



Neighbors Helping Neighbors

News for Loving Friends

April 2011

Volunteer Luncheon Huge Success!

Over 100 people attended the Neighbors Helping Neighbors Volunteer Recognition Luncheon held Saturday, February 12, at Kaunoa Senior Center. Auntie Doll and her hula dancers provided wonderful entertainment,



along with Anthony Natividad on nose flute.



Once again **MAHALO** to all our volunteers for their generous and heartfelt service to Maui's seniors.

KNUI Filipino Talk Story Radio

Neighbors Helping Neighbors has been invited to be interviewed by Cornelia Sobrerano, Co-founder of the Maui Filipino Working Group, who hosts a weekly Tuesday night Filipino Talk Story radio broadcast on KNUI radio.

Executive Director, Gerri Shapiro, and volunteer Precila Peros will be guests on Tuesday, April 5, at 7:30 p.m. to inform the Filipino Community about the good works and services of Neighbors Helping Neighbors, along with the benefits of becoming a volunteer.



Happy April Birthdays



Catherine Bear	Mary Demarest
Jeannie Brew	Tina Glen
Frances Kikumoto	Christina Hays
MaryAnn Ka'aloa	Michael Messmore
Elsa Rodrigues	Perlita Sniffen
Elaine Minford	Greg Cotton





First Annual Wailuku Health Fair

Sat April 16 9:00 a.m. – 2:00 p.m.

J. Walter Cameron Center — 95 Mahalani St. — Wailuku

Health Screenings * Entertainment * Makana & Lunch with screenings

Sponsored by



Info: 244-4647



New Kihei Adult Day Care Center



56 Ehiku St. Kihei - Now open 6:30 a.m. - 6:30 p.m.

Call 871-5804



Powerful Tools for Caregivers

Six week training that helps family caregivers learn to:

- * reduce stress
- * set goals
- * solve care giving challenges
- * communicate better with family and health care professionals
- * balance their lives

Maui County Office on Aging

270-7755

UH Cooperative Extension

244-3242 ext 226

Caregiver Corner

Without a doubt, your services are helping me maintain my sanity I live alone with my 89 year old mother. During the week when I work, I have a private caregiver which is costing me a lot. "My shift" starts right after work, and I care for mom from 3:00 p.m. until 7:00 a.m. My only break is when your services kick in on Saturday and Sunday for 4 hours. Mahalo nui loa.



I am the only active family member participating in my sister's care. She is disabled with early onset Alzheimer's disease. This program gave me a much needed and long overdue respite relief and support. It recharged my soul with a sense of community and that we all need to take in a constant flow of giving and receiving.



I was grateful to find Na Hoaloha, and the support within. I could not have taken care of mom as well without Na Hoaloha's dedication to care for elders in need. I see other elders needing help, but can't afford services. I'll be spreading the good experience to those who can use your help. A hui ho. I'm your support person for life!

Caregiver Survival Tips

Plan ahead

1

Take one day at a time.

3

Accept help

5

Get enough rest and eat properly.

7

Be good to yourself

9

Learn about available resources

2

Develop contingency plans

4

Make YOUR health a priority.

6

Make time for leisure.

8

Share your feelings with others

10





It's Hundreds of Them!

As a senior citizen was driving down the highway, her cell phone rang.

Answering, she heard her husband's voice urgently warning her.

"Sophie, I just heard on the news that there's a car going the wrong way on Pi'ilani Highway. Please be careful!"

"Are you kidding", she said..... "It's not just one car, it's hundreds of them!!!"



Knock On Wood

Three old sisters (92, 94 and 96 years old, respectively), all lived together.

One day, the oldest drew a bath. She put one foot in the water, paused, then called downstairs to her sisters. "Am I getting in the tub or out of the tub?"

The middle sister started up the stairs to help, then paused and called back downstairs. "Was I going up or coming down?"

The youngest sister, who was sitting at the kitchen table having tea said "I guess I'll have to help. I hope I never get that forgetful!", and knocked on wood.

She got up, then paused, and called out: "I'll come up as soon as I see who's at the door."



I Can Hear Just Fine

Three retirees, each with a hearing loss, were playing golf one day.

One remarked to the other, "Windy, isn't it?"

"No," the second man replied, "It's Thursday."

And the third man chimed in, "So am I. Let's have a beer."



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Na Hoaloa - MIVC

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