



# MAUI ADULT DAY CARE CENTERS

## August 2017 Newsletter

### Caregiver Support Group Schedule

#### Kahului:

**Kahului Day Care Center**  
Thursday, August 3, 2017  
2:00PM

#### Upcountry:

**Pukalani Baptist Church**  
Monday, August 14, 2017  
5:30PM

#### Lahaina

**West Maui Senior Ctr. Lounge**  
Thursday, August 10, 2017  
2:00PM

#### Wailuku:

**Ocean View Day Care Ctr.**  
Thursday, August 31, 2017  
6:00PM

#### Kihei:

**Kihei Maui Adult Day Care**  
Monday, August 28, 2017  
4:30PM

#### Hana:

**Hale Hulu Mamo**  
Monday, August 21, 2017  
10:00AM

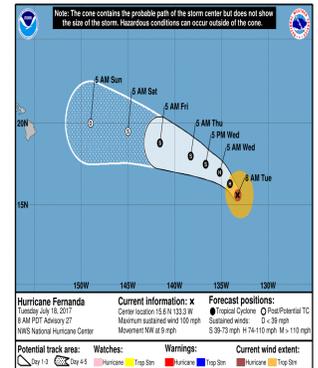


### Thought for the Month:

*"Some of our favorite summer memories, we found ourselves wearing flip-flops" and Yaemi says "we always wear flip-flops" Lots of fun-filled summer memories!"*

### Dear Families and Caregivers,

Hurricane Season is here! As we all remember, we had a very wet winter season which can bring a summer of storms. Weather forecasters predict a very busy hurricane season for 2017 which actually started for the Pacific region on May 15th and will last until November 30th. We want to remind our Maui Adult Day Care Centers (MADCC) Ohana to be ready and prepare for the worst. Preparing for natural disasters, whether a hurricane, tsunami, flood, earthquake or other dramatic event, can make all the difference. Families shouldn't wait until the last minute, because supplies will be in demand, and when caring for our kupuna, it is important to be prepared. Should Maui fall in the path of a hurricane or other natural disaster, for the safety of our clients and employees, we may temporarily close our centers for a period of time until travel is safe and the storm has passed. Maui Adult Day Care Centers follows the public school closure schedule. If the public schools are closed due to poor weather, then, MADCC will also be closed. In the event of poor weather or a natural disaster during the summer when schools are already closed, MADCC follows the County of Maui closures. Be sure to listen to your local news broadcast to get your weather updates and business closings. The American Red Cross recommends at least six basic items to stock at home. These items include water (1 gallon of water per person per day is suggested and at least a 3-day supply of water is recommended), non-perishable food, first aid supplies, clothing, bedding, tools and emergency supplies. Have you checked your flash lights and transistor radio to make sure the batteries are good and there is no corrosion on the battery terminals? It is also recommended that you have a tote or an easy-to carry container to transport items in case you will need to evacuate your home or travel to a shelter. It is also a good practice to have an evacuation plan. Do you know where the nearest shelter is? When having to go to an emergency shelter, for your comfort, you need to bring your own blankets and pillows. These items are not provided. We also suggest you have a written list of emergency phone numbers and family contacts in case cell phone service is affected. We are so dependent on technology nowadays, that we may forget that when a hurricane or tropical storm occurs, we might not be able to access our phone contacts on our computers or cell phones. Have you made arrangements for your pets? Most shelters do not allow pets. For additional information, you can contact your local civil defense office or American Red Cross. **Be Safe!!** Sincerely, Suzanne Antouanian/Executive



### WATERMELON SLUSH

- 4 cups peeled seeded and cubed watermelon
- 1/2 cup lemonade
- 1 tablespoon lime juice
- 1 tablespoon sugar

1. Freeze watermelon in a freezer bag for about 6 hours.
2. Combine frozen watermelon and the rest of the ingredients.
3. Process mixture in a blender of food processor until it is smooth; stopping once to scrape down the sides. Pour into glasses.



## Maui Adult Day Care Centers

11 Mahaolu Street, Suite B  
Kahului, Hawaii 96732  
Main Office: 871-5804  
Hale Hulu Mamo: 248-8833



**Webpage:**  
[www.madcc.org](http://www.madcc.org)

**Maui Adult Day  
Care Centers**

**Follow Us on**

**Instagram:**

**@mauiaduldaycare**



### Welcome to MADCC:

#### Ocean View

Winona  
Gaylord  
Tim  
Kahului  
Charlotte

### Friendly Reminder:

Due to the increase in costs of providing services, Maui Adult Day Care Centers will be increasing daily rates to meet the rising costs.  
Effective August 1, 2017:

### **MAUI ADULT DAY CARE CENTERS**

#### **New Daily Rates:**

##### Level 1:

**\$57 Per Day**

##### Level 2:

**\$59 Per Day**

##### Level 3:

**\$65 Per Day**

##### Personal Care/Bathing

**\$20 Per Scheduled Bath**



**A few words from  
Hale Hulu Mamo  
By Sheila Roback**

### Got Lomilomi?

Our Lomilomi program has grown to be the most requested one here at the Center. Studies show that massage works wonders; it has been proven that massage increases circulation, allowing nutrients and oxygen to reach the cell, and toxins to be eliminated. It increases the lubrication between muscle fibers, permitting the muscles to move better. Massage reduces stress hormones and pain, strengthens the immune system, relieves tension, stimulates the lymphatic system, alleviates depressive symptoms, and encourages red blood cell production. It improves sleep, digestion and stimulates good health. Massage creates a sense of being cared for and nurtured, and increases our sense of well-being. For all of us, massage, then, appears to be a good thing. For Kupuna, it is especially important to receive these benefits, as massage can help ease the discomfort of many of the conditions of aging. For these reasons and more, we have been offering massage, in the form of lomilomi; Lomilomi is an ancient healing art that has been practiced for centuries in Hawaiian cultural tradition. It includes the physical and spiritual acts of massage and body. The response of Kupuna to this program has been incredibly heart-warming. Feedback has included feeling "years younger," "having pain lessened or eliminated," "I can't believe I've waited this long to experience this" and "My husband used to shuffle when he walks, now he walks normal!" We are extremely happy and grateful to be able to offer this service to our Kupuna, who are so deserving of the benefits and special attention that lomilomi gives.



#### Ocean View:

**08/06 Marie**  
**08/09 Robert**  
**08/16 Jessie**  
**08/23 Norma**  
**08/25 June**  
**08/25 Simeona**

#### Lahaina:

**08/17 Hidemi**

#### Kahului:

**08/01 Isabel**  
**08/10 Frances**  
**08/17 Presentacion**  
**08/22 Karen**  
**08/22 Filomena**



### HELPFUL TIP OF THE MONTH:

We are excited for our Maui County Ohana who will benefit from the recent transfer of the management of Maui Memorial Medical Center, Kula Hospital and Lanai Community Hospital from Hawaii Health Care Systems Corporation to Kaiser Hospital which is under the umbrella of the non-profit organization known as Maui Health System. This transfer took affect as of July 1, 2017. Kaiser President, Mary Ann Barnes stated, "we are committed to serving all patients regardless of their health insurance and to bring high quality care to the people of Maui & Lanai. Maui Memorial Medical Center (MMMC) will continue to serve everyone just as it always has regardless of health condition, insurance provider, resident, visitor or even ability to pay...no one is turned away!" Maui Health System is actively hiring physicians, registered nurses, nurses aides and administrative positions. Maui Health System has pledged to do everything possible to expand its services on Maui. We are looking forward to the time when we no longer need to travel to Oahu for medical procedures and we can remain right here at home on Maui!! Best Wishes from MADCC!!