

ALOHA PUMEHANA

December 2002 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication
Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

THE YEAR IN REVIEW

As we review the past year, I'm pleased to report Elderly Affairs Division (EAD) made significant progress toward our goals. My heartfelt thanks to the EAD staff, the Honolulu Committee on Aging, service providers, volunteers, and the many supporters for their efforts in making 2002 fruitful. As we look forward to meeting the challenges and endeavors in the new year, I wish you and yours a peaceful holiday and a healthy 2003!

*Karen Miyake
County Executive on Aging*

Elderly Affairs Division of the Department of Community Services is a part of a national network of 670 Area Agencies on Aging created by the Older Americans Act of 1965. Along with its counterparts from Kauai, Maui, and Hawaii, EAD works closely with the State Executive Office on Aging to address older adult needs through 1) comprehensive planning, 2) providing information on programs and policies impacting seniors and advocating for improved services, and

3) administering the Older Americans Act and other funds totaling \$6.2 million.

In Fiscal Year 2002 (July '01-June '02), 27,000 Oahu seniors received home and community services delivered through 26 contracts with 11 public and private agencies. Among the larger programs are meals and case management where 201,818 meals were served to 2,221 seniors at 33 group dining sites, 280,715 meals were delivered to 2,194 homebound seniors, and

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1st Row: (Left to Right) Estelle Punley, Carolyn Abaya, Carlton Sagawa, Eugene Fujioka, Patricia Tompkins, Mona Yamada, Patrick Medeiros. 2nd Row: George Miyamoto, Travis Kumura, Lorraine Souza, Karen Miyake, May Fujii Foo, Lorraine Fay. 3rd Row: Tauamatu Marrero, Tony Baccay, Doug Gilman, Craig Yamaguchi, Lot Lau, Alex Blackwell.

1,075 seniors and their families received 15,132 hours of case management services. (See FY 2002 service chart.)

Mr. S., age 96, had recently been released from the hospital after falling. He lives alone. He is a diabetic who subsisted on bananas and bread alone, foods that are easily eaten and require no preparation. Now he gets a daily hot meal delivered by a volunteer.



A 73-year old widow was about to be evicted. Over time, she had collected so many things that her entire apartment, except the bathroom, was filled. A case manager was assigned. With funds from a foundation and the client's cooperation, the apartment was cleared of the clutter and cleaned. The case manager provides ongoing help to enable her to remain in her apartment.

National Family Caregiver Support Program: 2002 was declared the "Year of the Family Caregiver" by the state and four counties. Under this initiative, new services were contracted to support family caregivers. Services included a **caregiver case management** program providing 1,280 hours of services to 275 caregivers, 144 hours of **counseling** and

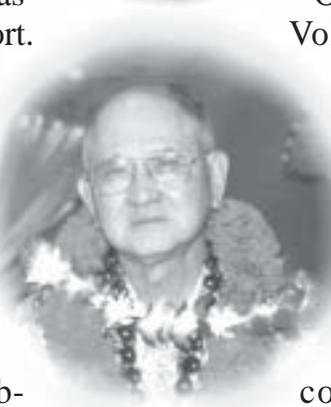
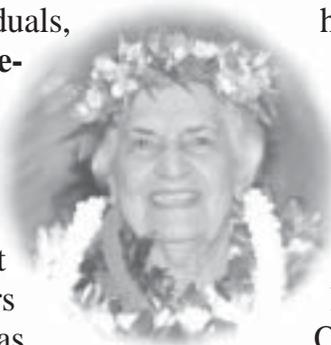
education to 92 individuals, and subsidies for **supplemental services** to 25 clients. Two programs were awarded funds to develop caregiver **support groups**. The first provided 28 caregivers with respite subsidies as well as caregiver support. The second provided 40 caregivers with counseling, support group sessions, respite and transportation to meetings and outings. A legal service provider developed and distributed 15,000 copies of



"Deciding What If?": A Legal Handbook for Hawaii's Caregivers, Families and Older Persons. Other activities included providing 12 education/

support sessions to 66 City employees who are caregivers. Additionally, EAD developed a partnership with AARP and HMSA to organize and plan a Conference for Caregivers held in July 2002.

Volunteerism was a contributing factor in assisting service providers. Over 6,000 seniors logged more than 140,000 hours of volunteer service to elderly clients. To show its appreciation for the many hours volunteers



have given, the Honolulu Committee on Aging bestowed on **Hazel Kauahikaua** and **Clifford Takishita** the honor of Oahu's Outstanding Senior Volunteers of the Year at the Mayor's Annual Senior Recognition Program. With over 1,200 family and friends in attendance, 101 talented and committed seniors were also honored at this 36th annual event held at the Hilton Hawaiian Village.

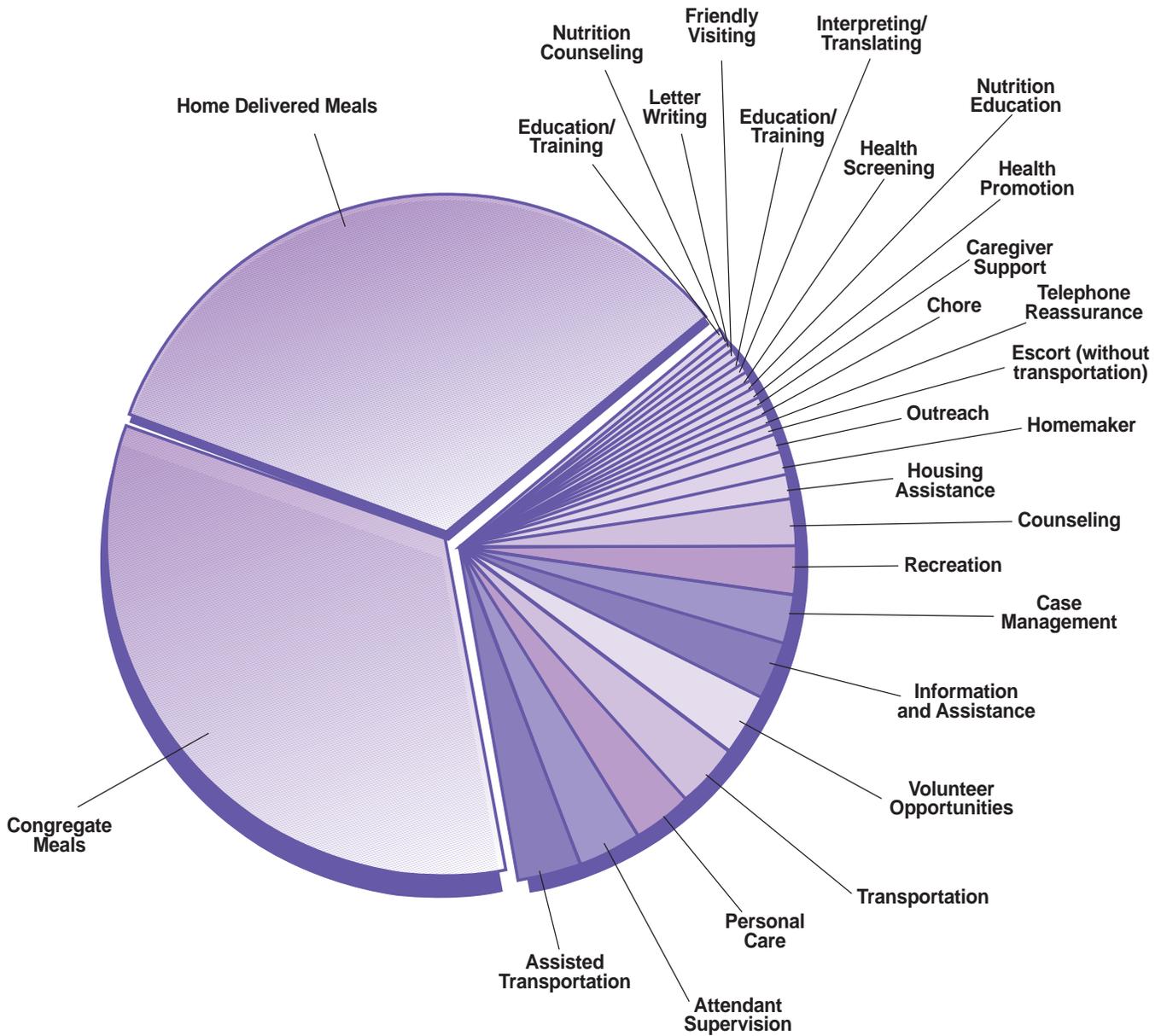
Kupuna Care: As a State-County collaboration to provide care for frail elders, Kupuna Care saw the completion of its third year of the four-year pilot project. The State Legislature allotted an additional \$379,000 for Kupuna Care services for FY2002 to meet growing demands. 3,300 frail elders on Oahu were successfully served with adult day care, assisted transportation, attendant care, case management, home delivered meals, and chore, homemaker and personal care services.

Services for Elderly Victims of Abuse: The City and County of Honolulu was awarded \$182,000 from the State of

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FISCAL YEAR 2002:

NUMBER OF SERVICE UNITS PROVIDED FOR SENIORS



Hawaii's Department of the Attorney General to initiate a pilot project to provide case and financial management, supplemental services, and monitoring of elderly victims of crime. This project served 56 clients with services to prevent further abuse after their immediate protection had been achieved through Department of Human Service's intervention. The program will continue after September 2002 as a project under the Department of Human Services.

Community Voices Project: EAD expanded this project to help communities organize to define needs, identify resources, and seek solutions on issues relating to aging, health, and long term care. Assistance was provided to existing projects, expanding the Moiliili Community Center's "Neighbor to Neighbor" project and Na Kupuna O Waianae's Ka Poe Hale Resource Center. Palolo Valley's Senior Support group



CSA Travis Kumura describes services to a 3-generation family at the 2002 Hawaii Seniors' Fair at the Blaisdell Exhibition Hall.

participated in "Palolo Pride" by providing information on services and worked with others to ascertain the need for a community center. In its first year as a participant, Moanalua Gardens produced a community resource guide and health fair. In FY2003, EAD plans to add three more community groups.

Senior Information and Assistance Program: EAD's staff provided individualized assistance, particularly for isolated and disabled elders and their families who needed help obtaining services. Staff had direct contact with more than 30,000 people through door-to-door canvassing in targeted communities, walk-in sites, outreach to places where seniors gather, home visits to homebound, fairs, presentations, and calls to the Senior Hotline.

This quarterly newsletter, Aloha Pumehana, began its 16th year of publication. Other publications included the *Senior Information and Assistance Handbook* (75,000 copies) and the *Caregiver Resource Education Guide* (7,000 copies). The contents of both, including a guide describing housing projects for elderly persons on Oahu, were placed on EAD's website at www.elderlyaffairs.com.

For more information please contact the Senior Hotline at **523-4545**.



I&A Coordinator Lot Lau (Right) explains resources for family caregivers at the Senior Fair.

CAREGIVER CORNER

By Lorraine Fay

(This new column will feature tips for caregivers or answer questions from caregivers. To submit questions or concerns, please call 523-4762.)

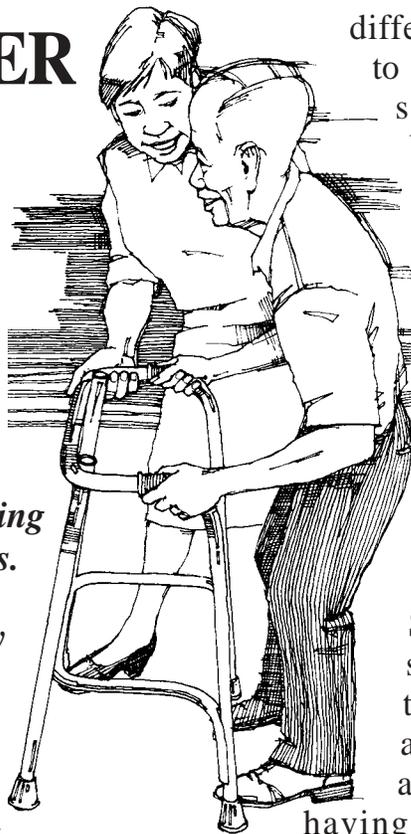
Holidays generally bring extra work and stress.

Caregiving generally brings extra work and stress.

Put the two together and you have extra busy, stressed out caregivers!



The holiday season can be a magical time if you just let it happen. I remember my first caregiving experience when Mom was in the hospital after a stroke. It was before Thanksgiving and I had just arrived in Philadelphia from Hawaii. Seeing her, and being there, was a shock in itself. Having to make plans for long-term care when even the doctors did not know what would happen was extremely stressful. What a blessing it was to have three children come from



different states to help out. A surprising bonus was a pleasant family reunion in the midst of chaos. Mom was released from rehab two days before Christmas. She was so happy to be home and really appreciated having her little table tree and decorations she had created when she was an art teacher. I must admit, I did too.

By the next year, she was living with my daughter, where we all gathered. It was another unexpected reunion. My three-year old grandson loved helping her with presents and, of course, they had some of those favorite old decorations in place.

A few years later, she went into a nursing facility right before Christmas. I was there to help with the transition. I wheeled her to all the musical events and reserved the private dining area to eat with her every night by the big Christmas tree. Her first outing was back to the house for Christmas Dinner (mid-day) and by evening she was anxious

to “go home because they’ll be missing me,” which came as a complete surprise to us.

What about presents? Don’t exhaust yourself shopping and don’t forget to treat yourself, too. In those cold winter days with Mom, my treat was joining the YMCA to swim twice a week when an attendant came to bathe her. Walking through the woods in the snow to get to the Y was an unexpected pleasure. A walk on the beach may help you but you might prefer getting a massage or enrolling in a pottery class for your gift/wish list.

Remember, if you don’t have “Great Expectations,” you can appreciate how things are now. Think about what activities and traditions are most important to you and your loved one. Then it is much easier to say no to extra demands. In my case, having family from out-of-town limited where we were expected to show up. The gatherings we did attend were really special. And we were not expected to host anything!

To ease holiday stress, keep this thought foremost: if I try to do too much and get sick, who will do the caregiving? With that as your guideline, you can scale down to just a few things that will make special memories. Being more relaxed will mean you can “be in the moment” to enjoy simple things alone or together.

SHARE THE CARING

By May Fujii Foo, Grants
Manager



This past November was celebrated as National Family Caregivers Month. “Share The Caring,” the national theme, is a time to recognize, honor, thank, support, and assist the many caregivers who provide loving care for their disabled and chronically ill parents, grandparents, relatives, friends or neighbors.

Caregiving is a very demanding and often difficult responsibility. In order to provide good care to loved ones, caregivers must first take care of themselves. Many have not had a break in years. How can family members, friends or neighbors help to make the lives of family caregivers easier? The following are some gift ideas to keep the “Share The Caring” spirit



meaningful throughout the year. The list is endless. You are limited only by your creative imagination:

- Cook and take dinner over
- Shop for groceries
- Pick up prescription medicines
- Take and pick-up dry cleaning

- Offer to do other errands
- Offer to clean the house
- Offer to do minor repairs
- Offer to mow the lawn
- Offer to stay with Mom or Dad so the caregiver can have some time away for awhile
- Treat the caregiver to a spa or massage
- Take a box of chocolates or send a bouquet of flowers with a note thanking the caregiver for a job well done

For more information about caregiving or other services, please call the Senior Hotline at **523-4545**.

SPEECH-TO-SPEECH RELAY

By ATRC Staff



Persons with speech disabilities who cannot normally communicate by telephone are now able to use a telephone with his or her own voice, voice synthesizer, voice enhancer or electro larynx through a new phone service called Speech-to-Speech (STS) Relay. Patterned after the Telecommunications Relay Services for TTY users, the STS is offered in all 50 states and is totally free for local calls and easy to access.

To make a STS call, dial **7-1-1**. Tell the operator you wish to make a Speech-to-Speech call and the operator will connect

you to a Communication Assistant (CA). Specially trained to understand non-standard speech and relay the words spoken to those who would otherwise be unable to understand what was said, the CA will ask if you have used STS before. If not, the CA will explain his or her role as a re-voicer and what you as the caller need to do. Give the CA the party number you wish to call. The CA will dial the number and establish a three-way communication, enabling all parties to hear one another during the call.

Assistive Technology Resource Centers of Hawaii (ATRC) recognizes that educating persons with speech disabilities will empower them to live more independently and allow them to participate in every aspect of community life.

To encourage individuals to use this telephone service, ATRC sponsors a program for those interested in training or assisting potential STS users. The program is designed for individuals working or studying in fields serving persons with speech disabilities. Upon certification, the trainer will teach, assist, and support STS users in making calls. After 20 successful STS calls in a 3-month period by the client, the trainer will receive a monetary stipend. For more information on the Speech-to-Speech Training Program, please call the ATRC office at **(808) 532-7110**.

BIG ISLAND HOSTS CONFERENCE ON FALL PREVENTION

By Tanya Fusco Johnson, Ph.D.,
Conference Coordinator

The second statewide conference on **Fall Prevention and Older Adults** will be held at the Naniloa Resort Hotel in Hilo, Hawaii January 16 and 17, 2003. The conference, co-sponsored by Injury Prevention of the Hawaii State Department of Health, the Executive Office of Aging, HMSA and the Home Safety Monitoring Program of Hawaii Island Adult Care, Inc., will continue to signal Hawaii's commitment to address one of the most serious but preventable health problems for older adults. About 1/3 of those 65 and older fall annually and the proportion increases with age and frailty. The CDC reports that falls are the leading cause of injury deaths among persons 65 and older and the sixth leading cause of death from all sources. However, researchers report that 85% of falls can be prevented with a greater understanding of their causes. This statewide conference will be a major step in our education for fall prevention not only for consumers, but also for those who care for them—



from informal caregivers to paraprofessionals to professionals.

Two keynote speakers are featured. Sarah Olson, from the Injury Prevention, Centers for Disease Control and Prevention in Atlanta, will talk about environmental causes for falls and Dr. Laurence Rubenstein, Director of Geriatric Research at UCLA in California, will discuss causes related directly to the health status of older adults.

Conference topics include: why some people fall and others do not; data on fallers in Hawaii; talking to parents about fall prevention; consumer protection to prevent falls in long-term care institutions; falls in multi-cultural groups; home modifications; institutional modifications; overcoming the fear of falling; physical activity when you are afraid of falling; dementia and falls; promoting self-care to prevent falls; and, given the challenges of aging, what is good about growing old.

Registration fee for either the Thursday morning or afternoon sessions is \$20. The fee for Friday is \$55 and includes lunch. There is no half-day rate on Friday. **THE REGISTRATION DEADLINE IS JANUARY 6, 2003.** For more information or to register, contact Tanya Fusco Johnson, Home Safety Monitoring at **808-961-9002** in Hilo.

ADDITIONAL SPACE AVAILABLE AT ELDER CARE PROGRAM

By Audrey Suga-Nakagawa, Director



With the recent renovation and expansion of PACE Hawaii's adult day health center at Maluhia, the program can accommodate more seniors who need assistance. PACE (Program of All-Inclusive Care for the Elderly) is one of Hawaii's most comprehensive health care services. It includes adult day health care with physician's services on-site, home care, transportation, durable medical equipment, rehabilitation therapies, and even a prescription drug plan. PACE has helped many families care for their loved ones by providing them an affordable alternative to nursing home care. With the wide range of services available, families find PACE to be a one-stop shop. Its interdisciplinary team includes a geriatrician (M.D.), nurses, social worker, dietitian, physical, occupational and recreational therapists, aides and van drivers. To be eligible for PACE, the individual must be 55 years and

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By Tony Baccay

New Members Welcomed:

Mayor Jeremy Harris officially appointed four new members to the Honolulu Committee on Aging in a ceremony at Honolulu Hale on October 4, 2002. New members **Darrow Aiona, Helen Dias-Kapuras Hu, Ralph Matsuda** and **Joan Naguwa** join Chairman **Charles Clark**, Vice Chairman **Michael Hirao**, Secretary **Maryellen Markley**, and members **Lois Bunin, Michael Cheang, Anastasia Keller-Collins, Bette Larrabee, Eugene Ogan, and Ruth Stepulis** on the advisory board that addresses concerns of and advocates for the county's elderly population. The board also sponsors the Mayor's

Annual Senior Recognition Program.

AARP Tax Aide:

AARP's Tax Aide program is a free income tax counseling service operated by volunteers for moderate & low income persons with special attention to those 60 years and older. Counselors prepare basic state and federal income tax forms. Taxpayers with more complex returns are asked to seek other assistance. Last year, Tax Aide volunteers helped over 14,794 persons at more than 46 work sites on Oahu and the neighbor islands.

The AARP Foundation administers the Tax Aide with cooperation from the Internal Revenue Service and the Hawaii State Department of Taxation. Membership in AARP is not required to be a volunteer or to use the services of Tax Aide. For more information about the nearest Tax Aide site, please call the Senior Hotline at **523-4545** at the end of January 2003. Tax preparation begins February 1 through April 15, 2003.

Caregiver Specialist:

Congratulations to **Lorraine Fay**, EAD's new Caregiver Services



Specialist. She will plan, organize, coordinate and implement programs of outreach and public education to meet the needs of caregivers of frail elderly persons. She is available to give public presentations to businesses, agencies, service and community organizations, churches, etc. to inform them about caregiver needs, available services, and other related topics as well as take inventory of current resources and help to determine gaps in services that support caregivers.

Lorraine also conducts a **Caregiver Support Group Brown-Bag Session**. The informational meeting is usually held on the third Monday of each month from 12 p.m. to 1 p.m. and is designed to assist caregivers in making decisions and solving problems relating to their caregiving roles. Speakers are invited to present topics in their field of expertise. The sessions are open to the general public. For more information on meeting dates, topics for discussion or to get on the email list, please contact Lorraine Fay at **523-4762** or email her at

Lfay@elderlyaffairs.com.

The Ponds Receives License:

The Ponds at Punalu'u has been granted licensure as an Assisted Living Facility (ALF) effective September 19, 2002 by the Office of Health Care Assurance-State of Hawaii.

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Left to Right: Helen Dias-Kapuras Hu, Darrow Aiona, Ruth Stepulis, Michael Hirao, Charles Clark, Bette Larrabee and Ralph Matsuda.

BITS & PIECES . . .
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ALFs are non-medical facilities that cater to the elderly and provide programs and services if they need assistance with daily activities such as bathing, grooming and taking medications. The Ponds also provides care for residents with Alzheimer's or dementia and offers overnight respite care. Please call Angelina Hammond at **293-1100** for more information.

Honolulu SeniorNet:

Located at the Emeritus College on the grounds of the Honolulu Community College, SeniorNet is a non-profit membership organization that provides people 55 years and older education for and access to computers and the Internet. Computer classes are offered at 135 Learning Centers nationwide and are administered by volunteers who provide hands-on instructions in courses such as Introduction to Computers, Introduction to Word Processing, Introduction to Spreadsheets, and Introduction to Databases. Annual dues are \$40 and members may receive discounts on selected microcomputer courses.

SeniorNet offers "quick-take" computer workshops designed for new and experienced computer users. Other courses include: Microsoft Word & Internet for Beginners; Browsing the Internet; Web Greeting Cards; Online Maps and Driving Directions; Microsoft Word for Beginners; Quicken (Checking and Cash Accounts); Protecting Your Investments I & II; The Digital Camera; and Imaging Editing. For more information

about SeniorNet, please call **845-9296**.



Guide Available:

The updated version of the **Guide to Better Hearing** is now available. It provides valuable information to anyone concerned with hearing issues, including elderly persons, family caregivers, and professionals working with them. To obtain a free copy, visit the EAD office at 715 S. King St, Suite 205 or call **523-4545** for more information.

*ADDITIONAL SPACE AVAILABLE AT
ELDER CARE PROGRAM . . .*
Continued from page 7

older, reside in Honolulu, Pearl City, or Aiea and have multiple health care problems. PACE charges a flat monthly rate and accepts both private payers and Medicaid eligible clients.

For those who may not need PACE's comprehensive package, seniors can now select some of its services a la carte such as its adult day health center program and personal care and assistance services in the home. Services are charged as fee-for-service at reasonable rates. For more information about PACE Hawaii or the new a la carte options, contact Betty Dumas, PACE Intake Coordinator at **832-6131** or visit its website at

www.PaceHawaii.org.

Calendar of Events 2002

December 2002

- 7 18th Annual Honolulu City Lights**, Saturday, December 7, 2002. Food, Entertainment, Electric Light Parade, Christmas Tree Lighting Ceremony, Concerts, Santa Claus. Free admission.
- 7 City and County of Honolulu Employees' Christmas Tree Displays**, Saturday, December 7, 2002 - January 3, 2003. 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. For more information, contact the Department of Customer Services, Public Information Division at **527-6060**.
- 7 "Express Yourself...Finding Joy in Being the Creative Caregiver"** Presented by the Alzheimer's Association, Saturday, December 7, 2002, 10:00 a.m. - 11:30 a.m., Boy Scouts of America Aloha Council President's Room, 42 Puiwa Road (off Pali Hwy., near Queen Emma Summer Palace). Features presentations or demonstrations of: baking, beaded jewelry, decorating crafts, memory book & cards for all occasions and poetry & journal writing.
- 25 Lanakila Meals on Wheels' Adopt-A-Senior program** will deliver over 1,000 hot scrumptious holiday meals on Christmas Day to homebound and frail seniors made possible through community support and dedicated volunteers. To find out more about the program and to volunteer, please call **531-0555**.
- 25 Christmas Dinner at the Hyatt Regency Waikiki Spa and Resort**, December 25, 2002, 2:00 p.m. - 4 p.m. Honolulu is invited to join members of the Waikiki Community Center (WCC) for their annual holiday dinner. The cost for WCC members is \$12 per person and guests is \$15 per person. For more information about this sumptuous feast, call **923-1802** and ask for Bill Hawkins. Deadline for dinner reservations is December 23, 2002.

Continued on back page

January 2003

16 Statewide Conference on Fall Prevention, January 16 & 17, 2003, Naniloa Resort Hotel in Hilo, Hawaii. Learn why some people fall and others do not; talking to parents about fall prevention; physical activity when you are afraid of falling. For more information, contact Tanya Fusco Johnson at **(808) 961-9002** in Hilo. Registration deadline is January 6, 2003.

19 Waikiki Community Center's 18th Annual Ala Wai Challenge, Sunday, January 19, 2003, beginning at 9:30 a.m. Watch exciting quarter mile outrigger canoe races along the Ala Wai Canal. Participate in ancient Hawaiian Makahiki land games, climb the mountain and jump for joy in a gigantic inflatable all for a small fee. A Hawaiian protocol ceremony of a double-hulled canoe will proceed down the Ala Wai canal in honor of Henry Keawe Ayau, Jr. For more information or if interested in sponsoring a team of six men and women paddlers at this fun day event, call Jeff Apaka at **923-1802**.

February 2003

12 Senior Valentine Dance, Wednesday, February 12, 2003, 9:00 a.m. - 12:00 p.m., Blaisdell Exhibition Hall, Free, light refreshments. Dance with your favorite local celebrities. Support and cheer on your "Heart of the Club" representative. For more information, please call **973-7258**.

March 2003

14 Senior Talent Show, Friday, March 14, 2003, 9 a.m. - 12 noon, Ala Wai Paladium. Seniors from various Group Dining sites will showcase their talents. The event is open to Lanakila Meals on Wheels participants ONLY. For more information, please call **531-0555**.

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ELDERLY AFFAIRS DIVISION**

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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*

