

561 KUPUNA PL. HILO, HI 96720



Aloha Caregivers, Happy New Year!

Wow, it's hard to believe that 2025 is already here. We're excited to kick off the new year with you. As we look ahead to 2025, we're filled with hope and anticipation. We're grateful for the team's hard work and dedication in the past year, and we're confident that together, we'll achieve even more in the year ahead. I recently read a quote: "New year—a new chapter, a new verse, or just the same old story? Ultimately, we write it. The choice is ours."-Alex Morritt. I like this thought, and I feel motivated by it.

I hope and pray that this new year is truly your best one yet. I will continue to work even harder here at HIAC this year. You, our (amazing) team, and our dear kupuna motivate me to work diligently and strive for excellence. Your feedback is invaluable to us. If you haven't already done so, please complete our Bi-Annual Survey. These surveys help us with our grant funding requirements, and provide feedback on what we can do better as an organization. We write grants year-round to fund our tuition assistance program and caregiver services.

One of our key caregiver services is our Respite Saturday, held on the third Saturday of each month. We're thrilled to welcome back Coach Arliss on January 18th, from 9am to 1pm. Arliss will be leading a training session titled: "Grief and Loss: Coping Strategies for Caregivers." This is a valuable opportunity to learn and connect with fellow caregivers. A light breakfast and lunch, prepared by our Kitchen Manager (and employee of the month), Mark, will be served. Daycare for caregivers is also available at no cost, thanks to our generous grant funders. We look forward to seeing you there!

Mahalo nui loa,

Andrea Wernli
Executive Director



HIAC BOARD OF DIRECTORS

President: Marcie Saquing
VP- Internal Affairs: Jon Miyata
VP- Governance: Chris Schlueter
Secretary: Nancy Kelly
Directors: Amy Honda, Nicolas Los Banos,
 Donna Okinaka, Jay Ignacio

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Inserts: Activity Calendars

MARK YOUR CALENDAR:

New Years Day 2025
 Wednesday, January 1, 2025
CENTER CLOSED

Caregiver Support Group with Maile
 Thursday, January 16, 2025 10:00 a.m.

Caregiver Respite Day
 Saturday, January 18, 2024

Group Counseling with Cheryl
 Wednesday, January 22, 2025, 10:00 am



Program Highlights

December 2024



Our friends from Na Hoaloha danced hula to Christmas mele.



Keonepoko Elementary School, Pahoa Girl Scouts Troop visited HIAC to sing Christmas carols. It was such a treat for our participants. Seeing their smiles are priceless!

Spirit Week 2024



Hilo Daijingu Ukulele Club serenaded us with Christmas melodies.



The Lotus Buddhist Monastery donated rose arrangements to our Kupuna to wish them a Happy Holidays.

Respite Saturday/Recap

December 21, 2024



Breakfast and Lunch prepared by our chef Mark Rivas



Gratitude

a simple yet powerful emotion that means feeling thankful and appreciative for the good things in your life. It's about recognizing and valuing the kindness, help, or positive experiences you've received from others or from life itself. Gratitude involves a sense of warmth and thankfulness, which can boost your mood, strengthen relationships, and enhance your overall well-being. It's like a mental and emotional thank you that reminds you of the positive aspects of your life, even in challenging times."

-Dr. Sravya Vuppalapati



We shared gratitude and stories that empower each other as caregivers.

HIAC loves and appreciates our caregiver Ohana!





CERAMICS

Gallery

WITH SUZANNE WANG

After my trip abroad, it felt wonderful to return and see both familiar and new faces at HIAC. This week, our project was making turtles from a single piece of clay. The body and shell were shaped first, while legs and heads were pulled out and reshaped from the same form. We used domed bisque-fired ceramic molds to maintain the curved shape. During lunch, I painted a coat of black underglaze on the turtles' backs. By the afternoon session, the clay had become leather-hard, perfect for carving textures and designs.



Why is working with clay so therapeutic?

Its soft, earthy texture feels natural and grounding. The act of pushing, pulling, pinching, and carving engage the hands and stimulate hand-eye coordination while encouraging creativity. This childlike sense of play can reduce stress and anxiety, stimulate memories, and foster enjoyment by focusing on the present moment. Making something handmade provides a rewarding sense of accomplishment!

By: Suzanne Wang, Ceramics Instructor



HIAC'S SPECIAL DAYS

January 2025

Happy Birthday to our Participants!

Etsuko

Angelina

Tomi

Cynthia

Priscilla

Diane

Happy Birthday to our Team Members!

Jamie

Keola



A special thank you Sharman Oyadomari, daughter of our HIAC participant, Kikuko Kuwahara, for the beautiful flower arrangements for our staff Christmas party.



EMPLOYEE OF THE MONTH

January 2025



Mark Rivas, Kitchen Manager
Working at HIAC since August 1, 2024



What do you enjoy about working at HIAC?

"The overall happiness and people appreciating what I do."

What advice do you have for your team?

"Keep the smiles coming."

What people are saying about Mark?

"A hard worker. Makes the best food. Glad he is on the team."

Mark brings fun and order into the kitchen."

CORE VALUE AWARD

2025 2nd Quarter



Building Maintenance Coordinator
Working at HIAC since August 16, 2018

Village:

We are more than a care facility; we are a community. Collaboration is our strength, creating a village where everyone plays a crucial role in supporting one another



The Core Value Award honors employees who consistently demonstrate our core values through their work and interactions. This program is an opportunity to acknowledge those who not only meet but exceed expectations, but embody the qualities that make our organization thrive.

Caregiver Resource and Services



Visit us online at to learn more about our caregiver resources program!



www.hawaiiislandadultcare.org

Monthly Caregiver Support Group with Maile



Thursday, January 16, 2025 10:00 a.m.

HIAC is looking for VOLUNTEERS!

- Gardening
- Maintenance
- Respite events
- Admin



Please contact Samantha at
(808)480-3733 or
development@hawaiiislandadultcare.org

FREE Caregiver Short Term Counseling

Aloha Caregivers,

Joining individual or group counseling may often seem intimidating at first, but I encourage you to reach out or attend a session to see what it is all about. Group can provide you the support you need while being surrounded by other caregivers who share similar experiences. I look forward to the opportunity to provide you the much-needed support as you care for your loved ones. Mahalo for all you do!

Cheryl Dias, MSW
Family Caregiver Counselor



Upcoming GROUP Counseling dates:

- January 22, 2025, 10:00 am
- February 19, 2025, 10:00 am
- March 12, 2025, 10:00 am

Location: HIAC Conference Room
NO RSVP necessary!



FOR MORE INFORMATION CONTACT:

808-480-3725 or by email: cheryl@hawaiiislandadultcare.org



This program has been made possible through the Federal Older Americans Act Title III and State funding from the Hawaii County Office of Aging and the State Executive Office of Aging.



FREE Transportation Options:

HIAC is partnering with HCEOC (Hawaii County Economic Opportunity Council) & HCOA (Hawaii County Office of Aging) to provide **FREE** transportation to and from HIAC at the following locations:



(808) 731-7009 hceoc.net 47 Rainbow Drive, Hilo

Hamakua Locations

Kulaimano Community Center
28-2892 Alia St.
Pepeekeo, HI 96783
Morning Pick Up: 8:00-8:15AM
Afternoon Return: 2:30-2:45PM

Papaikou Gym
27-228 Maluna Pl.
Papaikou, HI 96781
Morning Pick Up: 8:00-8:30AM
Afternoon Return: 2:15-2:30PM

Puna Locations

Pahoa Senior Center
15-3016 Kauhale St.
Pahoa, HI 96778
Morning Pick Up: 8:15-8:30AM
Afternoon Return: 2:30-2:45PM

Keaau Community Center
16-186 Pili Mua St.
Keaau, HI 96749
Morning Pick Up: 9:00AM
Afternoon Return: 2:15-2:30PM

****afternoon pick up from HIAC will be at 2:00PM for both Hamakua and Puna Routes***



For more information please contact Momi at momi@hawaiiislandadultcare.org or (808) 480-3731

Come join us today at HIAC!



Ohana Fuels CAR WASH FUNDRAISER





Makalo for Supporting HIAC

Car Wash Dates & Times

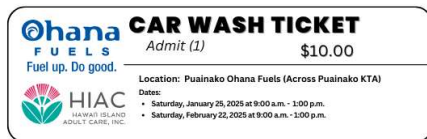
- Saturday, January 25, 2025 at 9:00 a.m. to 1:00 p.m.
- Saturday, February 22, 2025 at 9:00 a.m. to 1:00 p.m.

Location

Ohana Fuels Puainako (Across Puainako KTA)

Ticket Sales

The HIAC team member who sells the most tickets receives one day PTO!



Car wash tickets can be purchased at Hawaii Island Adult Care Admin Office. Contact Samantha at (808) 480-3733

As part of "Fuel Up. Do Good." Community Giving Program, Ohana Fuels will be generously providing HIAC a portion of the retail fuel sales starting January 1, 2025 through March 31, 2025.



January 2025

HAC is an equal opportunity provider.
Milk is served with all lunches.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 HAPPY New Year Center Closed	2 Beef Stew Hapa Rice Fruit Milk	3 Tuna Salad WW Bread Fruit Vegetable Salad Milk	4 Turkey Sandwich on WW Bread LTO Fruit Vegetables Milk
5	6	7	8 Egg Sandwich WW Bread Fruit Vegetable Salad Milk	9 Roasted Turkey & Gravy Mashed Potatoes WW Bread Fruit Milk	10 Beef Stew Hapa Rice Fruit Milk	11 Ham & Cheese Sandwich WW Bread Fruit Vegetable Salad Milk
12	13	14	15 Tuna Salad WW Bread Fruit Vegetables Milk	16 Chili Hapa Rice Crackers Fruit Salad Milk	17 Chicken Strips Potato Wedges Ranch Fruit Milk	18 Cheeseburger WW Bread Potato Wedges Fruit Milk
19	20	21	22 Turkey Sandwich WW Bread LTO Fruit Vegetables Milk	23 Kalua Cabbage Hapa Rice Mac Salad Fruit Milk	24 Katsu Curry Potato, Carrot, Onions Hapa Rice Salad Milk	25 Egg Sandwich WW Bread Fruit Vegetable Salad Milk
26	27	31	29 Ham & Cheese Sandwich WW Bread Fruit Vegetable Salad Milk	30 Tacos WW Flour Tortilla Ground Beef Corn Salad Fruit Milk	31 Salmon Bowl Herb Rice Fruit Vegetables Milk	1 Tuna Salad WW Bread Fruit Vegetables Milk



Hawai'i Island Adult Care presents:

Respite Saturday Workshop *with Arliss*

"Coping Strategies for Caregivers"

SATURDAY • JANUARY 18TH, 2025
9:00 AM - 1:00 PM
561 KUPUNA PLACE
HILO, HI 96720



Mahalo to our
water sponsor!

Reserve your spot:

To RSVP to this event or email Samantha at
development@hawaiiislandadultcare.org
or call (808) 480-3733



This program has been made possible through Federal Older Americans Act Title III and State funding from the Hawai'i County Office of Aging and the State Executive Office of Aging



Take Charge of Your Health!

KE OLA PONO

Self Management Program

This program has been made possible through Federal Older Americans Act Title III and State funding from the Hawai'i County Office of Aging and the State Executive Office on Aging.

Start 2025 off right & Prioritize Your Health

See if you qualify for a free 6 week workshop!

All those who are 60 and older this, program is for you!



About the workshop

Successful Evidence Based program developed by Stanford University. 2.5 hours, once a week for 6 weeks. led by trained facilitators. Participants share their successes and support each other.



Why attend?

Learn self management skills. Feel better by managing your symptoms. Make daily tasks easier. Cope with depression, anxiety, frustration, and anger. Get more out of life.



Topics Covered

Goal setting & Problem solving. Fitness and exercise. Healthy eating. Relaxation. Falls and Balance. Importance of Sleep. Effective Communication. Positive Thinking. Decision Making.

Space is limited. Qualified individuals receive training at no cost. Call Mona today to reserve your spot!

Every Friday for 6 weeks
9:00-11:30 am

Jan 17th

Jan 24th

Jan 31st

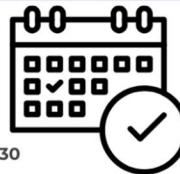
Feb 7th

Feb 14th

Feb 21st

Location: Office of Aging
1055 Kino'ole St., Suite 101

You have the power to protect your peace.



HIAC
HAWAII ISLAND
ADULT CARE, INC.



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mvance@hawaiiislandadultcare.org

SMRC
selfmanagementresource.com