



# ALOHA PUMEHANA

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 Department of Community Services • Mufi Hannemann, Mayor • City & County of Honolulu

## MESSAGE FROM THE COUNTY EXECUTIVE ON AGING

By the time you read this, I may well be at the White House Conference on Aging along with eleven other delegates from the State of Hawaii. Delegates were appointed by Governor Lingle, our Congressional representatives, or the Conference Policy Committee, members of which were appointed by President Bush. Although we represent only 1% of the 1200 delegates from across the United States, it's a pretty big honor to be able to participate and share our local perspectives on national issues.

At the time of this writing, we have not received any of the 100-150 resolutions we are expected to vote on the first day. The process in the next few days involves developing implementation plans for the top 50 resolutions which would help guide national aging policy. The stakes are fairly high for those of us vitally concerned that older adults achieve a good quality of life. Will the resolutions that emerge accurately reflect the concerns and needs of older adults? And, after all the work is done, will they be taken seriously and acted upon?

After speculating what might be the outcome, it dawned on me that the answer to whether the Conference has impact on the future is not totally outside our control. While we will present 50 resolutions for the President, Congress, and federal

## EAD Busy With Conferences

By May Fujii Foo, Karen Miyake, and Craig Yamaguchi

### CAREGIVERS LEARN TO OVERCOME CHALLENGES OF CAREGIVING

Over 800 caregivers and community members converged at the Sheraton Waikiki Resort for the *Caring for Family, Caring for Yourself: A Caregivers Conference* held August 27, 2005. Participants received hands-on advice from local experts and took the opportunity to network and share best practices.

**Dr. Kalani Brady**, a featured guest on the weekly program "Ask the Doctor" on KHON FOX Channel 2 Morning News, was the keynote speaker. Dr. Brady lectured on being an empowered caregiver and how one can over-



Mayor Mufi Hannemann and Barbara Stanton sing happy birthday.

come the many challenges to caregiving. He spoke about the challenges doctors face in today's modern medicine including the increasingly complex and successful ways of treating the illnesses of aging, drug interactions and side effects. Dr. Brady suggested that creating a written list of questions, keeping a log of medications and health conditions, and being prepared are the keys to successful caregiving.

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agencies to consider, a good portion of what emerges from this event is within our power to shape. Each of us can take what is important and move it forward in our own local communities when we return. Each of us can continue to support those policies which benefit elders and the community as a whole. And all of you have a role if you are concerned about our kupuna.

I will be sharing what happened at the Conference in the

March issue of Aloha Pumehana. Please call me in the meantime if you would like to hear more. I can be reached at 523-4853.

For now and in the spirit of aloha, I wish you a happy holiday season.

May joy and life and laughter fill your hearts and may peace be with you.

Karen Miyake



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Right: Alex Au, from Franciscan Adult Day Care, distributes information at the Caregiver's Conference.

Below: Caregiver's Conference attendees participate in exercising with bands.



During lunch, **Mayor Mufi Hannemann** thanked the caregivers for their devotion. He led the group in singing Happy Birthday to Social Security and Medicare. He and AARP Director **Barbara Stanton** cut a huge cake commemorating Social Security's 70<sup>th</sup> and Medicare's 40<sup>th</sup> birthday.

The conference connected caregivers with 23 presenters from the aging and caregiving field. Sixteen concurrent sessions ranging from monitoring prescription drugs to handling difficult behaviors were all designed to provide essential knowledge and hands-on skills to assist family caregivers to cope with the stress of caregiving. Attendees learned of the importance of financial planning and of tax deductions and credits associated with caregiving.

The conference included 45 exhibitors displaying an array of informational resources available in the community. Participants also had the opportunity to pam-

per themselves with self-care activities including, lomi-lomi by **Betty Kamakani**, shiatsu massages by the Kapiolani Health Services Department, healing touch techniques by the

members of the **Healing Touch Posse**, and best practices of foot care by **Dr. Chris Teramura** of the Advanced Footcare Center.

Plans are already underway for next year's conference to be held June 10, 2006 at the Hawaii Convention Center.

### **KA LEI MEHANA O NA KUPUNA**



The Makaha Resort was the scene of an intergenerational setting that brought together Na Tutu and their grandchildren specifically from the targeted Waianae and Leeward Coast areas. In partnership with AARP, Alu Like, Hawaii Family Services, Hawaii Intergenerational Network, the Honolulu Elderly Affairs Division, and Queen Liliuokalani Children's Center, the *Ka Lei Mehana O Na Kupuna (The lei of warmth of the Kupuna) Tutu Conference* was the first-ever, designed to provide a day of support for grandparents raising their grandchildren.

According to the American Community Survey of population estimates, Hawaii leads the nation in grandparent-headed households raising their second family. Key-note speaker Kumu **John Ka'imikaua** talked about the tradition of grandparents caring for grandchildren in Hawaii, and his own experience with his grandparents. He stressed the value of a good relationship between grandparents and their grandchildren.

State Representative, **Maile Shimabukuro**, and Legal Aide Society's **Daniel Pollard** provided information on grandparents' legal rights, including guardianship and adoption issues. Many comments were directed toward change in the system.

A panel of community organizations provided information on resources in the Leeward area. **Sheila Beckham** of Waianae Coast Comprehensive Health Center provided information on how to navigate the health care system; **Jay Lee** of Ho'omai Ke Ola gave information on drug prevention and after school programs; **Ho'oipo Decembra** of Legal Services for Children talked about special education for children; and **Dixie Padello** of Hawaii Family Services offered information on Tutu support groups and child care information.

### **FINANCIAL EXPLOITATION**

An impressive array of professionals concerned with financial exploitation of the elderly participated in a conference entitled *Joining Forces to Combat Financial Exploitation/Crimes Against the Elderly* held on

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September 28, 2005 at the Hilton Hawaiian Village.

Participating government agencies included: FBI, Secret Service, Postal Service, U.S. Attorney, Veterans Association, Department of the Attorney General, Department of Human Services, Department of Health, Department of Commerce and Consumer Affairs, University of Hawaii, State Judiciary, State Legislature, Honolulu Police Department, Prosecuting Attorney, and City Council. Private organizations included banks and credit unions, attorneys, CPAs, financial planners, Better Business Bureau, consumer credit counseling agencies, Area Agencies on Aging, AARP, HGEA retirees, NARFE and many non-profit social service agencies.

The effort to bring together the 185 participants to learn more about the topic and to network was motivated by the growing numbers of financial crimes committed against the elderly and the fact that many cases are complex and exceed the boundaries of a single jurisdiction. They also require understanding of complex aging issues and knowledge of legal, financial, law enforcement and criminal justice processes. In addition, prevention, resolution and prosecution require a multidisciplinary approach and cooperation among social service, health, financial, legal, and criminal justice systems.

Former Chief Justice of the Hawaii Supreme Court, **William S. Richardson**, opened the conference with a historical perspective

of protection of our kupuna. **Mayor Mufi Hannemann** urged collaboration among the conference participants. Keynote speaker, **Lisa Nerenberg**, a nationally renowned authority, speaker, and author on the subject of elder abuse, highlighted the many types of abuse that are occurring and the sophisticated schemes that target seniors. She said that seniors are particularly targeted because those over 50 years of age control 70% of the wealth, are equity rich but cash poor, have good credit ratings, and half of those over 85 years of age have dementia which makes crimes against them less likely to be discovered or reported. She also highlighted promising practices other jurisdictions are trying to stem the growth of financial exploitation.

**Edward Kubo, Jr.**, U.S. Attorney, stated that Hawaii is second in the nation in internet fraud and the large elderly population is susceptible to scams. **Michael Parish**, Deputy Attorney General, State of Hawaii, encouraged the private sector to be cognizant of the problems faced in prosecution and to participate in providing necessary documentation. **Peter Carlisle**, Prosecuting Attorney, City and County of Honolulu, discussed the impact of drugs on the growing identity theft problem and his plans to establish a special Elder Abuse Unit in his office. **Iqbal Ahmed**, Professor of Psychiatry, UH School of Medicine, discussed decisional capacity and undue influence.

There were two panel discussions. "*Law Enforcement Roles in Investigating Financial Exploitation/Crimes*"



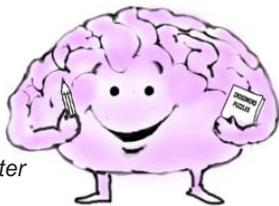
featured professionals from different disciplines presenting their role in addressing financial exploitation: **Tim Beam**, Special Agent, FBI; **Chiko Hoge**, Special Agent, U.S. Secret Service; **John F. Murphy**, Postal Inspector, U.S. Postal Inspection Service; **Brian Ishikawa**, Assistant VP & Security Investigator, Bank of Hawaii; **Elizabeth Merrill**, Financial Fraud Detail, Criminal Investigation Division, HPD, and **Stephen H. Levins**, Executive Director, Office of Consumer Protection, Department of Commerce and Consumer Affairs.

The second panel "*Preventing Elder Financial Abuse: A Multidisciplinary Approach*," involved input into a case example to demonstrate how agencies can collaborate in addressing the problem of financial exploitation: **David Tanaka**, Supervisor, Adult Protective Services, Department of Human Services, **Calvin Lum**, Financial Auditor, APS Financial Exploitation Team, Department of Human Services; **Cathy Lowder**, Director, Office of Public Guardian, Hawaii State Judiciary; **James Pietsch**, University of Hawaii Elder Law Program; **Kim Caplonch**, CrimeStoppers, HPD;

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## BRAIN HEALTH: DOES IT MATTER?

By Keoni Kealoha Devereaux, Jr.,  
PhD, Vice-President of Programs,  
Alzheimer's Association-Aloha Chapter



When we think about staying fit, we usually think from the neck down. But brain health plays a critical role in almost everything we do—thinking, feeling, remembering, working, playing, and sleeping. There is growing evidence that lifestyle can affect our brain health and risk for dementia.

The health of our brains does influence the quality of our lives. Like other parts of our bodies, our brains may lose some agility, in deteriorating even more if we don't take care of them. Science is unlocking many of the brain's mysteries, but we don't have all the answers yet. You can do everything "right" and still not prevent Alzheimer's disease.

The good news is there are things we can do to keep our brains healthier as we age—and these steps may reduce our risk of Alzheimer's disease. These recommendations reflect the best available research and input from the Alzheimer's Association's top science advisors.

A new national survey by the Alzheimer's Association shows Americans aged 55-64 rank brain

and memory health as their second greatest health worry. People want information on how they can keep their brains healthy and to reduce their risk of developing Alzheimer's disease, especially the nation's 77 million Baby Boomers including additional millions of healthy seniors who are the next generation at risk.

### *There are 10 ways to Maintain Your Brain Health:*

**1. Head First:** Good health starts with your brain, so don't take it for granted.

**2. Take Brain Health to Heart:** What's good for our hearts is good for our brains.



**3. Your Number Count:** Keep your body weight, blood pressure, cholesterol, and blood sugar levels within recommended ranges.

**4. Feed your Brain:** Like the heart, the brain needs the right



balance of nutrients to function well.

**5. Work Your Body:** Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells.

**6. Jog Your Mind:** Keeping your brain active and engaged increases its vitality and builds reserves of brain cells and connections.

**7. Connect with Others:** Leisure activities that combine physical, mental, and social elements are most likely to decrease the risk of dementia.

**8. Heads Up to protect your brain:** take precautions against head injuries.

**9. Use Your Head:** Avoid unhealthy habits such as smoking, excessive use of alcohol or use of illegal substances.

**10. Think Ahead:** Start today. Do something now to protect your tomorrow.

For more information and details about "Maintain Your Brain," call the Alzheimer's Association-Aloha Chapter at 591-2771, or visit the office at 1050 Ala Moana Blvd., D15, Honolulu, HI. 96814. You may also visit our website at [www.alzhi.org](http://www.alzhi.org).

*EAD Busy With Conferences* Continued from Page 3

**Joyce Tapia-Miyahira**, Case Management for Frail Elderly Program, Public Health Nursing Branch, Department of Health; **Bert Corniel**, Corporate Security Officer, American Savings Bank; and **Janette Sargent-Hamill**, Supervisor, REACH program, Child and Family Service.

The Conference was planned by the EAD under a grant from

the Office for Victims of Crime, Office of Justice Programs.

### **REDUCING FALLS BY DESIGN**

The second Fall Prevention Conference was held at the Pacific Beach Hotel on October 4, 2005. Titled *Reducing Falls By Design*, the conference was attended by over 300 people and included presentations from a variety of speakers on the intrinsic

and extrinsic factors in reducing falls among the elderly. There were two keynote speakers, **Rosemary Bakker** and **Max Vercruyssen**, and 12 breakout sessions on various topics including assistive devices, exercises, medications, balance issues, nutrition, family caregiving, and patient handling skills. The next conference will be held in 2007.



# 2005 AT THE ELDERLY AFFAIRS DIVISION

By Pat Tompkins and Lot Lau

As part of a national network created by the Older Americans Act of 1965, the Elderly Affairs Division (EAD) serves adults 60 years of age and older in the City and County of Honolulu. EAD is one of four Area Agencies on Aging in Hawaii who work closely with the State Executive Office on Aging, Hawaii's link to the federal Administration on Aging.

## AGING NETWORK SERVICE SYSTEM

In FY 2005, services for older adults were funded through 33 contracts or sub-recipient agreements with 16 public and non-profit agencies. In addition, EAD's Information & Assistance (I&A) unit provided Information, Assistance and Outreach services. Funding came from the federal Older Americans Act, State, and County. The total budget for FY 2005 was \$6.36 million.

Approximately 7,650 seniors received in-home and community-based services such as meals, personal care and transportation; 24,800 received information and assistance, education, and outreach service provided by contracted service providers; and 595 caregivers of seniors received assistance like case management or supplemental services. Of those seniors and their caregivers, 31.5% live at or below the poverty level for their household size, 25.9% are low-income minorities and 7.9% live in rural areas.

## KUPUNA CARE

Kupuna Care, a State/County collaboration since 1999, provided assistance to frail older adults who cannot live at home without help. Kupuna Care services, followed by the numbers of persons served, include: Adult Day Care (32); Assisted Transportation (502); Attendant Care (611); Case Management (939); Chore (193); Home Delivered Meals (2,249); Homemaker (219); and Personal Care (482).

A supervisor and seven Kupuna Care Intakers were hired to enhance access to services. Additionally, EAD took responsibility to procure Kupuna Care services this year and created a standardized Request for Proposal for all FY 2006-07 services.

## NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

The National Family Caregiver Support Program continued its successful programs and added a new program which supported grandparents caring for minor grandchildren. The services funded in FY 2005 are followed by the persons served: Attendant Supervision (36); Case Management (259); Counseling (207); Counseling-Caregiver Support (67); Education/Training (190); Respite Adult Day Care (27); and Supplemental Services (137).

Other activities under this initiative:

- Co-sponsored the 3<sup>rd</sup> Annual Conference for Caregivers—*Caring for Family, Caring for Yourself*, in July 2004. The conference attracted 650 caregivers who attended 21 breakout sessions and visited 49 exhibits. Hospice Hawaii joined continuing partners AARP, HMSA, and Alu Like as conference sponsors.
- Encouraged 333 private sector employees to establish in-house caregiver support groups.
- Partnered with 43 doctors to identify caregivers and connect them to EAD through the national *Making the Link* program. EAD's program was selected as one of the "Best of the Links: Innovative Programs" nationwide by the National Association of Area Agencies on Aging.
- Participated in the statewide Caregivers Coalition and its Advocacy Committee which held a *Capitol Day* event in May to thank legislators for supporting family caregiver legislation.
- Provided 20 caregiver education/support sessions and 2 pre-retirement training presentations to 357 City employees.
- Partnered with five agencies to plan the first *Ka Lei Mehana O Na Kupuna*, a conference for Tutu raising grandchildren.
- Regularly submitted articles to the *Family Caregiver*, a statewide quarterly newsletter.

## OTHER AGING NETWORK SERVICES

Other services funded by the federal Older Americans Act to help older adults maintain independence included: Congregate Meals (2,157); Counseling (2,670); Education/Training (1,288); Es-

cort (112); Friendly Visiting (2,036); Health Education/Promotion (320); Health Screening/Maintenance (100); Housing Assistance (567); Information & Assistance (914); Interpreting/Translation (160); Legal Assistance (417); Letter Writing (76); Nutrition Counseling (146); Nutrition Education (6,815); Outreach (1,293); Recreation (7,925); Telephone Reassurance (61); Transportation (677); and Volunteer Opportunities (491).

A major effort was made to move to a centralized data input system. A data processing unit was created and addressed three tasks: 1) restoration of data integrity, 2) development of a new data collection process which included new forms and procedures, and 3) specification of data requirements and definitions to enhance data quality and communication. Another significant effort was the development of a standardized contract for all FY 2006-07 and 2006-09 contracts. A third administrative initiative was the development of client surveys to evaluate service providers and EAD's I&A services.

Other activities supporting elderly services:

- Assisted Kapahulu and Moiliili Senior Centers to develop services, budget, and be in compliance with CDBG requirements and to execute sub-recipient agreements.
- Assisted State Housing and Community Development Corporation of Hawaii to analyze EAD data for several properties that use ROSS Grant funding. The data tracked service utilization before and after a service coordinator is hired.
- Developed a resolution passed by City Council to sell a home bequeathed to EAD and to use the proceeds for services.
- Collaborated with the State Office on Aging to apply for a federal grant to create county Aging and Disability Resource Centers. This one-stop entry into long term care for persons who are elderly or have a disability will be developed in FY 06-08 and will build upon EAD's I&A Program.
- Developed an agreement with the Department of Planning and Permitting,

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## 2005 At The Elderly Affairs Division

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Residential Code Enforcement and Code Compliance Branch to help elderly home owners avoid code violations when they do not maintain their homes or yards.

- Used Victims of Crime Act funds of \$20,000 for a conference in September to address ways public and private agencies may respond to financial abuse and exploitation of elderly persons.
- Participated in the planning and implementation of the **Second Annual Fall Prevention Conference**.
- Partnered with Lanakila Meals on Wheels, Alu Like, AARP, and the City's Department of Parks and Recreation to implement a **"5 a-day, 5 times-a-week"** nutrition and walking program.
- Helped Lanakila Meals on Wheels and Hawaii Meals on Wheels programs plan the **March for Meals** rally in March to increase awareness of senior hunger.
- Provided information, technical assistance, and referrals to the Honolulu Advertiser for its **The Graying of Hawaii** series about the increasing numbers of elderly in Hawaii.
- Served on advisory councils and boards of agencies including: Caregiver Coalition Advocacy, Elder Abuse & Fraud Task Force, Falls Prevention Coalition, National Association of Area Agencies on Aging (n4a), Retired and Senior Volunteer Program, Senior Companion Program, and Take Charge of Your Money Program.

Ongoing trends noted: 1) more frailty and increased chronic conditions, 2) more clients requiring one-on-one assistance and follow-up, 3) more demands for affordable rental units, for services in elderly housing projects, home-delivered meals, transportation services, caregiver assistance, overnight respite, mental health services, 4) increasing incidence of financial abuse, exploitation and neglect of seniors, and 5) continued shortage of bilingual staff.

Issues that continue to be challenges in FY 2005 include: 1) increased homelessness, 2) awareness of hoarding behavior that creates health and safety issues, 3) need for counseling and placement services as families experience greater difficulties caring for their aging loved one, 4) rising health insurance and prescription medication costs and need for assistance with medication management, 5) increased need for

legal assistance for both clients and caregivers, health maintenance classes and other types of preventive services, and support for grandparents caring for minor grandchildren, and 6) continued reduction in the number of military volunteers for home-delivered meals due to activation, deployment or relocation.

Emerging issues either observed by staff or reported by service providers include: 1) increasing concerns from parents of adult children with disabilities about what will happen to their child when they are no longer able to provide care, 2) need to develop collaborative responses to the reported increase in elder fraud and financial abuse, and 3) increasing concern of home care workers and volunteers who work with Waikiki service providers in caring for area gay/lesbian seniors.

### SENIOR INFORMATION & ASSISTANCE PROGRAM

The City's I&A Program provided outreach, information and referral services. Bilingual staff provided individualized assistance, targeted isolated, low income, and frail older adults and their families. In FY 2005, 29,700 people were reached through: door-to-door canvassing in targeted communities; satellite city hall walk-in sites; outreach visits to group dining programs, open markets, senior clubs and housing projects; participation and exhibits at community fairs; home visits to make case assessments of frail elders; group presentations; and calls to the Senior Hotline.

EAD's quarterly newsletter, **Aloha Pumehana**, began its nineteenth year of publication. Featured topics included *"The Economics of Aging"* about the challenges of maintaining financial security, good health and happiness, and *"Where is My Car?"* describing the difficulties faced when driving is no longer practical or safe.

2,500 copies of the **Family Caregiving Guide** were produced. The **Oahu Housing Guide**, an online guide to senior housing, continued to be updated monthly by Catholic Charities Hawaii's Housing Assistance Program. All major publications continued to be

placed on the EAD website.

### HONOLULU COMMITTEE ON AGING

The Honolulu Committee on Aging (HCOA) is the citizen advisory body to the Mayor and EAD on aging issues. They sought citizen participation and advocated on matters to identify and address concerns of the county's elderly population. At least 50% of its members appointed by the Mayor are 60 years or older.

HCOA's Planning, Education and Advocacy Sub-committee (PEAS) provided detailed data and information on health, housing, policy and volunteerism and drafted their own Goals and Objectives for FY2006.

PEAS hosted a focus group in January to ascertain the major needs of Oahu's seniors. The report from this officially designated Independent Aging Event was submitted to the Administration on Aging.

For the past year, members of HCOA, PEAS, and EAD staff assisted Kokua Council to produce a Model Legislature opportunity for seniors to be held in the fall of 2005.

### THE MAYOR'S 39<sup>TH</sup> SENIOR RECOGNITION PROGRAM

The HCOA hosted the Mayor's 39<sup>th</sup> Annual Senior Recognition Program held in April at the Sheraton Waikiki Beach Resort. Mayor Mufi Hannemann, along with more than 1,200 well wishers, congratulated the 96 senior volunteers who have contributed to the betterment of their communities. The HCOA solicited nominations, developed and coordinated the event and contributed greatly to the success of the program. For the 5<sup>th</sup> consecutive year, Hawaii Medical Service Association provided major financial support to the program and sponsored the Akamai Living Lifetime Achievement Awards.



Award Winners – Mayor's 39<sup>th</sup> Annual Senior Recognition Program



By  
Tony  
Baccay

### SENIOR ALERT!!!

There are two opportunities for eligible seniors age 55 and over to serve frail seniors at home or at various adult day care and day health programs. Please call **586-5192** to inquire about serving as a part-time SENIOR COMPANION or RESPITE COMPANION. Both programs offer many benefits including hourly pay, vacation and sick leave, free annual physical exams, paid training, transportation allowance, and more.

### ELDER CARE TRAINING:

ORI Anuenue Hale, Inc. (OAH) is offering elder care training for those who are caring for elderly or disabled family member or friend. The class is also open to persons interested in learning more about caregiving as a job. Professional speakers and trainers, including physicians, psychiatrists, nurses, dieticians, and other specialists in the field share their knowledge and experience with participants. Individualized family training sessions are also available.

Classes are held at the Helemano Plantation, 64-1510 Kamehameha Highway, Wahiawa 96786. In addition, OAH offers other health and wellness programs including Tai Chi/ Chi-Kung and Meditation/Massage classes every Thursday from 9:30 a.m.-11:00 a.m. Cooking lessons are held twice a month and computer lessons, including the use of the Internet, are open to seniors from 12:00 noon-1:00 p.m. every Thursday. All classes are free; however, donations are welcome. To register or to obtain class schedules, call **Yvonne de Luna** at **622-3929**.

OAH has been providing service to the community since 1993. Its mission is to promote the general welfare and assist in improving the quality of life of persons and families

of lower income, the elderly and persons with disabilities.

### KUPUNA CARE IN THE SPIRIT OF OHANA:

The William Charles Lunalilo Trust Estate through Lunalilo Home has provided residential care to elderly of part-Hawaiian ancestry since 1883. Recently, adult care services expanded to include adult day care, temporary respite care and home-delivered meals for senior citizens of all ethnic backgrounds, not just for Hawaiians.

Located in Hawaii Kai on the same campus as Lunalilo Home, the King Lunalilo Adult Day Care Center operates Monday to Friday, 6:30 a.m.-6:30 p.m., except on recognized holidays. The culture of the islands is emphasized while providing loving care to senior citizens in a nurturing environment. Seniors have opportunities for companionship, fun activities, nutritious meals and snacks, supervision and assistance with daily living.

Respite care provides temporary 24-hour care to older adults and allows family caregivers relief from the daily duties of caregiving or time off for vacations and business trips off islands.

King Lunalilo Adult Day Care Center is located at 501 Kekauloahi St., Honolulu, HI 96825. For more information or to arrange for a site visit, call **395-1000**.

### IN-HOME CONSULTATION:

Palolo Chinese Home and University of Hawaii's John A. Burns School of Medicine now offer a doctor's house call program for homebound senior residents of the Palolo Valley/Kaimuki area under the direction of board certified geriatricians, **Drs. Rachel Mukofshy** and **Oleksandr Pishchalenko**. Each visit will be in consultation with the individual's established primary care physician. Medicare, Medicaid and most major private medical are accepted.

The House Calls Program is designed to provide geriatrics consultation to homebound elders by appointment. Physicians will schedule home visits according to the needs of the client. Emergency services are not provided. To be eligible, clients must be 65 years or older, residents in the Palolo Valley/Kaimuki area, and homebound for physical and/or emotional reasons.

For more information, call **Anne Chipchase**, Hawaii Neighborhood Outreach to the Aged (HiNOA), Palolo Chinese Home at **748-4911**.

### ALOHA O'E:

EAD's secretary, **Judi Yogi**, is retiring on December 31, 2005 after 22 years of City



service. She will be missed not only for her clerical and secretarial expertise, but for her uncanny ability to ensure deadlines are met and office procedures are adhered to. She has been the driving force behind the scene to make the agency run smoothly and efficiently. "I am looking forward to this next phase of my life," says Judi. "I plan to spend more quality time with my family and perhaps do some traveling."

**Patrick Medeiros** retired on September 1<sup>st</sup> after 13 years as a Community Service



Aide. He was responsible for conducting outreach in assigned communities and letting seniors and their families know about services available to them. During his retirement, he plans to enjoy his grandchildren and all their sporting endeavors. "It's been a fulfilling experience working for EAD," said Patrick. "Now I take my own advice I have been giving seniors and enjoy life to the fullest one day at a time."

### AARP SEEKS VOLUNTEERS:

Once again the AARP Tax-Aide, the nation's largest free, volunteer-run tax counseling and preparation service is looking for either tax

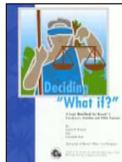
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counseling and/or leadership positions. Volunteers receive FREE comprehensive tax preparation training on Oahu in cooperation with the Internal Revenue Service. Volunteers of all ages and backgrounds are welcome. You need not be an AARP member or retiree. Last year 186 volunteers helped prepare over 12,000 tax returns for Hawaii residents. About 67% were prepared electronically. There are 24 Oahu tax sites and 22 on the neighbor islands. If interested, call **Bankole Idowu** at **836-3439**, **Pat Henderson** at **955-5776**, or Aloha United Way **211**.

**NEW HANDBOOKS NOW AVAILABLE:**

The 2005-2007 edition of the *Senior Information and Assistance Handbook*, a directory of resources to assist in locating public and private social service organizations to benefit seniors on Oahu, is now available for pick up at any branch of the American Savings Bank or at the EAD, located at 715 S. King Street, Suite 205.

Also available is the 2005 edition of *Deciding "What If?"; A Legal Handbook for Hawaii's Caregivers, Families and Older Persons*.



The guide provides a basic introduction to various legal concerns of caregivers, families and the elderly and is intended to assist individuals in recognizing problem areas, in finding resources and in obtaining appropriate referrals. The legal handbook can be picked up at the EAD or at the University of Hawaii Elder Law Program or can be downloaded at

[www.elderlyaffairs.com](http://www.elderlyaffairs.com)  
or

[www.hawaii.edu/uhelp/publications/Deciding\\_What\\_If\\_2005.pdf](http://www.hawaii.edu/uhelp/publications/Deciding_What_If_2005.pdf).

For more information, call **523-4545**.

# WHAT IS KUPUNA CARE?

By *Rachelle Yamamoto, CI Supervisor*



## Situations We Can Help With:

We often receive calls from seniors or their caregivers who have seen the **Kupuna Care** commercial on television or have heard about it on the radio. When callers express interest in Kupuna Care, we can help them navigate through the array of services available. Here are examples illustrating how we may help:

Let's suppose there is an elderly woman who is frail and lives alone. She has difficulty maneuvering and is afraid to leave her home to buy food. Since she is too frail to venture out, she goes hungry. Kupuna Care services can help with ATTENDANT CARE (list shopping and companion aid), HOME DELIVERED MEALS, and ASSISTED TRANSPORTATION (door-to-door transportation for the frail).

In another case, an 85 year-old man lives with his 75 year-old disabled wife. She is in a wheelchair and he walks with the help of a cane. The husband is too frail to lift his wife from the wheelchair to the bed and is not able to bathe her. He spends most of his time caring for his wife and is feeling burnt out and overwhelmed. There are dirty dishes piling up in the sink, clutter in the hallway, and overgrown grass in the backyard. Kupuna Care services that can help in this scenario are: CASE MANAGEMENT (a social worker specializing in se-

nior issues will offer options and services), PERSONAL CARE (help with bathing, dressing, grooming), H O M E M A K E R / HOUSEKEEPER (light housework such as dishes or laundry service), and CHORE SERVICES (heavy yard work).

## Eligibility Criteria:

These are the criteria to qualify for Kupuna Care services:

- A senior that is 60 years or older,
- Is a U.S. citizen or qualified alien,
- Is not covered by comparable government or private services,
- Is not residing in an institution such as a care home, nursing home, etc.
- Clients must also have difficulty performing 2 or more Activities of Daily Living or Instrumental Activities of Daily Living listed below:

### ADLs:

- Bathing unassisted
- Using the toilet
- Dressing
- Transferring from bed to chair
- Moving about the house safely

### IADLs:

- Preparing meals
- Shopping for food
- Taking medications
- Managing money
- Using telephone
- Doing housework
- Using public transportation

For more information about Kupuna Care, call the Senior Hotline at **(808) 523-4545** or visit our website at

[www.elderlyaffairs.com](http://www.elderlyaffairs.com)



By Joel Nakamura

[www.medicare.gov](http://www.medicare.gov) website for information and search tools for help choosing a drug plan or if you have questions about existing Medicare coverage or the new Medicare Prescription Drug Program.

[www.ssa.gov](http://www.ssa.gov) Did you know that in addition to Social Security (SS), Supplemental Security Income (SSI) is available through the Social Security Administration? SS is income for retired workers. SSI offsets the cost of living expenses for persons with disabilities and seniors 65 and older with very limited incomes and assets.

[www.med-quest.us](http://www.med-quest.us) If you qualify for SSI you probably qualify for Medicaid, a federal and state funded medical coverage for seniors 65 and over with very limited incomes and assets.

[www.EldercareHawaii.com](http://www.EldercareHawaii.com) internet resource that provides current news updates, a free online newsletter, and other features you can use whenever and wherever you go online.

[www.hacm.net](http://www.hacm.net) website founded

by a group of social workers and nurses working as case managers for the elderly.

[www.state.hi.us/doh/resource/ohca](http://www.state.hi.us/doh/resource/ohca) website for listings of various settings to include Adult Residential Care Homes (ARCH), Expanded ARCH, Special Treatment Facilities, Developmentally Disabled Domiciliary Homes, and Assisted Living Facilities.

[www.medicare.gov/NHCompare/home.asp](http://www.medicare.gov/NHCompare/home.asp) website that provides detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country.

[www.techforlhc.org](http://www.techforlhc.org) website containing information on technical products including assistance/nurse call, falls, wandering, incontinence, bathing, medication management and resident lifts and transfers to improve quality of life and care for people in long term care settings.

[www.alzheimers.org/index.html](http://www.alzheimers.org/index.html) website to find current, comprehensive Alzheimer's disease information and resources from the U.S. Government's National Institute on Aging.

[www.co.honolulu.hi.us/csd/publiccom/onecall](http://www.co.honolulu.hi.us/csd/publiccom/onecall) website to access telephone directory of City government services on Oahu.



By Lorraine Fay

This is the time of year that traditionally we celebrate by planning festivities and giving to others. In fact, we often exhaust ourselves in flurries of activity. Well, here's an idea. Try these **3 R's**:

**RESIST...** the urge to go all out.

**RECOUNT...** your successes, big and small, over the year.

**RECOVER...** from all of the hard work you've done.

Then, while you are in that frame of mind, try three more:

**RESPITE...** to get some precious time for yourself.

**RECREATION...** for your physical and emotional health.

**RELAXATION...** to clear your mind and renew your spirit.

This holiday season celebrate yourself for all of the contributions you have made to the well-being of a loved one who may not even be able to say "thank you."



## CALENDAR OF EVENTS 2005-2006

### DECEMBER 2005

- 3 21<sup>st</sup> Annual Honolulu City Lights: Ha'aheo No 'O Honolulu (Pride of Honolulu)**, Saturday, Dec 3. Festivities begin at 5 pm. Food, Entertainment, Electric Light Parade, **Christmas Tree Lighting Ceremony, Outdoor Concert, Santa Claus. Free admission.**
- 10 Kapolei City Lights**, Saturday, Dec 10. Festivities begin at 4 pm. Food, Entertainment, Electric Light Parade, **Outdoor Concert, Santa Claus, Christmas Tree Topping Ceremony at Kapolei Hale. Free admission.**

### JANUARY 2006

- 4 No Fear of Falling**, sponsored by Honolulu Gerontology Program. Honolulu classes meet at Hale Po'ai, 1001 N. School Street on Mondays, Wednesdays and Friday, 1 pm - 2:30 pm. Windward classes meet at Kailua's Lani Huli Senior Housing, 45 Aulike Street on Mondays, Wednesdays, and Fridays, 9 am - 10:30 am. Call **543-8421** to obtain more information regarding assessments and doctor's clearances.

### FEBRUARY 2006

- 24 Show & Sell**, Friday, 8 am - 11 am, Lanakila Multipurpose Senior Center. Mini bazaar, crafts and food for sale. **Free admission.**

- 26 Hawaii International Conference on Aging: Active Aging in Asia, Showcasing Best Practices**, Sunday-Tuesday, Feb 26-28. Special guest Danny Kaleikini. Full Conference \$250, includes reception, conference at UH East-West Center, site visits to active aging facilities on Oahu, and farewell dinner. Register at [www.VRCHawaii.org/ActiveAging](http://www.VRCHawaii.org/ActiveAging) or call **956-8916**.

### APRIL 2005

- 17 Mayor's 40<sup>th</sup> Annual Senior Recognition Program**, Monday, April 17, 9:30 am - 11:30 am. Sheraton Waikiki Beach Resort. **Free admission.**

**Information and Assistance for family and friends who reside on the Neighbor Islands:**

- Kauai Agency on Aging** ..... 1-808-241-6400  
4444 Rice Street, Suite 330, Lihue, HI 96766
- Hawaii County Office on Aging** ..... 1-808-961-8600  
Hilo Office  
101 Aupuni Street, Suite 342, Hilo, HI 96720
- Kona Office** ..... 1-808-327-3597  
75-5706 Kuakini Hwy., Suite 106  
Kailua-Kona, HI 96740
- Maui County Office on Aging** ..... 1-808-270-7755
- Information Assistance & Outreach** ..... 1-808-270-7774  
200 S. High Street, Wailuku, HI 96793
- Molokai** ..... 1-808-553-5241
- Lanai** ..... 1-808-565-7714

**To obtain State information, contact:**

**State Executive Office on Aging (EOA)** ..... 1-808-586-0100  
250 S. Hotel Street, Suite 406, Honolulu, HI 96813

**For Out-of-State information, contact:**

**National Eldercare Locator** ..... 1-800-677-1116

**Department of Community Services  
ELDERLY AFFAIRS DIVISION**

The Area Agency on Aging for the City and County of Honolulu  
715 South King Street, Suite 200, Honolulu, Hawaii 96813

**County Executive on Aging** ..... Karen Miyake

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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.

MUFI HANNEMANN  
Mayor of Honolulu



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