

ALOHA PUMEHANA

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AGING and CAREGIVER RELATED LEGISLATION: A RECAP OF THE 2006 LEGISLATURE

By Wes Lum, Executive Office on Aging



At the start of the 2006 Legislature, there were approximately 90 proposals addressing senior issues. We report here on the aging and family caregiving measures that passed.

FAMILY CAREGIVING

Training and Education (H.B. No. 1900). This measure enables family caregivers to receive education and training in their caregiving responsibilities and appropriates \$206,000 to Kapiolani Community College to establish a Long-Term Care Training Initiative for paraprofessional and family caregivers.

Respite Services (S.B. No. 3252). This measure provides much needed respite for families by appropriating \$500,000 to expand the Kupuna Care Program. Services provided by Kupuna Care are intended to help older adults who cannot live at home without help from family or formal services. Services include adult day care, assisted transportation, attendant care, case management, chore, home delivered meals, homemaker, and personal care.

Coordination of Family Caregiver Support Services and Policies (S.B. No. 3252). This measure appropriates \$80,000 to the Executive Office on Aging to coordinate caregiver support services and policies statewide to help families have affordable, readily available, high quality, comprehensive services that are coordinated across all care settings.

Legislative Leadership (S.B. No. 3253). This measure facilitates the development of comprehensive public policy to strengthen support for family caregivers by establishing a Joint Legislative Committee on Family Caregiving to address the looming eldercare crisis.

Balancing Work and Caregiving (S.C.R. No. 13). This measure requests the Governor to convene a Work-Family Task Force to review Hawaii's work-family laws and policies, and requests the Legislative Reference Bureau to study other states' laws and practices that promote good work-family policy.

ELDERCARE RESIDENTIAL/HOMES/FACILITIES

Criminal History Record Checks (S.B. No. 2343). This measure

See Aging, page 2

A MESSAGE FROM THE COUNTY EXECUTIVE ON AGING



Aloha Readers, 2006 has been an incredible year filled with many challenges and successes.

Reauthorization of the Older Americans Act, which was the #1 recommendation of the 2005 White House Conference on Aging, became a reality and a victory for aging advocates nationwide who lobbied hard for its passage.

On the state level, \$500,000 was appropriated by the Hawaii State Legislature to fund Kupuna Care services that assist elders in need of services to stay at home. Passage of this bill and others made this past session a particularly gratifying one.

An exciting issues forum was held in late June at the State Capitol which brought together 131 aging advocates who identified community needs and potential solutions.

Another well-attended forum, *Designing Livable Communities in an Aging Society* featuring speakers **Sandy Markwood**, CEO of the National Association of Area Agencies on Aging, and **Hale Takazawa**, a representative of the American Institute of Architects, provided information on the impact of the *baby boomers* on our community and how we can better prepare. More information on this topic will be provided in the next issue.

Old and newly appointed

See MESSAGE, page 2

INSIDE THIS ISSUE

AGING AND CAREGIVER RELATED LEGISLATION: A RECAP OF THE 2006 LEGISLATURE	1, 2
A MESSAGE FROM THE COUNTY EXECUTIVE ON AGING	1, 2

SURFING THE AGING NETWORK	3
HEALTHY AGING PILOT PROJECT	3
WHEN LOVED ONES BECOME AGGRESSIVE	4, 10
EAD: 2006 IN REVIEW	5, 6, 7

REAUTHORIZATION OF OAA PASSED BY CONGRESS	7
BITS & PIECES	8
KING LUNALILO MEAL SERVICE	8
CALENDAR OF EVENTS	9

ensures the safety of elderly and disabled persons by authorizing the Departments of Health and Human Services to conduct criminal background checks of persons providing care or having access to elderly and disabled residents of healthcare facilities.

Long-Term Home Care Services (S.B. No. 3254). This measure ensures that continued quality care at reasonable costs is given to clients of home and community-based case management agencies and community care foster family homes. The statutory authority for the licensing and certification of home and community-based case management agencies and community care foster family homes is permanently established.

Increased Level of Payments (H.B. No.1821). This measure compensates adult residential care home operators by:

- (1) Increasing the maximum level of care payments for Type I facilities, licensed developmental disabilities domiciliary homes, community care foster family homes, and certified adult foster homes to \$621.90; and
- (2) Increasing the maximum level of care payments for Type II facilities to \$729.90.

Increased Capacity (S.B. No. 3247). This measure ensures the continuation of adult residential care homes and the availability of care home facilities to Medicaid recipients by:

- (1) For Type I homes, authorizing the Department of Health (DOH) to allow up to six residents at its discretion, provided that the primary caregiver or home operator is a certified nurse aide who has

completed a state-approved training program and other training required by DOH; and

- (2) For Community Care Foster Family Homes, the DOH may certify the home for a third adult at its discretion, provided that (a) the resident is at the nursing level of care and a Medicaid recipient, and (b) the primary and substitute caregivers are certified nurse aides who have completed a state-approved training program and other training required by DOH.

Long-Term Care Infrastructure Plan (S.C.R. No. 144). This measure enables stakeholders to examine the challenges facing the State's aging population, review available services, analyze existing state and county laws and regulations, consider the current long-term care bed capacity and projections for future needs, and develop a comprehensive long-term care infrastructure plan to ensure public safety while supporting aging in place initiatives.

PRESCRIPTION DRUGS

Hawaii Pharmacy Assistance Program (S.B. No. 3003). This measure enables more people to qualify for the State Pharmacy Assistance Program by extending the income eligibility requirement to 150% of the Federal Poverty Level.

SOCIAL SECURITY and MEDICARE

Medicare Part D (H.C.R. No. 80). This measure requests the President and Congress of the United States to adopt changes to the Medicare Part D program.

Social Security (S.C.R. No. 6). This measure urges the Executive and Legislative Branches of the Federal Government to avoid privatization of Social Security, and specifically warns the Federal Government of possible financial

and economic perils resulting from such a privatization of Social Security.

KUPUNA and CAREGIVER RECOGNITION

Kupuna Recognition Day (H.B. No.3217). This measure recognizes the significant role that older adults play in Hawaii's culture, history, and traditions by designating the fourth Saturday of July as Kupuna Recognition Day.

Caregiver's Month (S.C.R. No.204). This measure designates the month of March as Caregiver's Month in Hawaii and proclaims the worthy deeds of all caregivers as a lasting memorial to their continuing service to Hawaii's older adults and disabled persons.

MESSAGE *Continued from page 1*

Honolulu Committee on Aging members also came together in November for a one-day retreat to begin creating a vibrant new vision for the community as they see it. Words like *engaged, healthy, livable, choices, informed, and intergenerational* peppered the discussion.

As we close 2006, our enthusiasm is high, stoked by the help of many who care and who have the visions, ideas, and commitment to move forward. Their support sustains us as we sadly bid aloha to two experienced and talented staff, **Lorraine Fay** and **Lot Lau**, who find themselves on the brink of brand new chapters in their lives.

On behalf of the incredible Elderly Affairs Division staff, I'd like to wish each and every one of you the best for the Holiday Season and the New Year. And, if you find yourselves in need of help as you cope with aging issues, or want to lend a hand to help older adults and our community, please call me at **768-7708**.

Karen K. Miyake
County Executive on Aging



www.scd.state.hi.us/public_info.htm Are you prepared for a disaster? Find out what you should know and have in your disaster preparedness kit.

www.redcross.org/services/disaster/0,1082,0_564,00.html Information on food safety during a power outage.

www.fsis.usda.gov/Fact_Sheets/Keeping_Food_Safe_During_an_Emergency/index.asp This fact

sheet will help you make the right decisions for keeping your food safe during an emergency.

www.aoa.gov/prof/aoaprogram/caregiver/caregiver.asp Learn about the National Family Caregiver Support Program and how it provides services to Caregivers all across the country.

www.hawaii.gov/health/family-child-health/immunization/flu-shot-schedule.pdf Wondering where you can get a Flu Shot that is covered by Medicare?

This schedule provided by the Hawaii Dept. of Health.

www.hawaii.gov/health/elder-care/health/assurance/licensing/vacancies.html Looking for a Care Home with an opening in your neighborhood? Refer to this list for the

most up-to-date listings provided by the Hawaii Dept. of Health.

www.mypyramid.gov Are you eating too much or too little? This USDA website has a calculator to find what you need to eat based on your age and daily activity. Website has tips on choosing nutritious foods.

www.cdc.gov/cancer/nscpep/index.htm Skin Cancer is the most common form of cancer in the U.S. Know the statistics and learn how to prevent and detect skin cancer at this website.

www.honolulu.gov/parks/programs/senior/index.htm

The Dept. of Parks and Recreation sponsors Senior Clubs for specific senior activities. Go to this website to find one near your neighborhood.

HEALTHY AGING PILOT PROJECT

By May Fujii Foo

The Healthy Aging Pilot Project will be extended to allow the Elderly Affairs Division (EAD) to participate in a statewide program which encourages people to take more control over their health.

Hawaii was one of 16 states to receive a three-year grant from the Administration on Aging to expand community efforts to support disease prevention and health promotion for older adults through public/private collaboration.

The EAD partners will be the State Executive Office on Aging, the State Department

of Health, Kauai, Maui, and Hawaii County Offices on Aging, Kaiser Permanente, Ke Ola Mamo, Alu Like, and service providers. Individuals will be trained to manage their chronic diseases with a self-management program developed by Stanford University. The program will empower older people affected by chronic diseases and conditions such as arthritis, diabetes, heart disease, as well as disabilities from injuries and falls to take more control of their health through lifestyle and behavioral changes.

“One of EAD’s long-term goals is promoting healthy living to prevent chronic disease and reduce the high costs of health care,” said Karen Miyake, County Executive on Aging. “We’re very pleased to be part of this collaboration in improving the lives of older adults.”

WHEN LOVED ONES BECOME AGGRESSIVE

For Better or for Worse?

By: *Keoni Kealoha O. Devereaux, Jr., PhD (Neuroscience)*

It's both frightening and heart-breaking when a loved one becomes aggressive. Although the tendency to become aggressive can be attributed to Alzheimer's Disease, the level and frequency of aggression is often influenced by the behaviors of those interacting with the individual and/or the environment. The most common reaction is to be upset at the aggression and to try to treat this behavior. It is also easy to become angry at the 'aggressor' and to take the aggression personally. However, this is not always the best response.

Being able to recognize the signs and symptoms of Alzheimer's Disease can help us to understand the causes of certain behaviors and possibly reduce the aggressive behaviors of our loved one. Sometimes, family members and their actions or reactions unknowingly trigger the aggressive behavior.

The primary symptoms of dementia generally result from two types of impairments, a cognitive impairment or a functional impairment. Signs of cognitive impairment could include the inability of an individual to remember familiar people or places, to carry out a daily routine, to understand what is being said, or the ability to express one's self. Signs of functional impairment include the inability to use tools or utensils, to engage in familiar hobbies or daily activities, even when prompted or assisted.

These types of impairments often cause confusion and fear in a person which can result in an overreaction to the situation, leading to aggression towards a family member. It's

sometimes difficult to accept that our loved one is truly no longer able to distinguish between your caring actions and what is now being perceived as an aggressive act towards your loved one. Your own feelings of hurt, anger, and frustration can also be sensed (although not always understood) by a loved one and may trigger further reactions or unwanted behaviors.

We typically notice those behaviors that are most obvious or disturbing. Some behaviors are unprovoked and include restlessness, repetitive movements, or shouting. These are the most difficult to manage. One suggestion is to engage the individual in continuous activities that are distracting and can potentially reduce or eliminate the behavior.

Other behaviors may be invoked or triggered by physical or environmental stimuli or a personal interaction. These behaviors can best be managed by eliminating the cause of the behavior. The most important and often overlooked cause of disturbing behaviors is unrecognized or under-treated pain. Hunger and thirst may also cause agitated or aggressive behavior as it creates discomfort that may not always be understood by the individual. Uncomfortable temperatures, a noisy environment, or lack of space for safe walking can also be triggers. Identifying the causes of these disturbing behaviors, especially the appropriate recognition and treatment of pain, can decrease the need for psychotropic medications.

An example of how a family member can trigger an unwanted behavior is when providing care you move too quickly and you do not provide your loved one with enough time to understand what you are trying to do. Helping someone go to the bathroom or giving a person a bath can be a frightening experience and can be perceived as a sign of aggression on your part if the person

does not understand what you are doing. Imagine yourself sitting quietly on a park bench and a stranger all of sudden grabs you by the arm and starts dragging you away. Your immediate reaction may be surprise or fear, then possibly anger or aggression as you try to prevent yourself from being taken against your will. This reaction is similar to what someone with Alzheimer's Disease might experience when being engaged in what you or I would consider a common, every day activity.

Some suggestions to reduce this type of overreaction include modifying your care strategies. You may choose to substitute a bed bath for a shower, or delay care until the person understands what is happening and is more relaxed, or by talking to the person about her past to distract her from whatever is upsetting her. It is important to realize that most individuals with dementia do not strike out unprovoked. Care partners can prevent combative behaviors from escalating by understanding what is triggering an individual's 'resistance to care.'

In other cases, a person with Alzheimer's Disease may become apathetic and just stare into space. The person may appear not to respond to anything in the environment. It's often easy to ignore this unresponsiveness; however, apathy nevertheless indicates that the person living with dementia has a low quality of life. And, it is still very important to involve the individual in meaningful activities to maintain whatever physical or cognitive functions that remain.

In summary, you can improve your quality of life as well as that of your loved one by understanding the underlying causes of these aggressive behaviors. While there are many common causes, it is important to look at each individual situation to evaluate whether the behaviors are

Continued on last page

EAD: 2006 IN REVIEW

By Pat Tompkins and Lot Lau

Aging Network Service System

In FY06, services for older adults were funded through 32 contracts/sub-recipient agreements with 17 public and non-profit agencies. Funding came from the federal Older Americans Act through the Administration on Aging and the National Association of Area Agencies on Aging, state funds via the State Executive Office on Aging (EOA), and County funds supporting Information & Assistance. Elderly Affairs Division's (EAD) total budget for FY06 was \$6.46 million.

Approximately 8,000 older adults received in-home and community based services, with another 16,000 receiving counseling, health promotion, housing and legal assistance services. More than 800 family caregivers received a variety of assistance from case management to supplemental services.

Kupuna Care

Since 1999, Kupuna Care has assisted frail older adults. During 2006, services offered and the numbers of persons served were: Adult Day Care (14); Attendant Care (603); Case Management (785); Home Delivered Meals (2,242); Homemaker (160); Personal Care (496); and Transportation (549).

Surveys of those receiving transportation and home delivered meals showed that 98% and 86% respectively felt the service met their needs.

Wait lists averaged 175 clients. These waitlists, symptoms of a growing elderly population, low unemployment and other factors, prompted a collective effort by the Aging Network to successfully advocate for passage of SB 3252 (Relating to Caregiving) and other bills and resolutions to increase supports for older adults.

EAD continued to enhance access to services with 6 Kupuna Care Intake staff supplementing the intake capabilities of contracted providers.



Assisted Transportation Services

National Family Caregiver Support Program

Nine contracted agencies supported unpaid family caregivers. The program also supported those older adults providing care for minor relative children. The services and the number served were: Access Assistance (1,452); Case Management (252); Counseling Individual (392), - Caregiver Support (273), - Education/Training (326); Information Services (6,139); Legal - Information & Assistance (2,005); Respite - Adult Day Care (45), - Other (59), - Linkage (243); and Supplemental Services (24).

Other activities under this initiative included:

- Co-sponsorship of the 4th and 5th Annual Caregiver Conferences Caring for Family, Caring for Yourself with continuing partners, AARP, Hawaii Medical Service Association (HMSA), and Alu Like. Each conference attracted over 800 participants. The Assistive Technology Resource Center was a partner in 2006.

- Co-sponsored Ka Lei Mehana O Na Kupuna, a conference for grandparents raising grandchildren on the Waianae/

Leeward Coast in September 2005 with AARP, Alu Like, Hawaii Intergenerational Network, Queen Lili'oukalani Children's Center and Hawaii Family Services.

- The WE CARE program provided information to 800 private sector employees and encouraged Oahu employers to establish in-house caregiver support groups.
- Partnered with 23 medical personnel to identify caregivers and connect them to services through the Making the Link program.
- Eighteen caregiver education and support sessions provided to 120 employees in Honolulu and Kapolei.

Other Aging Network Services

Other services funded by the Older Americans Act and the numbers served: Case Management (63); Congregate Meals (1,850); Counseling (1,601); Escort (59); Health Education/Promotion (260); Health Screening/Maintenance (281); Housing Assistance (496); Information & Assistance (9,874); Legal Assistance (408); Literacy/Language Assistance (134); Nutrition Counseling (52); Nutrition Education (7,585); Outreach (4,790); Recreation (6,203); and Transportation (426).

The state funded two Senior Centers to provide: Assisted Transportation (21); Case Management (100); Counseling (82); Education/Training (790); Escort (16); Exercise/Physical Fitness (897); Friendly Visiting (29); Health Education/Promotion (526); Health Screening/Maintenance (363); Information & Assistance (82); Literacy/Language Assistance (32); Recreation (1,423); Telephone Reassurance (21); and Transportation (335).

A major move to a centralized data input system was completed: The dataprocessing unit 1) restored data integrity; 2) implemented a new data collection process; and 3) enhanced data quality.

Other activities supporting the delivery and coordination of services included:

- Sponsorship of the Joining Forces to Combat Financial Exploitation/ Crimes Against the Elderly conference in September 2005 to increase public and private sector collaboration in addressing financial exploitation of the elderly.

2006 Caregiver Conference Attendees



- Providing information, technical assistance, and referrals to the Honolulu Advertiser in its series of articles on elder abuse in Hawaii in May 2006.

- Planning and coordinating three segments of Take Charge of Your Money on elderly issues for 'Olelo television.

- Participating in the planning of the 2nd annual fall prevention conference Reducing Falls by Design in October 2005.

- EAD director attendance of the 2005 White House Conference on Aging in Washington D.C. in December 2005 to prioritize 50 resolutions and develop implementation strategies to help guide national aging policy.

- Trainings and planning meetings to develop goals for the next Four Year Area Plan on Aging to cover October 2007 - September 2011. Conducting caregiver surveys at various conferences and fairs. Conducting an issues forum at the State Capitol attended by 131 participants.

- Collaborating with EOA to implement the Aging and Disability Resource Center concept in Hawaii. This one-stop entry into long-term care for elderly and persons with disabilities will build upon EAD's Information & Assistance Program and will include a virtual resource center about long-term care options. It will assist with gaining access to public and private long term care services.

- Partnering with EOA, Lanakila Meals on Wheels, Alu Like, and the City's Department of Parks and Recreation to apply for a federal grant for an evidence-based health promotion program to empower older people to take more control of their health.

On-going trends noted by staff and service providers included: 1) advancing age resulting in frailty and increased chronic conditions; 2) increasing number of clients requiring more one-on-one assistance, multiple services and follow-up; 3) increasing homelessness, even among the elderly; 4) increasing demand for affordable rental units and services in elderly housing projects; 5) increasing demand for home-delivered meals, transportation services, caregiver assistance, 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) increasing incidence of financial abuse, exploitation and neglect of seniors by strangers and family members.

Emerging issues reported in FY06: 1) increasing length of waitlists and the time it takes to begin services; 2) increasing client attrition in some services due to relocation, confinement in nursing homes, or live-in services; 3) interest in developing a Grandparents Bill of Rights; 4) need to increase caregiver support services and to bring these services to the caregiver, such as in the workplace or at more convenient times and/or locations; 5) awareness of the rapidly increasing number of older adults who need service; and 6) need to provide services, especially Adult Day Care, on other days and at other times.

Senior Information and Assistance Program

In FY06, more than 43,600 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 complete case assessments of frail elders; group presentations; and calls to the Senior Hotline.

This year, a special effort was made to inform seniors about and provide enrollment assistance for the new Medicare Part D prescription drug benefit. Staff participated in events to inform seniors about the new benefit, distributed information, and advertised availability of assistance via the State Sage Plus program or the Senior

Hotline. More than 500 seniors were counseled about Part D plans available or were assisted with enrollment.

In addition to quarterly issues of the Aloha Pumehana newsletter, the Information and Assistance (I&A) Unit produced several publications during the year including: 1) 55,000 copies of the 2005-2007 Senior Information and Assistance Handbook; 2) 12,000 copies of a revised Deciding What If-A Legal Handbook for Hawaii's Caregivers, Families and Older Persons; 3) 5,000 copies of a revised Family Caregiving Guide; 4) 5,000 copies of Agencies That Care and 5) the Oahu Housing Guide, an online guide to available senior housing, continued to be updated on a quarterly basis with the support of Catholic Charities Elderly Services- Housing Assistance Program. All major publications continued to be placed on the EAD website.

In FY06, several partnerships with the private sector expanded the dissemination of information. The I&A Unit drafted 30-second banter spots funded by HMSA that were used on KSSK's Perry and Price morning show. The spots covered such topics as Are you a family caregiver?, Do you know a needy senior? and What is Kupuna Care? A collaborative effort with Central Pacific Bank resulted in information about financial exploitation being disseminated at various senior centers, clubs, and meal sites; broadcast on television; and distributed at a senior fair. I&A also provided the content of the 2005-2007 Senior Information and Assistance Handbook that the Honolulu Advertiser published in a September 2005 special supplement.

Continued on page 7

Senior Recognition 2006 Winners



Honolulu Committee on Aging

The Honolulu Committee on Aging (HCOA) is the citizen advisory body to the Mayor and EAD on aging issues. The committee advised EAD on matters relating to the Area Plan, identified and addressed concerns related to the county's elderly population, and performed advocacy.

In FY06, 13 new members were appointed to the Committee by Mayor Mufi Hannemann. Members solicited nominations of senior volunteers, developed the theme and program, and hosted the Mayor's 40th Annual Senior Recognition Program.

HCOA's Planning, Education and Advocacy Sub-committee (PEAS) continued to provide more detailed data and information on areas of concern such as caregiving, health and long-term care, housing, security, and volunteerism. These topics were discussed in depth in focus groups at the Senior Issues Forum held June 30, 2006 at the State Capitol.

HCOA, PEAS, and EAD staff participated in Kokua Council's Silver Legislature held at the State Capitol in November 2005 and resulted in several pieces of legislation that were introduced and passed during the 2006 Legislative session. A Kupuna Caucus was formed during the session to facilitate the development of future legislative packages affecting seniors and their caregivers.

The Mayor's 40th Senior Recognition Program

This year's program, **Extending Hands, Extending Lives A Century of Volunteering**, was held April 24, 2006 at the Sheraton Waikiki Resort. Mayor **Mufi Hannemann** addressed the 96 senior volunteers nominated and more than 1,100 well wishers that included appointed and elected officials, family and friends. There were eight winners, including a Centenarian. For the first time, two Honolulu businesses were honored with the Lei Hulu award for their senior-friendly businesses. Also for the first time, the winning seniors were recognized at a meeting of the Honolulu City Council. HMSA provided major financial support to the program for the 6th consecutive year and once again sponsored the Akamai Living Lifetime Achievement Awards. ■

REAUTHORIZATION OF OAA PASSED BY CONGRESS!

By *Karen Miyake*

Congress recently passed the Older Americans Act (OAA) Amendments of 2006 that are intended to meet the needs of current and future older Americans. The bill reauthorizes the Act for five years and is testimony to the strength of the aging network and the importance of the home and community-based services the network provides. It was signed into law by President Bush on October 17, 2006.

The legislation gives new direction to OAA programs, and new provisions enabling Area Agencies on Aging and Title VI Native American aging programs in expanded ways. Other highlights include:

- ◆ "Choices for Independence," a demonstration project to promote consumer-directed and community-based long term care options, and strengthen the nation's capacity to meet the challenges associated with the aging of the boomer generation.
- ◆ Raising the authorization level for the National Family Caregiver Support Program and the Title VI caregiver programs to \$187 million and the Native American Caregiver Program to \$7.9 million by 2011
- ◆ Emphasizing health promotion and disease prevention activities including new efforts in the area of mental health.

- ◆ Providing grants to improve transportation services for older adults, deliver mental health screening and treatment services, support community innovations for aging in place, and promoting multigenerational and civic engagement activities.
- ◆ Establishing Aging and Disability Resource Centers in every state.
- ◆ Enhancing elder abuse prevention programs.

The OAA principal goal is to keep older people independent and living in their own homes and communities for as long as possible. It provides low-cost, non-medical supports through federal, state and local partnerships. Services include home-delivered meals, nutrition services in congregate settings, transportation, adult day care, health promotion, and support for family caregivers.

Special thanks go to Hawaii's congressional delegates, Senators **Daniel Inouye** and **Daniel Akaka** and Representatives **Neil Abercrombie** and **Ed Case** and to the various leaders of the House and Senate authorization committees for their perseverance and work in marshalling the reauthorization bill to passage during this legislative session. Also, a special thank you to Honolulu Mayor, **Mufi Hannemann**, for sending letters of support to President Bush, Hawaii's congressional members, and to the congressional committee chairs in charge of the reauthorization. For more information about the Older Americans Act, please call **Karen Miyake** at **768-7708**.



By Tony Baccay

EAD Bids a Fond Aloha to I&A Staff: Lot Lau and Lorraine Fay have closed another chapter of their lives and retired from City service on December 31, 2006.



Lot Lau began employment with the City & County in December 1996 as the Information and Assistance Coordinator. He was a member of numerous commit-

tees and advisory groups, served as the alternate Department Civil Defense Coordinator, and initiated efforts to expand outreach roles to help seniors with State Identification cards, disabled persons parking permits, real property tax exemptions and yard cleanup. Lot was the backbone of the annual Mayor's Senior Recognition Program for many years. "I am grateful for the opportunity the Elderly Affairs Division gave me to serve clients of the aging network, and to learn about ways to enhance and prepare for my own years of advanced age," he said. "I will cherish the time that retirement gives me to continue and expand my volunteer service, to enjoy my growing family, and to nurture my relationships with friends."



Lorraine Fay started at EAD in 1990, serving briefly as a Community Service Aide prior to becoming the supervisor of the urban outreach team. In 2002, she became the City's Caregiver Special-

ist, giving her the opportunity to continue caregiver education and support groups. She helped develop new programs such as Making the Link for doctors and WE CARE for employers, linking caregivers to services through EAD. She has spoken at many community groups, including four Caregiver Conferences, and organized three segments of 'Take Charge of Your Money' for Olelo TV. She has served on many committees and advisory groups over the years.

After retirement she plans on staying physically active with inline skating, swing dancing and volunteering, and adding on more travel and creative pursuits. "Retirement doesn't seem like an ending because my work has been an extension of me and my experiences," she said. "I am just making a transition to another new adventure...another chapter in being myself."

Small Group Homes: Do you know a senior (aged 62+) who may be interested in sharing housing with other elders? Seniors can gain an affordable rent as well as companionship and other support from this type of housing. Seniors have a private bedroom and share the kitchen, bathroom and other common areas. For more information, call Catholic Charities Hawai'i, and ask for Intake, **595-0077**.

Centenarian Certificates: Not long ago, reaching 100 years old was a milestone for only a few. Now, more people are taking care of their health and living to be 100, and the Elderly Affairs Division (EAD) would like their families to know that their centenarian may be honored with a Certificate signed by Mayor **Mufi Hannemann**, accompanied with a Letter of Congratulations from **Karen Miyake**, County Executive on Aging. EAD invites anyone who may know of a centenarian to call **523-4545** and provide the name, address, date of birth of the senior, a telephone number and point of contact so that we may send a certificate to acknowledge their milestone accomplishment.

KING LUNALILO MEAL SERVICE

By Roberta Choy

At Lunalilo Home in Hawaii Kai, nutritious, local style meals are standard fare and are conveniently available for the homebound, elderly and disabled in East Oahu. From Monday to Friday, meals can be picked up or delivered to the home for a nominal fee. Favorites among the seniors include: somen salad, chicken long rice, beef stew, Chinese chicken salad, crab cake, nishime, mahimahi, adobo and teriyaki chicken.

All meals meet one-third of the recommended daily nutrition. It includes a hot entrée, starch (rice, potatoes or pasta), vegetables plus salad with dressing, buttered bread, fruit or dessert and a choice of milk or juice.

Therapeutic diets can also be arranged according to special needs whether it be low sodium, low fat, low-cholesterol, caloric, diabetic or renal diets.

For more information, please contact Lunalilo Home: 501 Kekauluohi Street, Honolulu, Hawai'i 96825, telephone **(808) 395-1000**.



Calendar of Events 2006-2007

December 2006

1 South Asian Healthy Food, Music/Dance, Craft & Art Event, Waikiki Community Center, 5:30 p.m. - 7:30 p.m., \$10 includes dinner. Call **923-1802** for more information.

2 22nd Annual Honolulu City Lights, Saturday, Dec 2. Festivities begin at 5 p.m. Food, Entertainment, Electric Light Parade, Christmas Tree Lighting Ceremony, Outdoor Concert, Santa Claus. Free admission

4 AARP Driver Safety Program. Waikiki Community Center, **923-1802**, Dec 4 & 5, 9 a.m. - 1 p.m.

6 Washington Place and St. Andrews Cathedral Tour, Wednesday, Dec 6, 9:45 a.m. - 12 noon. No fee, donation to both is suggested. Call **923-1802** for more information.

9 Kapolei City Lights, Saturday, Dec 9. Food, Entertainment, Electric Light Parade, Outdoor Concert, Santa Claus, Christmas Tree Topping Ceremony. Free admission.

24 Christmas Eve Supper at Waikiki Hyatt Regency Hotel, Sunday, Dec 24, 2 p.m - 4 p.m. Tickets sold only at Waikiki Community Center. Purchase over the phone. Dinner is \$15/person. Call **923-1802** for more information.

January 2007

8 AARP Driver Safety Program. Waikiki Community Center, 923-1802, Dec 8 & 10, 9 a.m. - 1 p.m.; Mililani Kaiser Clinic, **432-2260**, Jan 20 & 27, 9 a.m. - 1 p.m.; Kaiser Health Clinic Hawaii Kai, **432-2260**, Jan 20 & 27, 8 a.m. - 12 noon; Honolulu Kaiser

Clinic, **432-2260**, Jan 23 & 30, 12 noon - 4 p.m.

28 Waikiki Community Center's 22nd Annual Ala Wai Challenge, Sunday, Jan 28, 7:30 a.m. - 2 p.m. (below University Ave at Ala Wai Canal). 40 teams compete in 6-man canoe regatta, Makahiki (ancient Hawaii land games), food & craft vendors. Free double-hulled ride across canal. For more information, call **923-1802**.

February 2007

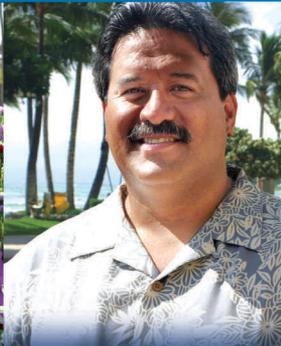
8 Senior Valentine Dance, Thursday, Feb 8, 2007, 8 a.m. - 12 noon, Blaisdell Exhibition Hall. Call **973-7258** for more information.

19 AARP Driver Safety Program. Waikiki Community Center, **923-1802**, Feb 19 & 21, 9 a.m. - 1 p.m.

What do these people have in common?



Aged 65+



Diabetes



Asthma



Pregnant



Aged 6 - 23 months

All of these people are in danger of being **hospitalized** or **dying** from the flu

If you have any of these risk factors, protect yourself by getting a flu shot. Free or low cost shots are available.

Risk Factors:

- Aged 65+
- Diabetes
- Heart Disease
- Lung Disease (including Asthma)
- Kidney Disease
- Cancer
- HIV/AIDS
- Long term health problems
- Pregnant during flu season
- Aged 6 - 23 months

Fight the Flu

make a **date** to vaccinate

HAWAII STATE DEPARTMENT OF HEALTH

www.vaxhawaii.com

Talk to your doctor or call



for a clinic near you.

being caused by the environment or by the people in the environment. It is also important to remember that because of the confusion that can result from having a cognitive or functional impairment, your loved one may also be reacting to your own emotions or feelings of frustration rather than to the activity itself. Most importantly, try to remember that once an individual reaches this level of impairment, she can no longer be held 'accountable' for her behaviors; however, you can.

Dr. Devereaux is the President and CEO of the Hawaii Caregivers Institute for Social Responsibility officially affiliated with the National Family Caregivers Association and the Alzheimer's Foundation of America. He is also the Executive Director of the Epilepsy Foundation of Hawaii.

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

Kauai Agency on Aging

Phone: 1-808-241-4470
4444 Rice Street, Suite 330
Lihue, HI 96766

Hawaii County Office on Aging

Phone: 1-808-961-8600
Hilo Office
101 Aupuni Street, Suite 342
Hilo, HI 96720

Kona Office

Phone: 1-808-327-3597
75-5706 Kuakini Hwy., Suite 106
Kailua-Kona, HI 96740

Maui County Office on Aging

Phone: 1-808-270-7755
Information Assistance & Outreach
Phone: 1-808-270-7774
200 S. High Street, Wailuku, HI 96793

Molokai

Phone: 1-808-553-5241

Lanai

Phone: 1-808-565-7114

To Obtain State information, contact: State Executive Office on Aging (EOA)

Phone: 1-808-586-0100
250 S. Hotel St., Suite 406
Honolulu, HI 96813

For Out-of-State information, contact:

National Eldercare Locator
Phone: 1-808-677-1116

**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,
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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

City and County of Honolulu
Elderly Affairs Division
We Care About YOU!
for information
523-4545
Call Senior Hotline
that can help you?
• Do you help them with meals, trans-
portion, housework or other task?
• Do you want to learn about services
ARE YOU HELPING MOM OR DAD?

**Annual Election Period
for Medicare Part D is
November 15 to
December 31, 2006**
*Don't delay,
enroll TODAY!*

ELDERLY AFFAIRS DIVISION
DEPARTMENT OF COMMUNITY SERVICES
CITY AND COUNTY OF HONOLULU
715 SOUTH KING STREET, SUITE 200
HONOLULU, HAWAII 96813

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