

ALOHA PUMEHANA

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 Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

County Executive on Aging Message



Dear Friends,

My son turned 18 and registered with Selective Service for the draft 9 days after the September 11th events. It was his duty as an American citizen and, although in my heart I didn't want him to turn 18, there was nothing I could do to turn back the clock. None of us can really go back to the way things were before September 11th. Instead, in our everyday, work-a-day life, most of us try to maintain a normal lifestyle. We struggle to comprehend what is happening and we try to figure out ways we can help.

In that vein, the Elderly Affairs Division inventoried aging service providers in early October to determine impacts of recent events on elders and shared the collective information with funders. We anticipate:

1. Increasing mental health problems. The recent events have brought up "flashbacks" for some who have lived through WWII. Depression is likely to increase.
2. Loss of family income. It is anticipated that there may be escalating demands for services such as group dining as families try to stretch the family budget.
3. More elder abuse. A major concern is that seniors will be increasingly abused or scammed as economic and psychological stresses increase.
4. Reduction in services due to lack of volunteers. Programs that rely on



volunteers such as home-delivered meals have been impacted.

5. Decreasing program revenues. About 12% of Older Americans Act programs on Oahu is supported by cash donations and there is concern that donations may diminish. Results of requests are not known at this moment.

In the meantime, in our continued effort to bring you information, we share with you in this holiday issue tips about coping. If you need help, please call the numbers provided or contact the Senior Hotline at 523-4545. If you are able to nurture others, we hope you will respond to Lanakila Meals on Wheel's call for volunteers, or look for other ways you can support human services programs. We cannot alter the past, but we can change our own and impact other people's lives.

All of us at the Elderly Affairs Division wish you a caring and healing holiday season.

Karen Miyake
 County Executive On Aging

Elderly Affairs Division Staff - 1st Row: George Miyamoto, Lorraine Fay, Sunny Armstrong-Hanson, Lorraine Souza, Karen Miyake.

2nd Row: Eugene Fujioka, Tony Baccay, Travis Kumura, Tauamatu Marrero, Judi Yogi.

3rd Row: Doug Gilman, Patrick Medeiros, Lot Lau, Alex Blackwell, Carlton Sagara. Missing: Craig Yamaguchi, Carolyn Abaya, Susan Tambalo, Pat Tomkins, Estelle Punley, Elaine Camara.

"YOU HAVE TO HAVE A SENSE OF HUMOR": A Caregiver's Story

By Tony Baccay

While working a full-time day job and being a part-time evening counselor at a University of Hawaii campus, Mr. V has also taken on the role of caregiver to his mother, 80, who has suffered a stroke and is not fully recovered. To complicate the rehabilitation, she recently fell and broke her hip.

He started out as a "weekends-only" caregiver, relieving his sister who

Continued on page 2

INSIDE THIS ISSUE

COUNTY EXECUTIVE ON AGING MESSAGE	1	LANAKILA MEALS ON WHEELS SEEKS VOLUNTEERS	4	EDUCATIONAL OPPORTUNITIES AT THE CENTER OF AGING	7
"YOU HAVE TO HAVE A SENSE OF HUMOR": A Caregiver's Story	1	VOLUNTEERISM PROMOTES LONGEVITY	5	REBUILDING TOGETHER HAWAII CELE- BRATES 10 YEARS WITH A NEW NAME	8
NEW FEDERAL FUNDING YIELDS NEW CAREGIVER PROGRAMS	2	2002 AARP TAX-AIDE OAHU SITES	5	SURFING THE AGING NETWORK.COM	8
COPING WITH STRESS AND TRAUMA	4	E KOMO MAI	6	CALENDAR	9
		INVESTIGATE BEFORE YOU INVEST	7		

went home to care for her own family. However, difficulties of other family members made him the sole caregiver. People often ask how he does it. "It's not easy being a caregiver," he says. He had to learn the hard way. "I have to treat it in a business-like manner. I know what needs to be done and I set up a routine and I just do it." That routine includes rising early to fix his mother breakfast, preparing her lunch and dinner, pouring her hot water into a thermos, and getting himself ready for work. In the evenings, he does the grocery shopping before going home. "We eat out a lot on weekends," he laughs.

Not all is routine, however. Emergencies do occur, as when she fell and broke her hip. "My pager went off with numbers that did not make sense. I knew it was my mother. I called home and she told me she fell down." Fortunately for Mr. V, his employer was very understanding. "I told my boss about the mishap. They understood. I called 911, reported the incident and went home. I helped place her on the gurney."

Mr. V and his mother communicate well. "It is a very important aspect of our relationship," he says. "Otherwise, we're going to have problems." They openly discuss things and decide together what is the best approach to handling a situation. He advises that problems of the past should be forgotten. "Do not bring up old rubbish. It just gets in the way and nothing gets accomplished."

"One thing about my mother is that she cheats," he quips. For her diabetic condition, candies are placed strategically around the house so she can get to them when her blood sugar goes down. At a recent doctor's appointment, her blood

sugar was very high. She denied eating the extra candies. "Ma, the tests don't lie," he says. She sheepishly put her head down in guilt. "I'll give her specific instructions. She'll argue the point but I persuade her to listen and do it," he says. "She eventually says okay."

Mr. V says he always tries to have fun in any situation. "You have to have a sense of humor when it comes to caregiving," he advises. "I try not to take things too serious where I may get upset and not talk to my mother." She, too, has a sense of humor. When her other son comes to visit, she purposely scatters things around the room. "She saves things for him to do," Mr. V



says, laughing. "She'll tell my brother to hang up her dresses in the closet or put things away in the drawers." "She also has selective hearing," he chuckles. "She hears only what she wants to hear and everything else will be 'Eh? What was that?' or not answer at all." Sometimes when Mr. V goes out, she would not hesitate to tell him, "Hey, you came home late, eh?" "Moms will always be moms, no matter how old you are," he concedes.

Mr. V says people were shocked when they found out he was a caregiver. They didn't think he could do it. "It's like giving back. My mother took care of me when I was young, and now it's my turn," he says. In the three years he has been caring for his mother, he learned to seek out resources in the community. She is an active participant of the Honolulu Gerontology Program's Health Maintenance Group, which she refers to as "school". Mr. V drops her off in the morning and Project DANA volunteers escort her home. Twice a week, she receives baths from St. Francis Health Services for Senior Citizens and a

public health nurse checks her vital signs and range of motion once per week.

Initially she was against the services she was receiving. "If you don't like it, then we can stop it," was her son's response. She has grown to enjoy the other seniors, loves exercising, and appreciates the help of the volunteers. "She is such a delightful person," said the public health nurse. "She is not demanding and has come to accept her condition. Her strong faith helps her cope with everything."

Mr. V is grateful for the support he gets, not only from his family, but also from his employer and from the community. "I don't look at this as a job," he said, when asked about being a caregiver. "I look at it as something I want to do, something that needs to be done. With a little bit of determination, a little planning, and a lot of humor, this can be a very rewarding experience." His mother is always saying, "Thank you for taking care of me." "No need to thank me, Mom. I want to do it," Mr. V says, eyes misting, as he turns around to prepare tomorrow's lunch. ☐

New Federal Funding Yields New Caregiver Programs

In November 2000, the U.S. Congress broke new ground when it added the National Family Caregiver Support Program (NFCSP) to its re-authorization of the Older Americans Act. The NFCSP included new funding for services not previously included in the Older Americans Act. This is both the culmination of a growing national awareness of the importance of family caregiving for the elderly, and the potential

Continued on page 3

beginning of reliable long-term funding for new services for this population.

Several new programs are being provided on Oahu as a result of the availability of funds. The following are services provided by contracts through the Elderly Affairs Division:

1. OHANA CARE

One important feature of the new services is case management for caregivers of frail elderly. On Oahu, these services have been dubbed "Ohana Care," referring to the process of caring for and preserving the extended family unit. This is a shift from the traditional service approach of focusing all or most of the care only on the frail elderly individual(s).

The objectives of 'Ohana Care are to:

- ▶ Enhance the quality of life of the family caregiver / care receiver unit
- ▶ Prolong the time the frail elderly person can choose to remain in the community
- ▶ Support the family caregiver's efforts in a way that enhances their quality of life
- ▶ Provide emotional support to the family caregiver

The Honolulu Gerontology Program of Child and Family Service was selected by the Elderly Affairs Division to be the 'Ohana Care service provider for Oahu. The program will have several staff to serve the community, including a Coordinator and Case Managers, at least one of which will have a nursing background. They will visit families in their homes to conduct assessments, hold care planning meetings, and monitor

progress of cases. In addition, 'Ohana Care will have counseling, education and training, support groups and supplemental services components.

'Ohana Care will begin accepting caregiver clients around the first of the year. For more information, please call the 'Ohana Care staff at **543-8468**.

2. CARING FOR THE CAREGIVER

Project DANA was awarded funds for a demonstration project that addresses the caregiver's physical, mental and spiritual needs. The "Caring for the Caregiver" project nurtures family caregivers by providing emotional support, therapeutic activities, relaxation techniques, informational sessions, and individual family counseling with referral to appropriate community resources. This is done by providing a 4-hour support group activity session on the first Wednesday of each month from 9 a.m.-1 p.m., effective November 2001 that will run through June 2002. Respite and transportation services are provided to enable caregivers to attend these therapeutic sessions. Respite is available at Hawaii Betsuin's respite center for those with dementia, and at Makiki Christian Church's activity center for those who are more independent. Those who are homebound will be provided in-home volunteer respite. Additionally, monthly social outings are arranged to bring balance and fun into the lives of stressed, fatigued caregivers. All fees are covered; however, donations are welcomed.

Family caregivers may qualify for this innovative project if caring for someone 60 years or older, who lives at home and is

unable to manage 2 personal self-care skills, called activities of daily living (ADL). ADL is the ability to feed, dress, bathe, toilet, move about independently or transfer. The primary caregiver must be at least 18 years of age, and need not live with or be related to the care recipient.

Project DANA is accepting referrals. The demonstration project began on November 7, 2001; however, caregivers may continue to enroll throughout the duration of the project. Call "Caring for the Caregiver" coordinator, Eunice Sakai, at **945-3736** to apply.

3. WAHIAWA SENIOR DROP-IN CENTER

The Wahiawa Young Men's Christian Association, located at 1106 Kilani Avenue, opened a Senior Drop-In Center to provide respite to low-income minority caregivers. In operation since September 30, 2001 and running through June 30, 2002, the center is open Monday - Friday (excluding holidays), 9 a.m.-1 p.m. Activities include: sit and get fit classes, art programs, games, and other recreational activities. Programs may be modified to adapt to the needs of the care recipients. For more information, call **621-6100**.

4. CAREGIVER RESPITE

A Caregiver Respite contract was awarded to Kokua Kalihi Valley (KKV) to provide temporary relief from and/or assistance with caregiving duties. KKV will also administer a subsidy to caregivers to purchase additional hours of respite services. Further, since finding affordable workers to provide respite is sometimes difficult, KKV will be involved with training potential workers to provide needed in-home

Continued on page 4

services. A second contract was also awarded to develop and oversee a Caregiver Support group to provide caregivers with an arena to discuss/share some of the problems they face and possibly come up with solutions to these problems. During group meetings, speakers will present useful information in assisting caregivers with their caregiving duties. For more information, please call KKV at **848-0977**.

5. LEGAL SERVICES TO THE ELDERLY

The University of Hawaii Elder Law Project was awarded funds to implement two projects that will inform and support caregivers. One is to develop and translate an information packet called "*An Advance Directive for Health-Care*" into different languages such as Chinese, Japanese, Korean and Ilocano. The packet will include a health care advance directive form and a brochure that explains the directive, gives instructions to execute the form, and tells what to do with the document after it has been executed.

The second project is to develop a booklet entitled "*Deciding "What If?": A Caregiver's Guide*." The guide will cover topics relevant to elders and caregivers such as Social Security, wills, trusts, probate, guardianship, Medicaid, Medicare, food stamps, housing, and more. These materials will be ready for distribution to the public in the spring of 2002. For more information, call **956-6544**.

(The article above was written with contributions from Douglas Kreider, Honolulu Gerontology Program; Eunice Sakai, Project DANA; Douglas Gilman and Craig Yamaguchi, Elderly Affairs Division)

Coping With Stress & Trauma

The September 11th terrorist attack of the World Trade Center in New York and the Pentagon in Washington DC has left an indelible scar on our minds forever. From the very young to the very old, each of us experienced grief, anger, confusion, fear, emotional numbness, and other feelings over the deaths of so many innocent people. These are normal reactions to very stressful events. With the help of family and friends, most people gradually feel better as time goes by.

The following are some suggestions to help deal with the stressful situation:

- Limit television viewing related to the disaster. Watch other programs such as game shows or educational series.
- Talk about how you feel. Be willing to listen to others who need to talk about how they feel. Take time to grieve and cry if you need to. You need to let these feelings out instead of pushing them away or hiding them.
- Make sure you get enough rest and sleep. Eat healthy food and take time to exercise, even if just for a few minutes at a time.
- Get back to your everyday routines. There is comfort in familiar habits.
- Do something that makes you feel good like taking a warm bath, taking a walk, sitting in the sun, or petting your cat or dog.
- Find something positive you can do. Give blood. Donate money to help victims of the attack. Join efforts in your community to re-

spond to this tragedy. Volunteer your time.

According to Jeannette Koiijane of the Kokua Mau Project, there are resources in the community to help with understanding the results of trauma and stress and to cope appropriately. Services available:

- Telephone reassurance. Seniors within a geographical area are called in their homes to check-up on them. On Oahu, Project DANA (**945-3736**) and Moiliili Community Center, from Ward Avenue to Hawaii-Kai (**955-1555**).
- The State Department of Health's Community Mental Health Centers provide telephone counseling and assistance. On Oahu, call **832-5770**.
- Hospices provide grief and bereavement services and are willing to talk to groups.
- National Center for Post Traumatic Stress Disorder (PTSD). One of seven national centers, the Honolulu office provides educational materials to veterans and the general public who have had trouble dealing with stressful situations. For more information about PTSD or for treatment center locations, contact Dr. Julia Whealin at **566-1935**. Visit the PTSD website at www.ncptsd.org for more information on how to cope with stress and to recognize the signs of normal and abnormal reactions to stress. ☒

VOLUNTEERISM PROMOTES LONGEVITY

By Beatrice Goodwin, RSVP

A renewed sense of patriotism and appreciation for family and friends has developed out of the cloud of doom that rose from the aftermath of the September 11th tragedy. Eth-

Continued on page 5

nic boundaries have dissolved and opened the door to a bond of goodwill that promotes democracy, freedom, and, more importantly, safety. Volunteerism is at an all time high and growing as a result of that renewed sense of patriotism. In the October 2001 issue of *Better Homes and Gardens*, an article on page 220, "Live Long and Prosper," promotes volunteering as the secret to longevity and recommends people call the Corporation for National and Community Service (CNCS) for more volunteer opportunities. A program of the CNCS, the Retired and Senior Volunteer Program (RSVP) is seeking those who are 55 years and older who would like to share their talents to promote senior health and well-being. For more information on how to volunteer, call **536-6543**. ☐

LANAKILA MEALS ON WHEELS SEEKS VOLUNTEERS

By Nettie Stillwell

The September 11th tragedy has affected everyone. It has been especially distressing for seniors, many with no family to comfort them.

The rippling effects from the disaster have hit senior services such as the Lanakila Meals on Wheels program. Many volunteers are in the military, and several of them have been deployed to defend our country. Their absence has left the staff struggling to cover the meal deliveries.

The program urgently needs volunteer drivers to deliver meals to the growing number of seniors who need them. If you can help, please call **531-0555**. ☐

2002 AARP TAX-AIDE OAHU SITES

AARP Tax-Aide is the nation's largest, free, volunteer-run tax counseling and preparation service for middle and low-income taxpayers, with special attention to those age 60 and older. The following is a list of tentative tax-aid sites, open from February 1 thru April 15, 2002. All sites have Electronic-Filing (E-File) available, unless otherwise noted. For more information, please call **523-4545**.



HONOLULU

AARP Info Office
1199 Dillingham Blvd., A-106
Tues, Thurs, 3 p.m. - 6 p.m.
Saturday, 9 a.m. - 12 noon

Central Union Church
1660 S. Beretania St.
Tues, Thurs, 8:30 a.m.-12:30 p.m.

Federal Bldg., 5th Floor
300 Ala Moana Blvd.
Tues, Thurs, 8:30 a.m.-11 a.m.
E-File only

Hawaii Kai Public Library
249 Lunalilo Home Road
Appt. Only: Earle Gates
Phone: **395-4846**

Kalihi-Palama Public Library
1325 Kalihi St.
Thurs, 10 a.m.-2 p.m.

Lanakila Senior Center
1640 Lanakila Ave.
Appt. Only: Iris Hiramoto
Phone: **847-1332**

Legal Aid Society (No E-File)
924 Bethel St.
Appt. Only
Phone: **528-3482**, leave message

Liliha Public Library
1515 Liliha St.
Tues, Thurs, 10 a.m.-2 p.m.

Susannah Wesley (No E-File)
1117 Kaili St.
Sat, 9 a.m.-12 noon

Waikiki Paki Hale
3840 Paki Ave.
Tue,Thurs, Fri, 8:30 a.m.-12:30 p.m.

LEEWARD AND CENTRAL OAHU

Aiea Public Library (No E-File)
99-143 Moanalua Road
Tues, 10 a.m.-2 p.m.

Ewa Beach Library (No E-File)
91-950 North Road
Sat, 9 a.m.-12 noon

Olaloa Retirement Village (No E-File)
95-1050 Makaikai St.
Wed, 8:30 a.m.-12:30 p.m.

Pearl City Regional Library
1138 Waimano Home Road
Thurs, 10 a.m.-2 p.m.

Community of Christ
45-119 Kaneohe Bay Drive
Sat, 10 a.m.-1 p.m.

Kahuku Public & School Library
(No E-File)
56-490 Kamehameha Hwy.
Wed, 9 a.m.-1 p.m.

Wahiawa Public Library
820 California Ave.
Fri, 9 a.m.-1 p.m.

Waiialua Community Center
66-364 Kamehameha Hwy.
Tues, 9 a.m.-1 p.m.

Waianae Comm Center (No E-File)
85-670 Farrington Hwy.
Tues, Wed, 8:30 a.m.-12:30 p.m.
Sat, open March 17 and April 7

Waipahu Civic Center (No E-File)
94-275 Mokuola St.
Wed, 8 a.m.-12:30 p.m.

WINDWARD OAHU

KEY Project (No E-File)
47-200 Waihee Road
Fri, 9 a.m.-1 p.m.
Sat, 9 a.m. - 12 noon

St. Christopher's Church
93 N. Kainalu Drive
Mon, Wed, 9 a.m -11:30 a.m.

Kaneohe Comm. & Senior Center
45-613 Puohala St.
Mon, Wed, 7:45 a.m. - 12 noon
Appt. Only
Phone: **233-7320**

E KOMO MAI

The Elderly Affairs Division (EAD) Information and Assistance staff welcomes new Community Service Aides (CSA) **Susan Tambalo**, **Elaine Camara**, and **Travis Kumura** and Kupuna Care Intakers **Sunny Armstrong-Hanson** and **Estelle Punley**.

Susan Tambalo, formerly with the Bureau of the Census, has three grown children and one “grand-dog.” After work, she volunteers her time teaching the bible. She enjoys walking, going to the gym or watching a good movie. “Working as a CSA is enjoyable and rewarding,” she said of her position.



A church elder, **Elaine Camara** and her husband have 6 children, 11 grandchildren and 3 great-grandchildren.

During her spare time, she writes children’s songs about Hawaii. She enjoys her outreach duties and says, “Sharing, giving and helping is what Aloha is all about.”

Travis Kumura is a University of Hawaii senior who graduates this fall with a Bachelor of Arts degree in Sociology. An avid surfer and golfer, he coaches little league baseball during his free time. In working with the senior population, he said, “I really enjoy working with the elderly community because they provide so much insight into life. I have learned so much just listening to them.”



“My job as a CSA allows me to talk and share in the stories of the elderly...something I truly enjoy,” said **Sunny Armstrong-Hanson**, a mother of two college students and two cats. A Navy wife, she and her family have lived in many different parts of the world. She loves traveling and the opportunity to sample life in other cultures. Sunny enjoys cooking and eating.



A familiar face in her community, **Estelle Punley** has been married 41 years. She and her husband have 8 children, 17 grandchildren and 9 great-grandchildren. “I find much pleasure and peace of mind working with plants and flowers,” she says. “The colors and variations each in their unique way are like the Kupuna I serve. Their experience and wisdom in life’s journey will always be a learning process and a reinforcing power for me.”



Mayor Jeremy Harris has appointed three new members to the Honolulu Committee on Aging, the advisory group to the Elderly Affairs Division.

Michael Cheang, DrPH, is an Assistant Professor at the Center on Aging, University of Hawaii at Manoa. Originally from Singapore, Dr. Cheang conducts research, advises students and teaches graduate



and undergraduate courses in gerontology, group process and leadership, program evaluation and research methods. Dr. Cheang received his doctorate in public health with original research on older adults who frequent McDonald’s restaurant in Hawaii.

Anastasia Keller-Collins is the Program Manager for the Adult Day Health Program for Easter Seals Hawaii. Easter Seals Hawaii provides



services for the developmentally disabled children and adults on Oahu, Kauai and the Big Island. She is a resource member of

HCOA’s Planning Sub-Committee. Anastasia is currently working towards her Masters Degree in Recreation Therapy. She and her husband, John Collins Jr., have two children, John Brooks and Brandace.

Maryellen Markley, PhD, has been called to serve on the judge’s panel for the Mayor’s Senior Recognition Program for the past two years. She brings a unique perspective with academic degrees in nursing, business and social psychology, and varied work and volunteer experiences in non-profit and public agencies.

Dr. Markley is currently Executive Director of Hawaii Services for the Disabled, President of Hawaii Special Services, and owner of the All-Star Sports and Therapy Center. She also serves on the boards of the Sex Abuse Treatment Center, Opportunities for the Retarded, Inc. and Winner’s Camp.



Having served out a three-year term, **Lois Bunin** has been reappointed to a second three-year term. She has

Continued on page 7

E KOMO MAI . . .
Continued from page 6

served as secretary and has accepted the role as HCOA's representative to the Department of Transportation Services Committee on Accessible Transportation, a responsibility she embraces with great enthusiasm. Ms. Bunin shares her experiences in using new assistive devices to cope with physical disabilities and offers her opinion on various matters that arise.



ALOHA 'OE . . .

EAD bids a fond farewell to CSA



Charlinne Barios who retired on September 29, 2001 after having served the Windward area for the past 12 years. "I have

made a lot of friends and I see them often on the streets, in the markets and in the neighborhood," she says of seniors in her community. "I am grateful for the experience of having helped them live more comfortable lives." Charlinne plans to relax and travel during her retirement. Good Luck, Charlinne, and Mahalo Nui Loa for a job well done! ☒

INVESTIGATE BEFORE YOU INVEST

By Carlos Molina,
Securities

Education Specialist

Department of Commerce and Consumer Affairs



Every investment opportunity involves some degree of risk. Potential investors find themselves solicited by telephone calls, mailings, and even through their computer information systems. Some investment opportunities hold great promise of

financial return; others do not. The greater the "promise" of return, the riskier the investment. Your best protection: **Investigate Before You Invest.**

Before you invest, review your current financial situation and decide how much you can afford to invest. Consider the purpose for which you are investing. Consider the level of risk with which you are comfortable. Consult with a securities broker or an investment adviser who can help to determine what investments are suitable for you and your situation.

Before you invest, investigate the company, the salesperson, and the investment by asking questions and checking references. Thoroughly understand the investment before you invest. Do not be afraid to ask questions and write down the answer for future reference.

Americans are a society of investors and put more money into investments each year than into savings accounts. Unfortunately, investors, through securities fraud, sales abuses, or failure to fully educate themselves on a particular issue, lose millions of dollars. These losses are from savings that have been painstakingly accumulated over many years or retirement funds that cannot be replaced.

Victims are of all ages and levels of sophistication. In the majority of these losses, none of the investors' money is ever recovered. To counter these losses, the Office of the Commissioner of Securities at the Department of Commerce and Consumer Affairs has established the Securities Education Program to:

- Inform investors about securities laws and protection
- Alert investors to potentially fraudulent securities schemes
- Provide practical, current information to help investors protect them-

selves

Presentation to groups or organizations is available at no charge and topics may include:

- Investment fraud, schemes, and scams
- Preventing and resolving problems with investment professionals
- Publications of useful investment information
- Current investor alerts
- Securities arbitration
- Video presentations about securities investment

Other customized programs may be available upon request. For more information, please call Carlos Molina at **(808) 586-3976**, or Email at cmolina@dccs.state.hi.us. The Securities Education Program is a public service to Hawaii investors. ☒

EDUCATIONAL OPPORTUNITIES AT THE CENTER OF AGING

By Daisy Asuncion, Executive Office on Aging

The Undergraduate Certificate in Aging prepares the undergraduate for entry-level jobs in aging and paves the way for various careers in gerontology. The Advanced Certificate in Gerontology program offers community professionals and graduate students a learning environment that integrates academia with hands-on experience, as well as an opportunity to network with gerontologists in the community. The program includes an interdisciplinary seminar, a field practicum, and three graduate level courses from three different departments (e.g. law, nursing, interdisciplinary studies, psychology, public health, religion, social work, sociology, women's studies). For either certificate, students must complete at least 15 credits in gerontology coursework,

Continued on page 8

Continued from page 7

maintain a portfolio of their accomplishments in the study of aging, and participate in an exit interview.

A Master of Public Health (MPH) in Gerontology is also offered. Graduate students study the epidemiology of aging, learn to design and develop intervention programs to increase the likelihood of successful aging, and acquire skills to plan and evaluate gerontology programs. In addition to fulfilling public health foundation and gerontology course requirements, candidates maintain a portfolio, complete a field practicum, write a scholarly research paper, and take an oral examination.

For more information on the certificate or MPH programs, please contact Dr. Michael Cheang, Assistant Director at the Center on Aging, at **956-5765** or cheang@hawaii.edu, or log onto the website at www.hawaii.edu/aging 

Rebuilding Together Hawaii Celebrates 10 years With a New Name

By Carol Lee Owens,
President



Last February, **Christmas in April * Oahu** unveiled its new, expanded name—Rebuilding Together Hawaii — signaling the organization's firm commitment to broadening its mission throughout Hawaii. This volunteer-based organization is determined to make a sustainable impact to help the growing number of low-income elderly and/or disabled homeowners remain longer in their own home.

With Hawaii's aging population, it has become imperative for Rebuilding Together Hawaii to be in a position to address the

growing needs of seniors. Our new name describes what we do and invites everyone to participate and help in the year-long planning that culminates in the repairs of up to 20 homes and non-profits on the last Saturday in April. Since 1992, Rebuilding Together Hawaii has rehabilitated 150 houses and non-profit facilities, involved 7,400 volunteers who contributed 61,500 hours to assure that low-income seniors and families live in warmth, safety, and independence. The market value of its work in 2001 alone was \$320,000. Homes are being assessed now for the next rebuilding day on April 27, 2002.

We are excited to be embarking on this new chapter in our history. We are looking forward to embracing the increasing challenges low-income senior homeowners are facing. We are poised to make a lasting impact in Hawaii. So get involved—call **791-6056** to volunteer, donate funds, become a house sponsor, or refer a needy senior so they may remain longer in their own home. 



By Tony Baccay

The following websites are provided to assist caregivers looking for sources of information about caregiving.

www.familycareamerica.com
A source of information, products, and resources for caregivers of the elderly, disabled, and chronically ill.

www.aoa.gov/wecare A resource guide that provides information and suggestions to make caregiving easier and more successful.

www.aoa.gov/resdir A website where a copy of the Resource Directory for Older People can be downloaded. The directory contains names, addresses, phone numbers, and fax numbers of organizations that provide information and other resources on matters relevant to the needs of older person.

www.assistguide.com An interactive long-term care, disabilities, and retirement community that provides resources, information, products, and services, as well as interactive chat sessions, newsletters, and more.

www.caregivers.com A source of information, articles, and services provided through the AgeNet Eldercare Network that addresses medical, legal, and financial issues.

www.caregiver.org The Family Caregiver Alliance is a nationally recognized information center on long-term care that provides education, services, research and advocacy on behalf of caregivers.

www.caregiver.com A website of the Caregiver Media Group, a leading provider of information, support and guidance for family and professional caregivers. Website includes specific newsletters, online discussion lists, back issue articles of Today's Caregiving Magazine, chat rooms and an online store developed for caregivers.

www.alzhi.org Provides a monthly support group for family members and others who care for Alzheimer's patients.

www.cancer.org "Make Today Count" provides support groups for grievers, caregivers and patients.

www.diabetes.org Resource center available with free reading materials and internet access.

www.wvpress.com/care Provides monthly support group for caregivers with speakers presenting information pertinent to caregivers.

www.cfs-hawaii.org Honolulu Gerontology Program provides monthly Caregiver Support Group facilitated by a Licensed Social Worker. Sessions include an educational component and a time for participants to share experiences and get answers to questions.

www.elderlawhawaii.com Individual and Family Legal Counseling. Caregivers need to be aware of legal aspects of planning for incapacity, death and long term care.

www.mrltc.com Mr. Long-Term Care offers extensive information on legislative action and advocacy. Visitors will find links to more than 8,000 websites that provide comprehensive information on aging, disability, caregiving, long-term care, and other topics. 



By
Tony
Baccay

Hot Off The Press!

The 2001-2003

edition of the *Senior Information and Assistance Handbook* is now available at all branches of the American Savings Bank and at all Satellite City Halls. The handbook is a guide to hundreds of public and private social and health organizations that provide services to seniors, their families and caregivers. Visit your nearest branch or facility and ask for a copy!



Caregiver Education Resource Guide

According to the National Long Term Care Survey, over 7 million spouses, adult children, and other relatives and friends are informal caregivers. One of the many needs of caregivers is education—skills training and information on a variety of topic. This guide responds to that need by describing educational resources on Oahu. For more information or to obtain a copy, please call **523-4545**.



DHS Offers Opportunities

The State Department of Human Services (DHS) offers opportunities for seniors to assist frail homebound elderly to live independently. These programs include:

The Senior Companion Program.

For seniors who are 60 years or older with limited income, and physically able to work 20 hours per week. These part-time volunteers are paid a non-taxable stipend and other benefits.

The Respite Companion Service Program.

For seniors who are 55

years or older with limited income, and physically able to work 19 hours per week. These part-time State employees are paid \$5.75 per hour and receive other benefits while learning caregiving skills for private employment opportunities later. For more information and for an application form, please call **586-5192**.

Kokua Packet

The University of Hawaii Elder Law Project (UHELP), in cooperation with the Elderly Affairs Division, has made available a useful tool to provide family, friends, caregivers and emergency workers with helpful information when needed. *The Kokua Packet* is intended to direct people to locations of legal documents and other important information in an emergency. Information such as medical condition, medications, and people to contact may be included. It can also be used as a “checklist” to get started on making plans for the future, including preparing legal documents and in locating existing documents. For more information about the packet that can be stored even in the refrigerator or freezer, please call UHELP at **956-6544**.



Meal Delivery Route Opens in Kailua

The Hawaii Meals on Wheels, Inc. (HMOW) has opened a new delivery route in the Kailua area to serve frail elders and individuals with disabilities who are homebound. Space is available for Kailua residents in need of home delivered meals. HMOW is a private, nonprofit organization whose dedicated corps of volunteers delivers hot meals Monday to Friday, including holidays on 20 routes extending from Kalihi to Hawaii Kai and Kaneohe to Kailua. Hot dinners are also available in the Kaimuki and Waikiki areas. For more information about how to receive meals or to volunteer to deliver meals, call **988-6747**.

Manual Now Available

Understanding Difficult Behaviors: Some Practical Suggestions For Coping With Alzheimer's Disease & Related Illnesses is a manual written in bullet format to help busy caregivers get the information on how to handle a situation. It lists possible causes for why the behavior occurs, and offers coping strategies, related considerations, and references for responding to situations such as agitation, wandering, incontinence, hallucinations and resistance to care. To purchase a copy of the manual, to borrow books and videos from the lending library, or to find out about support groups in your area, call the Hawaii Chapter of the Alzheimer's Association at **591-2771**. You may also register your loved one in the Safe Return identification program.



Christmas is in the Air

The 17th Annual Honolulu City Lights kick off the holiday season on December 1, 2001 beginning at 4 p.m. with children's entertainment on the municipal lawn. The Opening Night ceremonies begin at 6 p.m., followed by the lighting of the official City Christmas Tree and the delightful Electric Light Parade. Inside Honolulu Hale, festival goers can view City department Christmas Trees and Wreath exhibits, while outdoors, the public can dance or sing along with island entertainers performing on stage. Santa Claus arrives at 7:30 p.m. inside Honolulu Hale to listen to children's wishes. The indoor Christmas tree and Wreath exhibits can be viewed from December 1, 2001 thru January 1, 2002. The exhibit is open for tours from 8 a.m. to 11 p.m. every night except New Year's Eve, December 31, 2001. For more information, contact the Department of Customer Services, Public Information Division, at **527-6060**. 

Calendar of Events 2001/2002



December 2001

- 1 **17th Annual Honolulu City Lights**, December 1, 2001. Entertainment, Electric Light Parade, Christmas Tree Lighting, Concerts, Santa Claus. FREE!
- 1 **Christmas Tree Displays**. December 1, 2001 thru January 1, 2002 (Closed New Year's Eve, December 31, 2001), Indoor Christmas tree and Wreath exhibits open daily for tours from 8 a.m. to 11 p.m. FREE! Honolulu Hale, 530 S. King St., Honolulu, HI 96813. For more information, contact the Department of Customer Services, Public Information Division at 527-6060.
- 2 **Kupuna Connections Radio Show**, KHVH Talk Radio, AM 830, every Sunday 3:30- 4 p.m. Topics: December 2: Alzheimer's Disease- What Families Need to Know □ December 9: Feeling and Looking Good! Cosmetic Products & Services for Seniors □ December 16: Programs to Help You Find New Companions, Relations & Friends □ December 23: Seniors Helping Frail Seniors- Hawaii's Senior Companion Program; December 30: Senior Legislation: What's planned for the 2002 Legislature?

February 2002

- 13 **Valentine's Dance**, Blaisdell Exhibition Hall, 9 a.m.-

12 noon, 50 cents donation. Polish your dancing shoes and come on down for some fun! For more information, call the Department of Parks and Recreation Senior Citizen's Section at 973-7258.

March 2002

- 7 **Prime Time Health Fair/Fun Walk**, sponsored by First Hawaiian Bank and the City and County Department of Parks and Recreation Senior Citizen Section, Blaisdell Exhibition Hall. For more information, call 973-7258.

**Department of Community Services
ELDERLY AFFAIRS DIVISION**

The Area Agency on Aging for the City and County of Honolulu
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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



