

## FISCAL YEAR 2008 IN REVIEW

By Pat Tompkins, Chief Planner

\$6.6 million in federal, state and local funding enabled the Elderly Affairs Division (EAD) to provide a wide range of home and community based services on Oahu. Thirty-one contracts with 15 public and non-profit agencies resulted in:

- 5,937 older adults receiving a variety of registered services such as meals, personal care and transportation
- 20,789 older adults receiving additional services such as coun-

seling, health promotion, housing and legal assistance

- 49,831 people receiving information and assistance and outreach
- 1,038 family caregivers receiving a variety of assistance from case management to supplemental services

### KUPUNA CARE PROGRAM

The state funded Kupuna Care program provides assistance to frail older adults who cannot live at home

*Continued on page 2*

### INSIDE THIS ISSUE

- 1-3 FISCAL YEAR 2008 IN REVIEW
- 1 WHAT WE WANT FROM SANTA!
- 3-5 HOLIDAY GIFT IDEAS
- 4 SENIOR HANDBOOK UPDATES
- 5 "AGE SMART" BY LIVING HEALTHY
- 6-7 BITS AND PIECES
- 7 CALENDAR OF EVENTS

## WHAT WE WANT FROM SANTA!



Dear Readers,

We have a small wish this year. To help preserve the environment and stretch our dollars, we ask you to

send us your email address so that you can receive this publication electronically.

Not only will you be helping us save trees, but money saved in printing and postage will allow us to expand our services to the public. Another

benefit of receiving email is your ability to instantly forward the *Aloha Pumehana* to friends or family when you read an article you think would be particularly useful or interesting to them. Sharing is good!

Contacting us is easy. Just call the **Senior Helpline at 768-7700** and give our friendly staff your name and email address. You can even call us after work hours and leave a message. We also accept emails to [elderlyaffairs@honolulu.gov](mailto:elderlyaffairs@honolulu.gov) or letters

requesting the change. Our address is: **Elderly Affairs Division, 715 S. King Street, Suite 200, Honolulu, Hawaii 96813.**

Your email address will be used only to send out this newsletter and will not be given to others. Thank you for making our holiday season green!

Karen Miyake  
County Executive on Aging  
Elderly Affairs Division

*Continued from page 1*

without adequate help from family and/or formal services. These services and the number of older adults served included: Adult Day Care (20), Attendant Care (668), Case Management (882), Chore (87), Home Delivered Meals (1,258), Homemaker (180), Personal Care (476), and Transportation (542). Waitlists continue to grow with about 327 people waiting for services at the end of each quarter.

### **NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

Federal funding provided support for caregivers assisting older adults as well as grandparents caring for relative minors. Services and the number of caregivers served included: Access Assistance (73), Case Management (86), Counseling (171), Caregiver Support (153), Education/Training (508), Information Services (63,596), Legal Information & Assistance (896), In-Home Respite (28), and Supplemental Services (19).

### **OTHER AGING NETWORK SERVICES**

Federal Older Americans Act funding provided supportive services to older older adults. Services and the number of individuals served included: Congregate Meals (1,076), Counseling (1,025), Escort (90), Health Education/Promotion (405), Health Screening/Maintenance (405), Home-delivered Meals (502), Housing Assistance (614), Information & Assistance (1,137), Legal Assistance (351), Literacy/Language Assistance (58), Nutrition Counseling (113), Nutrition Education (6,471), Outreach (10,587), Recreation (3,926), and Transportation (476).

State funds were granted to two Senior

Centers. Services and the number of individuals serviced included: Assisted Transportation (27), Case Management (84), Counseling (189), Education/Training (607), Escort (16), Exercise/Physical Fitness (550), Friendly Visiting (21), Health Education/Promotion (509), Health Screening/Maintenance (239), Information & Assistance (36), Literacy/Language Assistance (19), Recreation (982), Telephone Reassurance (16), and Transportation (344).

Project REACH, a case management program to assist older adults who have been victims of abuse or neglect but who do not meet the strict definition of abuse, continued to be funded by the state. This year 67 older adults were assisted.

### **HEALTHY AGING PARTNERSHIP**

Fiscal Year 2008 saw the completion of the first full year of implementation of the Chronic Disease Self-Management Program on Oahu. This evidence-based program provides education, training and support groups to persons with chronic conditions to assist them in managing their own care. The results have been overwhelmingly positive with 220 older adults completing the 6-week course. Baseline data has been collected with follow-up information to be collected at 6 months and 1 year.

### **AGING AND DISABILITY RESOURCE CENTER**

Collaboration continued with statewide partners to implement this concept in Hawaii. This one-stop entry into long-term care for older adults, caregivers and persons with disabilities of all ages is building upon the

strengths of EAD's Information & Assistance unit. Honolulu's center will provide information about long-term care options and assistance with gaining access to public and private long-term care services via a website with searchable database.

### **PROGRAM DEVELOPMENT AND COORDINATION ACTIVITIES**

In support of the delivery and coordination of services to older adults and their caregivers, EAD staff: completed Four-Year Area Plan on Aging, established 2 new volunteers sites with Project Dana at Aiea Hongwanji Mission and Paradise Chapel in Maili, set up new outreach sites at Walmart and Sams Club, assisted the Honolulu Police Department by educating and training new recruits on aging issues, collaborated with the Honolulu Fire Department to intervene on behalf of caregivers and/or older adults who frequently call 911 for assistance with falls or other difficulties, and collaborated with the Prosecuting Attorney's Office with their new Elder Justice Unit.

EAD staff also served on advisory councils, boards and planning groups including: Caregiver Coalition Advocacy Committee, Disability & Communications Access Board, Falls Prevention Coalition, Ha Kupuna: Native Hawaiian Resource Center, Hui Kokua, Kupuna Caucus, Joint Legislative Committee on Aging in Place, National Association of Area Agencies on Aging, Project OASIS, Physical Activity and Nutrition Committee, State Highway Safety Planning, 'Ohana Women's Health and Wellness Program, and Walkwise Hawaii.



## SENIOR INFORMATION AND ASSISTANCE

In Fiscal Year 2008, more than 51,000 were reached by EAD's Information and Assistance staff through: door-to-door canvassing in targeted communities; staffing satellite city hall walk-in sites; outreach visits; participation and exhibits at community fairs; home visits to complete assessments of frail older adults; group presentations; and calls to the Senior Helpline.

## HONOLULU COMMITTEE ON AGING

The Honolulu Committee on Aging, EAD's advisory board: assisted EAD in the development of its Area Plan; secured citizen participation to address concerns; and advocated on matters pertaining to the elderly with elected officials and legislative bodies. They also reviewed and recommended approval of EAD's Four-Year Area Plan on Aging that was adopted by the City Council and went into effect on October 1, 2007.

Its Senior Recognition Subcommittee solicited nominations of senior volunteers, assisted with theme development, and hosted the Mayor's 42<sup>nd</sup> Annual Senior Recognition Program, *Healthy Living by Sharing Aloha*, held in April at the Hawaii Convention Center.

For more detailed information, contact Pat Tompkins at 768-7712. ☎

# HOLIDAY GIFT IDEAS

The holidays symbolize the season of love and forgiveness. It is a time to give and a time to be grateful for all the blessings that have come along the way. The holidays can also be a stressful time.

One of those challenges is gift giving. For both patients and caregivers, the gifts of support, friendship, and time are especially important to families caring for a loved one. At this special time of year, when feelings of sadness, a longing for the way things used to be or frustration with all you need to be doing start to get the best of you, remember how important your work as a caregiver is to your loved one and to your family. Sometimes it's the little things that can make all the difference when giving gifts. The following are practical ideas to meet the needs of your loved ones.

## WHAT SENIORS REALLY WANT:

According to a national survey, what seniors wanted most was a large-print calendar that highlighted family member's birthdays and anniversaries. Other favorites included:

- Gift certificates to a grocery store, a pharmacy or a favorite restaurant.
- A cordless telephone.
- A box of assorted greeting cards and postage stamps.
- An enlarged favorite family photograph

## PRACTICAL GIFTS FOR CAREGIVERS:

Here are suggestions when family and friends ask what they can do to help this holiday season:

- Involve caregivers in rearranging kitchen cabinets, putting the most-used things on the lower shelves and in easily reached drawers.
- Visit regularly. Replace light bulbs, fix drips, glue anything broken, paint a room needed, and replace torn screens.
- Take the caregiver shopping while someone else stays with the patient.
- Do heavy yard work.

## HELPFUL GIFTS FOR PATIENTS:

- Gift certificates for meals to be delivered from local restaurants.
- Bathroom enhancements such as a raised toilet seat with handrails, a shower bench with handrails and backrest or a hand-held shower sprayer.
- If the person is in a nursing home or assisted living facility, a door decoration to help the person recognize his/her room.
- Discreet help with bills, a newspaper or magazine subscription, cable TV installation and monthly bills paid for a year.

*Continued on page 4*



Continued from page 3

### GIFT IDEAS FOR THE PHYSICALLY CHALLENGED:

- Under-the-cabinet jar openers are easy for a single-handed person or someone with arthritis.
- Talking watches and clocks for those with low vision.
- Amplified telephone with big buttons that can help you hear up to 100 times more volume. Emergency phones can be pre-programmed to automatically dial up to six numbers.

### GIFTS FOR DEMENTIA PATIENTS:

Those with relatives or friends who have Alzheimer's disease or other dementias know how difficult it is to find appropriate and useful gifts for the holidays. Most people with early dementia are aware they have some memory problems. Look for items to reduce the problems caused by short-term memory loss:

- Electric coffee and teapots that turn off after a short period of time.
- Day planners to keep track of appointments and special occasions.
- Medication holders with timers that can be set to signal when doses are due.
- ID bracelets from the Alzheimer's Association Safe Return program.

As impairment increases, the dementia patient will begin to have difficulty communicating and will need help with daily activities. The attention

Continued on page 5

## SENIOR HANDBOOK UPDATES

The *Senior Information and Assistance Handbook* is published every 2 years by the Elderly Affairs Division. To help keep the public informed, we list changes to handbook addresses and telephone numbers in this newsletter on a regular basis. Changes are also listed on our website at: [www.elderlyaffairs.com](http://www.elderlyaffairs.com).

Page 13

The City and County Rehabilitation Loans Mercant Street office's new phone number is 768-7076.

Page 27

Foster Grandparent's new address and phone number is Waiakamilo Business Center, 420 Waiakamilo St., Suite 202, Honolulu 96817. Phone: 832-5169

Pages 28 & 30

Kapiolani Community College Aging & Long Term Care Training Initiative is now called Kupuna Education Center. Number is 734-9108. Website is: [www.kupunaeducation.com](http://www.kupunaeducation.com).

Page 31

Honolulu Fire Department's CPR Awareness Program's phone number has changed to: 422-0821 ext 1.

Page 32

Hawaii Association of Case Managers' website is: [www.hacm.net](http://www.hacm.net)

Page 38, 48 & 49

The Elder Care Services at Moiliili Community Center has been discontinued.

They did respite care, chore and homemaker.

Page 38

Waipahu Hongwanji Adult Day Care Center's website is: [www.waipahuhongwanji.org/Adult\\_Day\\_Care.php](http://www.waipahuhongwanji.org/Adult_Day_Care.php)

Page 39

Kilohana United Methodist Church Saturday respite program has been discontinued.

Page 42

The Lupus Foundation of America – Hawaii Chapter's website is: [www.lupushawaii.org](http://www.lupushawaii.org).

Page 43

The new contact number for the Central Oahu Caregivers' Support Group is: 625-3782.

Page 43

The support group at Eldercare Hawaii, LLC has been discontinued.

Page 45

Funeral Consumers Alliance of Hawaii's website is: [www.funerals.org](http://www.funerals.org).

Page 49

St. Francis Health Services for Senior Citizens new phone number is: 547-8065.

Page 52

The Audient program's new address is: 221 Yale Ave. N. Ste. 450, Seattle, WA 98109-5490. ☎



*Continued from page 4*

span may be shortened. Wandering is frequently seen at this stage of the disease.

- Simple-to-manage clothing like tube socks which can't be put on the wrong way or slippers with Velcro closings.
- Family photo albums.
- Short trips in the car to familiar places.

Gifts for the severely impaired individual with poor communication skills, very short attention span, and mobility problems should stimulate the senses, require little attention and make the individual feel good:

- Arrange for a visit with a well-trained dog, cat or other pet. Animals can be a source of great enjoyment.
- Stuffed animals, soft throw pillows and afghans are often a comfort.
- Many women seem to enjoy having a baby doll to hold.
- Colorful mobiles and crystal prisms to hang in the window.
- Soft soothing music.

People with dementia may not recognize the event or holiday; however, even the most impaired person will feel the love included in the gifts you give. 🌀

(Reprinted with permission from *Aging Arkansas*, keeping Arkansans over 50 informed about health, consumer issues, services and benefits, activities and senior legislation.)

## “AGE SMART” BY LIVING HEALTHY

*By May Fujii Foo*

If you hear seniors talking about Chronic Disease Self-Management Program (CDSMP) and don't know why they are excited – it's because they have learned to self-manage their chronic health condition.

Individuals with heart disease, arthritis, diabetes, asthma, emphysema, obesity or other conditions learn to live a healthy life even with an ongoing health problem.

For the past few years, Elderly Affairs Division (EAD) has been partnering in a statewide healthy aging project that includes both Enhanced Fitness, developed by the University of Washington, and CDSMP, developed by Stanford University's School of Medicine. The CDSMP is a highly successful program embraced by 15 countries and 39 states. The 6-week, 2 1/2 hours weekly workshops are fun and interactive where participants share their successes and build upon common support. Subjects and tools that help individuals manage their health, stay active, and enjoy life include:

- Techniques to deal with frustration, fatigue, pain, and isolation.

- Exercises to maintain and improve strength, flexibility, and endurance.
- Appropriate use of medications.
- Communicating effectively with family, friends, and health care professionals.
- Nutrition and relaxation techniques.
- Evaluation of new treatments.

The CDSMP does not conflict with existing programs or treatments. It is designed to enhance regular treatment and disease-specific education and is especially helpful for those with more than one chronic condition.

EAD is living by its “Age Smart” principle by continuing to promote and support the healthy aging project. For more information about the program or schedule of workshops, contact the Senior Helpline at 768-7700. 🌀



# BITS & PIECES

By Tony Baccay



**Congratulations!** Rose Nakamura, founding administrator of Project Dana, was honored by Mayor Mufi Hannemann, along with six other

outstanding citizens, with the inaugural 2008 Honolulu Forever Young Award at a luncheon at the Hawaii Prince Hotel on October 7, 2008.

“The Honolulu Forever Young Awards celebrate outstanding citizens who have not viewed age as a barrier, but, rather, as an opportunity to reach new heights, to seek new horizons, and to push the boundaries to make a difference in our community and the lives of others,” said Mayor Hannemann. “Their selfless dedication resonates throughout Oahu and beyond.”

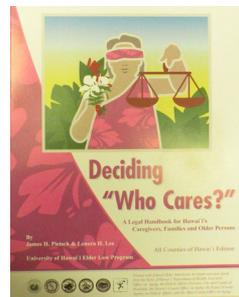
Nakamura was bestowed the Manawale‘a Award, a special category acknowledging individuals who excel in all of the award criteria, but who do not accept compensation for their professional services.

Award recipients were selected based on the successes of their current careers, their contributions to the community through mentoring, philanthropy, volunteerism and their healthy lifestyle. The awards kick off the City’s campaign to encourage “active” and “successful” aging.

Other winners include: Satoru Izutsu, Senior Associate Dean for Administra-

tion, John A. Burns School of Medicine; Daniel B.T. Lau, Chairman of the Board/Corporate Secretary, Finance Factors, Ltd.; Mary Y. Matayoshi, Executive Director, Volunteer Resources Center of Hawaii; Tom Moffat, President, A Tom Moffat Production; William Paty, Trustee, Mark A. Robinson Trust; James W.Y. Wong, James Wong & Associates.

**Kahuku Satellite Opens:** The Elderly Affairs Division has opened a satellite office located at the North Shore Clinic on the grounds of Kahuku Hospital. A staff representative will be at the satellite every Thursday, 7:45 a.m. – 4:30 p.m., except holidays, to conduct home visits, assessments, private consultations and outreach in the Kahuku-Kaaawa areas. For more information or to set an appointment, please call the Senior Helpline at 768-7700.

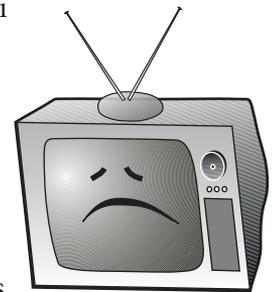


**Deciding “Who Cares?”: A Legal Handbook for Hawaii’s Caregivers, Families, and Older Persons** is now available.

The handbook will guide you in a simplified way through several areas of legal concerns facing caregivers and the persons they care for. This is a sequel to the popular “Deciding “What If?” Copies can be obtained at the Elderly Affairs Division at 715 S. King Street, Suite 205, phone 768-7700 or at the University of Hawaii Elder Law Program at 956-6544.

**Family Caregiver Guide:** The latest edition of the *Family Caregiver Guide* is now available at the Elderly Affairs Division and on the website at [www.elderlyaffairs.com](http://www.elderlyaffairs.com). The guide provides valuable information for family caregivers and the people who support them. Contact the Senior Helpline at 768-7700 for more information.

**“DTV” Is Coming (And Sooner Than You Think!)** Beginning at 12 noon on January 15, 2009, Hawaii’s full-power stations will make the transition to digital television (DTV) and will broadcast only digital signals to viewers in Hawaii County, Maui County, and the City and County of Honolulu. Kauai County is served by low-



power translators and will not make the transition to DTV on that date. Televisions connected to cable, satellite, or other pay services are not affected by the transition and will continue to receive programs after January 15, 2009. The digital transition will bring consumers better pictures with sharper sound while at the same time freeing up new airwaves to improve communications for emergency first responders.

At midnight on February 17, 2009, federal law requires that all full-power television broadcast stations stop broadcasting in analog format and broadcast only in digital format. Over-the-air television viewers need to look

at each analog TV in their home that is not connected to cable, satellite, or other pay television service and make a timely decision. They can connect their TV to cable, satellite or pay television service; they can replace it with a digital TV; or they may keep it working with a TV converter box. For consumers choosing the converter box options, the TV Converter Box Coupon Program permits all households to request one or two coupons – each worth \$40 – toward the purchase of certified converter boxes. Coupons may be requested until March 31, 2009 or while supplies last. Consumers can purchase a converter box at more than 29,000 participating local, phone and online retailers. Converter boxes generally cost between \$45 and \$80. For more information about the Coupon Program, please visit online at [www.dtv2009.gov](http://www.dtv2009.gov) or call toll free 1-888-DTV-2009. For questions about the DTV transition, go to [www.dtv.gov](http://www.dtv.gov) or [www.HawaiiGoesDigital.com](http://www.HawaiiGoesDigital.com) or call toll free 1-888-CALL-FCC.

**Coming Soon!** The 43<sup>rd</sup> Annual Mayor's Senior Recognition Program is just around the corner. If you know of senior volunteers who have generously and selflessly given of themselves to help others, honor their achievements by nominating them for the annual award. Nomination forms will be available in January 2009. For more information, call the Senior Helpline at 768-7700. ☎

## CALENDAR OF EVENTS 2008 - 2009

### DECEMBER 2008

#### 2 AARP Driver Safety Program:

- **WAIPIO KAISER CLINIC**, 432-2260 / Dec 2 & 4
- **LANAKILA MULTI-PURPOSE SENIOR CENTER**, 847-1322 / Dec 10 & 12
- **QUEEN'S MEDICAL CENTER**, 537-7717 / Dec 10 & 12

#### 6 Holiday City Lights:

- **HONOLULU CITY LIGHTS**, Dec 6
- **KAPOLEI CITY LIGHTS**, Dec 13

### JANUARY 2009

#### 5 AARP Driver Safety Program:

- **WAIKIKI COMMUNITY CENTER**, 923-1802 / Jan 5 & 7
- **KAISER HAWAII KAI**, 432-2260 / Jan 10 & 17
- **ST. JOHN VIANNEY**, 262-7806 / Jan 13 & 15
- **QUEEN'S MEDICAL CENTER**, 537-7117 / Jan 18 & 25

#### 9 **John A. Burns School of Medicine's 4th Annual Community Health Fair "Celebrate Health,"** Fri, Jan 9, 12 p.m. – 3:00 p.m., **John A. Burns School of Medicine Kakaako campus. This event provides health-related organizations community exposure and educates medical students, faculty and staff and the general public of their services in the community. Free.**

### FEBRUARY 2009

#### 2 AARP Driver Safety Program:

- **WAIKIKI COMMUNITY CENTER**, 923-1802 / Jan 5 & 7
- **AARP INFORMATION CENTER**, 843-1906 / Feb 6 & 13
- **KAISER HAWAII KAI**, 432-2260 / Feb 7 & 14
- **KAISER WAIPIO CLINIC**, 432-2260 / Feb 9 & 11

#### 10 **Senior Valentine's Dance**, Tues, Feb 10, 9 a.m. – 12:30 p.m., **Blaisdell Exhibition Hall. Dance with your favorite celebrities. Lots of line dancing. Admission is free. For more information, call 973-7258.**

#### 14 **Senior Valentine's Dance**, Sat, Feb 14, 5:30 p.m. – 9:30 p.m., **Ala Wai Golf Course Palladium. Tickets are \$6 and include a bento dinner and ballroom dancing at its finest. For more information, call 973-7258.**

#### 27 **Show & Sell Bazaar**, Fri, Feb 27, 8 a.m. – 10:30 a.m., **Lanakila Multipurpose Senior Center. Food, crafts, plants and white elephant bargains. For more information, call 847-1322.**



# SAVE THIS DATE!

**Navigating Community Resources  
for Long Term Care**  
**Saturday, March 7, 2009**  
**9:30 a.m. - 11:30 a.m.**  
**Mission Memorial Auditorium**

Find out how to access services and who pays when your loved one requires more care than you can give or afford.

## ELDERLY AFFAIRS DIVISION

715 South King Street, Suite 200  
 Honolulu, Hawaii 96813  
 Phone: 768-7705

*Elderly Affairs Division is the Area Agency on Aging for Oahu. Our mission is to develop and support opportunities that enable older adults to live their fullest capacity in their own homes and communities.*

### County Executive on Aging

Karen Miyake

### - STAFF -

### Aging & Disability Resource Center Coordinator

Sara Voneida

### Assist. Caregiver Specialist

Joel Nakamura

### Budget Analyst

Dung Vo

### Chief Planner

Pat Tompkins

### Clerk Typists

Melanie Hite, Kelly Yoshimoto

### Community Service Aides & Kupuna Care Intakers

Teresa Bright, Roger Clemente,  
 Donna DeBiasi, Ariel De Jesus,  
 Barbara Evans, Sharra Feliciano,

Tauamatu Marrero, George Miyamoto,  
 Lorraine Souza, Susan Tambalo,  
 Carolyn Tellio, Mona Yamada,  
 Johnell Yamamoto

### Community Service Aide Supervisors

Tony Baccay, Ryan Gallardo

### Data Coordinator

Carlton Sagara

### Grants Managers

May Fujii Foo, Douglas Gilman,  
 Craig Yamaguchi

### Information & Assistance Coordinator

Lei Shimizu

### Secretary

Alex Blackwell

**ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs. To be placed on the mailing list, please send us your e-mail address or call 768-7700. Written contributions are welcomed.**



**MUFI HANNEMANN**  
 Mayor of Honolulu

PRSTD. STD.  
 U.S. POSTAGE  
**PAID**  
 HONOLULU, HI  
 PERMIT NO. 178

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