

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

Want to Enrich Your Life and Community? Llewellyn Kumalae Shares His Dynamic Story

Llewellyn Kumalae retired from GTE Hawaiian Telecom and embarked on a new career as a substitute teacher from 2000 to 2015. Mr. Kumalae states he chose substitute teaching 'because it was a matter of doing something in retirement that was different than what he had done with the telephone company; sort of a new career, and way of trying to help young people with their learning. Also, 'my wife was, and still is, a teacher and I wanted to see what inspired her to be a teacher.'

Mr. Kumalae further described 'what inspired or motivated me for community service [is] when I was working, there was not much time to get involved, and I was interested in what was going on in the community. It is interesting and enjoyable when whatever I get involved in results in positive results.' Certainly the community benefits greatly and appreciates the positive results based on his motivation to help community youth; his strength and openness to continue growing as a person, and curiosity to learn about what inspires his wife. A magical mix that enriches the lives of Mr. Kumalae and so many people; and is enjoyable!

Mr. Kumalae joined the very active Waimea Senior Citizen Club and has served as vice president; and club rep-



Llewellyn Kumalae

resentative to the Waimea Community Association, and serves on its board. Furthermore, he won as an Outstanding Older American this year, an honor bestowed by community peers due to his extensive community service and kuleana. Mr. Kumalae states 'I enjoy participating in activities, not only socially, but to learn new things. You can really "teach old dogs new tricks!" Two more significant interests are going to church and playing the ukulele. It is important to keep the heart alive with connection, creativity and fun, that enriches life beautifully. Mr. Kumalae assists at RSVP events such as blood drives, and hospital and food bank activities. An Outstanding gentleman.



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Silver Bulletin Editor: Mary McLaughlin



Dr. Kimo's Did You Know?

Highlight on Two Well-known Volunteer Agencies

Now that Kilauea seems to be settling and the SO2 level seems to be decreasing, we can reflect and analyze as well as acknowledge the efforts of our volunteer agencies, nonprofit, and interfaith groups. In this month's edition, I'd like to highlight two well-known volunteer agencies that provided support and relief for our survivors of the Kilauea Volcano eruption. In the following months, we will share the great works of our interfaith community as well as Hawaii Community Foundation and Food Basket.



The Salvation Army coordinated the food service for approximately 62,000 meals at the emergency shelters in the Puna District and regularly purchased meals to support vendors in Pahoa, Keaau, and Volcano Village. In addition, The Salvation Army operated a distribution center at the Pahoa Community Center that provided approximately 2,000 food boxes, 1,600 cases of water, 1,300 hygiene kits, and 2,100 mosquito repellent cans. The Salvation Army also provided financial assistance to those in need with approximately \$18,000 in vouchers for use at The Salvation Army's thrift stores in Hilo, Honokaa, and Kailua-Kona.



-David Sayre, Public Relations



The American Red Cross of Hawai'i raised \$900,000 in financial donations and has so far provided over \$300,000 in financial assistance and gift certificates to lava evacuees in need. For 4-1/2 months, 665 Red Cross volunteers worked tirelessly on the relief operation and contributed over 96,000 hours to keep shelters open 24/7, provide casework and emergency financial assistance to 690 families, offer crisis counseling and health services to 10,800 people, distribute thousands of emergency supplies including blankets, pillows, futons, towels, masks, clothing, toiletry kits, and cleanup items, and give out nearly 56,000 snacks to evacuees at the shelters. In addition, 350 new Big Island volunteers were recruited, and 50 courses were held to train them in different areas of response to build local capacity.



Over \$250,000 was used for mass care supplies and logistics, including satellite communications equipment, and about \$300,000 was needed to deploy, house, and feed volunteers including those from the mainland and neighbor islands. In order to save on expenses, volunteers stayed in UH Hilo dormitories and at the Sure Foundation and Puna Covenant churches, and in-kind office and warehouse space was donated by UH Hilo and Hawai'i Tribune-Herald. All direct services for the community were coordinated with Hawai'i County government and non-profit partners.

-Coralie Chun Matayoshi, CEO



C. Kimo Alameda, Ph.D.
Executive
Office of Aging

Community Activities

Kīlauea Summit (Halema'uma'u) and East Rift Zone (Pu'u 'Ō'ō)

USGS Hawaiian Volcano Observatory (HVO) Activity Update

Rates of seismicity, deformation, and gas release have not changed significantly during mid-November. Deformation signals are consistent with refilling of the middle East Rift Zone. HVO monitoring in the recent past shows low rates of seismicity at the summit and East Rift Zone (ERZ). Earthquakes continue to occur primarily at Kīlauea's summit area and south flank, with continued small aftershocks of the magnitude-6.9 quake on May 4, 2018. Seismicity remains low in the Lower ERZ (LERZ).

In the ERZ, tiltmeters near Pu'u 'Ō'ō and farther east reveal no change when this newsletter published. At the summit, tiltmeters have also shown little change, with the exception of a small deflation-inflation (DI) event. Sulfur dioxide (SO₂) gas emissions remained unchanged and averaged 25 tonnes per day at

the summit, and 75 tonnes per day at Pu'u 'Ō'ō. There was no sulfur dioxide detected by HVO instruments in the LERZ. Small amounts of hydrogen sulfide gas (H₂S) are being released in cooler, wetter volcanic environments, and from decaying vegetation and other organic matter. The human nose is extremely sensitive to the "rotten egg" smell of H₂S, some people can detect this gas at less than 0.001 parts per million. Residents have reported smelling H₂S downwind of Kīlauea, but these concentrations are well below hazardous levels. For more information please go to <https://www.ivhhn.org/information#gas>.

Hazardous conditions still exist at both the LERZ and summit. Residents and visitors near recently active fissures and lava flows in the lower Puna District and Kīlauea summit areas should stay

informed and heed Hawai'i County Civil Defense and National Park warnings, and be prepared to self-evacuate in the unlikely event of renewed activity. Please note that Hawai'i County maintains a closure of the entire flow field and the vents and prohibits access to the area unless authorized through Civil Defense. County of Hawai'i Kīlauea Eruption Information Resources:

<http://www.hawaiicounty.gov/ava-related/>.

For more information and updates, please go to USGS Hawaiian Volcano Observatory (HVO) Volcano Watch website: https://volcanoes.usgs.gov/observatories/hvo/hvo_volcano_watch.html.

Activity summary is also available by phone at (808) 967-8862.



Placard Location Change

Beginning November 5th, placards for residents and authorized personnel to access Leilani Estates will only be available from Hawai'i County Civil Defense Office located at 920 Ululani Street in Hilo, Monday through Friday from 8 a.m. to 3 p.m. Phone number: 808-935-0031.

Areas of Pāhoa District Park Reopened on November 19th

The Hawai'i County Department of Parks and Recreation announced that the Pāhoa District Park reopened for recreational use, including covered play courts and upper baseball fields. Repairs are being made to the entire facility, which sustained damage while being used as a temporary evacuation center during the 2018 eruption of the East Rift Zone. Repairs are expected to take approximately 13 months, and parts of the park will be closed intermittently while these repairs are being made. Please contact Parks and Recreation, Recreation Division, at 965-6348, for more information.

Community Activities

Interested in Reducing Stress and Anxiety and Improve Sleep? Meditation Group & Gong Meditation

Any time you go into a state of meditation through a meditation technique or through sound, the benefits become both endless and priceless. Reduced stress and anxiety, improved sleep, more clarity and greater happiness are just some of the many benefits you begin to enjoy with a regular practice. Meditation is by far one of the most holistically beneficial practices we can incorporate into our lives to greatly increase quality of day-to-day life.

Anna Ranch invites the community to gather for free meditation.



All are welcome. If you are interested in exploring and engaging in meditation in these challenging times, this is a great opportunity to try it for yourself with the serenity of the ranch as a setting for this special group meditation. Free sessions start every Monday night beginning January 7, 2019, from 5 p.m. to 5:45 p.m. Feel free to come for any part of the 45 minute session. All meditation styles are welcomed, though please note this will be a quiet space. In addition, a free meditation class will be offered Monday, January 7th from 6 p.m. to 7:30 p.m. A Ve-

dic, heart-based meditation will be taught which can be practiced by yourself or in this group setting. Hosted and taught by Kristen Cosmi. For a full schedule and more information please visit Cosmik Sound at <https://cosmiklovejewelry.com/>.

Additional sessions, donations welcome:

WELCOMING THE FULL MOON GONG MEDITATION on Wednesday, December 19, 2018, from 6 p.m. to 7 p.m.

NEW YEARS FOUR GONG MEDITATION is a special event dedicated to setting intentions for the new year on Wednesday, January 2, 2019 from 6 p.m. to 7 p.m.

GONG MEDITATION & SOUND BATH on Wednesday, January 16, 2019 from 6 p.m. to 7 p.m.

You've Got Lots of Power!

Let the Public Access Room (PAR) Help You Put it into Action.

In 1990, the Hawai'i State Legislature established the Public Access Room (PAR) to provide the public with necessary resources for participation in the legislative process. We are deeply non-partisan. We maintain our objectivity to serve the needs of those who use our facilities and services. There is never a fee for services.

PAR serves the citizens of Hawai'i to enhance their ability to participate in the legislative process. You are welcome to track and affect legislation pending before the Hawai'i State Legislature. Staff assistance is available in person, by telephone and by e-mail:

Toll free from Hawai'i: 808-974-4000, extension 70478

Email: par@capitol.hawaii.gov

Video webpage: <http://lrbhawaii.org/par/vidi.html> with videos and a great link to PAR YouTube channel <https://www.youtube.com/channel/UCgLMUbGwljZlzHQPe82oSRg> with more videos and tutorials.

Address: STATE CAPITOL, 415 South Beretania Street, Room 401, Honolulu, HI 96813



Community Activities

Hello Caregivers!

Come Join Fellow Caregivers and Learn About Dementia

CAREGIVER BOOT CAMP

Presenter: Patrick Toal, (808) 518-6649, patoal@alz.org.

Big Island Regional Coordinator,
Alzheimer's Association Aloha Chapter

Location: Hawaii County Office on Aging
Aging and Disability Resource Center Training Room
1055 Kino'ole Street, Hilo

Date and Time: Saturday, Jan 5, 2019, 9:00 a.m. to 2:30 p.m.



Saturday Dementia Caregiver Boot Camp

This is a FREE all day event, but we know caregivers can't always take an entire day off. So, you can stay for the entire day or just a portion of it.

9:00 a.m. Dementia Conversations

This workshop will offer tips on how to have honest and caring conversations with family members about: deciding when to stop driving, knowing what to ask the doctor about diagnosis and making legal and financial plans for the future.

10:30 a.m. MOVIE: The Leisure Seeker (2017)

The film stars Academy Award®-winner Helen Mirren and two-time Golden Globe-winner® Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call *The Leisure Seeker*. Traveling in their family Leisure Seeker vintage recreational vehicle, John and Ella Spencer take one last road trip from Boston to the Hemingway House in the Florida Keys before his Alzheimer's and her cancer can catch up with them.

12:20 p.m. to 1:20 p.m. Lunch Break and Talk Story

1:20 p.m. to 2:30 p.m. Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Driving, Doctor Visits, Legal & Financial Planning

RESERVATIONS ARE REQUIRED FOR LUNCH BUT NO RESERVATIONS NEEDED FOR ANY OF THE WORKSHOPS OR MOVIE.

Community Health

Would You Like a Healthy Smile?

Brush and Floss Workshops December 2018 and Next Year

Brush and Floss Workshops for Hawaii County successfully kicked off in this Fall. Workshops will be offered in December and continue into the New Year. The County will host two workshops each day from December 17th to December 21st. Workshops will be held at the Kamana Senior Center from 9:00 a.m. to 10:30 a.m. and 1:00 p.m. to 2:30 p.m. Please call Coordinated Services for the Elderly at 961-8777, or Elderly Recreation Services at 961-8710, to sign-up. You may also check with Hui Malama Ola Na Oiwi for other dates and times at 969-9220.

Several seniors who attended the workshops asked for more information about obtaining dentures. Here are some basic answers to your questions:

Question: What is the difference between a complete vs. a partial denture?

Answer: Patients needing complete dentures have lost most or all of their teeth. Patients needing partial dentures are for those who have some natural teeth remaining.

Question: Can you go to your regular dentist to obtain dentures?

Answer: Yes, some "general" dentists can make dentures. You need to call and ask.

Question: Where can I find a dentist, especially a dentist who makes dentures?

Answer: You can start with the

Hawaii Dental Association (HDA) Find a Dentist tool. With your address or zip code, locate a "general" dentist or other dentists by specialty in your area. <https://www.hawaiidentalassociation.net/for-the-public/find-a-dentist>. HDA's listing only includes its members. There may be other licensed dentists who are practicing in your area but are not members. Start here to check a dentist's license and obtain other information: <https://pvl.ehawaii.gov/pvlsearch/>.

Question: What happens when you need to get dentures?

Answer: The process takes time and is completed over several appointments. If you go to Oahu, please consider air fare as another cost.

Question: What is the cost?

Answer: Ask your dentist about (1) the cost and (2) financing. If you have dental health insurance, it should cover a portion. If you do not have insurance, some dentists may take major credit cards or offer financing plans such as monthly payments. If you know that you will need dentures, you can plan to set aside money in a flexible spending account or health care savings account to cover the cost. For those who can

not afford dentures, check <https://dentalifeline.org/hawaii/>. Unfortunately, the requests for Hawaii County are closed because of a long waitlist. It is unknown when they will clear this list. But, if you can't have a medical procedure until your mouth is fixed, they may take your request. If you will be on Oahu, you can try <https://alohamedicalmission.org/> or call them at 847-3400.

Question: Can community health centers make dentures?

Answer: Yes, they do. For those living on the West side, please call the West Hawaii Community Health Center in Kealakehe at 355-5650, or in Waikoloa 657-0844. For those living on the East Side, please call the main line at the Bay Clinic 808-333-3600 and the call center will transfer you to dental services. Bay Clinic offers services in Hilo and Keaau. Please note Bay Clinic has a wait list until July 2019.



Happy Holidays & A Healthy New Year!

Your Kind-Hearted, Compassionate Pharmacists,
Necole Miyazaki, Elissa Brown,
Tricia (Macayan) Anderson, Megan Paik-Arbles

KTA PHARMACY
"Care you can trust!"

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

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.

Start the New Year by Completing or Reviewing Your AHCD

- ◆ An Advance 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 Advance Health Care Directive, learn how to review it to be sure it meets your needs today.
- ◆ It's 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.

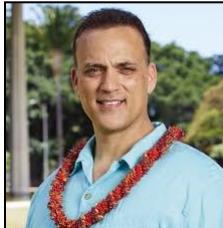


December 2018 CSE Senior ID Card Schedule

Date	Day	Time	District	Location
5	Wednesday	1 p.m. to 3 p.m.	Puna	Kea'au Community Center
10	Monday	10 a.m. to 12 p.m.	Kohala	Kohala CSE "Old Bank of Hawai'i Building"
11	Tuesday	10 a.m. to 12 p.m.	Kona	Walmart, Kailua-Kona
12	Wednesday	1 p.m. to 3 p.m.	Honoka'a	Hale Hau'oli Senior Center
26	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

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

East Hawai'i

Nu'u McKeague
Stephanie Tsang
Duke Wilson

To subscribe and receive HCOA's Silver Bulletin newsletter in full color when released via email write to SilverBulletin@Outlook.com.

To receive a black and white printed newsletter, please call 961-8600. Include your full name and address and organization (if applicable) to create or update your email or print account. Welcome aboard!

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