

ALOHA PUMEHANA

December 2000 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication
 Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

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County Executive on Aging Message

Dear friends,

The holiday season is associated with gift giving—material exchanges that can convey meaning to the giver and recipient. However, the best gifts received often are not seen nor heard—they are felt. They warm our hearts and fill us with joy.

With this holiday issue, we want to tell you about a gift you give to us and for which we want to convey a message of gratitude. We express our gratitude to all of you readers and contributors for inspiring us to continue this newsletter—gratitude to our contracted service providers who deliver

CHRISTMAS GIFTS FOR SENIOR CITIZENS

By The Honolulu Committee on Aging Members

Christmas . . . a time of good cheer, a time to renew friendships, a time to search for gifts for someone who has “everything.”

As advocates for elder persons, the Honolulu Committee on Aging offers suggestions for anyone shopping for an older friend or family member. In addition to

these tangible gifts, the gift of your TIME is also precious and may be the gift most appreciated,

- Magazine subscription, especially ones with good color photography.
- Photo album. Start it with pictures from your family,

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meals, transport and bathe clients with kindness and compassion—gratitude to Honolulu Committee on Aging members and others who give us advice and guidance—and most of all, gratitude to the elders and caregivers who ask us to help them. All of you give us purpose in life, a reason to get out of bed each morning and to give it our all. Purpose and meaning in life, what a priceless gift.

We thank you for your continued support and encouragement and look to

you as partners as we strive to make our collective dreams a reality. Things are not perfect, but we are getting there. With hope dancing in our hearts, ideas jingling in our heads, and pumpkin pie warming our tummies, we wish you a wondrous holiday season. May you rekindle those magic moments that renew your spirit and nourish your soul.

Mele Kalikimaka!

Karen Miyake and Elderly Affairs
 Division Staff

CHRISTMAS IN APRIL

By Carol Lee, Chairman,
House Selection Committee

Christmas in April * Oahu (CIAO) was launched by the Junior League of Honolulu in 1992 as a community project and as an affiliate of the Christmas in April * USA organization. Begun as a single community project in Midland, Texas, it has grown to more than 720 affiliate chapters across the nation in less than 23 years.

The 2000 CIAO was a success, thanks to the generosity and dedication of faithful supporters. Last April, volunteers began renovating the homes and lifted the spirits of 14 low income, elderly and disabled homeowners throughout Oahu culminating with one big rebuilding day on April 29. In addition, volunteers repaired the non-profit structure of Project DANA, an interfaith cooperative agency that provides support ser-



vices for frail elderly and disabled persons.

To qualify for the program, recipients must own their home and be unable to afford or perform the work themselves. The application process is very simple: Homeowners must fill out an application and return it to the address listed at the bottom of the application. To determine the scope of work needed, a follow-up home visit will take place. Selection will be on the basis of need, ability of volunteers to complete the work in one day and receipt of sponsorship funds necessary for the purchase of materials. Please understand that CIAO may not be able to accept all houses submitted or complete all of the work requested.

CIAO gives volunteers and the community the opportunity to work together in the spirit of neigh-

bors helping neighbors. For the homeowners, it is a miracle, a gift of dignity restored. For the volunteers, it is a chance to make a concrete contribution to a neighbor's life. While the volunteers who contribute so generously of their time on those days in April bring hope to the many homeowners and community organizations they assist, the work of Christmas in April continues throughout the year, relying on donations before the April construction project can become a reality. Please help to continue the life-changing work of Christmas in April * Oahu by becoming involved as a sponsor, contributor, volunteer, or committee member to help create another successful rebuilding day on April 28, 2001. Call **543-0900** and leave your name, phone number and a message as to how you would like to contribute to Christmas in April * Oahu. 

CHRISTMAS GIFTS FOR SENIORS CONTINUED FROM PAGE 1

The Honolulu Committee
on Aging Members

but leave space for others they collect.

- A home-cooked meal.
- Housecleaning service for persons who no longer do them easily.
- A radio.
- Long horn shoe, comb, toothbrush, handcream, shower cap, socks.
- Hand and face towels.
- Sun visor.
- Batteries for flashlights.
- Prepare mailing labels for their Christmas cards.
- Affix labels and stamps on their Christmas cards.



- Pay their phone bill for some months.
- Remember them during major holidays with a card or phone call.
- Remember them on birthdays.
- Stamps.

Elderly persons in nursing homes have special needs:

- Lap blankets.
- Robes.
- Give money to the administrator to treat several people to ice cream.
- Bibs.



- **DO NOT** give them perfumes, powders, jewelry or knickknacks.
- **DO NOT** give them clothing.

Thank you for remembering an elderly person during this holiday season. Merry Christmas!



SENIOR WATER CONSUMPTION URGED

A senior's health group asks nutritionists and care facilities to urge the aging to drink more water, taking a cue from the Agriculture Department Human Nutrition Research Center on Aging at Tufts University, which released a special food pyramid recognizing water as part of a healthy diet.

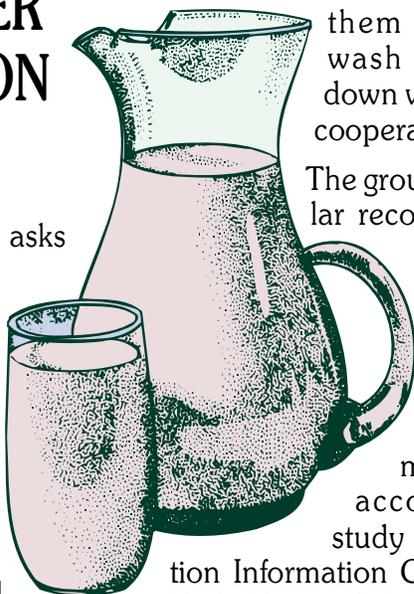
A United Seniors Health Cooperative reports nutritionists and facilities could make bottled water more accessible to seniors, who tend to sense thirst less than younger persons but need more water.

Elderly people are more susceptible to catching illnesses like the flu or diarrhea and tend to lose fluids more readily, the group says.

The warning comes when more health experts tout preventive medicine to avert the costs of lengthy hospitals or nursing home stays for seniors in the face of Medicare cuts.

Water, experts say, protects human organs, lubricates joints, regulates body temperature, converts food to energy and removes wastes. Two-to-three quarts of water a day is lost to sweating, exhaling and elimination and must be replaced, especially in seniors.

Seniors also take more medica-



tions that dehydrate them and should wash their drugs down with water, the cooperative reports.

The group makes similar recommendations for alcohol, tea and soft drinks, which cause the kidneys to excrete more water, according to a study by the Nutrition Information Center at New York Hospital-Cornell Medical Center.

Seniors who consume these beverages in large amounts need to chase these drinks with glasses of water, the study finds.

Bottled water ought to be part of state-administered home-delivered meals since the Agriculture Dept. has incorporated it into a special food pyramid for seniors, the cooperative says.

To check for dehydration in seniors, facilities and nutritionists ought to watch for the following symptoms:

- Nausea
- Vomiting
- Headaches
- Persistent elevated temperature
- Dry lips and tongue
- Infrequent and dark-colored urine
- Light-headedness and loss of energy
- Digestive complications
- Excessive body fat

- Dry skin
- Hoarse voice
- Water retention problems
- Muscle or joint soreness
- Poor metabolism of body fat
- Poor muscle tone and size
- Persistent constipation
- Restlessness
- Muscle cramps

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www.cdpublications.com)



FUN AT THE BEACH



By Assistive Technology Resource Centers of Hawaii (ATRC) Staff

A day at the beach is lots of fun and assistive technology can help you enjoy it even more.

To make it easier to move around the sandy beaches, the Department of Parks and Recreation has equipped five parks and beaches on Oahu with all-terrain wheelchairs. These Landeez Beach Chairs have balloon tires that roll easily across sand and into the ocean. They are available free of charge seven days a week at the following locations:

- Ala Moana Beach Park (at the Diamond Head and Ewa food concessions)
- Sans Souci - Waikiki (in partner

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ship with the New Otani Kaimana Beach Hotel and Kayak Oahu Adventures, Inc., phone **923-0539**)

- Hanauma Bay Nature Park (in partnership with North Shore Shuttle, Inc., phone **395-2211**)
- Kualoa Regional Park (call **237-8525** to make prior arrangements)
- Kailua Beach Park (at Kailua Beach Concession, phone **263-5959**)

The Parks and Recreation Department has also installed beach mats that provide a smooth flat surface across the sand to the water's edge. How close to the water's edge will depend on how low or high the tide is at the time. The mats are in place in front of both concession stands at Ala Moana Beach Park. For more information on using the beach wheelchairs or beach mats at Oahu's beaches, contact the Therapeutic Recreation Unit at **522-7034** (voice/TTY) or send email to parks-tru@co.honolulu.hi.us.

Sun protection is important. In addition to using sunscreen, clothing made from a special fabric can provide all-day protection with a sun protector factor (SPF) of 30 or more. Hats with wide brims, shirts, pants, skirts and gloves are available in a range of sizes to fit adults and children. Another product to help you stay cool and prevent sunburn is a wheelchair umbrella. They attach easily to wheelchairs, scooters, walkers or tables with a clamp and fold up for compact storage.

Several types of bathing suits make beach going easier for people with

disabilities. Bathing suits can be hard to pull on and off especially when they are wet, so one company makes an easy access three-piece suit. It features a blouson top with a full length zipper in the front and snaps on the shoulder straps. The wrap skirt ties on at the waist and the waterproof panty has a side zipper for easier access. You may find bathing suits with similar features in department stores. Other companies manufacture bathing suits for women who have had mastectomies with a pocket to insert prosthesis. You can even purchase a flotation swimsuit with pockets of foam sewn into the design.

ATRC can help you locate sources for the products described above. For more information, call **532-7110** or send email to atrc@atrc.org.



TZU-CHI FOUNDATION HAWAII

By Tony Baccay

Established in 1996, The Buddhist Compassion Relief Tzu-Chi Foundation of Hawaii is a nonprofit organization which provides charity, medical treatment, educational development, and cultural promotion to low-income families regardless of race, nationality or religion. Tzu-Chi activities also include bone marrow donation, international relief,

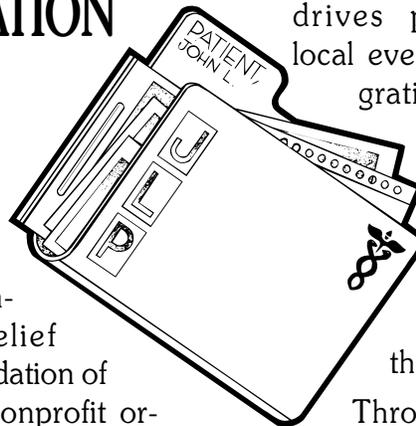
environmental conservation and community service.

Tzu-Chi Hawaii volunteers visit the sick, the dying and the aged. They visit long-term care patients at Kaiser and St. Francis Hospitals and provide companionship to the residents of the Palolo Chinese Home and the disabled children at Shriners Hospital for Crippled Children.

During disasters, volunteers have been designated to work the Red Cross to operate an emergency shelter in the Honolulu Convention Center in case of a major disaster.

In October 1993, the Tzu-Chi Foundation set up the Bone Marrow Donor Registry of Taiwan, calling on all residents of Taiwan and Asia to help save lives. The registry is the largest data bank in Asia. From its inception, Tzu-Chi Hawaii has routinely made bone marrow drives part of its various local events. It was particularly gratifying for the Tzu-Chi Hawaii volunteers when, in 1996, the local office was able to help find a donor for baby Alana Dung of Honolulu through the Tzu-Chi registry.

Through the Tzu-Chi Free Clinic, a volunteer staff of doctors, nurses and nonmedical personnel help those without healthcare coverage. Open since 1997, the clinic offers comprehensive medical care to low-income families and individuals with free medical visits,



laboratory examinations, diagnostic radiology, specialty



referrals, and medication. The clinic, located at 100 North Beretania

Street, Suite 122, is open Monday through Friday, 5 p.m. to 7 p.m. In addition to free medical services, clients may also meet with Tzu-Chi representatives to discuss the Foundation's ideals of kindness, compassion, joy and unselfish giving and explore ways in which the clients can incorporate these ideals into their daily lives.

The Buddhist Compassion Relief of Tzu-Chi Foundation is a worldwide charity organization whose local offices serve their communities in the areas of community service, healthcare, education and culture. Feeling a deep compassion for others, Tzu-Chi volunteers appreciate the opportunity to give and help. They carry out their tasks with gratitude and without asking for anything in return. The human touch, expressed through a spirit of love, joy and compassion, is a core value for the Tzu-Chi Foundation. Whether locally or internationally, all relief items are presented personally to the people in need.

For more information, please call Tzu-Chi Foundation at **537-2235**, visit their offices or log on-to their website at www.tsu.chi.org.



SENIOR BEHAVIORAL HEALTH CARE UNIT

*By Jackie Lacy, M.S.C.P.,
Community Liaison Director*

With the wonders of modern medicine and other luxuries, it is no surprise that people are living longer. Hawaii has been preparing for this change in the population for many years. As a result, many organizations have been established to meet the needs of Hawaii's seniors.

In May 2000, Behavioral Health Concepts joined with Wahiawa General Hospital to develop an organization that would look at and treat the severe psychological needs of persons over the age of 65. It was recognized that in addition to specialized medical attention, this population also needed specialized psychological attention. The "Senior Behavioral Health Unit" was developed to meet this need.

Dr. Dan Tanahashi is the medical director of the unit. He and Dr. Michael Komeya are psychiatrists specializing in Geriatric Psychiatry. Judy Brazel, RN, MS, is the program manager. Judy developed a professional yet warm atmosphere for seniors requiring inpatient treatment for psychological/psychiatric symptoms. Is there really a need for this unit? As the unit continues to fill with seniors suffering from severe depression, behavioral problems, dementia, and other symptoms, it appears so.

The treatment approach at the

Senior Behavioral Health Care Unit is comprehensive. All appropriate needs are tended to while a patient is at the unit. A typical day may consist of psychiatric evaluation; physical, speech and occupational therapies; stress management; low impact exercise; recreational activities; and family, group and individual therapies. It is intensive but very effective.

The Senior Behavioral Health Care Unit is a ten-bed unit designed to treat acute symptoms on a short-term basis. The multidisciplinary team of specialists treat the patient's severe symptoms and explore continuing care on an outpatient basis. Such discharge plans are explored with the unit's Social Worker, Bob Wolf, MSW, the patient and the patient's caregiver(s). The team works with various organizations in the community to allow the patient the best quality of life possible upon discharge from the unit.

How do you know if you or a loved one has symptoms that can be treated at this facility? A free assessment is done prior to admission and the results are presented to Dr. Tanahashi or Dr. Komeya to determine the need for inpatient care. Many times symptoms can be treated on an outpatient basis and we will help you find such resources. If it appears that inpatient services are required, you will be guided through the process. The most difficult thing for you to do is call. After that first phone call, you will know what to do next. Our Community Liaison Director is available to answer your questions and assess your situation at **621-4254**. The unit's main phone number is **621-4310**. 

MONEY SAVING TIPS ON MEDICATIONS



By Pat Tompkins, Chief Planner
Elderly Affairs Division



Everyone likes to save money, but did you know there are even ways to save money on your

prescriptions? The following services may be able to help:

Catholic Charities Elderly Services: Some foundations offer assistance to individuals with special needs or particular illnesses. Call **595-0077** for more information.

Generics: Choosing generic over name brand drugs can result in substantial savings. But before you do, be sure to ask your doctor.

Hawaii Primary Health Care Association: La'au MaKana, a medicine bank, provides free medications to community health centers. Call **536-8442** for the community health center closest to you.

Honolulu Elderly Affairs Division: Call the Senior Hotline at **523-4545** for information on health, personal care services provided for seniors on Oahu and ways to save money on health care services.

Internet: Many pharmacies sell medications for less via the Internet. However, before

you place an order, make sure the pharmacy is credentialed by checking with the National Association of Boards of Pharmacy (NABP) at www.nabp.net or by calling **698-6227**. Some Internet credentialed pharmacies are:

www.cvs.com,
www.drugstore.com
and
www.planetRX.com.

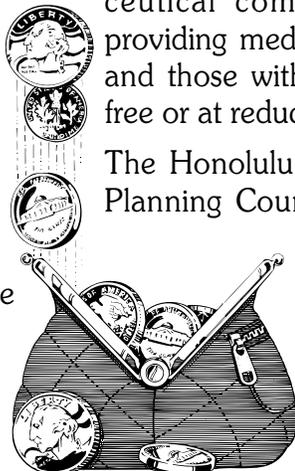
Pharmacies: Compare prices. You'd be surprised at the difference in prices for the same drug at different drug stores and pharmacies.

SagePlus (State Executive Office on Aging): Call **586-7299** for counseling on health insurance prescription benefits.

Senior Medication Management & Wellness Program: Many seniors have more than one doctor who is prescribing medications for different conditions. To find out if all of the drugs you are taking interact as intended for your conditions, call **282-3620** for an appointment for a free consultation offered by trained, certified pharmacists.

Your Physician: Always ask your doctor if he/she knows of pharmaceutical companies who are providing medications to seniors and those with low incomes for free or at reduced costs.

The Honolulu Sub-Area Health Planning Council, Hawaii State Health Planning & Development Agency and the Honolulu Elderly Affairs Division compiled this information. ☐



AARP'S SENIOR DRIVING PROGRAM

By Mike Bass, Instructor,
55 Alive Driving Program

Why the Program Was Developed? In the United States there are approximately 56 million registered drivers age 50 and older. This figure makes up a whopping 30% of all drivers on our nation's highways. Most of these older drivers learned to drive either during the first half of this century and/or well before the advent of formal driver education and training in public or private schools. This has left most senior drivers without ever being exposed to any formal professional driver training.

Why 50 And Above? Drivers over 50 are a very unique population and have specific physiological considerations and driving problems. They rarely commit traffic violations such as speeding, drunk driving or reckless driving but they do suffer with problems when involved in situations requiring quick response, full vision and intersections. Typical violations for elder drivers include:

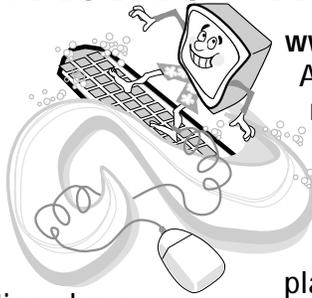
- failure to yield right-of-way
- improper turns
- incorrect lane changing
- passing
- entering and
- exiting expressways

Since 1969 American Associa

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Surfing The AGING NETWORK.COM

By Tony Baccay



www.tzu.chi.org
Information about the Buddhist Compassion Relief Tzu-Chi Foundation whose volunteers serve the community in the areas of community service, health care, education and culture.

www.hawaiicoupons.com
Displays discounts currently offered by participating businesses. Kama'aina Koupons allows you to print out customized coupons and redeem them.

www.hawaii50plus.com
An online resource for people over 50. Features a searchable database of listings for senior fairs, PrimeTime advertisement, calendar of events, State and City and County resources.

www.ssa.gov/enews/last.htm

A new way of getting your monthly, free newsbyte chunk of Social Security information. Receive information that you'll need to make informed decisions when planning your financial future. Subscribe now to receive timely updates on disability, retirement, survivors, Supplemental Security Income, Medicare, laws and regulations, press office news releases, wage reporting, seniors, and data studies and research.

**www.ssa.gov/deposit
lowcost.htm**

Are you getting benefits but don't have a bank account? You'll want to take advantage of a new service and consider opening an electronic transfer account. These new low-cost accounts are available through federally insured financial institutions, including banks, savings and

loans, and credit unions. Your benefits are protected and you'll enjoy safe, convenient, immediate access to your deposits.

www.ssa.gov/retire

Many financial advisors will say that you'll need about 70 percent of your pre-retirement income to live comfortably in retirement. Along with your future Social Security retirement benefits, you'll need to accumulate enough personal savings and pension income to meet this level. On average, 40 percent of retirement income comes from Social Security. Remember that age 62 is the earliest you can collect Social Security retirement benefits. But no matter what your current age, you'll want to start thinking about your retirement future now. The Social Security Retirement Planner will help you find more information about your Social Security retirement benefits and how they will affect your retirement plans.

AARP'S SENIOR DRIVING PROGRAM CONTINUED FROM PAGE 6

tion of Retired Persons (AARP) has made available an 8 hour classroom refresher-driving program referred to as "55 Alive/Mature Driving." It is the nation's first, largest and now the most recognized comprehensive curriculum, designed specifically for the older motorist.

What Are The Benefits To Taking The Program?

The curriculum specializes in:

- declining perceptual skills
- rules of the road
- local driving problems

- license renewal
- insurance reductions

The Quality Of The Program.

The information presented in the program has been carefully developed through a collection of data from some of the nation's leading public and private authorities in traffic, safety, aging, vision, and psychology. So far, over 6 million member and non-member students have been trained by close to 9,000 trained volunteer instructors. The National Safety Council has honored the course for 10 consecutive years citing outstanding contributions to the education of

adult drivers.

Why Do Your Drivers Need Our Program?

Because of population age shifts currently underway in America, the potential for hazards created by older drivers is one of the fastest growing highway safety problems. AARP is the nation's leading organization for people age 50 and older. Currently its membership stands at just over 32 million... therefore, approximately one out of every two Americans, age 50 and older, are AARP members.

For further information and schedule of classes, call toll-free **1-888-227-7669**.

CALENDAR OF EVENTS

December 2000

- 3 **The Kupuna Connections Radio Show**, KHVH 830 AM, each Sunday 3:30 p.m.- 4:00 p.m., Moderated by Cullen T. Hayashida, Ph.D. The radio show is Hawaii's only program dedicated entirely to health, wellness, financial, nutritional, housing, long-term care service and legislative issues each week. Dec. 3 Special Guest; Dec. 10 Special Guest; Dec. 17 "Tis the Season to really control stress"; Dec. 24 "Visions and Wishes for Christmas and the New Year"; Dec. 31 "A New Year' Resolution: Preparing an Advanced Directive."
- 4 **55 Alive Mature Driving Course**. St. Francis Medical Center West, **678-7208**, Dec. 4 & 5, 8:30 a.m.-12:30 p.m.; Lanakila Multipurpose Senior Center, **847-1322**, Dec. 6 & 8 8:00 a.m.-12 noon.
- 15 **Caregiver Group Meeting**, Dec. 15, 2000, 9 a.m.-10:30 a.m., Child and Family Service, 200 N. Vineyard Blvd., Bldg. B, 1st Floor Conference Room. *Focus: Health and Nutrition*. The purpose of the Caregiver Group is to provide information and support to caregivers of the elderly. A voluntary contribution of \$2.00 per session is encouraged. If you are attending for the first time, please come a few minutes early to complete the registration form. For more information, please contact Gladis Rivera at **543-8497**.

January 2001

- 20 **55 Alive Mature Driving Course**. Kaiser Medical Clinic Mililani, **597-2260**, Jan. 20 & 27, 9 a.m.-1 p.m.; Kaiser Medical Clinic Honolulu, **597-2260**, Jan. 23 & 30 12 noon - 4 p.m.

February 2001

- 14 **Senior Valentine Dance**. Feb. 14, 2001, 9 a.m.-12:30 p.m., Blaisdell Exhibition Hall. Sponsored by Department of Parks and Recreation. For more information, please call **973-7258**.

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**. Written contributions to the newsletter are welcomed.



JEREMY HARRIS, Mayor
City and County of Honolulu