule an appointment with Dr. Haumea, please call (808) 969-9220. A Primary Care Provider (PCP) referral and health insurance is required. Appointments are held Tuesday and Thursday in Hilo.

With mobile trips across Hawai'i Island, the medical team will also bring health screenings and services to underserved and remote areas with a focus on Native Hawaiian communities. A medical site is planned to open in Hilo in spring.



**Hui Mālama
Ola Nā 'Ōiwi**

Community Health

Advanced Health Care Directive (AHCD)

Do You Have One?



Location: Hawai'i County Office of Aging
Aging and Disability Resource Center (ADRC)
1055 Kino'ole St., Training Room
Hilo, HI 96720

RSVP: <http://www.CommunityFirstHawaii.org/registration>
Tony Kent, phone number 808-292-4559, or
Amy Hamane, phone number 935-1500

2019 Dates	Days	Times	Optional Follow-up Sessions
January 17	Thursday	9 a.m. to 10:30 a.m.	January 31, 9 a.m. to 9:30 a.m.
February 13	Wednesday	5 p.m. to 6:30 p.m.	February 27, 5 p.m. to 5:30 p.m.
March 16	Saturday	9 a.m. to 10:30 a.m.	March 30, 9 a.m. to 9:30 a.m.

- ♦ An Advanced Health Care Directive is an important gift to your loved ones so that they won't have to guess what you want if you no longer can speak for yourself.
- ♦ If you already have a Living Will, a Health Care Power of Attorney, or an Advanced Health Care Directive, review it to be sure it meets your needs today.
- ♦ It is not easy to talk about how you want the end of your life to be. But it's one of the most important conversations that you can have with your loved ones.
- ♦ Bring your family and loved ones with you to learn about this important topic together.

Emālama i kou ola!
(TAKE CARE OF YOUR HEALTH)

Diabetes Education

- 1 hour one-on-one consultation
- 4 group sessions (2 hours each)

Classes are covered by most insurance plans and are American Association of Diabetes Education (AADE) Certified. Learn to reach your health goals and manage your diabetes!

Hilo - Call East Hawaii IPA at (808) 797-3113
Kona - Call KTA Pharmacy at (808) 959-2888

KTA PHARMACY
"Care you can trust!"

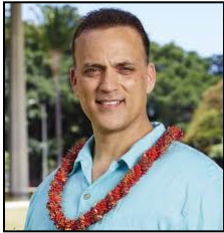
KTA PUAINAKO, HILO 808-959-8700 **KTA WAIKOLOA VILLAGE** 808-883-8434
KTA WAIMEA 808-885-0033 **KTA KEAUHOU** 808-322-2511

January 2019 CSE Senior ID Card Schedule

Date	Day	Time	District	Location
14	Monday	9:00 – 10:00 a.m.	Ka'ū	Pāhala HI Housing Center
14	Monday	11:00 – 12:00 p.m.	Ka'ū	Nā'ālehu Community Center
14	Monday	10:00 – 12:00 p.m.	Kohala	Kohala CSE "Old Bank of Hawai'i Building"
16	Wednesday	1:00 – 3:00 p.m.	Honoka'a	Hale Hau'oli Senior Center
17	Thursday	11:00 – 1:00 p.m.	Kona	Yano Hall
30	Wednesday	9:00 – 12:00 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

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



Mayor Harry Kim

Kimo Alameda, Ph.D.
Executive on Aging

Statewide ADRC Phone: 808-643-2372

EAST HAWAII

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

Alice Bratton	Aging & Disability Services Specialist I
Bernadette Canda	Information & Assistance Clerk
Debbie Wills	Aging Program Planner II

RSVP and Volunteers

West Hawai'i

Susan Bairo
Irene Kauwe

Cheryl Sugiki
Wanneta Wilson

East Hawai'i

Carol De Lima
Laraine Kawasaki
Katie Kosora

Nu'u McKeague
Stephanie Tsang
Duke Wilson

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