



ALOHA PUMEHANA

June 2005 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication
Department of Community Services • Mufi Hannemann, Mayor • City & County of Honolulu

A CAREGIVER'S STORY: A CAREGIVER'S EXPERIENCE

(Editor's Note: This letter was not written by an actual caregiver. It is an example of a common situation for family caregivers and is based on a true story.)

Dear Editor—

I feel I must let you know that all caregivers should be encouraged to join a support group.

Because I had taken care of my mother before she passed away, I assumed I would know what to do when my wife was diagnosed with Alzheimer's disease. How wrong I was! As my wife rapidly declined, I felt overwhelmed. Our lifestyle and our relationship changed. I didn't know how to deal with the change or

how best to help her. I was losing sleep and confused about where to get help. Two of our children are doctors, but they were of little help. Family squabbles about her care were turning me into an emotional wreck. I started to see a therapist and I made appointments with a neurologist and a geriatrician to see if they could help with my wife's increasing agitation. The geriatrician thoroughly examined my wife, put her on different medication and referred me to a

support group.

I attended a few times and I felt both physically and mentally nourished. We talked about everyone's concerns. Information about resources was provided. Food was shared and there was an aura of camaraderie among the group. It made me feel pampered, rested and re-energized. It made me realize that there are limits to what one can do, so I've hired part-time help so I can sleep at night. I had our home modified with safety devices. I now take time for my own respite. Attending the support group has changed my life and made me a better caregiver.

Thank you — just writing this helped relieve my stress.

"24-hour Caregiver"



NEW DCS DIRECTOR'S MESSAGE

Dear Friends,
It's quite an honor to be able

to serve you through the Department of Community Services.

I've spent many years working in the field of long-term care and have been truly inspired by so many people. On the one hand, they've taught me that growing old is really a state of mind and you can remain young forever. And, on the other, I've come to appreciate the saying, "growing old is not for sissies."

I was asked to share my vision with you. While many thoughts and ideas crossed my mind, I really want to learn more about your concerns and views before

formulating any specific goals—goals that would ultimately affect you. For those who are struggling with "growing old," it's critical that we understand what's important to you.

The one thing I can share at this time is my desire for the City's programs to better address issues of health, wellness, and the quality of life. I can also tell you that we have a highly dedicated and experienced staff here at the City's Elderly Affairs Division, and we'll be working closely with you in this regard. I look forward to meeting and hearing from all of you in the near future and thank you for this opportunity to serve you and the community.

Debbie Kim Morikawa, Director
Department of Community Services

Call for times and location of the Support Groups funded through EAD:

- Child and Family Service-Ohana Care, **543-8468**
- Franciscan Adult Day Care-C.A.R.E. Club, **988-5678**
- Hawaii Family Services, Inc.-Tutu Support Group, **696-3482**
- Kokua Kalihi Valley Elderly Services Program, **848-0977**
- Project Dana- Caring for the Caregiver, **945-3736**

For information on other support groups on Oahu, call the Senior Hotline at **523-4545**.

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DR. KALANI BRADY TO KEYNOTE CAREGIVERS CONFERENCE



By May Fujii Foo

Dr. Kalani Brady, a student of Hawaiian chant and a man of music who chose medicine for a chance to help people, will deliver the keynote address "**Be An Empowered Caregiver: A Doctor's View On How Caregivers Can Be Advocates For Themselves and Their Families**" at the Caregivers Conference on Saturday, August 27, 2005 at the Sheraton Waikiki Hotel. Sponsored by AARP, Alu Like, Elderly Affairs Division and HMSA, the *Caring for Yourself, Caring for Others* conference will offer 16 breakout sessions designed to provide family caregivers practical, up-to-date resources and skills to help with their particular situation.

For the past eight years, Dr. Brady has regularly been featured on the weekly KHON Fox Channel 2 Morning News program "Ask the Doctor" and has

also co-hosted the weekly medical talk show "Health in Paradise" on Olelo Channel 52. Dr. Brady is Board Certified in Internal Medicine and a Fellow of the American College of Physicians. Among his many accolades, he is listed in the *Best Doctors in America*, *Who's Who in Medicine and Health Care*, *Who's Who in America* and *Who's Who in the World*. In 2002, he was named *Physician of the Year* by the Honolulu Medical Society. He practiced at the Straub Medical Clinic system for 18 years until his 2003 appointment as Vice-Chair of the Department of Native Hawaiian Health of the University of Hawaii's John A. Burns School of Medicine, where he serves as Associate Professor.

Conference registration forms are now available. Pre-registration is required. Registration will not be available on the day of the conference. Scholarships are available. For more information or if you would like to receive a registration form, call the Senior Hotline at **523-4545**.

and supported. Set aside two hours a week for yourself. Spend time with a close friend who shares similar interests. Go for a walk. Go to lunch. If you share a hobby, go to your favorite shop and day-dream about a project.

Sometimes people just can't get their minds off caregiving. If that's the case, call the Aloha Chapter office at **1-808-591-2771** and request for the brochure "**Caregiver Stress: Signs to Watch For, Steps to Take.**" Share it with a close friend or relative, someone you can trust to be honest and gentle. If they notice signs of increasing stress, ask them to speak to you about it. That will do far more to ease your stress than listening to advice. Some people may need more. A 2004 study showed that caregivers benefited from individual and family counseling, participation in a support group, and the availability of ad hoc counseling.

Finally, a word about guilt: almost every caregiver is plagued by it. They worry they aren't doing enough or that they aren't doing it right. They feel that if their love were more complete, they would never feel cross or too exhausted to help. This kind of guilt can be your worst enemy, eroding your health and peace of mind. How can you confront it? First, don't compare yourself to others. You have to find your own way of caring. Second, give yourself credit for what you have accomplished. Third, talk about your feelings. Our caregiver support groups offer a secure setting for such talk. In these meetings, people help each other set realistic limits based on the long-term reality of caring for a person with dementia.

SELF-CARE FOR CAREGIVERS— THERE'S A BRIGHTER SIDE

The compassion to care . . . the leadership to conquer

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

When you are caring for someone with dementia, taking care of yourself may be the last thing on your mind. You can't afford **not** to take time for yourself. It is crucial, even if it seems to run against common sense.

Most self-care lists begin by consulting with your doctor regularly, and following his or her advice. All too often caregivers themselves fall ill and even die. If

this happens, it means you won't be able to fill your role as caregiver. You may need care yourself—putting further stress on a family whose resources already are taxed.

Another priority is screening for depression. Some studies show that more than half of all dementia caregivers are depressed. Be screened and seek treatment.

OK, what's the brighter side of self-care? Simply put, it means treating yourself as someone who deserves to be loved, cherished

alzheimer's association

1050 Ala Moana Blvd, D15
Honolulu HI 96814
(808)591-2771 Fax: (808) 591-9071
www.alzhi.org
24/7 Helpline **(800) 272-3900**

CAREGIVER CORNER

By Lorraine Fay

Did you know that:

- 31 % of caregivers who provide care 40 hours a week and who perform 2 personal care activities experience physical and mental health problems
- 30%-59% of caregivers report symptoms of depression, which is a significant risk factor for coronary heart disease, cancer, and diabetes.
- Older caregiving spouse with a history of chronic illness themselves have a 63% higher mortality rate than non-caregivers in the same age group.



As you can see, caregivers are prone to stress and illness. Here are some things to incorporate into your routine to keep healthy:

- **Eat nutritiously.** Pack in fresh vegetables and fruit balanced with protein and grains. A multivitamin can't hurt. A good diet gives you the energy needed to keep going.
- **Drink enough water** for proper functioning of your whole system.
- Get as much **sleep** as you can. Use your loved one's naptime to get a nap yourself rather than do chores.
- **Exercise.** Make time to do some stretches and conscious breathing. A short tape of gentle yoga is a good relaxer to substitute for a TV show at the end of the day.
- **Go out!** It is absolutely necessary to take a break away from the

house (respite). Ask a friend, family member, volunteer or paid worker to come for awhile. If you are employed, see if your employer offers flex-time or support group programs.

- **Let family members know** specific ways they can help, instead of trying to do everything yourself.
- **Get help** from community services, which you can learn about by calling the Senior Hotline at **523-4545**.

As a conscientious caregiver, you are the one most concerned with your loved one; but if you get sick, someone else is going to be doing the caregiving. So if you have a hard time caring for yourself or asking for help, just remember . . . it is for your loved one too. For more information, call **592-8628**.

I didn't realize I was acting as a caregiver to a frail friend until I saw your video from the Administration on Aging. Thank you for the packet of information. I was able to get her a case manager who is setting up other services to help.

WHITE HOUSE CONFERENCE ON AGING

By Pat Tompkins

Every decade the President of the United States convenes the White House Conference on Aging. Its purpose is to make policy recommendations regarding programs that are important to older adults, their families and communities. The first WHCOA for the new millennium will be held October 23-26, 2005 in Washington, D.C.

At Honolulu's focus group held in January 2005 to discuss aging issues and their priorities, the following issues were determined to be the most important for Oahu's seniors:

Health Promotion/Education

Programs encouraging healthy aging should be supported because those who stay active, healthy and informed usually require less intensive service provision as they age.

Family Caregiving

Family members are the largest providers of care, saving the healthcare system and taxpayers untold hundreds of millions of dollars annually. More often than not, their lives and finances are negatively affected by their caregiving activities. We should encourage development of solutions to ease these burdens.

Workforce/Community Development

There is a severe shortage of qualified nurses at all levels, certified nurses' aides and home health workers. We need to create a system that attracts and prepares those who are interested and qualified to work in the home health industry.

Affordable Supportive Services, Including Housing

Supportive services that allow seniors to maintain themselves in the environment of their choice

should be supported.

Long Term Care

How will we pay for it?

Death with Dignity

People want it but we can't agree on how to make it work.

National (Universal) Health Insurance

Our healthcare system deals with aging by crisis management rather than as a natural process. Institutionalization should be the last resort—so how do we delay or prevent it?

Social Security

Social Security Reform is coming whether we like it or not. How can we live with the proposed changes?

For more information on WHCOA activities, contact: Pat Tompkins, Chief Planner, Elderly Affairs Division, City and County of Honolulu Phone: **(808) 523-4546**.

CARIAGA & MAU HONORED AS OUTSTANDING SENIORS

By Lot Lau

The Sheraton Waikiki Hotel was the site of the **39th Annual Mayor's Senior Recognition Program** on April 26, 2005. Family, friends, and guests were serenaded by the **Makua Alii Singers** and the **Alu Like Kupuna** as they made their way to the ballrooms overlooking Diamond Head to honor nominees for Outstanding Senior Volunteers for 2005. In the ballroom, a special concert was performed by the **Royal Hawaiian Band** under the leadership of **Michael Nakasone**. While the band played on, **Lt. Governor "Duke" Aiona** and **Mayor Mufi Hannemann** personally congratulated each honoree.

Returning to emcee the gala was the popular husband-wife team of **Gary Sprinkle** and **Pamela Young**, news anchors from KITV 4. Featured entertainer **Melveen Leed** sang several songs as only she can do. In a surprise move, Leed coaxed Mayor Hannemann to come on stage to sing a duet, much to the delight of the audience, who asked for and received a "hana hou."

The program, however, belonged to the 96 honorees. Mayor Hannemann greeted each one as they crossed the stage to receive a Certificate of Recognition amid applause from a grateful community.

The 2005 Outstanding Male and Female Senior Volunteers of the Year were bestowed upon **Andres Cariaga** and **Dorothy Mau**.

Cariaga, nominated by Kaiser Permanente, is a relative new-



The Mayor and Melveen Leed received rave reviews for their musical duet.

able, loyal and dedicated, always rated as "excellent" by clients and families he serves. Because of his personality and non-judgmental attitude, Kaiser felt comfortable assigning him to clients of various nationalities. In the process, he has learned about their cultures and easily connected with them. His neighbors in senior housing are aware of his service to others and are welcome to call when they need help.

Mau, from the Lanakila Multipurpose Senior Center's Chinese Cultural Club, has contributed more than 13,600 hours to 11 organizations. Recognized for her leadership qualities as a chairperson, vice president or president of organizations, she was also called upon for her talents as a hula and Chinese dance performer, emcee, lei maker and interpreter for Cantonese speaking patients. Mau presently cares for her husband who had a stroke. Her nominee says she has a sense of humor and wit even in the most difficult times. Mau believes that life is a gift and that we should live it to

its fullest potential. Seven nominees were selected for the Akamai Living Lifetime Awards, a category created by Hawaii Medical Service Association (HMSA) to focus more attention on what we can do to age well. By presenting information on lifelong learning, enjoying activities, proper nourishment, spiritual renewal, and making plans for our tomorrows, the Akamai Living Program intends to empower us to reach our potential—physically and mentally.



The Platinum Award was presented to **Marianne Rodrigues**, of the Queen's Medical Center. She has contributed an astounding total of 17,600 hours since the age of 60, and has been volunteering at Queens for almost 28 years! "Helping others has become as much a part of her life as eating and sleeping," her nominator concludes.

The first of three Gold Award winners is **Rufina Cabaron**, of the Senior Companion Program for her 5 years of service to clients of the Honolulu Gerontology Program. She says volunteering keeps her healthy, focused and obligated to be at her best. "I am just proud to be a Senior Companion. That is enough reward for me," says the reluctant nominee.

The second Gold winner is **Robert Freitas**, of the National Memorial Cemetery of the Pacific. He has contributed more than 10,000 hours of volunteer service and has chaired fundraising events, led membership drives, and advocated for veteran's ben-



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Cariaga & Mau Honored As Outstanding Seniors . . . Continued from page 4

efits at the state and national level. He is always “first in line” to provide his time and talents to any event.

Hospice Hawaii nominated the third Gold Award winner, **Anita Loando-Acohido**. She has served almost 2,000 hours as a patient care coordinator and has contributed 1,716 hours over 5 years as the AARP State coordinator for Driver Safety. Her nominee says she gives of herself completely with her love and service to others.



The Silver Award winner is **Richard Fujimoto**, from the Moanalua Senior Citizen’s Club. Projects and activities of the senior

Citizen’s club, retirees unit of HGEA, Moiliili Community Center Thrift Shop, and Parke Chapel, and St. Andrew’s Cathedral are some of the organizations who have benefited from his service. He is cheerful, creative and compassionate through all this service.



The first of two Bronze Award winners is **Clytie Hewlett**, from the East Foster Village Community Association, who was conservatively estimated to have served over 2,900 hours as the volunteer Community Association manager. She took the unpopular job of collecting dues payments and facility rentals and



combined it with careful management to keep the association open and growing.

Ann Jones, from the American Cancer Society, is the second Bronze Award winner. She has given the society more than 5,000 hours of service and has visited more than 200 patients as a Reach to Recovery volunteer. She is chair of the Friend to Friend program, designed to educate women about the importance of early detection of breast cancer. She serves as a great example that there is life after a cancer diagnosis.



The Mayor’s Senior Recognition Program is sponsored by HMSA, the Honolulu Committee on Aging, and Elderly Affairs Division.



By Tony Baccay



Above, “The Happy Strummers,” from the Moiliili Hongwanji Mission Church, lead the marchers around Honolulu Hale.



“Stayin’ Alive Dancers,” from the Kokua Kalihi Valley Group Dining Site, entertain marchers with a lively dance from the Bee Gee’s era.

City Joins Nation in “Meals” Campaign:

Mayor Mufi Hannemann proclaimed March 2005 “March for Meals Month” in the City and County of Honolulu. Lanakila Meals on Wheels (LMOW) and Hawaii Meals on Wheels (HMOW) teamed with the City to bring public attention to the nutritional needs of seniors and the homebound.

The Meals on Wheels Association of America created the March for Meals campaign in 2002 to call attention to the rising problem of senior citizen hunger in America. March is significant for this campaign because it was in March 1972 that the law was enacted to include senior meals programs in the Older Americans Act.

Mahalo nui loa to Mayor Hannemann who served as Honorary Chair and to Debbie Kim Morikawa, Director of the Department of Community Services, for supporting the City’s

collaboration with LMOW and HMOW and for their commitment for continued support.

E Komo Mai!

Recently appointed as Special Advisor to the Director of the Department of Community Services (DCS), **Aaron Fujioka** has over 20 years of experience in public procurement, contracts management and planning and program development. He formerly held the position of Administrator of the Chief Procurement Office and Chief Procurement Officer for the State Executive Branch. Fujioka is no stranger to the aging network. In the mid 1980’s, he was a Program Specialist at the State Executive Office on Aging, involved with senior center policies and programs monitor for the Hawaii County and Maui County Area Agency on Aging. Fujioka has undergraduate and graduate degrees from the University of Hawaii at Manoa with a concentration in Gerontology. When asked what he would like to accomplish at DCS, Fujioka stated, “I appreciate the opportunity to be a part of DCS and hope to contribute where I can.”



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Marlena Willette, Secretary to the Director of DCS, is a familiar face to the aging network. She was formerly the Development Coordinator of the Lanakila Rehabilitation Center and has over 10 years of experience in administration, marketing and special events. "Having been a part of an organization that was a recipient of the Elderly Affairs Division's services, I have a special appreciation for the programs, the hard work and dedication of the staff, and the positive impact they have in the community," Willette said. "It is an honor to be a part of the department and to have the opportunity to assist the department further its goals to better serve the community,"



Joel Nakamura, a recent graduate of the University of Hawaii at Manoa in Urban Planning, is the new Assistant Caregiver Specialist at EAD. Born and raised on the Big Island, he grew up on an anthurium nursery and worked in a climate research organization and a garden shop while attending college. In addition to gardening, he has

interests in urban sociology and environmental sustainability. He claims a lot of his characteristics were influenced by spending much of his childhood with his grandparents. "Even though it isn't my main area of study, I do understand the issues facing seniors more than the typical person in my age demographic," says Nakamura, when asked about joining the EAD staff. While he has a wide range of interests, his main goal has always been to make a positive impact on society, especially for the disadvantaged.

Welcome aboard, Aaron, Marlena and Joel!

Experience the Cultures of Hawaii - 10 Weeks of Golden Summer Fun!



This new, 10-week summer program is being offered exclusively at Waikiki Community Center. Each week will feature various crafts, dance, and foods from Hawaii's diverse ethnic community. Learn about the culture and history of the Hawaiians, Japanese, Filipinos, Koreans, Americans, Tahitians, Chinese, Portuguese, and our European ancestors. In addition, each week will feature a visit to an ethnic restaurant to taste the foods from

that country.

June 6 - July 8: Learn about Hawaiian, Japanese, Filipino, Korean, and American cultures. Learn how to make Japanese origami, Filipino bamboo "Parol" star, and kim chee making.

July 11 - August 12: Discover Tahitian, Portuguese, Chinese, Hawaiian, and Europeans cultures. Learn to dance Tahitian, make delicious Portuguese malasada, trace the history of Feng Shui, learn about the Swiss National Day, and learn more about the Hawaiian cultural.

For detailed information on daily activity schedules or for registration, please call **923-1802**

or visit their website at www.waikikicommunitycenter.org.

Hurry, space is limited!

Save This Date!

The Fall Prevention Conference, "**Reducing Falls by Design**," will be held on October 4, 2005, 8:30.a.m. to 4:30.p.m. at the Pacific Beach Hotel. This year's focus will be on home safety, modification and retrofitting, and elder design to allow for greater quality of life and independence. Look for the registration form in the mail. If you do not receive one by July 20, 2005, please call **734-9138** .

HAWAII CAREGIVER STATISTICS By Pat Tompkins

A recent report completed by the Executive Office on Aging, State Department of Health, estimated between 14%-21% of adults in Hawaii, or approximately 192,000 people, provide regular care or assistance to another person aged 60 years or older. On Oahu the number of caregivers is more than 137,000.

- The average caregiver in Hawaii is 47 years old; 43% are male, 57% are female.
- Of all caregivers: 9% are 18-24 years of age; 14% are 25-34; 22% are 35-44; 19% are 45-54; 18% are 55-64; 18% are 65 and older.
- 20% of caregivers report that the person they care for lives in the same household.
- Nationally, caregivers provide assistance valued

at more than \$257 billion annually. This far exceeds the cost of care provided by community based and nursing home care combined.

- The average duration of caregiving is 4 years: 34% provide care less than 1 year; 31% 1-4 years; 29% 5 or more years; and 5% only occasionally.
- Most caregivers are employed, having to balance work and their caregiving responsibilities. But 10% must leave the workforce due to their caregiving responsibilities — another 11% took a leave of absence and 7% changed from full to part-time work or took a less demanding job. These changes to caregivers' employment status often result in lost wages and/or benefits.

SURFING THE AGING NETWORK.COM



By Tony Baccay

www.elderlyaffairs.com
Area Agency on Aging for the City & County of Honolulu which provides information on contracted services and linkages with other agencies and organizations.

www.nfcacares.org A grassroots organization serving all family caregivers regardless of their relationship to the person receiving care or that person's medical condition or diagnosis.

www.aarp.org The AARP is a national organization that provides a variety of information on caregiving. You can download publications or write to them requesting hard copies.

www.aoa.gov The Administration on Aging is a federal agency that has a Caregivers Resource Room. You can link to other websites through this site.

www.assistguide.com Assist Guide enables caregivers and other consumers to find senior and disability products, services, and support.

www.caps4caregivers.org Children of Aging Parents is a national organization that provides information, referrals and support for caregivers.

www.caregiver.org Family Caregiver Alliance is a public voice for caregivers and provides a variety of information.

www.caregiverhome.com Caregiver's Home Companion offers help through "Ask an Expert."

www.nia.nih.gov National Institute on Aging which provides resources for elderly and caregiving information.

CALENDAR OF EVENTS 2005

June

4 AARP Driver Safety Program. Kapahulu Senior Center, **737-1748**, Jun 4 & 11, 8:30 a.m.-12:30 p.m. ■ St. Francis Medical Center (Liliha), **547-6410**, Jun 4 & 11, 8:30 a.m.-12:30 p.m. ■ AARP Information Center, **843-1906**, Jun 17 & 24, 12 noon-4 p.m. ■ Lanakila Senior Center, **847-1322**, Jun 22 & 24, 8 a.m.-12 noon.

23 Community Caregiver Meeting: Education & Support for Family Caregivers, sponsored by the Palolo Chinese Home. Call **737-2555** to obtain information on topic and guest speaker.

July

2 AARP Driver Safety Program. St. Francis Medical Center (Liliha), **547-6410**, Jul 2 & 9, 8:30 a.m.-12:30 p.m. ■ Kaiser Health Center (Hawaii Kai), **432-2260**, Jul 9 & 16, 8 a.m.-12 noon ■ Hawaiian Eye Center (Wahiawa), **621-6369**, Jul 11 & 18, 8 a.m.-12 noon ■ AARP Information Center, **843-1906**, Jul 14 & 21, 12 noon-4 p.m. ■ Queen's Hospital, **547-4823**, Jul 17 & 24, 9 a.m.-1 p.m. ■ Honolulu Kaiser Clinic, **432-**

2260, Jul 19 & 26, 12 noon-4 p.m. ■ Waianae Methodist Church, **668-7160**, Jul 20 & 21, 8:30 a.m.-12:30 p.m. ■ St. Francis Medical Center (West), **547-6410**, Jul 23 & 30, 9 a.m.-1 p.m.

19 Straub Health Fair, Tuesday, July 19, 9:30 a.m.-11:30 a.m. Presented by Straub Hospital and Clinic. For more information, call Lanakila Multi-purpose Senior Center at **847-1322**.

August

6 AARP Driver Safety Program, Kapahulu Senior Center, **737-1748**, Aug 6 & 13, 8:30 a.m.-12:30 p.m. ■ St. Francis Medical Center (Liliha), **547-6410**, Aug 6 & 13, 8:30 a.m.-12:30 p.m. ■ Mililani Kaiser Clinic, **432-2260**, Aug 6 & 13, 9 a.m.-1 p.m. ■ AARP Information Center, **843-1906**, Aug 19 & 26, 12 noon - 4 p.m. ■ Lanakila Senior Center, **847-1322**, Aug 24 & 26, 8 a.m.-12 noon.

12 Lanakila Multi-purpose Senior Center Show and Sell, Friday, August 12, 8 a.m.-10:30 a.m. Mini bazaar, white elephant sale, food and arts and crafts. For more information, call **847-1322**.

September

3 AARP Driver Safety Program. St. Francis Medical Center (Liliha), **547-6410**, Sep 3 & 10, 8:30 a.m.-12:30 p.m.

10 TIPS FOR FAMILY CAREGIVERS

1. Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.

2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.

3. When people offer to help, **accept the offer** and suggest specific things that they can do.

4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.

5. There's a difference between caring and doing. **Be open to technologies** and ideas that promote your loved one's independence.

6. **Trust your instincts.** Most of the time they'll lead you in the right direction.

7. Grieve for your losses, and then allow yourself to **dream new dreams.**

8. **Stand up for your rights** as a caregiver and a citizen.

9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.

10. Caregivers often do a lot of lifting, pushing and pulling. **Be good to your back.**

■ Kaiser Health Center (Hawaii Kai), **432-2260**, Sep 10 & 17, 8 a.m.-12 noon
■ St. Francis Medical Center (West), **547-6410**, Sep 17 & 24, 9 a.m.-1 p.m. ■ Queen's Hospital, **547-4823**, Sep 18 & 25, 9 a.m.-1 p.m. ■ Honolulu Kaiser Clinic, **432-2260**, Sep 20 & 27, 12 noon - 4 p.m. ■ Waianae Methodist Church, **668-7160**, Sep 21 & 22, 8:30 a.m.-12:30 p.m.

13 Aloha Festivals, September 13, 10 a.m.-11:30 a.m. Meet the Aloha Week Royal Court and enjoy entertainment. Participate in a luau lunch. Order in advance, cost is \$5. For more information, call **847-1322**.

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

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

To obtain State information, contact:

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

For Out-of-State information, contact:

National Eldercare Locator 1-800-677-1116

Department of Community Services
ELDERLY AFFAIRS DIVISION

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

County Executive on Aging Karen Miyake

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**. Written contributions to the newsletter are welcomed.

MUFI HANNEMANN
Mayor of Honolulu



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