

The Silver Bulletin

November 2018

Volume 20 Issue 11

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

Hawai'i County Office of Aging Report November 2018

Congratulations Alice Andagan on 15 Years of Service!

At 96 years of age, Alice Andagan has led a full and active life. Alice is proud to say she was born and raised in Nīnole, on Hawai'i Island. She married, moved to Hakalau, and raised her four children, two girls and two boys. Her children and grandchildren are her pride and joy.

One recent memory Alice shared was of a Hakalau reunion she attended with her family. She shared that she had an old photo showing her as a den mother with a troop of

young cub scouts. Boy Scouts of America is available to children from first through fifth grades and promotes character development and personal fitness. Alice asked if anyone had seen one of the young boys in the photo and was happy to discover he was at the reunion. He rushed over and gave her the biggest hug. One of many moments she enjoyed that evening. She also met up with a lot of her children's friends and their grandchildren.

Alice came to the Hawai'i County Office of Aging (HCOA) through the County of Hawai'i, Parks and Recreation, Elderly Activities Divi-



sion, Retired & Senior Volunteer Program (RSVP) in 2003. She volunteered at HCOA daily for the past 15 years; worked closely with Alan Parker, staff, and remembers William 'Horace' Farr as one of the original workers when she started. Alice's duties included answering phone calls, filing reports and correspondence, and documenting data on the status of our clients from the local daily newspaper. Alice also recalls volunteering at The Office of Social Ministries before her time at HCOA. She spent seven to eight years assisting

those in need, from unwed mothers, the homeless as well as those with substance addictions. These are more examples of Alice as an individual committed to servicing others and her community. One of the most gratifying experiences Alice shared was in her capacity as a volunteer and being able to help others.

Before her volunteer work, Alice worked in an attorney's office until her retirement.

We have enjoyed having Alice in our office for many years, she has always made each holiday a joyful event in our office. We shall truly miss her daily presence in our office.

Article by:
M. Keola Kenoi-Okajima
HCOA Aging Program
Planner II



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?

By John A. Hau'oli Tomoso+, MSW, ACSW, LSW

"Facing Our Future Together"

The 20th Biennial Conference, "Facing Our Future Together" of the Hawai'i Pacific Gerontology Society (HPGS), took place on September 6th and 7th at the Ala Moana Hotel in Honolulu. There, participants were asked and challenged to consider and act upon three strategies with which to make systemic changes Hawaii's Aging Network, so that "person-centered, coordinated care and engaged communities" would become realities for Caregivers; the Caregivers you and I know so well.

The first strategy has to do with there being "no wrong door"; "wrong doors" that hinder our need for services. This concept is the reality with which the County Offices on Aging/ADRC operate on all islands. For the most part, we live in families who are very relational and connected; in a web of interconnected social relationships and with cultural competence. This way of family life that is at once nuclear, extended and inclusive, allows for the aging network and our systems of care to have doors that are open and infused with kuleana, allowing for services to be delivered with mutual accountability and more than a modicum of cultural competency. Yes, we know, sometimes very intimate-

ly, those we serve and who need services. Can we afford to not be accountable to and consequently disappoint those with whom we have lived and/or grown up with?

The second strategy has to do with how we build capacity, with each other, individually and systemically, to understand every aspect of aging. But it is also about building capacity, in a mutual way, about how we support each other to understand, at our own level of thinking and experience, the aging that collectively and veritably surrounds us all. For this to be a reality, we have to allow each other to gather and wala'au ("talk story"), to learn and navigate through the various abilities and disabilities of aging that are, more and more, realities of daily life, especially as more and more of us give care ("do caregiving") to those we know and love. Yes, we can and will "lose our way" and we have to know that someone is going to come by, even take our hand, and walk with us, on this journey of aging!

The third strategy is about how we continually, and consistently, build on the "friendliness" of a community that embraces the abilities and disabilities of aging. This strategy is about how we become

"able to live with dis-ability". We are all able and can help others who are not as able. What we need to do, in our families and communities, is to build awareness, empathy and action. Come to think about it, isn't this how we make friends anyway? More importantly, I believe this is a matter of social justice and about a quality of life that is inclusive, intergenerational and sustainable.

Let us join together, in these strategies, to make our communities, on every island, person-centered, coordinated and engaged, as we age together. In more ways than one, these strategies, which must become part of our daily lives, as we age together, are about learning who we are as persons who do not and should not live alone. Although we are an island state, no one, I believe, should "be an island unto themselves". Aging must be a personal, integrated and engaged experience!

by John A. Hau'oli Tomoso+
MSW, ACSW, LSW
Social Worker and Episcopal
Priest
2016-2020 PABEA Member-
Maui
HPGA Board Member-Maui

Community Spotlight

Want to Enrich Your Life and Community? Calvin Enoki Shares His Inspiring Story

Always has a great smile and sense of humor, laughs, sings!

Always there to help others. Never says no. Encourages others.

Ukulele For Fun instructor at Kamana Senior Center.

Played percussion at New Hope Church, bass at Word of God Church.

Kit Ukulele Making instructor at Kamana Senior Center.

Huge heart of gold that cares about everyone.

AJA Judo and New Hope Judo instructor for 15 years.

Elderly Recreation Services volunteer van driver.

Taught inmates at Kulani Prison how to play the ukulele.

Control Data Institute Certificate of Computer Program/Analyst.

UH Hilo BA in Business Administration. Freshman class president.

Head coach Kamehameha BIIF Girl's Judo: 6-time defending champions.

Outstanding Older American 2018 Calvin Enoki's Testimonial:

My inspiration as a volunteer started after I retired from Aloha Airlines and its demise. I met wonderful people at [Kamana Elderly Recreation Services \(ERS\)](http://www.hawaiicounty.gov/pr-elderly/) (<http://www.hawaiicounty.gov/pr-elderly/>) that had supported me and Aloha for 33 years, and I felt it was time I gave back to serve them as a volunteer. I have always had a feeling of empathy as a child for senior citizens since having been raised by my grandfather and grandmother at an early age. My grandfather was my best friend as a four year old. We shared our lunches together, he ate my musubi and I ate his peanut butter and jelly sandwich." Please contact ERS at 808-961-8710, or click on the link above to find your local Senior Center and give them a call to enrich your life and your community!

Community Health

The Benefits of Mindfulness Meditation for Older Americans

Why People in their 70s, 80s, and Beyond Might Want to Meditate...

I am sitting comfortably in my chair taking a course on mindfulness and meditation. Like those around me, I want to cope better with stress and feel more relaxed. But more than that, I am intrigued by my fellow "students." Walkers and canes dot the room. Behind me is a woman in her 80s wearing a jaunty glittered cap. She is tethered to an oxygen tank that whooshes in and out.

The whooshing sound fades as I follow my instructor's words: "Close your eyes. Now breathe in through your nose, then exhale, feeling the breath go from your shoulders to your rib cage and into your belly. If your mind starts to wander, and it will, simply let those thoughts float away and go back to the breathing."

Our instructor is Bob Linscott from the Center for Mindfulness at the University of Massachusetts Medical School. He believes that mindfulness and meditation, often referred to as "mindfulness meditation," can help adults in their 70s, 80s and beyond come to terms with the challenges of aging.

Traditional mindfulness-based stress reduction (MBSR) was created by world-renowned biologist Jon Kabat-Zinn, the founding director of UMass Medical School's Center for Mindfulness and its Stress Reduction Clinic. MBSR is offered at more than 720 medical centers, clinics and hospitals.

Why? Research shows the profound psychological and physiological benefits of meditation for reducing stress, depression, pain, and boosting emotional well-being.



Questions and Answers About Meditation

Q: What are some of the issues around "mindful aging" that meditation helps?

A: Everything! When people get older, they tend to ruminate: Am I going to run out of money? What will happen to me when I can't stay in my home? Am I going to die alone? There's worrying about how they will cope if their spouse dies first, going over and over a strained family relationship, or perhaps anxiety about burdening their kids with their care.

Meditation is like a pause button that breaks the cycle of worry. It can help older adults better accept their changing bodies or chronic pain. It puts them more in control of their lives.

Q: When people meditate, the focus is on the present. Why is that significant?

A: Older adults often live in the future with their fears or get caught up in the past. With mindfulness, you can catch yourself and think, "In this moment, I am okay." Meditation quiets the mind and is very calming.

That's especially important because we live in a world that is so

frantic and fractured by stimulus and technology, like smartphones. But there's nothing that supports us to be quiet and still.

Q: So meditation is a different way of dealing with stress?

A: Yes! We used to think of stress as a life-threatening incident when the body has to prepare for fight or flight. But as we age, stress can also be ruminating and worrying. For younger people, day-to-day life is broken up by work, a spouse or commuting.

When you have all this extra time alone, it's easy to ruminate. Meditation teaches us to let go of that and work with negative thoughts and how we react to stress. We learn new patterns of responding and that's where we begin to see transformation.

It's harder for older people because they've spent their entire lives with these patterns. Meditation helps them slow down and take a minute to react.

But along with that, it also teaches us to be kinder to, and less critical of, ourselves. What I'm hoping is that when people start rehashing some of their worries and criticisms, they will catch themselves and remember to be less judgmental.

By Sally Abrahms
Aging and Caregiving Writer
Read Next Avenue full article here:

<https://www.nextavenue.org/mindfulness-meditation-older-adults/>

Sally Abrahms is an award-winning writer specializing in aging, caregiving, boomers, housing and aging in place. Her website is sallyabrahms.com and Twitter: [@sallyabrahms](https://twitter.com/sallyabrahms)

Community Health

Free Preventative Oral Education for Hawai'i Island Kupuna

Article submitted by Jasmine LeFever

Dry mouth, bleeding gums, and loss of teeth...these are a few common problems that plague our community. Our gums and teeth require constant care and attention. As we age, there are new challenges and best practices to learn for maintaining good oral health. This is especially important as oral health problems can cause other health complications.

A new program offering "Brush & Floss" Workshops throughout Hawai'i County was launched in October. It focuses on providing kūpuna with preventive oral health education and is free for seniors 60 years of age and older. The program was made possible through a grant received from the Hawai'i Dental Service (HDS) Foundation and the collaboration of the following entities: Hawai'i County Subarea Health Planning Council (an advisory council to the State Health Planning and Development Agency/Department of Health), Hawai'i County Department of Parks and Recreation - Elderly Activities Division (EAD), Hawai'i Community College, Hui Mālama Ola Nā 'Ōiwi, Alu Like Elderly Services Program, and the UH Center on the Family.

The Brush & Floss Workshops aim to explain what is oral health, how to prevent problems, how to "fix" some common issues, and provide options for oral health care when needed. Participants can expect to learn about brushing, flossing, bleeding gums, dry mouth, dental bridges and implants, and even infor-

mation on how to teach your family better oral health care. In addition to snacks and prizes, participants will receive a free dental kit that includes toothbrush, toothpaste, and floss.



Brush & Floss Workshops

**Free oral health education! Call today to sign-up for the next workshop nearest you.
Have a community group or business you'd like to attend? We can come to you!**

**Hui Mālama Ola Nā 'Ōiwi
(808) 969-9220**

Like the County EAD, Hui Mālama Ola Nā 'Ōiwi is now offering "Brush & Floss" Workshops. Director of Programs, Bernie Freitas shares, "This program exists to help prevent dental problems and to also teach our kūpuna how to take care of their families, their mo'opuna. Participants will learn how to brush and floss, and what to do to try to prevent or fix bad breath, bleeding gums, and dry mouth. By them knowing, they're able to teach their families and hopefully prevent oral health disease." Bernie adds, "Our staff are trained and ready to share the dental curriculum, and more, so we're excited to further share the importance of regular preventative dental care with our community."

Again, the workshops are free and open to kūpuna 60 years of age and older. Dates and locations are being added as need is determined. Call Hui Mālama today at (808) 969-9220.

Hui Mālama Ola Nā 'Ōiwi is a 501(c)(3) nonprofit organization dedicated to improving the health & wellness of Hawai'i Island. Services are offered island-wide and open to the Hawai'i Island community.
www.HMONO.org



**Hui Mālama
Ola Nā 'Ōiwi**



Community Activities & Health

North Kohala Public Library

North Kohala Historian Boyd Bond's knowledge of Hawaiian history stems from his academic studies and from a lifetime spent in Hawai'i as a sixth generation descendant of early western settlers. Boyd was raised in Hawai'i in a sugar plantation family, living on plantations throughout the state. Of his interest in Hawaiian history, Bond says: "I can't ever remember a time when I wasn't immersed in it. Many of the stories of Hawaiian history are also our

Attend a "talk story" and lecture session with Boyd D. Bond:
Hawaiian History Lecture – "The Discovery of the Hawaiian Islands"

November 5, 2018, 6:30 pm - 8:00 pm

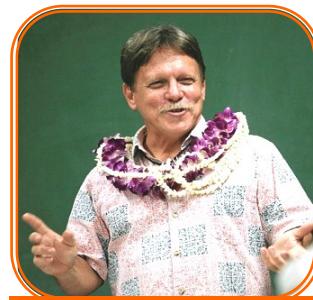
Mr. Bond will discuss "The Discovery of the Hawaiian Islands."

Hawaiian History Lecture – "Kamehameha V, Lot Kapuaiwa"

December 3, 2018, 6:30 pm - 8:00 pm

Mr. Bond will discuss "Kamehameha V, Lot Kapuaiwa."

family stories." Bond earned a BA in Hawaiian History from the University of Hawai'i at Manoa and went on to earn a masters degree in education. For more information please contact: North Kohala Public Library 54-3645 Akoni Pule Highway Kapaau. Phone: 808-889-6655



Boyd Bond

CSE November Senior ID Card Schedule

Date	Day	Time	District	Location
13	Tuesday	9 a.m. to 11 a.m.	Waimea	Lily Yoshimatsu Senior Center
13	Tuesday	9 a.m. to 12 p.m.	Kona	West Hawai'i Civic Center, Building B
14	Wednesday	1 p.m. to 3 p.m.	Honoka'a	Hale Hau'oli Senior Center
16	Friday	12 p.m. to 1 p.m.	Hilo	CSE Pāpa'aloa Office
28	Wednesday	9 a.m. to 12 p.m.	Kona	West Hawai'i Civic Center, Building B

What Vaccinations Should I Get? Brought to You by KTA Super Stores Pharmacies

As we age our bodies change, and so do our immune systems. Our immune systems become weaker and cannot fight off infections like our younger bodies could. Below is a list of vaccinations recommended for seniors.

We are so very
THANKFUL for YOU!
Your Kind-Hearted, Compassionate Pharmacists,
Necole Miyazaki, Elissa Brown,
Tricia (Macayan) Anderson, Megan Paik-Arbles

KTA SUPER STORES
PHARMACY
"Care you can trust!"

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

Flu – Everyone should get a flu shot once *every year*.

Shingles – Shingrix® is recommended for those 50 years of age and older. Shingrix® is given twice, two to six months between each dose. This new shingles vaccine is recommended even if you have already received the older vaccine, Zostavax®.

Pneumococcal (aka pneumonia) – Prevnar 13®, is given when you turn 65, followed by a second shot, Pneumovax 23®, at least *one year later*.

Tetanus – You should get a tetanus booster shot, Td (tetanus & diphtheria), once *every 10 years*. If you are in close contact with an infant, you may need to get vaccinated with Tdap (tetanus, diphtheria, pertussis).

For more information on these vaccines, ask your pharmacist or doctor.

Protect yourself and get vaccinated at the KTA Super Stores Pharmacy nearest you!

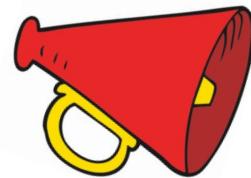
Community Activities

Want a Megaphone for Your Voice?

Learn How to Make Your Voice Heard at the State Capitol Discover the Public's Power in the State Legislative Process

November 1
Aging and Disability Resource Center
(ADRC) Training Room
1055 Kino'ole Street, Hilo
5:30 - 6:30p = Intro to Legislative Process
6:45 - 7:45p = Advocating at the Capitol

November 1
Pahoa Community Center
Kauhale Street, Pahoa
1:00 - 2:00p = Intro to Legislative Process
2:15 - 3:15p = Advocating at the Capitol



Free workshops by the non-partisan Public Access Room (PAR) cover tips and techniques on effective lobbying to affect Hawai'i State laws. Helpful guides and resources provided.

Intro to the Legislative Process: For beginners—the basics to get you ready for Advocating session.

Advocating at the Capitol: Advanced understanding of deadlines, power dynamics, lobbying, and how things work at the Capitol

For additional information, contact the Public Access Room (PAR):

Phone: 808-587-0478, Email: par@capitol.hawaii.gov, Website: LRBhawaii.org/PAR

PAR is a division of the Hawai'i State Legislature's non-partisan Legislative Reference Bureau.

Please let us know well in advance if you need special assistance such as sign language interpreters.

Want a Bird's Eye View to Your Legislature in Action?



Watch legislative webcasts provided courtesy of the Hawai'i State Public Library System and Hawai'i State Capitol who have formed a partnership to provide [webcasting of legislative hearings](https://www.librarieshawaii.org/connect/community/legislative-webcasts/) (<https://www.librarieshawaii.org/connect/community/legislative-webcasts/>) meetings, and sessions at public libraries statewide.

Click here for [Senate hearings](https://olelo.granicus.com/ViewPublisher.php?view_id=13) (https://olelo.granicus.com/ViewPublisher.php?view_id=13)

Click here for [House hearings](https://olelo.granicus.com/ViewPublisher.php?view_id=31) (https://olelo.granicus.com/ViewPublisher.php?view_id=31)

County of Hawai'i Fire Department Warns of Telephone Scam

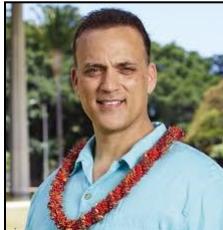
The County of Hawai'i Fire Department is alerting the public to a telephone scam involving solicitations for donations for the Fire Department. "The Fire Department does not engage in the solicitation of monetary donations," said Fire Chief Darren Rosario. "Any member of the public receiving such calls should disregard the solicitation, and report it to the Police." To report suspected telephone scams, please call the Hawai'i Police Department's non-emergency number at 935-3311.

Office of the Mayor News Release Submitted by Christina Raine, HCOA Administrative Assistant

Placard Location Change

Beginning October 8th, placards will be available from Hawai'i County Council Member Eileen O'Hara's office. The office is located at 15-2879 Pahoa Village Road and will be open between 9 a.m. and 3 p.m. on Mondays and Wednesdays. Community Emergency Response Team (CERT) members will be issuing the placards to access Leilani Estates for residents and authorized personnel.

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

Statewide ADRC Phone: 808-643-2372

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

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
Bernadette Canda
Debbie Wills

WEST HAWAII

Aging & Disability Services Specialist I
Information & Assistance Clerk
Aging Program Planner II

RSVP and Volunteers
West Hawai'i

Susan Bairo
Irene Kauwe
Carol De Lima
Laraine Kawasaki
Katie Kosora

Cheryl Sugiki
Wanneta Wilson
East Hawai'i
Nu'u McKeague
Stephanie Tsang
Duke Wilson

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