

CATHOLIC CHARITIES HAWAII OFFERS ARRAY OF SENIOR SERVICES

By Diane Terada, Division Administrator
Catholic Charities Hawaii

For 65 years, Catholic Charities Hawaii (CCH) has provided a variety of services for people in need. Since the 1970s, CCH has provided senior services in-home and in the community.

Many of CCH's senior services are provided through Federal and State funds via contract with the City and County of

Honolulu's Elderly Affairs Division (EAD). These services are targeted to Oahu's 60+ population. This includes:

Transportation Services: island-wide, door-to-door van services with a priority to provide transportation to group dining and health appointments.

Respite Connection: para-professional counseling for caregivers of frail elders. Maintains a registry of in-home private care providers. Limited emergency respite funds available.

Housing Assistance Program:

housing options counseling for elders who need affordable senior rental housing.

The program also maintains the Oahu Housing Guide (located at the EAD website:

http://www.elderlyaffairs.com/Portals/_ExpressSite/File/housing%20guide_long_2012Apr.pdf

Para-Professional Services: escort and para-professional counseling through staff and volunteers.

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Lanakila Multi-Purpose Senior Center: group education, recreation, and social services through clubs, classes, and special events.

Premium Senior Services: CCH recently expanded its services with the launch of its competitively priced, fee-based program, Premium Senior Services. This program provides residents within the 96816, 96822 and 96826 zip codes access to the agency's experienced and quality services of in-home assistance (including chore), case management and transportation. Premium Senior Services is an ideal solution for seniors and caregivers looking for quality care who may not

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qualify or not able to wait for limited government funded services. Seniors are able to stay at home while receiving help with tasks such as housekeeping, meal preparation, and errand services. As the program grows, it will be able to service more areas around the islands. Check out Premium Senior Services' new website: www.premiumseniorservices.com

Need A Bus Buddy? Seniors who would like help learning to ride the bus can call CCH to request a "bus buddy" to help them get comfortable using TheBus. This is especially useful for:

- Seniors who have never used TheBus
- Seniors who recently moved to a new area and need to learn new bus routes
- Seniors exploring alternatives to driving, or
- Seniors who simply want another option for transportation

The Bus Buddies have been trained in what is known as "travel training"- helping people learn to use public modes of transportation. This includes: how to get bus pass, what bus to catch for your destination, and basic bus etiquette. This training is NOT done in a classroom – the bus buddy actually goes ON TheBus with the senior to help him/her learn how to ride TheBus. And the training is FREE!

CCH provides all of its programs with compassion and a steadfast commitment to excellence. The organization is nationally accredited by the Council on Accreditation and serves people in need, regardless of faith or culture. And as a non-profit organization run on the goodwill of the community, CCH is always seeking volunteers and donors motivated to improving the lives of others.

For more information, call the Senior Services Intake Line at 527-4777 or visit the agency website at: www.catholic-charitieshawaii.org

ST. FRANCIS HEALTH SERVICES FOR SENIOR CITIZENS



St. Francis

HEALTHCARE SYSTEM OF HAWAII
A Legacy of Culture for Hawaii's People

By St. Francis Health Care System

St. Francis Healthcare System of Hawaii offers a wide range of services for Hawaii's growing older adult population, and support services for family caregivers. St. Francis Health Services for Senior Citizens (SFHSSC), one of the services offered by St. Francis Healthcare System, fills an important need in the community by providing baths and personal care services for those who have difficulty caring for themselves; the program also provides respite for family caregivers.

SFHSSC is a program of the Kupuna Care Project, funded by the City & County of Honolulu's Elderly Affairs Division, State of Hawaii's Executive Office on Aging, St. Francis Healthcare System of Hawaii, and generous donors. The baths are provided at no cost; however, when appreciative recipients make a donation, this allows St. Francis to provide more services to others in the community.

Baths are important for personal hygiene, yet many caregivers may not know how to properly give a bath to a family member, or may not be able to safely give someone else a bath. This creates a stressful situation for caregivers. Caregivers may be frail themselves and may not be able to prevent another family member from falling and getting hurt.

In addition to physical safety, St. Francis also makes preserving the dignity of individuals a priority. As we age and lose our ability to take care of ourselves, we may be embarrassed or ashamed to ask for assistance. That's why the Personal Care Attendants of SFHSSC

have a valuable role. When they go to the homes of people, they make sure each client has a positive, uplifting experience.

The services of SFHSSC include:

- A bath, shower and shampoo in bed, tub or shower;
- Routine nail, skin and hair care;
- Oral care;
- Shaving; and
- Changing bed linens.

The Personal Care Attendants are trained to help identify potential health conditions, and this adds another dimension of care to their visits. As part of St. Francis, the Personal Care Attendants can make convenient referrals for assessments for other services offered under the St. Francis Healthcare System umbrella, such as St. Francis Home Care Services or St. Francis Lifeline emergency medical alert system.

Avoid the risks of trying to give a family member a bath on your own. Having had proper bath service training, our Personal Care Attendants can help prevent accidents that may occur while assisting a family member into the tub or shower, or while moving them around during a bath. In these ways, our Personal Care Services insure that elders receive the care and attention they need and deserve. For more information, call SFHSSC at 547-6121.





HMOW: GROWING FROM HUMBLE BEGINNING

By Claire Shimabukuro, Executive Director

Hawaii Meals on Wheels (HMOW) was founded in 1979 to provide hot, home-delivered meals to frail elderly and disabled persons who are unable to cook or shop for themselves and who do not have access to help for these essential functions. Hawaii Meals on Wheels is a private, not-for-profit 501(c)(3) organization. Former State of Hawaii librarian Irmgard Hörmann and the Social Ministries Committee of the Lutheran Church of Honolulu spearheaded the formation of a committee representing different denominations and several Honolulu churches to provide a basic nutritional and human support system for their

isolated, disabled, and frail elderly neighbors. The other founding churches included Central Union Church, Church of the Crossroads, Manoa Valley Church, The Parish of St. Clement, Unitarian Church of Honolulu, First Christian Church, First Presbyterian Church and First United Methodist Church.

The service began with two small routes in Makiki and Moiliili, 6 clients, 6 volunteers and \$25. In the past 33 years, HMOW has grown in response to an increasing need for fresh, home-delivered meals and friendly visits that also serve as wellness checks. The organization served hot meals every weekday to more than 600 homebound elderly and disabled individuals in 2011. More than 77,000 meals were served on 44 delivery routes in Leeward, Windward, Central

Oahu and the entire Honolulu metropolitan and suburban area. A new delivery route was added in the Kaneohe area.

Meals are prepared by hospital, care home and commercial kitchen vendors throughout the island. This enables volunteers to pick up meals at a location in their immediate community and deliver them to their neighbors. The contracting of these institutional kitchens also helps to meet the need for medically therapeutic food, such as low sodium, low fat, no added-salt and puréed meals. HMOW has a diverse delivery force of more than 500 volunteers. Many of these volunteers are active retirees. Others are students, church groups, business groups, military units, informal groups and caring individuals. Every Monday through Friday, including holidays, these dedicated volunteers bring food and aloha to help ensure that no senior or disabled person goes hungry or is lonely. For more information, please call (808) 988-6747. 📞

WHAT IS A SENIOR CENTER?

By Diane Terada, Division Administrator, Catholic Charities Hawaii

The National Institute of Senior Centers (NISC) of the National Council on the Aging (NCOA) describes senior centers as “a gateway to the nation’s aging network—connecting older adults to vital community services that can help them stay healthy and independent.” More than 60% of senior centers are designated focal points for delivery of services under the Older Americans Act of 1965 (OAA)—allowing older adults to access multiple services in one place.

There are two senior centers on Oahu that are designated as “multi-purpose” and serve as “focal points” for the delivery of senior services: Lanakila Multi-Purpose Senior Center and Moiliili Multi-Purpose Senior Center.

To join either senior center, you must be:

- 60 years of age or older

- Able to independently participate safely and appropriately

The senior centers each have a targeted geographic area:

- **Lanakila:** From Fort Shafter to Ward Avenue
- **Moiliili:** From Ward Avenue to Hawaii Kai

However, each Center offers a different array of activities so seniors are welcome to join if the senior center in their area does not have what they are interested in (or if there is no senior center in their area).

Lanakila Multi-Purpose Senior Center (LMPSC) is located at 1640 Lanakila Avenue, off School Street and adjacent to Lanakila Comprehensive Health Center. LMPSC is a program that is operated in a State-owned facility by a nonprofit

provider, Catholic Charities Hawaii. It is known for its seven ethnic clubs (Japanese, Hawaiian, Portuguese, Okinawan, Korean, Chinese, and Filipino). Any senior who is eligible to join the Center is allowed to join any or all of the clubs, regardless of ethnic background.

LMPSC offers a range of education, recreation and social activities, including: Stretch and Tone, Hula, Taisho Koto, Ikebana, Ukulele, and Hawaiian Quilt. It also serves as a site for AARP tax assistance and defensive driving classes, Lanakila Meals On Wheels group dining, and more.

In order to ensure that the social service needs of its members are met, LMPSC offers the services of a part-time, on-site case manager. The case manager assists LMPSC members as they age in place, helping both seniors and their family caregivers access necessary services and benefits, and providing counseling and family mediation services.

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BITS & PIECES

By Tony Baccay, Editor



Congratulations! **Tauamatu Marero** was recently recognized by the City and County of Honolulu for 25 years of service. A

Community Service Aide with EAD, Matu dedicated herself to serving the community and the elderly population by linking our kupuna and their caregivers to agencies and resources to help them remain and live independently at home.



Hail: Meet **Nalani Aki**, Chief Planner. With a Bachelor of Arts degree in Psychology and a Certificate in Ethnic Studies from the University of Hawaii

at Manoa and a Master of Public Administration from Baruch College in New York City, she comes to EAD with many years of experience in State government, both at the Department of Health and the State Legislature. At the Department of Health, Nalani worked at the community level on O'ahu in a number of health, safety, nutrition and sustainable food production, community capacity building, partnership development and outreach, social marketing and other initiatives aimed at empowering communities to create and sustain healthy, active lifestyles. She served as Executive Assistant to Senator Carol Fukunaga, managing the office and working closely with constituents, other Legislators and the general public on legislative and policy concerns. Her extensive background in procurement, contracting, grants management and supervision is ideally suited to lead the Grants Management Section.



Farewell: After more than 25 years in the aging field, both as a direct service provider and on the funding side, and many years prior to that in health and welfare agencies, **May Fujii Foo** is saying good-bye. "I'll miss all the interaction with the seniors, their caregivers, co-workers and colleagues," she said. "It'll be a very different feeling after working so many years but I'm looking forward to retirement and spending more time with my two grandsons and pursuing other interests. Many thanks to everyone for all the support these past years - SAYONARA!"



Newsletter on Hiatus: Sixteen years ago, I had the privilege of taking over the reins of producing a newsletter that was worthy of your readership. We focused on topics from how to prepare for the hurricane season, to focusing on Fall Prevention. We covered gift giving ideas for caregivers during the holidays, to managing pain and medications. We were challenged in bringing Depression and Strokes to the forefront and were profoundly impacted by the thought-provoking Death and Dying issue. Our greatest pride, however, was honoring the hundreds of senior volunteers who have given so much in making their communities a better place to live. Though the Senior Recognition Program can only have one female and male winner, in truth, they were all winners. The seniors were not there to garner accolades nor to receive certificates to validate how good they are, but rather to share their time and energy in helping others. We honored them for their gift of time and compassion as they helped those most in need. To those talented seniors who can sing, dance and play the ukulele so that the frail and elderly in a nursing home can enjoy an

hour of entertainment, Mahalo. To those who served lunches so that no one goes hungry, to those who set aside some time to provide transportation to a doctor's appointment, Mahalo. For those who tutored our keiki during their formative years, to those who sat next to someone on the brink of death simply to give comfort or hold their hands, Mahalo.

As all good things must come to an end, so must this newsletter. A special **Thank You** to all who have suggested important topics and shared the knowledge through our newsletter. The Aloha Pumehana will go into hiatus with this December issue in hopes that someday it will be resurrected once again. With this final issue, we present Part II in showcasing our Service Providers who have done so much in making the lives of others more comfortable. May you continue providing respite so caregivers can get their much needed rest. May you continue providing guidance and legal advice so a person can "speak" their wishes through the Advanced Health Care Directive. And may you continue to provide activities so that seniors can keep their minds and bodies mentally and physically fit.

For the past 21 years, I have learned so much and come to appreciate the importance of the aging network. I have learned the meaning of compassion as I listened to a grandmother who needed someone to talk to because she was lonely. Ten minutes of my time was like a lifetime to her. I have learned to be patient as I listened to an irate man on the verge of having his utilities discontinued because he did not have enough money to pay the bills. He was grateful when provided with information for deferred payments until he can get back on his feet. But most of all I have learned to be humble. Our kupuna are a tremendous asset and I can only hope to emulate the energy they have given to others and the compassion they have towards the less fortunate. As I prepare for retirement, I would like to say Mahalo for the education of a lifetime and for the friendships that were fostered over the years. Until we meet again...*Me Ke Aloha Pumehana-Tony Baccay, Editor.* ☺



By Johnell Yamamoto
RSVP Project Director

Hawaii Seniors' Fair: The 28th annual Hawaii Seniors' Fair, "The Good Life Expo," was held on September 28 – 30, 2012 at the Neal Blaisdell Center. This was the first time that the Elderly Affairs Division - RSVP Volunteer Program participated and had our own booth at the event.

We experienced a flurry of inquiries about the program and generated many interests in volunteering. Brochures and pens were distributed, and over 50

people either filled out applications or the sign-up sheet for information to be sent to them.

We wish to extend a warm MAHALO to RSVP volunteers **Huali Borges, Harold Burger, Kathy Kamo, Jane Kanno, Lynette Kumalae, Kim Maitland, Steve Okumoto, Joy Pohl, Patrick Sonoda, Howard Takahashi, Jo Toxvard,** and EAD staff who helped distribute brochures and applications, answered questions and recruited interested individuals for the program:

WANTED – Volunteers! RSVP is actively recruiting new members to join our ranks. If you have a desire to volunteer and give back to the community, here's your opportunity to be a part of an exciting and rewarding program. By offering your time, skills, and talents to a volunteer station of your choice, you can experience the benefits of a healthy lifestyle and purposeful work. Other benefits include supplemental accident/

liability insurance coverage, an annual recognition event, quarterly newsletter, enhancing and learning new skills and making new friends. If you are 55 years or better, willing to learn new skills and eager to make a difference in a person's life, please contact the RSVP Volunteer Program at 768-7700 to join today!

Senior University: Calling all RSVP volunteers! Please be on the look-out for an upcoming mail-out announcing training opportunities. Here's your chance to voice your opinion on what type of courses you would like to receive as part of your training curriculum to enhance your skills.

We are also looking for those volunteers willing to share their wisdom and skills by teaching classes in leadership skills, professional development, culture, arts and crafts, health and nutrition, exercise and dance, computer basics, and the list goes on. Please call RSVP at 768-7700 with your ideas and suggestions. ☺

ALZHEIMER'S ASSOCIATION, ALOHA CHAPTER

By Lisa Choquette, MS, Oahu Program Coordinator

The Alzheimer's Association was established nation-wide in 1980 as a non-profit organization comprised of over 70 chapters dedicated to the prevention, cure and treatment of Alzheimer's disease and related disorders, as well as providing support and assistance to afflicted individuals and their caregivers. The Aloha Chapter was established in 1982 on Oahu and has since grown to include professional staff on Kauai, Hawaii and Maui. We are the only local organization singularly focused on providing help to victims of Alzheimer's and related dementia, and to the second victims of the disease – the families and caregivers.

With over 31,000 families afflicted by Alzheimer's and other dementia, and old age being the primary risk factor for developing Alzheimer's disease, the need for our services is growing as the baby boomers age and those 60 years and older continue to be the fastest growing segment of the U.S. population.

The Aloha Chapter provides several core services designed to assist caregivers and individuals with Alzheimer's throughout the disease process.

First and foremost, we offer Information and Referral regarding the disease and related issues. Individuals can contact the Aloha Chapter for specific information about the disease and the services we provide, or for referrals to services such as adult day care, home care, and housing to name a few. We offer one-on-one Care Consultations to assist individuals and families in assessing current needs, providing education, assisting with planning and problem solving, supportive counseling, and planning for future care.

Education is our third core service, equipping individuals and family members with knowledge and skills to enhance the quality of care for everyone. The free, seven-part "What Now?" intensive classes are available to family members and provide information about the disease and common issues that arise in caregiv-

ing, such as hiring homecare, legal and financial issues, etc.

Caregiver Support Groups are a safe place for families to come together with other caregivers to share coping strategies, share feelings and concerns with others who understand, and gain creative caregiver skills and resources. We currently offer seven support groups on Oahu, four on Kauai, three on Hawaii, and two on Maui.

Over 60% of people with Alzheimer's disease will wander or get lost at some point in their illness. The Alzheimer's Association's Medic-Alert + Safe Return program provides a measure of relief to caregivers by providing a 24/7, nationwide emergency response service for individuals who wander. Those enrolled wear an ID bracelet which alerts others to call a special toll-free number to reunite the individual with their caregiver(s).

For information and/or assistance from the Alzheimer's Association, Aloha Chapter, please contact us at (808) 591-2771, www.alz.org/hawaii or alohainfo@alz.org.

alzheimer's association





KOKUA KALIHI VALLEY COMPREHENSIVE FAMILY SERVICES

By Merlita Compton, MPH, Elderly Program Coordinator

Kokua Kalihi Valley Comprehensive Family Services (KKV) works to foster physical, mental, emotional and spiritual health. Kalihi Valley is a community of neighbors helping neighbors where people see themselves as part of a larger whole, connected to each other, their cultures, and their shared land.

Kalihi Valley is the most densely populated new immigrant community in Hawaii. Immigrants face significant cultural, linguistic and socioeconomic barriers to accessing health care, education and employment. KKV strives to provide integrated primary health care and social services that are accessible and culturally appropriate to clients. These activities are supported by fees-for-service, federal and state funds, and grant awards from locally-based and national foundations.

Complementing and supporting clients' access to these services, KKV also provides a full array of enabling services such as health education, outreach, eligibility, transportation, and case management. Interpreter and translation services into 20 Asian and Pacific Island languages and dialects including Burmese, Chinese, Filipino, Laotian, Micronesian, Samoan and Thai are available.

ELDERLY PROGRAM – Based on a needs assessment conducted by the University of Hawaii, KKV created its Elder Services program in 2000 to better serve the area's senior population. They provided a variety of health promotion evidenced-based programs based on evolving national health initiatives aimed at improving the quality of life for seniors. The programs included health education, health maintenance, disease and ac-

cident prevention, early intervention, as well as support services for caregivers. All programs help keep seniors active and support them in managing their own lives and health. The Elder Services program provides welcoming places where many come together with neighbors and families to eat, share stories, learn from one another, exercise, sing, and dance. Not only have these seniors become effective advocates for the community with local officials, but their ability to share their stories and gifts raises the spirit ..and lowers the blood pressure of everyone, including their own.

Health Maintenance Program includes: Physical fitness, health education and promotion, health screenings, self-improvement activities and counseling and socialization to promote independence, healthy living and fall prevention four times a week

Caregiver Support Education and Training Services: Caregivers gather once a month in a group setting to share caregiving experiences, problem-solving, health education, counseling and linkages to appropriate resources.

Caregiver In-Home Respite assists family caregivers in having time for their own appointments and recreation; helps caregivers reduce burdens in caregiving; provides individual and family consultation; provides information on community resources and referrals; and assists in reviewing options for caregivers.

Case Management with Supplemental Services: Designed to help older adults live a better life in their own homes and communities, many of whom are isolated and frail. The service also provides on-going home visits, indi-

vidualized in-home assessments of care needs, linkage to appropriate resources, and education and supportive counseling for older adults with limited functional impairment

Evidenced-based Programs: KKV offers the following programs:

- “Chronic Disease Self-Management Program”, a 2 ½ hours, once a week for six weeks program aimed at teaching individuals how to manage their chronic conditions.
- “Living Well”, a series of health promotion programs, dealing with managing one's personal health, staying fit and maintaining or improving quality of life.
- “Enhance Fitness” is a 3-day program in which seniors are led through a series of exercises to increase balance, strength, endurance and flexibility.

Medical/Behavioral Health and Dental Clinics for older adults provide regular consultations, screenings and home visits available by appointment.

Medical-Legal Partnerships provide legal assistance for seniors seeking information or direction regarding legal issues involving aging; these can include advance directives, neglect, elder consumer fraud; advocacy available to an older adult who needs help with resolving problems; assistance with applying for a variety of benefits.

Gardening: Elders engage in food production such as container, organic and sustainable gardening every Thursday.

For more information or joining residents in connecting with the community's own rich heritage and cultural values, visit our website: www.kkv.net or e-mail mcompton@kkv.net or call 848-0977. 📞



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For more information about LMPSC, call **847-1322** or stop by to visit during regular Center Hours of Operation, Monday to Friday, 7:30 a.m. – 3:00 p.m., and two Saturdays a month, 8:30 a.m. – 11:30 a.m.

See LMPSC's monthly newsletter at the Catholic Charities Hawaii website: http://www.catholiccharitieshawaii.org/Portals/_ExpressSite/pdf/lanakila.pdf.

Moiliili Multi-Purpose Senior Center (MSC) is located at 2535 South King Street, in back of Down To Earth health food store just before the University Avenue intersection. MSC is a program under the Moiliili Community Center, a private non-profit social service agency. The other programs are: Children and Families, Kupuna Support, and the "Hidden Treasures" Thrift Store. It is also a Lanakila Meals on Wheels group dining site.

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LMOW: SERVING MORE THAN A NUTRITIOUS MEAL

By Lynn Moku, Program Director

Lanakila Meals on Wheels (LMOW) is a program of Lanakila Pacific, a unique Hawaii-based nonprofit founded in 1939. The program started in 1971 with a lunch wagon in Aala Park and is today Hawaii's largest and only island-wide meal provider for seniors, delivering close to 250,000 meals each year.

Serving more than nutritious meals, LMOW also provides nutrition education and counseling, as well as social, recreational and exercise activities at 16 Kupuna Wellness Centers island-wide. Staff and volunteers also serve as an important bridge to other support services as needed.

Headquartered in Liliha, LMOW works closely with over 200 volunteers and offers various volunteer opportunities that are built around busy lifestyles. Choose from delivering or packaging meals to assisting with special projects or as an on-call driver. Whether you are an individual who is looking for a rewarding experience, or a group that would like to serve together, LMOW has something to suit your needs and interests.

As the holidays approach, LMOW invites all who are interested in its "Sponsor Our Seniors" and "Santas for Se-

niors" drives, in which the community is invited to sponsor meals, and to donate cards, favors and gifts to brighten the holidays for seniors in need.

The program is funded by the State Executive Office on Aging's Kupuna Care program, through appropriations from the State of Hawaii Legislature and the U.S. Administration on Aging as administered by the City and County of Honolulu Elderly Affairs Division, by Lanakila Pacific's social enterprises, including Lanakila Kitchen and Lanakila Custom Products, and by generous contributions from the community.

For more information, please call (808) 531-0555, email cr@lanakilapacific.org or visit www.LanakilaMealsonWheels.org. ☺



CALENDAR OF EVENTS 2012-2013

DECEMBER 2012

1 **28th Honolulu City Lights**, Sat, Dec 1, 4 p.m. – 10 p.m., at Honolulu Hale. Tree lighting ceremony, electric light parade, food booths, games, employee Christmas Tree display and Wreath exhibits, Santa, live entertainment and holiday concert presented by Tihati Productions.

3 **AARP Driver Safety Program** Waipio Kaiser Clinic, **628-9438**, Mon, Dec 3, 8:30 a.m. – 1 p.m.
Lanakila Senior Center, **847-1322**, Fri, Dec 7, 9 a.m. – 1 p.m.

8 **12th Kapolei City Lights**, Sat, Dec 8, 6 p.m. at Kapolei Hale. Tree lighting ceremony, West electric light parade, Santa, live entertainment, keiki games and block party.

JANUARY 2013

22 **Prevent Falls**, presented by Attention Plus, Tue, Jan 22, 9 a.m. – 11 a.m. Are you or a loved one at risk for a fall? Falls can change the quality of an elder's life in an instant. A Registered Nurse will provide some simple steps to prevent falls in the home and community. Call for reservations at **440-9372**.

FEBRUARY 2013

9 **Valentine Ball**, Sponsored by the City Department of Parks and Recreation, Sat, Jan 9, 5:30 p.m. – 9:30 p.m., Ala Wai Golf Course Club House, \$10 includes dinner and ballroom dancing. For more information, contact Steven Santiago at **973-7258**.

12 **Valentine Dance**, Sponsored by the City Department of Parks and Recreation, Tue, Feb 12, 9 a.m. – 12 noon, Blaisdell Exhibition Hall. Free admission! For more information, contact Steven Santiago at **973-7258**.

26 **Infection Control in the Home**, presented by Attention Plus, Tue, Feb 26, 9 a.m. – 11 a.m. Infection Control is an important part of maintaining wellness by taking steps to prevent the spread of infections. Learn from a Registered Nurse some simple prevention techniques to protect you and your loved ones from getting sick. Call for reservations at **440-9372**. ☺



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MSC provides a wide range of activities, classes, and workshops such as Mah Jongg, Hanafuda, chair exercise, yoga, excursions, chigiri-e workshop, kumihi-mo workshop, and many more. Seminars are aimed at providing information on many aspects of aging: agencies in the community providing services, health education information, health insurance choices, and so much more. MSC assists with Telephone Reassurance checks, assists with paperwork or referral to agencies for help, and provides transportation services for medical and other appointments. Two staff members are bilingual in English and Japanese. For more information, call 955-1555 and ask for the Senior Center program, or stop by Mondays – Fridays, 8:00 am – 5:00 pm. The center’s “Kaleidoscope” newsletter is available the first working day of each month. 

ELDERLY AFFAIRS DIVISION
715 South King Street, Suite 211
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.

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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.



Peter B. Carlisle
Mayor of Honolulu