

## HÖRMANN, YI: OAHU'S OUTSTANDING VOLUNTEERS

By Tony Baccay

**I**rmgard Hörmann and Tong Hwan Yi were recently honored as Oahu's Outstanding Female and Male Volunteers of the Year at the Mayor's 44<sup>th</sup> Senior Recognition Program in ceremonies held on April 8, 2010 at the Hawaii Convention Center's Kalakaua Ballroom. "Our community gains its strength from those who

contribute to its betterment and I can't think of individuals who contribute more or are more deserving of our appreciation than our senior volunteers," **Mayor Mufi Hannemann** said in his praise of the 79 nominated seniors. "These citizens devote their time and energy to serving others, asking for nothing in return other than

the personal satisfaction that they've brought joy someone's life. I

have the utmost respect and admiration for our senior volunteers and am delighted to join in honoring them for their praiseworthy deeds."

Nominated by Hawaii Meals on Wheels, an organization she founded 31 years ago, **Irmgard Hörmann** delivered hot meals to homebound seniors and persons with disabilities. She recruited a Board of Directors, recruited all the volunteer deliverers, and performed all administrative tasks until paid staff could be hired. Irmgard still volunteers for the organization as well as the Friends



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of the Library, Institute for Human Services, the Lutheran Church of Honolulu, and Faith in Service of Humanity, plus countless hours helping family, friends, neighbors and strangers. "Irmgard's most outstanding trait is her humbleness and refusal to acknowledge her contributions to our community," her nominator said. "She is warm, giving, intelligent, compassionate, and has an amazing memory. She is so up-to-date and, at 92.5 years old, she even uses email!"

**Tong Hwan Yi**, nominated by the Sage Plus Program, has been volunteering for the program for over 15 years. He makes presentations to senior clubs and community groups, provides counseling and assistance about Medicare and Medicaid, prescription drug coverage, Medicare Supplement, Medigap insurance and long-term care insurance and financing. He also volunteers at senior and health fairs and has volunteered for Kalihi Palama Immigrant Service Center, Lanakila Meals on

Wheels, the Muu Gung Hwa Korean Senior Citizen Association, the Mililani Golden Years Club, and the Mililani Lions Club. "Tong Hwan has volunteered so many hours and is so selfless he stands out as an icon and true role model for volunteers everywhere," his nominator said. "It is second nature for him to say yes, and he says yes many times a day!"

Sponsored by the Hawaii Medical Service Association, a major sponsor of the Senior Recognition Program, the Akamai Living Lifetime Achievement Awards are bestowed to volunteers who promote healthy and fulfilling lifestyles. These volunteers are the perfect example of living akamai because being able to care for others starts with caring for yourself.

**Yoshio "Rusty" Nakagawa**, nominated by the Wahiawa Rainbow Seniors, was the winner of the Platinum Award. Volunteering is a way of life for Rusty. He volunteers as the Project Coordinator for the Wahiawa Hongwanji Mission inter-faith cooperative with Project Dana.

He has served as President of the Wahiawa Rainbow

Seniors promoting many community initiatives including safe driving on Kamehameha Highway, clean-up of Lake Wilson, Make a Difference Day, and lei making for Memorial Day honoring military veterans. Rusty provides care to his own family and to other frail and disabled individuals in the community. He also provides caregiving skills training to other volunteers.

Gold Award winner **Tit Mun Chun** was nominated by the Moanalua Senior Citizens' Club. He volunteers many hours for the Senior Citizens' Club and to the Moanalua Gardens Missionary Church, the Moanalua Gardens Community Association, and the Kwong Pui Village Association. He has been a leader in securing a site for a community tennis and basketball courts and recreational building under the Puuloa interchange and was instrumental in getting a traffic

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**PHOTO (Left to right):** Yoshio "Rusty" Nakagawa, Tit Mun Chun, Edith Shito, Mitsuko Horiuchi





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light at the corner of Jarrett White Road and Ala Mahamoe Street. He was designated Honorary Mayor of the Moanalua Gardens Community Association for all his efforts and contributions to the organization.

**Edith Shito**, nominated by the Japanese Cultural Club of Lanakila Multipurpose Senior Center, serves as an officer and leader of the club. The Silver Award winner is always the first to do whatever is asked of her. She visits and entertains patients and residents at numerous hospitals, nursing and care homes. “Edith’s magnetic smile radiates kindness and sincerity,” says her nominator. “Dependable, resourceful, and generous are but a few adjectives that describe her.”

The Bronze Akamai Living Achievement Award winner was nominated by Lanakila Multipurpose Senior Center. **Mitsuko Horiuchi** says, “While others talk about travel and exotic foods, I have found my Shangri-La in helping at the Senior Center.” She has volunteered for Rehabilitation Hospital of the Pacific, Kuakini Hospital, Kapiolani Women’s and Children’s Medical Center, Maluhia and Mothers Against Drunk Driving, and the list goes on. Her nominator says, “At age 93, Mitsuko is still going strong and not about to stop any of her volunteer positions.”

Four organizations were recognized with the Lei Hulu Awards for their significant contributions by providing resources, programs, and support of kupuna in our community. Nominated by Project Dana, Longs Drugs – CVS Pharmacy provided family caregivers featured on KGMB’s “Genius of Aging” with \$500 gift certificates for pharmacy needs and daily items to help provide quality care to their elders. Oceanic Time Warner Cable’s entire Accounting/Finance Department took the time and resources to support its nominator, Hawaii Meals on Wheels, both financially and in delivering meals to seniors in Central Oahu. Catholic Charities Hawaii’s nominee, Ward Centers, has for the past 13 years provided holiday gifts to over 5,000 needy and isolated seniors through their Senior Giving Tree. Nominated by Moiliili Senior Center, Alan Wong’s Restaurant has for the past 12 years provided Sunday lunch for “Special Seniors” who might not be able to benefit enjoying lunch at one of Honolulu’s top restaurants.

This year’s theme, “Healthy Living by Sharing Aloha,” recognizes that volunteering benefits one’s health and well-being while providing valuable service to the community. **Tannya Joaquin and Stephanie Lum** emceed the morning event which

featured entertainment by **Danny Couch**, the **Royal Hawaiian Band**, **Project Dana Dancers** and the **Na Kupuna ‘O Makua Alii Singers**. The program was produced by the City and County of Honolulu Committee on Aging and the Elderly Affairs Division with principal sponsorship from HMSA and First Hawaiian Bank. 🍷



**Top photos:** Project Dana Dancers; Na Kupuna ‘O Makua Alii Singers; The Royal Hawaiian Band

**Middle photo:** Entertainer Danny Couch

**Bottom photo:** M.C. Stephanie Lum, Mayor Mufi Hannemann, M.C. Tannya Joaquin

# BITS & PIECES

By Tony Baccay

## *E Komo Mai:* John Hinkle,



EAD's new chief planner, has always enjoyed working in "helping professions" and looks forward to

making a positive contribution to EAD. "I really enjoy being on the administrative side of social services. This gives me an opportunity to work with our community's decision makers and forge positive working relationships so that we can develop and deliver a meaningful array of services to our seniors." A graduate of West Virginia University with a bachelor's degree in business administration and a master's degree in counseling psychology and rehabilitation, he is a licensed mental health counselor and certified employee assistance professional.

John's first full-time job was as the assistant director of a community mental health center. "What a terrific opportunity for a new graduate!" After 5 years in this position, he wanted to put his "working knowledge of people" to work in a corporate environment. "I met one of the V.P.'s of United Airlines, on my way to a conference. He was very encouraging, saying they were looking for people with

my background and skills." After a series of interviews, John embarked on what would become a 25-year career with United Airlines, living in New York, Chicago, and coming to Hawaii in 1988. "I've always enjoyed helping people, and my tenure with United afforded me the opportunity to satisfy this yearning and the opportunity to travel and meet people from all over." John directed the Employee Assistance Program (EAP) for the association of flight attendants, counseling individuals with various personal and/or work related issues. In addition to the EAP work, he served as a conflict resolution specialist, management consultant, and handled grievances. "It was always challenging, but rewarding to find a win-win solution to a situation."

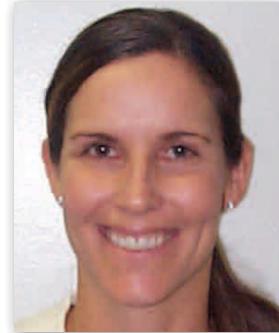
When John took an early retirement from United in 2002, he was not ready to stay at home and do nothing. He worked as a therapist with Geropsychology Associates, working with residents in long-term care facilities. "This was such a rewarding experience. I've always said that I hope the individuals that I worked with learned as much from me as I did from them." John also became an adjunct faculty member, teaching both graduate and undergraduate courses in psychology and counseling at Hawaii's campus of University of Phoenix.

Most recently, John was the Assistant Program Administrator for the Hawaii Department of Human Services, overseeing programs

funded with Federal monies, writing and revising administrative rules, providing testimony to the state legislature, and what he describes as "a whole host of administrative duties and responsibilities."

When asked what he does for enjoyment and relaxation, John says he enjoys all kinds of music, plays a little keyboard and used to play tenor sax, spends quality time with friends, and enjoys being entertained by comedy. "I like to laugh and have a good time. Life is too short and I try not to take myself too seriously." Welcome aboard, John!

## *Aloha and Mahalo!* EAD bids



Aloha to **Sara Voneida**, the Aging and Disability Resource Center (ADRC) Coordinator. She was

responsible for establishing Honolulu's virtual ADRC site which serves as an integrated or single point of entry to make services and supports simpler to access, reduce consumer confusion, and build consumer trust by enhancing individual choice and informed decision-making. Sara is on maternity leave with her first child. She, her husband, and new baby will be relocating to Okinawa, their new duty station. Good luck, Sara, and Mahalo for all your hard work! 🍻



# 2010 SENIOR FARMERS' MARKET NUTRITION PROGRAM

*Attention Seniors*

The Hawaii Foodbank will be distributing Senior Farmers' Market Nutrition Program voucher booklets worth \$50.00 at its member agency locations around the island. Our goal is to provide fresh and locally-grown fruits and vegetables for our seniors. Vouchers are redeemable with certified vendors at various farmers' markets from June 1, 2010 – October 31, 2010.

## *Recipients must meet the following requirements:*

- Must be 60 years of age or older; AND
- Have a household annual income of less than \$18,690 for a single person or \$25,140 for a couple

### **Age Verification (Bring 1):**

- Current Hawaii Driver's License and Social Security Card
- State ID and Social Security Card
- Certified Birth Certificate and picture ID
- Passport and proof of residency

### **Income Verification (Bring 1):**

- EBT Card
- Medicaid Card
- 2009 Tax Return Form 1040
- 2010 Social Security Checks
- 2010 Pay Check Stubs

## **BRING COMPLETED APPLICATION and REQUIRED DOCUMENTS to a certification site:**

### **APPLICANT CERTIFICATION SITES (updated weekly)**

|                            |  |
|----------------------------|--|
| June 1, 9:00 am – 1:00 pm  | Waipahu United Church of Christ (94-330 Mokuola Street, Waipahu 96797) |
| June 2, 9:00 am – 2:00 pm  | St. Patrick Outreach (1124 7 <sup>th</sup> Avenue, Honolulu 96816)     |
| June 3, 9:00 am – 2:00 pm  | Palama Settlement (810 North Vineyard Boulevard, Honolulu 96817)       |
| June 4, 9:00 am – 12:00 pm | Hale Ola Ho'opakolea (89-137 Nanakuli Avenue, Waianae 96792)           |
| June 7, 8:30 am – 2:30 pm  | Sts. Peter and Paul Church (800 Kaheka Street, Honolulu 96814)         |
| June 8, 9:00 am – 1:00 pm  | Paradise Chapel (87-125 Maipalaoa Road, Waianae 96792)                 |

**For more information CALL: 954-7889 OR  
To download application VISIT: [www.hawaiifoodbank.org](http://www.hawaiifoodbank.org)**

**Sponsored by the Hawaii Foodbank, Hawaii State Office of Community Services and the U.S. Dept. of Agriculture/Food and Nutrition Service**

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# HURRICANE SEASON PREPAREDNESS TIPS

**By John M. Cummings III**

*Public Information Officer  
Department of Emergency Management*

**June 1 – November 30** is the hurricane season in Hawaii and it's not too early to be prepared. In fact many of your disaster preparedness and planning actions for the hurricane season are good for any emergency all year long. Consider hurricane season preparedness your "insurance policy" for any disaster that may affect you.

Hawaii is one of the most isolated places on the planet. Following a major disaster, it could take days or even weeks before viable assistance from outside of the State would be available. We need to be aware of this fact and plan to provide for our own needs for a minimum of five to seven days. This includes water, food, shelter, clothing, special medications, etc.

County, State and Federal assistance will be moving quickly following a hurricane to assist, but with an Oahu population of more than one-million people, what you do today to plan and prepare will bridge the gap until full post disaster assistance is available. For seniors, consider the following planning tips.

## ***Establish a Personal Support Network***

A personal support network are individuals who will ensure you are okay and to give assistance if needed. This network consists of

friends, roommates, family members, relatives, personal attendants, co-workers, and neighbors.

## ***If You Need To Evacuate***

- Public Shelter locations and opening times will be broadcast over TV and radio if an emergency dictates an evacuation.
- Coordinate with your caregiver for evacuation procedures.
- Be aware that public shelters are hot, crowded, and noisy. In addition you must take all of your disaster supplies with you. Sheltering in place with someone who can assist you is a better option, but only if you live in an area outside of evacuation and flood zones.
- On Oahu, if an evacuation is ordered, City buses will become evacuation shuttles taking you to the nearest shelter. Transportation during an emergency is free and buses can be flagged down anywhere along their route. You need not be at a bus stop.

## ***Additional Disaster Supplies for Seniors***

- Prescription medicines, list of medications including dosage, and a list of allergies.
- Extra eyeglasses and hearing-aid batteries.
- Extra wheelchair batteries, oxygen.

- Medical insurance and Medicare cards.
- List of style and serial numbers of medical devices such as pacemakers.
- List of doctors and relatives or friends who should be notified if you are injured.

Remember, a disaster can affect each person differently. Be aware of what hazards and disasters could affect you. Working with your family and friends to create a support network will make all the difference during the next emergency. For more information, please call **723-8960** or [www.oahuDEM.org](http://www.oahuDEM.org) 



# CALENDAR OF EVENTS 2010

## JUNE 2010

**2 AARP Driver Safety Program:** This is the first and most recognized comprehensive nationwide course designed especially for the older driver. This course is presented in a one-day, 4-hour session. There is a \$14 fee for each attendee. A \$2 discount will be given to AARP members who bring in their 10-digit membership card number. A valid driver's license is also required. A Certificate of Completion will be issued to each attendee at completion of the course. Registration is required.

**Waikiki Community Center**, 923-1802, Wed, Jun 2, 9 a.m. – 1 p.m.

**AARP Information Center**, 843-1906, Fri, Jun 4, 12 noon – 4 p.m.

**Kaiser Hawaii Kai Clinic**, 432-2260, Sat, Jun 12, 8 a.m. – 12 noon

**Lanakila Multipurpose Senior Center**, 847-1322, Fri, Jun 18, 9 a.m. – 1 p.m.

**Kaiser Waipio Clinic**, 432-2260, Tue, Jun 21, 8:30 a.m. – 12:30 p.m.

**5 Aging on Oahu: Understanding Care Options and Costs**, Sat, Jun 5, 9 a.m. – 12 noon, Mission Memorial Auditorium, 550 S. King St. Learn about home and community based services like transportation, home delivered meals, chore services, home companion and case management; find out about the "safety net" in the community for people who don't qualify for Medicaid yet don't have the resources to pay for the services they need; and find out about housing options, types of housing, how people are paying for them, and obstacles to accessing them. Free to the public. To register, call the Senior Helpline at **768-7700** or online at <http://agingonoahu.eventbrite.com>

## JULY 2010

**7 AARP Driver Safety Program:**

**Waikiki Community Center**, 923-1802, Wed, Jul 7, 9 a.m. – 1 p.m.

**Kaiser Hawaii Kai Clinic**, 432-2260, Sat, Jul 10, 8 a.m. – 12 noon

**Queen's Medical Center**, 537-7117, Sun, Jul 18, 9 a.m. – 1 p.m.

**Kaiser Honolulu Clinic**, 432-2260, Tue, Jul 27, 12 noon – 4 p.m.

## JULY 2010

**14 Hawaii Pacific Health Care**, Wed, Jul 14, 9 a.m. Dr. Kalani Brady and medical students will discuss issues on staying well and healthy. For more information, call the Lanakila Multipurpose Senior Center at **847-1322**.

**31 KHON2 presents: Aging In Place Conference**, Sat, Jul 31, 8 a.m. – 3 p.m. Ala Moana Hotel. Free to the public. For more information, call the Senior Helpline at **768-7700**.

## AUGUST 2010

**4 AARP Driver Safety Program:**

**Waikiki Community Center**, 923-1802, Wed, Aug 4, 9 a.m. – 1 p.m.

**AARP Information Center**, 843-1906, Fri, Aug 6, 12 noon – 4 p.m.

**Kaiser Waipio Clinic**, 432-2260, Mon, Aug 9, 8:30 a.m. – 12:30 p.m.

**Kawaiahaeo Church**, 522-1333, Sat, Aug 21, 8:30 a.m. – 1 p.m.

**5 Show and Sell Bazaar**, Thu, Aug 5, 8 a.m. – 10:30 a.m. featuring arts and crafts, food, white elephant sale. For more information, call the Lanakila Multipurpose Senior Center at **847-1322**.

ALOHA PUMEHANA

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*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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**MUFU HANNEMANN**  
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