



Kauai RSVP Konnection

Winter 2022

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Gladys Fujiuchi
Sanae Morita

PROGRAM SPONSOR

County of Kauai
Agency On Elderly Affairs

Ludvina K. Takahashi,
Executive on Aging

Donna Lynn Loo
Assistant Executive on Aging

My everlasting Holiday memory...Thanksgiving 2005 found the Ako family having lunch at Nuuanu Park with my mother who was then in Hospice care. It was a pleasant time, no fanfare, but just a nice time with family. Little did we know but that was the last time we as a family would spend time with Mom. Cherish the moments together for they may never pass your way again.



GERALD A

**Holidays are right around the corner—
Here's volunteers favorite holiday memories....**

When I was a child, every Christmas Eve, my brother, sister and I were allowed to open one gift.

I don't know how my mother did it but whichever box we chose, to our disappointment it would always contain new pajamas. She would always smile and call it Christmas Magic.

Years later we discovered this was her way to ensure her children look presentable for Christmas morning pictures!

God Bless all mothers!



HOWARD L



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AmeriCorps
Seniors

From the Director's Desk

HAPPY HOLIDAYS Kauai RSVP Ohana, Just as seasons change, 2022 was a season of change for Kauai RSVP and our sponsor, the Agency on Elderly Affairs (AEA). With many COVID restrictions no longer in place, organizations have safely welcomed back volunteers. Most stations are fully open and ready to serve the public.

Dedicated volunteers continue delivering food distributions to seniors in need, island wide, in partnership with Kauai Independent Food Bank as well as the Hawaii Food Bank—Kauai Branch. We welcomed new volunteer station, Malama I Na Honu where volunteers educate the public about the endangered Hawaiian sea turtles at Poipu Beach and welcomed back the Princeville Library as a station. Three new members were voted into our Advisory Council and are ready to serve, Howard Leslie, Eliza Trinidad and Winnie Tamura-Lis.

In March, AEA Case Manager, El Doi, retired. In April, RSVP said goodbye to our Director as Donna changed roles within AEA and is now the Assistant Executive on Aging. Mid-July we welcomed Mary Pigao as she transitioned from the Housing Agency over to AEA to fill the RSVP Director position. Mary has extensive volunteer experience as she served in different capacities assisting with American Cancer Society's Relay for Life events for over ten years as a team captain and assisted in training and recruiting others. In August, Samantha Souza filled the AEA case manager vacancy. We

welcome both Mary and Samantha to our Elderly Affairs staff.

We are so grateful to all of you, our dedicated volunteers and partners who continue to bring positive change to our community. May the holiday season and the New Year welcome good health, peace, love, joy and cheer to you and your ohana.



MARY PIGAO
RSVP DIRECTOR

VOLUNTEER STATIONS

AARP Tax Aides
CATHOLIC CHARITIES
CHILD & FAMILY SERVICE -Nana's House
& Hale Hoomalu
CTY of KAUAI-Agency on Elderly Affairs
CTY of KAUAI—Dept of Motor Vehicles
CTY of KAUAI— Hale Kokua
CTY of KAUAI—Parks & Recreation
EXEC. OFF. ON AGING - Senior Medicare Patrol
EXEC. OFF. ON AGING - Long Term Care
Ombudsman
EXEC. OFF. ON AGING - SHIP
HALE OPIO
HANAPEPE UNITED CHURCH OF CHRIST
HAWAII FOOD BANK – Kauai Branch
SALVATION ARMY - Lihue & Hanapepe
KAPAA MISSIONARY CHURCH
KAUAI ADULT DAY HEALTH CENTER
KAUAI ANIMAL EDUCATION CENTER
KAUAI ECONOMIC OPPORTUNITY
KAUAI HABITAT FOR HUMANITY
KAUAI HOSPICE
KAUAI INDEPENDENT FOOD BANK
KAUAI MASTER GARDENER PROGRAM
KAUAI OCEAN DISCOVERY MUSEUM
KAUAI PLANNING & ACTION ALLIANCE—
Ohana Resource Kiosk
KAUAI VETERANS COUNCIL
LIBRARIES—Hanapepe, Kapaa, Lihue &
Princeville
LIHUE LUTHERN CHURCH—Mobile Munchies &
Dorcas Society
MAKAUWAHI CAVE RESERVES
MALAMA I NA HONU
MALAMA KAUAI
MUSEUMS—Grove Farm & Kauai Museum
NATIONAL TROPICAL BOTANICAL GARDEN
NOURISH KAUAI
STATE of HAWAII—Kauai Veteran's Memorial
Hospital Auxiliary & Mahelona Hospital Auxiliary
STATE of HAWAII— State Building
ST. MICHAEL'S & ALL ANGELS Episcopal
Church—Loaves & Fishes
WILCOX HOSPITAL— Gift Shop & Thrift Store

To Volunteer please contact Grace at
Kauai RSVP (808) 241-4479 or email
rsvp@kauai.gov



Above & Beyond - Sanae Morita

Submitted by Maile Kennedy and Alan Momohara

Kauai RSVP and the Grove Farm Museum recognizes Sanae Morita for her many decades of volunteer service supporting many Kauai organizations and communities.

Sanae started volunteering in 1965 with the Kauai Association for Family and Community Education. She served in many leadership positions and was the recipient of an Outstanding Achievement Award from the Hawaii Association for Family and Community Education.

After retiring as a teacher, Sanae served as a volunteer tour guide for Grove Farm Museum and a greeter at the Kaua'i Museum. She enrolled as a Kauai RSVP volunteer in August 2001 and in 2017 became actively

involved as a member of the program's Advisory Council. Since 1997, Sanae also served in numerous capacities at the Lihue Christian Church including lay reader, usher, and serving breakfast weekly. She was also the chairperson for the crafts exhibit at the Kauai Farm Bureau.

Sanae recently retired as a volunteer tour guide at the Grove Farm Museum after 19 years of dedicated service and will be terribly missed. Without fail she has been the Grove Farm's loyal Monday morning tour guide, always arriving promptly and ready for visitors to walk through the door. She was interested to find out about them and eager to share stories of Grove Farm and the Wilcox family. She also went above and beyond when it came to tour groups, happy to teach the younger generations about the sugar plantation history that had such an impact on the economy of the Island and those living here.

To the staff of the Grove Farm Museum, Sanae was more than a tour guide. She could be counted on to be there, ready for anything. On their Ohana Days, Sanae would be stationed in the main house describing to visitors the history and cultural significance the artifacts housed there. She also worked at other museum events, such as Grove Farm Old Time Games and Historic Movie Nights. She continues to assist in training new volunteer guides there and gives of her time to community whenever possible.

Grove Farm Tour Coordinator Maile Kennedy says that "Sanae is truly a pleasure to know and a treasure to work with. Her knowledge and poise are respected by all the volunteers and staff. We are honored that she dedicated so much of her time to sharing the Grove Farm museum with thousands of visitors and always had them leaving in awe and inspired."

Kauai RSVP also appreciated Sanae's hard work and dedication. In 2017, her colleagues on the Advisory Council respected Sanae, valued her insight and wisdom so they nominated her as an Outstanding Older American. Sanae was recognized as the Outstanding Female Honoree.

We honor you, Sanae, and thank you for being an integral part of the community! Best wishes to you and your ohana, and mahalo nui loa for your time and dedication!

Where Did 2022 Go?!

Here's a recap of AmeriCorps Seniors members of Kauai RSVP hard at work in our community.



MARGA



JAN S



WILMA, CHARLIE, SANDY K



SANDY T



RANDALL



LINDA, MARGA, AVELINA



MYRNA, VERONICA, PAM, DORIS, MAURA



DALE



VALERIE



LITA, MARY, BARRY, WINNIE, NANCY, SUE



A LITTLE HELP FROM OUR FRIENDS, MAHALO!



Many hands make light work, we are grateful for partnerships from various community groups. Lions Club members assist with food deliveries, Dr. Chu and Kauai Endodontics along with volunteers Joey & Jim Drake crafted holiday cards, AmeriCorps Seniors from Foster GrandParents, HGEA staff & members, retired teachers as well as our volunteer stations made ti leaf lei to place at the Veterans Cemetery for Memorial Day.

And of course we can't forget Dennis Fuimoto for capturing and featuring Kauai RSVP in the Happy Camper and the Garden Island Newspaper. Mahalo to everyone!



Volunteer Station Spotlight National Tropical and Botanical Gardens

Kauai is fortunate to be one of the homes of the National Tropical Botanical Garden (NTBG), a not-for-profit organization dedicated to preserving tropical plant diversity through a variety of programs involving conservation, scientific research, habitat preservation and restoration, and education. The NTBG headquarters is in Kalaheo and the organizations work on Kauai is done at its headquarters facility, the Limahuli Garden and Preserve on the northern end of the Island, and the Allerton and McBryde Gardens on Kauai's South Shore.

The NTBG provides a rich array of volunteer opportunities depending on the skills, knowledge and interests of the volunteer. For those who enjoy interacting with people, options include serving as a Visitor Center Docent who greets visitors as they arrive at the Southshore Visitor Center, and answers general questions, assists them with any needs they have. One can also volunteer as docents giving tours at Limahuli Garden and Preserve, or the Allerton and McBride Gardens or taking a group of students on a field trip to learn about tropical plants and the work of the NTBG. Volunteers receive substantial training before they engage with the public.

NTBG also has many opportunities for those wanting to work with plants and their habitat. Most new volunteers start out as Nursery Assistants which allows them to get to know the organization and whether it is a good fit for them. These volunteers have a huge impact on nursery operations because they support one full-time and one part-time employee who are responsible for the care of over 500,000 plants. Amanda Beisch, Digital Communications and formerly the Volunteer Coordinator says that "the volunteers keep the garden growing green" and the NTBG could not do all the work necessary to care for the plants without the volunteers.



As volunteers acquire more skills and knowledge, or if a new volunteer has experience cultivating and caring for tropical plants, they can assume more responsibilities at the gardens. For example, the NTBG has volunteers working at its Herbarium, which houses approximately 90,000 preserved plant specimens dating back to the 1800s. These specimens serve as a reference collection of tropical plant life for current and future study. The Herbarium Volunteers mount pressed and dried plant materials collected from the field on paper for storage in the Herbarium for future study

The NTBG also has arts and crafts volunteers referred to as "Oshibana." The volunteers make products from plant materials or with a botanical theme which are sold at the NTBG gift shop or at craft fairs to benefit NTBG.

Prior to the Covid pandemic, the NTBG utilized more than 100 RSVP volunteers. Only a small portion of those volunteers are currently volunteering and NTBG needs more volunteers. If you are interested volunteering with the NTBG or would like more information on NTBG volunteer opportunities, please visit the volunteer page on the NTBG website at [Volunteer - National Tropical Botanical Garden \(ntbg.org\)](https://www.ntbg.org/volunteer).

A Nourishing Experience

Submitted by Alan Momohara

After enduring pandemic restrictions for 1 ½ years, Janet Shirley and Ken Dickinson of San Rafael California wanted to return to Kauai in 2021. They heard Hawaii’s Governor Ige’s plea to visitors to wait until October to come to Hawaii, so they made plans to visit late that month. They felt good about getting through the pandemic and knew others were not as fortunate. Knowing we on Kauai suffered along with the rest of the world during the pandemic they decided to “give back” to Kauai’s communities through volunteering with an organization on the Island while they were here. Janet did a Google search and discovered Kauai RSVP (KRSVP). When she read that KRSVP offered “one stop shopping” for volunteers 55 and over, looking for volunteer opportunities on Kauai, she contacted Program Director, Donna Lynn Loo.



Finding that KRSVP’s enrollment form was not online, Ken, who works as a trainer on computers and applications, volunteered to make the enrollment form a PDF fillable form. After a brief interview, Donna referred them to Nourish Kauai, an organization which prepares 225 meals kits each week for distribution free of charge to needy kupuna throughout the Island.

On October 27, they showed up at Crossroads Christian Fellowship in Kapa’a, Nourish Kauai’s base of operations and were put to work along with other volunteers. They quickly learned what needed to be done and actively participated, which they said they “loved.” They were prepared for putting canned goods in packages for distribution but were impressed the meal kits included fresh vegetables from local farmers and other products from local vendors. They returned on November 3. Ken and Janet were impressed by how happy everyone was to be there. The experience was the highlight of their trip.

When asked what they would tell others about short-term volunteer opportunities, Ken said “if you want to get the flavor of real Kauai, the best thing you can do is volunteer. The spirit of aloha is good for the heart and soul” Janet agreed. Ken also said he understood the tension that sometimes exists between visitors and locals, and felt by volunteering, they got to meet locals on a different level and vice versa. They plan to volunteer on their next visit to Kauai.

Kauai RSVP’s volunteer matching services are not just for residents, several part-time residents of the Island are RSVP volunteers. Visitors can utilize KRSVP’s volunteer matching services to find volunteer opportunities according to their skills, abilities and interests, and the needs of the volunteer stations.

If you are a part-time resident or soon to be visitor to Kauai wanting to make a positive impact on one or more of Kauai’s diverse communities through volunteering, contact Kauai RSVP!

Think Twice ...Elder Fraud: Gift Card Scams

A volunteer received several emails from a “friend” who said she needed help. The “friend” asked the volunteer to send her Google Play gift cards. This strategy involves the scammer posing as a friend or family member is being used by scammers to illegally take money from seniors and others. In a 2021 AARP survey, nearly a third of adults said that they or someone they knew had been asked to purchase gift cards to help pay a bill, fee, other type of payment, or to claim a prize.

The Kauai Police Department warned that scammers use a variety of tactics to obtain money from Kauai residents, especially the most vulnerable population, seniors. In some cases, scammers were posing as friends or reputable companies asking for money or gift cards as payment or assistance. These requests and/or demands were made in email, text messages, social media and by phone.

AARP identifies some signs to watch for to avoid falling for these types of gift card scams.

- You are directed to buy one or more gift cards as a quick way of making a payment.
- You are told to share the numbers on the back of the gift cards by reading them or sending a picture.
- The request comes from someone you wouldn't expect to ask for money.

“Elder fraud” is the taking advantage of an older person for financial gain. Other examples of

elder fraud, include communication from utility companies warning of imminent shutdown of service, someone promising a big prize or inheritance once you pay fees upfront, or a grandchild needing money for a financial emergency. Scammers may also represent themselves as being from the IRS or Social Security when demanding money.

“Elder fraud,” sometimes referred to as elder financial abuse is not always committed by anonymous persons via phone or the internet like the example above. There are many cases of family members, caretakers, friends, attorneys, and others taking money from seniors through deception.

If you believe or suspect that you, an elderly family member or friend is a victim of elderly fraud on Kauai, call Kauai Police Department non-emergency line at (808) 241-1711.



WARNING! BEWARE!
STAY ALERT STAY INFORMED STAY SAFE

Scammers siphon your assets and identity,
park you on the “fools list” and
trade-in your information to other fraudsters.

Watch for signs of danger ahead
Don't fall asleep at the wheel

There's no reversing once you've been hit!

SENIOR MEDICARE PATROL HAWAII
Volunteer to Protect Kupuna from Healthcare Fraud

 

State Department of Health - Executive Office on Aging
808-586-7281 Toll-Free: 1-800-296-9422
www.smphawaii.org info@smphawaii.org

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In Remembrance



EARL MIYAO



GEORGE MUKAI



Kauai RSVP recently lost two good men. Earl Miyao and George Mukai both served on the RSVP Advisory Council for many years. We extend our sincere condolences respectively to the Miyao and Mukai families.

Earl served with RSVP since 2006. He could always be counted on to help at our annual Recognition events, especially with transporting and hauling items in the back of his Toyota truck.

George began with RSVP in the late 1980's and served as the chair of the RSVP Advisory Council for numerous years. He was an avid volunteer at the Mahelona Hospital, enjoyed raising his anthuriums and orchids and would compete in the County Farm Bureau Fair. On many occasions, George graciously donated his beautiful plants as a door prize.

We will miss their presence and will always cherish their time, talent and treasure with RSVP.

Banana Breadfruit (Ulu) Coffeebread

From the recipe files of Winnie Tamura-Lis

Sustainability in our culture is so important especially when we can use local produce resources.

This Ulu (breadfruit) Banana Bread recipe is easy and goes great with coffee or green tea.

NOTE: Be sure both Bananas and Ulu are *very ripe and fragrant*.

Preheat oven to 350°F. Grease a 9" x 9" baking pan.

Bread Ingredients:

½ cup shortening (or butter or margarine)
1 cup sugar
2 eggs
1 ¼ cups mashed ripe bananas (about 3 large)

½ cup mashed ripe Ulu (breadfruit)
1 ½ cups flour
1 teaspoon baking soda
½ teaspoon salt

Topping Ingredients:

1/3 cup flour
3 Tablespoons sugar
3 Tablespoons cold butter, cut up into little pieces.

Prepare topping first by mixing flour and sugar and cutting in butter to a crumb texture.

Optional: Sprinkle in ½ teaspoon cinnamon, if desired. Set aside.

Coffeebread Prep:

Prepare Topping first. Set aside to sprinkle over later.

Cream shortening and sugar.

Beat in eggs one by one, mixing well after each.

Stir in half of the mashed bananas. Combine flour, baking soda and salt.

Add half dry ingredients to banana mix and stir well.

Stir in mashed Ulu, remaining mashed bananas and mix well.

Add remaining dry ingredients and mix until even. Pour into greased 9" x 9" baking pan.

Sprinkle Topping evenly over top. Sprinkle light dusting of cinnamon, if desired.

Bake at 350°F for 35-40 minutes until toothpick inserted in center comes out clean.

Optional Note: Sprinkle ½ cup semisweet chocolate chips over top of final prepared batter. Then sprinkle Topping over all. Makes for a delicious chocolatey dessert.



Pumpkin Pie Cake

From the recipe files of Winnie Tamura-Lis

Preheat oven to 350°F. Grease a 9" x 13" pan.

Prepare ingredients:

Cake layer: Combine mix (minus 1 cup), butter, & egg. Press into pan evenly & little up sides.

1 Box yellow cake mix – Set aside 1 cup for topping

1 stick (½ cup) butter, softened

Pumpkin Filling: Combine filling ingredients. Beat 2 minutes until fluffy. Pour over cake base.

3 large Eggs for filling

1 29 oz. can Pumpkin puree (or 2 15oz. cans)

2/3 cup can Evaporated Milk

½ cup brown sugar

2 teaspoons cinnamon

1 teaspoon vanilla

Topping: Mix sugar + cake mix. Cut in butter. Stir in pecans. Sprinkle over pumpkin layer.

¼ cup sugar

1 cup of cake mix (set aside from cake layer)

½ stick (¼ cup) butter, cut into small pieces, chilled

1 cup pecans, chopped (optional, macadamia nuts are a great substitute)



Bake 350°F for 50-60 minutes until cake is set in the middle. Remove from oven and cool 20 minutes. Cut into squares. Serve warm or cold with whipped cream or vanilla ice cream, if desired.

Big cheers to Myrnalyn Villasista! She is an Ameri-Corps Seniors Foster Grandparent volunteer who couldn't return to school during COVID so she decided to serve as an RSVP volunteer with National Tropical Botanical Garden in our Plant Records department cleaning tags instead.

Last year, Myrna cleaned over 2,000 tags all on her own! This not only saved NTBG \$3,000 on ordering new tags, but it's also great for the environment to be able to re-use the tags.

She's always worrying about not being able to help people enough with her physical limitations but she has done so much for NTBG, we wanted to give her a big shout out. NTBG Plants Records Manager, Kevin, described her as 'legendary'. Thank you Myrna for all that you do at NTBG!



Miracles Do Happen—Contributed by an RSVP Volunteer

The holidays can be a tough time for the elderly, especially if they live alone and/or not close to family. Other factors such as health complications, or loss of friends and loved ones can also make the holidays a challenging time for seniors. Some may see alcohol as a way to cope with the stresses of the holiday season.

One of our volunteers wanted to share her story about the effects of alcoholism, and how much her life has changed for the better when she chose sobriety.

“Aloha, I am a 78-year-old woman and a recovering alcoholic. I would like to share a miracle that happened to me. I started drinking alcohol at the age of 14 and my consumption gradually increased until it became a necessity. I reached a point where I really wanted to stop but I couldn’t. It was a very scary time. I tried to stop, turning to church and psychologists. Then at the age of 55, I received a Christmas card from a friend who wrote, “I took a long look at myself this year and decided to get help for my alcohol problem.” I called her and she told me I don’t have to drink and I don’t have to do it alone. I admitted that I was in an addiction and reached out for help. Through the miracle of this connection and support from others, my desire to drink was lifted. I have a wonderful new life today with 22 years of sobriety. I can look at myself with love in the mirror and can look others in the eye.”

Family members, caregivers and friends are generally the first people to recognize an unhealthy pattern of alcohol consumption. Sometimes, the warning signs of alcoholism may be ignored, or dismissed as not a significant problem. But without treatment, patterns of alcohol consumption can lead to physical and emotional problems, or worse.

Some common signs of alcohol abuse by the elderly include, but are not limited to:

- ◆ Drinking as a way to cope with loss, loneliness or depression.
- ◆ Inability to control how much alcohol is consumed or cutting back.
- ◆ Choosing drinking over other responsibilities and obligations.
- ◆ Showing signs of drunkenness, such as slurred speech, the smell of alcohol on their breath or clothes, or noticeable and not normal physical problems.
- ◆ Having blackouts or short-term memory loss.
- ◆ Neglecting regular responsibilities and/or personal care
- ◆ Hiding alcohol or drinking alone.

If you or a loved one needs help, please call the Agency on Elderly Affairs or email elderlyaffairs@kauai.gov for information and assistance. You may also find additional information on “The Impacts of Alcohol Abuse on the Elderly,” at

<https://americanaddictioncenters.org/alcoholism-treatment/elderly>

Coping With Life’s Challenges

In an effort to help us all find new ways to cope with the stress and the emotional strain of increasing challenges, Dr. Dennis Pezzato, Behavioral Specialist, AEA Advisory Board member and AEA Consultant, created a new audio series entitled “**Facets of Life**”. This series of 5–10 -minute audio recordings offers 50 topics dealing with a broad range of life’s roles, challenges, and issues that we all encounter. The purpose of the series is to increase our coping methods by educating, motivating, and presenting alternative perspectives for us to consider. In so doing, there may be an added benefit of reducing some stress in specific areas of our lives.

The “**Facets of Life**” series is available on YouTube, search for at

<https://www.youtube.com/@dr.dennispezzatophd.behavi6164> OR from his website at

<https://www.dennispezzato.com/Recordings.html> Feel free to email Dr. P. with any questions or comments through his web site.