



## HURRICANE SEASON PREPAREDNESS TIPS

*By John M. Cummings III  
Public Information Officer  
Department of Emergency Management*

As many of you already know, June 1st is the beginning of Hurricane Season for Hawaii and the United States. Although we have not had a destructive storm system impact the state since Hurricane Iniki in 1992, we must not let that gap lull us into complacency.

When Iniki departed the island of Kauai, leaving in its wake more than \$1.8-billion dollars worth of damage, the monumental task of providing disaster relief began. However, those relief efforts were hampered by an airport and harbor so severely damaged they were rendered virtually unusable. Highways and roads were blocked by debris further complicating the process of moving assistance out to residents in need of help.

Even as close as our islands are, it was a herculean undertaking involving the military and civilian organizations such as the American Red Cross just to get equipment, supplies and personnel from Oahu to Kauai. Can you imagine what would have happened if Iniki made a direct pass over Oahu and Honolulu?

Since 1992, the basic message is still the same. Hawaii's isolation, coupled with our large population on Oahu, means that any hurricane or tropical storm impact would still cause undue duress on our residents. This is especially true for those who are not prepared and have not planned.

Remember, after a major disaster, such as a hurricane, it could take days or even weeks before viable assistance reaches each person who is in need of help. Everyone needs to be aware of this fact and be prepared to provide for their own needs for five to seven days. This includes food, shelter, clothing, special medications, etc.

Disasters such as hurricanes can be especially hard on our seniors. The Department of Emergency Management asks our seniors to consider the following planning and preparedness actions for hurricanes and any other natural or human-caused disaster.

### 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

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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 home care provider for evacuation procedures.

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- 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.

We also encourage our residents to sign-up for free email and cell phone text message alerts by logging on to Nixle at [www.nixle.com](http://www.nixle.com). You can register to receive important emergency information from the Honolulu Board

of Water Supply, Honolulu Department of Emergency Management and the Honolulu Police Department.

For more information, please call 723-8960 or visit our website at [www.oahuDEM.org](http://www.oahuDEM.org).



## Checklist to Help Prepare for Hurricanes, Tropical Storms Or Any Major Disaster

Prior to hurricane season (June 1 to November 30)

### Prepare Your Emergency Plan

*What will you do? What will you need? Where will you go? How will you get there?*

Contact Department of Emergency Management at 723-8960 if you need information on what disasters could occur in your area and how to prepare.

- If not totally independent, create a support network to help you in an emergency. Discuss plans with your support network.

### Assemble a Survival Kit

Assemble a survival kit in a backpack, cooler, or bag:

- Portable radio and flashlight, extra batteries
- Sleeping bag or blanket and air mattress
- Extra clothing, covered shoes
- Bottled water to take medications and prevent dehydration (1 gallon per person per day)
- Nonperishable food for 5 to 7 days, manual can opener
- Disposable cups, plates, utensils, paper towels, plastic bags
- Medications and first aid kit
- Personal articles such as toothbrush, toilet paper, moist towelettes
- Assistive equipment such as extra eyeglasses, hearing aides, etc.
- List of contacts, doctors, medications



### Be Ready

- Be ready to cope with the loss of water, electricity, gas, and telephone services. Know how to shut off utilities.
- Determine care of pets.

### Getting Ready

- Notify family, friends, neighbors. Review evacuation routes, destination and meeting point if separated.
- Assemble valuables like important papers. Store what you cannot take on secured shelves or upper floors.
- Be prepared to evacuate if the order to evacuate is given. Keep car gas tank full or make arrangements for a ride.
- Check outdoor items that might blow away or be torn loose. Secure these items or take them indoors.

- Board up windows and glass doors, brace sliding glass doors.

- Store water in containers, bathtub, or a washing machine.

### Leaving Home

- Shut off electricity, water and gas. Lock windows and doors. Place wedge in sliding glass doors at top.
- Take survival kit and small valuables. Wear your medic alert bracelet.



Elderly Affairs Division  
AGESMART

Phone: (808) 768-7700 • [www.elderlyaffairs.com](http://www.elderlyaffairs.com)



By Johnell Yamamoto  
RSVP Volunteer Services Coordinator

## NANBARA & HAYASHI: OAHU'S OUTSTANDING SENIOR VOLUNTEERS

On May 9, 2012, the Honolulu Committee on Aging presented **Myrtle Nanbara** and **Edward Hayashi** with the 2012 Outstanding Senior Volunteer of the Year Awards. They were recognized for their positive influence and many years of generous volunteer service to their communities. They were presented with beautiful flower lei, koa wood trays and an award certificate.

Myrtle Nanbara has been a RSVP volunteer with the Moiliili Community Center for 27 years, and has logged more than 10,500 hours of volunteer service. Fondly known as the "Mayor of Moiliili", she and another individual started the Thrift Shop as a means of generating income for the Center and to help the community. She was a founding member of the Moiliili Senior Center program in 1971

and served on its Advisory Committee for many years. She was involved as the Craft Ideas group leader, folded T-shirts for the Honolulu Marathon, participated in Waikiki Health Center's Back to School projects, assisted with the annual Pacific Telecommunications Conference, and spearheaded the Senior Center's mini bazaars and craft group sales at the Mayor's Annual Cultural Festival and Craft Fair. And she has been a mentor to many new volunteers. Myrtle has since moved to Mililani but is still tirelessly working from her home by crocheting or knitting baby blankets for the Navy-Marine Corps Relief Society's Layette Project. At 91 years of age, she is a forever volunteer!

Edward Hayashi, a RSVP volunteer for nearly 20 years, has over 13,500 lifetime volunteer hours. A part of Lanakila Pacific's "DO GOOD" Volunteer Program ohana, he began his volunteer service as a delivery driver, providing meals to home-bound seniors. He later transitioned to packaging

delicious breads and meal trays that seniors receive each day. He travels from his home in Kahala to Lanakila Meals on Wheels in Liliha on the bus every morning and is ready to work by 6:30 a.m. Ed is an avid University of Hawaii Warriors football fan and enjoys recapping the play-by-play with other volunteers as they work. He likes sharing his love of food and his wife's famous fried rice with other volunteers. Ed is caring, fun-loving and tirelessly dedicated to his volunteer work. Ed, you are a Superstar!

Myrtle and Ed represented the City and County of Honolulu at the State of Hawaii's Older Americans Month celebration held on May 18, 2012 at the Office of the Governor in the State Capitol.

The Elderly Affairs Division, as the RSVP program sponsor on Oahu, wishes to express its appreciation to Myrtle and Ed and countless other volunteers for their commitment and efforts to helping kūpuna in their communities. To learn more about the RSVP Volunteer Program and how to sign up, please call 768-7700. ☎



# 2012 BIENNIAL CONFERENCE



hawaii pacific gerontological society

By Shannon Miyazaki

## “Transforming Hawaii’s Aging Future: Innovate, Integrate, & Invigorate”

The Hawaii Pacific Gerontological Society (HPGS), a nonprofit organization dedicated to the field of gerontology, is hosting the 17th Biennial Conference on September 10-11, 2012, at the Hilton Hawaiian Village Beach Resort and Spa, Tapa Tower. This year HPGS is collaborating with the Pacific Islands Geriatric Education Center and the Hawaii Medical Directors Association to feature a special long-term care segment. Over 400 people are expected to attend the two-day conference, including colleagues from the Pacific Rim countries.

Workshops will be conducted concurrently by local, national, and international experts on cutting edge technologies, geriatric medicine, businesses, and other innovative programs and services that promote the well-

being of older adults. With this year’s special long-term care segment, the conference offers workshops on critical issues challenging long-term care facilities; development of excellent interdisciplinary patient care; as well as management, staffing, and financial issues facing facilities and the health care system as a whole. The long-term care segment is scheduled on the second day of the conference. The second day will also feature an exhibition for organizations, businesses, and vendors to share information about their products and services.

The U.S. has entered a new era of societal changes as the unprecedented number of baby boomers are reaching their “golden years” and redefining aging. It is an exciting time where innovative programs and technologies are emerging to improve quality of life; the integration of services under the Affordable Care Act is changing the landscape of the American health care system; and research on

evidence-based chronic disease management, clinical trials, and health promotion programs are providing new results and findings in healthy aging and medicine. This year’s conference will explore how we are crafting new public policies, services, clinical practices, and businesses in response to this aging phenomenon that challenges our resources, culture, and economy.

The keynote speakers are local-born Dr. Jeanette Takamura, former Assistant Secretary on Aging at the U.S. Department of Health and Human Services and current Dean of Columbia University’s School of Social Work, and Dr. Patricia Blanchette, renowned geriatrician and professor at the University of Hawaii John A. Burns School of Medicine.

For more information, visit <http://hpgs.org/advocacy-outreach.htm> OR contact Shannon Miyazaki, HPGS 2012 Biennial Conference Chair, at [shannon@plazaassistedliving.com](mailto:shannon@plazaassistedliving.com). ☺

## REAL PROPERTY TAX RELIEF FOR SENIORS

CITY AND COUNTY OF HONOLULU

The City & County of Honolulu offers a real property tax credit to property owners who meet certain eligibility requirements. If you qualify, the maximum real property tax owed would not exceed 3% of your income if you are 75 years or older. If you are under the age of 75 the taxes owed would not exceed 4% of your income.

### What are the Eligibility Requirements?

- Homeowner must have a home exemption in effect at the time of

application and for the following tax year.

- Any of the titleholders do not own any other property anywhere.
- The combined income of all titleholders cannot exceed \$50,000.

### How Do I Apply for the Tax Credit Program?

Complete an application available at the following locations in early July:

- Satellite City Halls
- Treasury Division at Honolulu Hale

- Tax Relief Section at the Standard Financial Bldg.

- On line @[http://www.honolulu.gov/budget/Treasury\\_division.htm](http://www.honolulu.gov/budget/Treasury_division.htm)

### What is the Application Deadline?

September 30 annually.

**Important Reminder:** You must file annually for this credit.

For more information contact the Real Property Tax Relief Office at 768-3205.

Information furnished is subject to change without notice. ☺



# GROUNDBREAKING CEREMONY FOR ST. FRANCIS INTERGENERATIONAL CENTER

By *Nathan Hokama, APR*  
*Strategic Communications Solutions, LLC*

**B**y this fall, the new St. Francis Intergenerational Center in Ewa Villages will address two important needs of West Oahu residents who are in the “sandwich generation.” They will be able to drop off their aging parents and young children at one location, knowing that their family members will receive proper nurturing and care. The center will bring kupuna and keiki together for shared experiences and will feature separate entrances; an adult day care room and lounge; four preschool classrooms; and an accessory use kitchen, where lunch will be prepared for the center. The adult day center will have the capacity to serve up to 42 adults each day, providing supervised support to those who may need assistance with activities of daily living and companionship so their caregivers can continue to work or receive respite. Key benefits of adult day care are preventing loneliness and depression in older adults and reducing stress for caregivers.

Annually, the preschool is anticipated to serve up to 92 youngsters age 2 3/4 to 6 years, offering a Montessori-based program that will help prepare them for kindergarten and develop a positive attitude toward aging.

Bringing the Two Generations Together: The Sisters of St. Francis and St. Francis Healthcare System opened the Sister Maureen Intergenerational

Learning Environment, doing business as Franciscan Adult Day Center, in Manoa in 1996. The center provides a safe environment for participants to engage in a range of structured activities to enhance their quality of life and well-being. Activities include intergenerational learning experiences, exercise, arts and crafts, music and field trips. With the growing elder population and need for more services, St. Francis is replicating this social model for West Oahu communities.

“This new development is another way of carrying on the legacy that Blessed Marianne Cope (who will be declared a saint this year) established in our Islands more than 128 years ago. She was a pioneer in her day, and in the same way, the Sisters of St. Francis were the first in Hawaii to look at the benefits of developing a bond between the elderly and young children,” said Jerry Correa, newly appointed president and chief executive officer of St. Francis Healthcare System of Hawaii. “Older adults can share their knowledge and life experiences with young children, while the children bring joy and a sense of wonder for the older adults. It’s a win-win situation for both generations.”

The Intergenerational Center is slated to open in the fall of 2012. For more information about the center or to inquire about their donor bricks, please call 547-8030. ☺

## BENEFITS ENROLLMENT CENTER

By *Erin Ito, BEC Coordinator*

**A**bout 3.5 million elderly persons living in the United States were below poverty level in 2010 (Administration on Aging, 2012). The cost of living in Hawaii is the second highest in the nation (Hawaii Business, 2011). Thousands of Hawaii people age 60 and older struggle to make ends meet. Some sacrifice their own health and well-being to be able to pay rent or mortgage. Many are also on the verge of becoming homeless.

Do you have mounting out-of-pocket medical expenses (prescriptions, doctor visits, hospital visits, etc.)? Are you struggling to pay your electric bills? Do you barely have enough money to buy food?

Many people do not realize they may be eligible for benefits that can help save money and free up their resources. What if you received help paying for food? The extra money saved could go towards the rent or mortgage or other expenses.

Call the Senior Helpline at 768-7700 for more information and a complimentary screening for the following core benefits: Supplemental Nutrition Assistance Program, Medicare Savings Program, Medicaid, Low-Income Home Energy Assistance Program and Extra Help/Low-Income Subsidy for Medicare Part D. If you can’t come to us, we’ll come to you. Help is just a phone call away. ☺

# BITS & PIECES

By Tony Baccay

## ALOHA! ELDERLY AFFAIRS WELCOMES NEW STAFF:



**Carol Makainai** is EAD's new Chief Planner. She is working with staff and contracted service providers to update our procurement, contracting, and grant monitoring functions to help community organizations and programs address the needs of our aging population. With over two decades of experience in program administration, case management, procurement, and grants management, she "looks forward to working with the service providers and planning for another year filled with innovative and creative methods in assisting our seniors." Carol has a Masters in Social Work degree from Hawaii Pacific University. Her dream is to travel with her mother to Portugal.



**Erin Ito** is EAD's Benefits Enrollment Center Coordinator. She is responsible for educating, screening and assisting seniors and those with dis-

abilities in obtaining Supplemental Nutrition Assistance Program, Medicare Savings Program, Medicaid, Low-Income Home Energy Assistance Program and Extra Help/Low-Income Subsidy for Medicare Part D. A former intern with EAD, Erin graduated with a Bachelor of Science degree from the University of Hawaii at Manoa in Family Resources with a concentration in Gerontology. She enjoys working with the elderly and has given many volunteer hours helping seniors at Kuakini Medical Center's Hale Pulama Mau Skilled Nursing Facility.



## HANDBOOKS ARE NOW AVAILABLE:

The 2012-2014 Senior Information and Assistance Handbook is now available for pick-up at any American Savings Bank location, Satellite City Halls and the EAD office. Expanded distribution of this edition was made possible by contributions

from the late Mrs. Viola Butz, Kaiser Permanente and the Queen's Medical Center. The handbook is a resource guide to services available to elders and their caregivers in the City and County of Honolulu. The handbook is FREE. For more information, please call the Senior Helpline at 768-7700.

## Fight Fraud! Shred Instead:

AARP is inviting you to bring old documents containing your personal information to their shredding event for disposal. Staples and paperclips are OK. Limit four file boxes or bags per vehicle. The event is on Saturday, June 9, 2012 at 9:00 a.m. and will end at noon or when the mobile shredding trucks are full. The trucks will be at the State Capitol drive through, 415 S. Beretania Street, Honolulu HI 96813

This is a free event. Food donations are encouraged to help feed Hawaii's hungry kupuna. Please consider donating brown rice to help Lanakila Meals on Wheels or other types of food for the Hawaii Food Bank.

**Calling all Elders!** The Elderly Affairs Division is doing a series of short videos on positive aging and we are looking for Elders to share their stories! Please call us at 768-7700. 📞

# CALENDAR OF EVENTS 2012

## JUNE 2012

**4 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, four-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.

Waipio Kaiser Clinic, **628-9438**, Mon, Jun 4, 8:30 a.m. – 1 p.m.  
Lanakila Multipurpose Senior Center, **847-1322**, Fri, Jun 15, 9 a.m. – 1 p.m.

**9 Fight Fraud! Shred Instead:** Sat, Jun 9, 9 a.m. – 12 noon, State Capitol drive-through, 415 S. Beretania St. Sponsored by AARP. Bring documents and other personal information to be shredded. Limit to 4 boxes. Free but canned goods are solicited for donation to the Hawaii Food Bank.

## JULY 2012

**10 AARP Driver Safety Program**

Kaiser Hawaii Kai Clinic, **628-9438**, Tue, Jul 10, 8:30 a.m. – 12:30 p.m.  
Queen's Medical Center, **537-7117**, Sun, Jul 15, 9 a.m. – 1 p.m.  
Kaiser Honolulu Clinic, **628-9438**, Tue, Jul 24, 12 noon – 4 p.m.

## AUGUST 2012

**7 AARP Driver Safety Program**

Windward Community College, **235-7433**, Tue, Aug 7, 9 a.m. – 1 p.m.  
Kawaihāo Church, **522-1333**, Sat, Aug 25, 8:30 a.m. – 1 p.m. ☺

## PROPOSED BUS SERVICE ADJUSTMENTS

Several service changes for TheBus will begin in June and August 2012, affecting several areas of Oahu including East Honolulu, the Windward side and North Shore, Central Oahu, Ewa and the Waianae Coast. The adjustments will affect the schedule and frequency of service and how often buses come as well as route changes, operating on different streets or ending at different locations.

The changes balance service with demand and were developed in part with information and suggestions made in the Short Range Transit Operations Plan. They are designed to make better use of resources by tailoring service to actual usage, saving money where possible to avoid the need to raise fares while maintaining acceptable service. The service changes were presented by the Department of Transportation Services (DTS) to community groups and Neighborhood Boards. "These changes will be closely and continuously monitored," said DTS Director Wayne Yoshioka. "In some cases we have already modified our plans based on community

and rider input. We will remain in contact with TheBus riders, Neighborhood Boards and other community groups as we evaluate the performance and effects of these changes."

*The following routes will be affected June 3rd:*

- **Route 1 Kalihi – Kahala Mall** frequency reduced from every 12 minutes to every 15 minutes.
- **Route B Kalihi – Waikiki** route eliminated, Route 2 service enhanced to compensate.
- **Route 5 West Manoa – Ala Moana Center** peak period reduced to every 55 minutes.
- **Route C Makaha – Honolulu** mid-day reduced to every 45 minutes.
- **Route 43 Waipahu – Honolulu** weekend service eliminated.
- **Route E Ewa Beach – Waikiki** ends Downtown, Sunday reduced to hourly.
- **Route 52 Wahiawa – Circle Island** ends at Wahiawa Heights via Wa-

*By Kai Nani Kraut, Deputy Director  
Department of Transportation Services*

hiawa Transit Center, base frequency increased to every 30 minutes.

- **Route 55 Kaneohe – Circle Island** extends to and ends at Wahiawa Transit Center, base frequency reduced to hourly.
- **Route 62 Wahiawa Heights – Honolulu** shortened to Wahiawa Transit Center and Alapai Transit Center.
- **Route 65 Kahaluu – Honolulu** shortened via Kahakili Hwy. to Haiku Road, and ends in Downtown Honolulu (eliminates He'eia service).
- **Route 53 Pacific Palisades – Honolulu** weekend service becomes a local shuttle to Kamehameha Highway; weekday service is not changed.
- **Route 231 Haihāione Valley Circulator** route eliminated.

DTS strongly encourages affected riders to give us feedback. Please visit these websites: [www.honolulu.gov/dts](http://www.honolulu.gov/dts) and [www.thebus.org](http://www.thebus.org) for more detailed information. Please call **768-8365** or email [thebusstop@honolulu.gov](mailto:thebusstop@honolulu.gov) to give us your input. ☺

ALOHA PUMEHANA

**ELDERLY AFFAIRS DIVISION**  
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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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**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