

A LOHA P U M E H A N A

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 Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

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QUEEN'S HEALTH CARE CENTER

By Kimberly Fukuhara, Geriatric/Adult Nurse Practitioner

The number of older adults in the United States is rapidly increasing. Demographic projections indicate that when the baby boom generation enters their senior years, one in five Americans will be over the age of 65 (American Geriatrics Society, 2001). With these growing numbers, there will also be a demand for physicians and other health care professionals specialized in geriatrics.

Geriatrics and the Geriatrician

What is geriatrics? Geriatric medicine focuses on health promotion and the treatment of diseases that occur later in life. A Geriatrician is a physician who has received special training (and is certified in geriatrics) to prevent and manage multiple and complex health diseases/problems of the older adult, for example: chronic pain, hearing difficulties, memory loss and osteoporosis.



Who Should See A Geriatrician?

It is important to bear in mind that not all older adults need to see a Geriatrician. People who are 65 years or older or those who have varying degrees of disabilities, cognitive deficiencies, illnesses, considerable impairment or frailty, and/or are coping with a number of diseases and disabilities should seek the advice of a Geriatrician.

What Should I Expect?

Whether a caregiver or a competent individual, it is important to seek good medical care from a well-trained physician. It is crucial to select a Geriatrician who listens carefully and is attentive to the needs of an older adult as well as those who care for them.

Since there are many illnesses common among the older population, it is important that all elders receive a yearly physical exam. This comprehensive physical exam usually includes gathering information such as: past medical his

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tory, present illnesses, problems with memory, behavior issues (such as confusion or inability to sleep), current medications and their side effects, nutrition and activities of daily living. When possible, caregivers should accompany older patients to their doctor's appointments to ask and an-

swer questions as well as to take notes. Accompanying the senior will be key in assisting the physician (and the team of health care providers) in providing the best possible care.

The Queen's Health Care Center in Kapolei (in the new Kapolei Medical Park) is dedicated to helping seniors live a healthier and longer life. Dr. Albert Leung (a board certified

geriatrician) and Kimberly Fukuhara (a geriatric nurse practitioner) are health care providers committed to ensuring quality care for Hawaii's seniors. For more information about the Queen's Health Care Center at Kapolei, call **674-9500**.

(Some data used in this article was taken from the American Geriatric Society, 2001.)

GERIATRIC PHYSICIANS

Family Practice Center at McCully, 941-3636

Dr. Curtis Takemoto-Gentile
(Consultations & Primary Care)

Kaiser Moanalua Medical Center, 432-7873

Dr. Sherry Saito (Consultations)
Dr. Warren Wong (Consultations)

Kuakini Hospital Geriatrics & Family Services Program, 523-8461

Dr. Patricia Lanoie Blanchette
(Consultations Only)

Dr. John Buzanoski (Consultations & Limited Primary Care)

Dr. Kamal Masaki (Consultations & Primary Care)

Dr. Emese Somogyi-Zalud
(Consultations & Primary Care)

Dr. Linda Tom (Outpatient & family consultation only, by referral from primary care doctor)

Private Practice

Dr. H.H. Chun (Primary Care & Nursing Home Care, can speak Chinese), **533-4274**

Dr. Howard Neudorf (Primary Care), **677-1912**

Dr. Marc Shlacter (Consultations & Primary Care), **293-8558**

Queen's Geriatrics Program

Dr. Albert Leung (Consultations & Primary Care), **674-9500**

Dr. Shari Kogan (Consultations, Queen Emma Outpatient Center), **585-5494**

Straub Geriatrics, 522-4276

Dr. Jon Cooney (Consultations & Primary Care)

Dr. R. Gary Johnson (Consultations & Primary Care for nursing home patients only)

Veterans Administration, 433-1000 or 1-800-827-1000

Dr. Michael Carethers
(Consultations & Primary Care)

Dr. Craig China (Consultations & Primary Care)

Dr. James Epure (Consultations & Primary Care)

Dr. Carol Joseph (Consultations)
Individuals must be eligible for VA Health Care Services. Call VA Benefits and Services at **433-1000 or 1-800-827-1000**

NOTE: CONSULTATIONS REQUIRE A REFERRAL FROM PRIMARY CARE PHYSICIANS

GERIATRIC PSYCHIATRISTS/ PSYCHOLOGISTS

Dr. David Bernstein, Geriatric Psychiatrist, **433-1000 or 1-800-827-1000**. Individuals must be eligible for VA Health Care Services.

Dr. Kathleen Brown, Geriatric Psychologist, Health Psychology Assoc., Inc., **531-5959**

Dr. Alan Buffenstein, Geriatric Psychiatrist, Queens Counseling & Clinical Services, **547-2900**

Dr. Stephen Gainsley, Neuropsychologist, **596-0330**

Kaiser Mental Health Services, **945-7696**

Dr. Michael Komeya, Geriatric Psychiatrist, **951-8883**

Dr. Kenneth McCallum, Psychologist, **599-1828**

Dr. Joel Peck, Geriatric Psychiatrist, Kahi Mohala, **484-2722 or 596-0990**

Straub-Department of Psychiatry, **522-4521**

Dr. Dan Hideki Tanahashi, Geriatric Psychiatrist, **484-2497 or 941-8803**

NOTE: FOR NURSING HOME CONSULTATIONS, OBTAIN REFERRAL FROM PRIMARY PHYSICIAN.

SENIORS CELEBRATE INTERNATIONAL YEAR OF VOLUNTEERS



By Tony Baccay

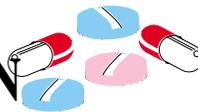
On December 5, 2000, the United Nations proclaimed 2001 as The International Year of Volunteers to highlight the achievements of millions of volunteers worldwide and to encourage people to engage in and support volunteer activity. On December 8, 2000, Governor Benjamin Cayetano proclaimed 2001 to be The International Year of Volunteers in Hawaii and encouraged everyone to support the effort to celebrate volunteerism as an expression of Aloha that unites our communities in the spirit of ohana and allows us to overcome individual differences in age, gender, race, religion, and income.

As part of the year-long celebration, the City and County of Honolulu Mayor and the Honolulu Committee on Aging will honor one man and one woman as the "Most Outstanding Senior Citizen" at a gala event to be held at the Hawaii Convention Center Kalakaua Ballroom on April 17, 2001, 9 a.m. - 11:30 a.m. There will be additional awards for volunteers who provide exemplary service. Admission is **FREE** and the public is invited to share the entertainment, door prizes and refreshments. The awards pro-

gram, sponsored by HMSA, honors senior volunteers whose service is benefiting the community and recognizes each individual's achievements in developing interests, attaining personal goals and overcoming adversities. Call **523-4545** for more information about the Senior Recognition Program.

Throughout the year, numerous public and private agencies in Hawaii will sponsor activities and events to promote and encourage volunteerism. The year will culminate in the Governor's International Conference on Volunteerism to be held at the Kamehameha Schools Kapalama Campus and the Hawaii Convention Center during the week of September 29 through October 2, 2001.

MANAGING MEDICATION



By Roger Ramos, Marketing
Director, Assistive Technology
Resource Centers of Hawaii

At one time or another, we all have to take some kind of medication. Some of us have to take them on a regular or even daily basis, hoping that we won't forget. Because forgetting can sometimes create undesirable consequences, some helpful and important devices to assist us are available. For example:

- **Med-On Time.** Program the special timer and the electronic reminder will beep at medication time. It

will hold your daily dose of medication and fit in your pocket or purse.

- **Multi-Med Organizer.** Medication and vitamins are stored in 7 labeled compartments. Each compartment is divided into 4 sub-compartments marked breakfast, lunch, dinner and bed. Easy to carry & easy to open, it comes with a weekly medication schedule.
- **Mediwatch.** It's a watch and a pillbox in one. Holds 30 pills and notifies you when it's time to take your medication.
- **Medication Reminder Chart.** Tracks up to 11 individual medications, dosages and frequencies. Color codes with a movable panel help to keep track, hour by hour, of medication needs.
- **Pill Crusher.** Crushes pills and caplets into a powder for easy intake with food or liquids. Crushes pills with a simple twist of the wrist. Separate compartment in the top can be used for pill storage. Fits in your pocket or purse.
- **Pill Splitter.** Just put the pill in the container and press the lid tightly on the pill. The pill is cut in two for easy swallow or half dosage. Use with coated or uncoated pills. Fits in purse or pocket.

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NEW DAY CARE CENTER OPENS IN KAPALAMA AREA

By Tony Baccay

With it's motto "Caring for those who have cared for us," **Furukawa's Living Treasure Center** is a locally owned, certified and licensed Adult Day Care Center located in the Kapalama area. The center's mission is to provide personal care and social development for seniors. The customized program at the center is designed to enhance the lifestyle of the individual to stimulate and encourage mental and physical wellness to delay or prevent conventional institutionalization.

The staff consists of professionals who share a strong commitment in maintaining a quality program through expertise, compassion and integrity. The participants are provided with a protective environment, have ample supervision and support and are given dignified personal care. They also have socialization and recreational activities, nutritious lunch and snacks, exercise groups, music and art therapy. In addition to Wellness Enhancement and Independent Lifestyle classes, participants



can enjoy hobby, craft and healthy cooking classes. Professional counseling and social work services are also available.

The Living Treasure Adult Day Care is open Monday through Friday, 7 a.m. - 5 p.m. and Saturdays, 8 a.m. - 3 p.m. For more information, please contact Glenn or Allyson Furukawa at **386-2006** or visit the facility at 1449 Brigham Street, Honolulu 96817.

PACE HAWAII OPENS NEW CENTER AT LEAHI

By Audrey Suga-Nakagawa,
Director

PACE Hawaii, a comprehensive health care program for seniors, opened a second center at Leahi Hospital in January 2001 in adult day health care. Now it is more convenient for East Honolulu seniors to take advantage of this extensive package of services to assist with their health care needs. PACE, which stands for **Program of All-Inclusive Care for the Elderly**, provides a wide range of services which include adult day health, medical and nursing care, rehabilitation therapies, a prescription drug plan, home services, transportation and many other services. PACE charges a flat monthly rate and accepts both private pay and Medicaid insurance. To

qualify for PACE, the applicant must be 55 years and older, reside in Honolulu, Pearl City or Aiea, and have multiple health problems which affect their ability to function independently at home. The program's mission is to keep the elderly as healthy and independent as possible so that they can remain in their own homes and avoid or prolong the need for institutional care. It is part of a national effort to replicate the model created by On Lok, Inc. in San Francisco that has achieved exceptional success in providing quality care to seniors in San Francisco.

Hawaii's PACE Program is sponsored by Hawaii Health Systems Corporation and Maluhia Long Term Care Center. PACE opened its first center in 1995 at Maluhia and currently serves 95 participants. Recently, the PACE site at Maluhia broke ground to construct an extension adjacent to its present center expected to be complete by June 2001. This new extension will provide additional space to enroll up to 120 seniors.

Leahi will also be renovating its facility to expand its home and community based programs such as PACE adult day health and outpatient rehabilitation services. For more information about PACE Hawaii at Leahi and Maluhia, please call Anastasia Keller-Collins, Intake Coordinator at **832-6131**.

HAWAII FREE TAX HELP

*Confused about your taxes?
Having trouble filing?*

Chances are there's a location near you to get free, speedy assistance with your state and federal tax returns. Volunteers who have received training from the IRS, AARP and State Tax Office staff the tax help program. They are ready to assist in completing your tax returns. AND... it's absolutely **FREE!**

The program is designed specifically to help most elderly, low-income, non-English speaking, and/or disabled taxpayers with the preparation of their federal and state tax returns. In addition, many people that have

income under \$31,152 and qualify for the refundable Earned Income Credit have their returns prepared by the volunteers.

Free electronic filing of federal tax return is available at selected sites. Also starting this year, selected State of Hawaii returns can be filed electronically.



WHAT TO BRING:

- Your Social Security Card(s) or a current record of your SSN from the Social Security Administration
- Federal and state tax form packets
- Forms W-2 (Wage and Tax Statement) from each employer
- Forms 1099-INT or 1099-DIV (to report interest and dividends)

- SSA-1099 or RRB-1099 (to report social security or railroad retirement)
- 1099-R (to report pension income)
- List of your medical, taxes, interest, contributions, and miscellaneous expenses (to itemize your deductions)
- Copies of last year's federal and state tax returns (helps volunteers prepare this year's return)
- Child and disabled dependent care information

For the location of the site nearest you, please call the AARP TaxAide at **1-877-227-7844**, ASK-2000 (**275-2000**) or the Senior Hotline at **523-4545**.

Sites are also listed in this issue of the Aloha Pūmehana.

MANAGING MEDICATION

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- There's even a device that will aid in the administering of injected medication such as insulin. **Insul-eze** has a one-piece durable clear plastic device that magnifies the calibration to allow users to accurately draw the proper dosage.

For more information on these products, or if you would like the *Na Mea Hana Kokua I Na Kupuna* (Helpful Tools for Senior Citizens Handbook), call Assistive Technology Resource Centers of Hawaii at **532-7110**, neighbor islands call toll free at **1-800-645-3007**. Visit our website at www.atrc.org.

Surfing The AGING NETWORK.COM

By Tony Baccay

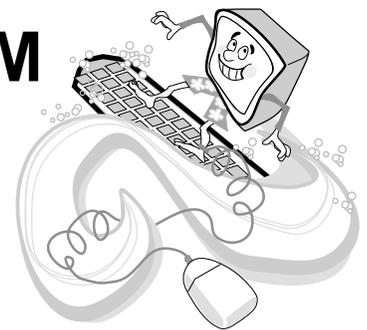
www.elderlawhawaii.com

Information about preventing elder abuse, the laws pertaining to elder abuse and resources for victims and caregivers. Also provides information about the Akamai Kupuna Handbook.

www.helpinghandshawaii.org

Dedicated to bringing people together in service to Hawaii's community at large, Helping Hands Hawaii administers a group of interre-

lated programs that provide a comprehensive approach to solving a myriad of social problems. By improving and facilitating the delivery of human services, the agency acts as a catalyst for growth and achievement that has a positive effect on the fabric of life in the islands.



2001 AARP TAX-AIDE OAHU SITES

Legal Aid Society

924 Bethel St., Honolulu
Appointment Required
As Scheduled
Feb. 1 - Apr. 14

YMCA Kaimuki-Waialae Branch

4835 Kilauea Ave., Honolulu
Tues., 8:30 a.m.-12:30 p.m.
Feb. 6 - Apr. 10, closed 3/27

Liliha Public Library

1515 Liliha St., Honolulu
Tues., 9 a.m.-1 p.m.
Feb. 6 - Apr. 10

AARP Information Office

1199 Dillingham Blvd. A106,
Honolulu
Tues. & Thurs., 3 p.m.-6 p.m.
Sat., 9 a.m.-12 noon
Feb. 1 - Apr. 14

Susannah Wesley Community Center

1117 Kaili St., Honolulu
Sat., 9 a.m.-12 noon
Feb. 3 - Mar. 10

Central Union Church

1660 S. Beretania St., Honolulu
Tues. & Thurs.,
8:30 a.m.-12:30 p.m.
Feb. 1 - Apr. 12

Aiea Public Library

99-143 Moanalua Rd., Aiea
Tues., 10 a.m.-2 p.m.
Feb. 6 - Apr. 10

Waialua Community Association

66-434 Kamehameha Hwy.,
Haleiwa
Tues., 9 a.m.-1 p.m.
Feb. 6 - Apr. 10

Waikiki: Paki Hale

3840 Paki Ave., Honolulu
Leave msg. with recorder **528-3482**
Tues., Thurs., Fri., 8:30 a.m.-12:30 p.m.
Feb. 1 - Apr. 12, closed 2/8, 3/8, 4/13

Lanakila Multi-Purpose Senior Center

1640 Lanakila Ave., Honolulu
Mon., 8 a.m.-12 noon
Feb. 5 - Apr. 9, closed 2/19 & 3/26

Kuwili Technical Center

481 Kuwili St. Conf. Rm 1, Honolulu
Wed., 9 a.m.-1 p.m.
Feb. 7 - Apr. 11

Salt Lake/Moanalua Library

3225 Salt Lake Blvd., Honolulu
Thurs., 9 a.m.-1 p.m.
Feb. 1 - Apr. 12

Hawaii Kai Public Library

249 Lunalilo Home Road, Honolulu
Mon., 3:30 p.m.-7:30 p.m., Appt. req.
Feb. 5 - Apr. 9, closed 2/19 & 3/26

PJKK Federal Building

300 Ala Moana Blvd.,
Cafe 5th Floor, Honolulu
Tues. - Fri., plus Mon., 4/16,
8:30 a.m.-11 a.m.
Feb. 1 - Apr. 16

Ewa Beach Library

91-950 North Road, Ewa Beach
Sat., 2/3, 2/10, & 3/3/ ONLY
9 a.m.-12 noon

Pearl City Regional Library

1138 Waimano Home Rd., Pearl City
Thurs., 10 a.m.-2 p.m.
Feb. 1 - Apr. 12

Wahiawa Public Library

820 California Ave., Wahiawa
Fri., 9 a.m.-1 p.m.
Sat., 9 a.m.-12 noon
Feb. 2 - Apr. 14

Christ Lutheran Church

95-1361 Meheula Pkwy.,
Mililani
Sat., 9 a.m.-1 p.m.
Feb. 3 - Mar. 31

Waipahu Civic Center Room 102

94-275 Mokuola St., Waipahu
Wed., 8 a.m.-12 noon
Feb. 7 - Apr. 11

St. Christopher's Church

93 N. Kainalu Dr., Kailua
Mon. & Wed., 9 a.m.-11:30 p.m.
Feb. 5 - Apr. 11

RLDS Church

45-119 Kaneohe Bay Dr.,
Kaneohe
Mon. & Wed., 8 a.m.-12 noon
Feb. 5 - Apr. 11

Olaloa Retirement Village

95-1050 Makaikai St., Mililani
Wed., 8:30 a.m.-12:30 p.m.
Feb. 7 - Apr. 11

Waianae Community Center

85-670 Farrington Hwy.,
Waianae
Tues. & Wed., 8:30 a.m.-
12:30 p.m.
Feb. 6 - Apr. 11,
also Sat., 3/17 & 4/7

Kahuku Public and School Library

56-490 Kamehameha Hwy.,
Kahuku
Wed., 9 a.m.-1 p.m.
Feb. 7 - Apr. 11

Key Project

47-200 Waihee Rd., Kaneohe
Fri., 9 a.m.-1 p.m.,
Sat., 9 a.m.-12 noon
Feb. 2 - Apr. 14, closed 3/17,
3/24, & 4/13

THE HAWAII RESPITE COALITION

By Joyce Metzger
and Mitzi Leblon,
Co-Chairpersons



The statewide **Hawaii Respite Coalition** was formed in 2000 to promote, support and enhance quality lifespan respite care for Hawaii's ohana. Comprised of various public and private agencies and organizations who are concerned with respite care services, its mission is strengthened by the knowledge that groups are coming together in this state like many others have done across the country. The National Respite Coalition serves as the overarching organization, whose mandate is to move the respite agenda politically and legislatively in the nation's capital.

What does "lifespan respite" mean? Lifespan respite helps caregivers and provides com-

munity-based planned or emergency short-term relief from the demands of on-going care for an individual with special needs of any age. Special needs include short-term relief in crisis situations to families or caregivers where there is potential for abuse, neglect or domestic violence. Special needs may include any disability, any chronic or terminal physical, emotional or mental health condition requiring on-going care and supervision, including Alzheimer's disease and related disorders, developmental disabilities, children with special medical needs, and any other condition determined by the state to qualify for respite services.

The coalition supports quality respite services in all forms and promotes awareness of the need for respite care in Hawaii. Respite has been shown to be a key component – one that families and caregivers most often request – of child care, elder care, comprehensive family support, family caregiver, health

and long-term care, family violence or child abuse prevention strategies. Yet, respite remains in critically short supply for all age groups, for all families in crisis, and for caregivers of the elderly and individuals with disabilities. Families suffer without respite. Stress levels increase, potentially raising the risk for neglect and abuse, joblessness, homelessness, poverty, substance abuse or violence. Without respite, many additional older individuals, adults with disabilities and children would receive more costly care services in institutional or foster care placements.+

For more information, please contact Mitzi Leblon at **733-4054** or Joyce Metzger at **942-8233**. The next brown-bag lunch meeting of the coalition is on March 20, 2001, 11 a.m.-1 p.m. and meets bi-monthly on the third Tuesday at the Nuuanu YMCA, Haig Room, 3rd Floor, 1441 Pali Highway, Honolulu, 96813.

(+ *Materials adapted from a paper by Jill Kagan, MPH, Chair, National Respite Coalition.*)

RSVP SEEKS SENIOR VOLUNTEER TUTORS

By Leslye Snieder, Program Specialist



The Retired and Senior Volunteer Program (RSVP) of

Helping Hands Hawaii seeks adults, ages 55 and older, to tutor preschool

and elementary level children in various locations on Oahu. RSVP volunteers tutor in the Head Start program, in the DOE Americorps VISTA schools and in other designated schools in the public education system. The senior

volunteers, the children they work with, and the teachers they assist all benefit from participation in this program. Individuals interested in becoming a RSVP volunteer tutor should call Helping Hands Hawaii at **536-6543**.

Bits & Pieces

By Tony Baccay

Department Gains New Leaders:

The Department of Community Services (DCS) welcomes **Mike Amii**, currently Acting Director pending City Council confirmation, and **John Sabas** as Deputy Director. Amii is no stranger to DCS, having served as Deputy Director in 1995-1996 before transferring to the Department of Parks and Recreation in 1997. He has 32 years experience in community development and human services. He has been responsible for the development, implementation and administration of various human services, community development, housing and urban renewal programs, as well as obtaining and implementing federal and state funding for such programs. Amii is a graduate of Farrington High School and the University of Missouri. He is married to Jan Amii and they have one daughter, Jessica.

John Sabas was born and raised on Molokai. He credits his parents and upbringing for helping him to recognize values critical to the positive development of families and the empowerment of communities.

A graduate of Kaunakakai Elementary, Kamehameha School for Boys, and the University of Colorado with additional course work and credits from the University of Hawaii and Washington State University, his education and professional experience have provided him with skills to contribute significantly in

athletics, recreation, Hawaiian

Affairs, community and economic development. He has been in government service for 25 years. Since 1997, he served as the Assistant to the Director for the Department of Labor and Industrial Relations where he was responsible for many of the department's newer initiatives related to workforce and economic development. He is married to Jennifer Goto Sabas and they have three sons Ioane (6), Naki (4) and Kauanui (1).

Lanakila Meals on Wheels Receives Grant:

The Meals on Wheels Association of America and the TIDES Foundation recently awarded Lanakila Rehabilitation Center's Meals on Wheels services a \$1,000 grant. The funds will be used to purchase a new computer, which will enable Lanakila Meals on Wheels to more accurately track the senior program participants and the number of meals that are served.

Lanakila Meals on Wheels Receives AFL-CIO Gift:

"Wow! It's full of goodies!" a thankful senior said when the Hawaii State American Federation of Labor and Congress of Industrial Organizations (AFL-CIO) union members delivered the unexpected Christmas gift. Three hundred Styrofoam coolers containing essentials needed in an emergency were delivered to Lanakila Meals on Wheels (LMOW) participants. The coolers contained paper towels, toilet paper, canned goods, rice, crackers, batteries, a nifty com-

bination radio/flashlight, first aid kit, and an important emergency "to do" list. LMOW staff and the Vietnam Veterans SPU Street Bikers Association, who strapped the coolers on their cycles, delivered the gifts. Lanakila sends a big Mahalo to the AFL-CIO members and to Oahu's school children who made and donated Christmas cards.

Seniors Wanted:

Interested low-income seniors, 60 years or older, who are able to work 20 hours per week are encouraged to apply to the **Senior Companion Program**. Companions assist frail homebound elderly with a variety of tasks to maintain their independence and relieve family caregivers. Benefits include a non-taxable stipend, meal allowance, free annual physical exam, travel reimbursement, and paid vacation. For more information, please call **586-5192**.

Health Support Group Opens New Site:

On Valentine's Day, the Honolulu Gerontology Program opened its newest **Health Support Group at the Olivet Baptist Church in Honolulu**. This will be the ninth on-going group, five in Honolulu and one each in Kaneohe, Kailua, Pearl City and Waipahu. In existence since 1980, the Health Support Groups are designed to give frail elderly persons the stimulation to help them continue living in their homes as long and healthily as possible. Each group offers a period for discussion/education and a period of exercise. For more information or to join any of the groups, please call **543-8421 or 543-8430**.

“NO FEAR OF FALLING”: A Fall Prevention Program

By Judy Knutson, OTR Exercise Specialist

Every year, one-quarter of mature adults ages 65-74 reports a fall. Two-thirds of



them will fall again within six months. More than 250,000 will fracture a hip due to a fall.

One-half of those who do fall will require help with their daily living. Many are discharged from the hospital to a nursing home.

The older adult is fearful of falls and will refrain from physical activity to avoid them. However, restricting activity actually increases the likelihood of falls because decreased physical activity weakens muscles. The old adage, “if you don’t use it, you lose it” applies.

Causes for falling:

- If you do not move and use your muscles, they will become weak. Weak muscles, especially in the legs, are a major cause of falls.
- Many older adults will walk flat-footed or place the ball of the foot down first. It is far safer to walk with the heel planted first and your toe pointed upward.
- It is common for the older adult to be on many different prescription medications as well as over-the-counter medicines. Medications, if not monitored closely, can have a serious effect on balance by causing dizziness or weakness.



- Risk factors within the home: poor lighting, throw rugs, clutter on the floor, cracked sidewalks, slippery showers, tubs and highly waxed floors, water and/or oil spills on garage floors.

Falls can be avoided and prevented through exercises and increased activity to improve muscle strength, education on fall risk factors, and a periodic medication review. Through a grant from the Public Health Fund of the Chamber of Commerce of Hawaii, the Child and Family Service Gerontology Program is currently conducting a six-month demonstration fall prevention program in Ewa Beach.

Funded by a Hawaii Community Foundation Grant, similar programs are planned. Participants meet three times each week for 90 minutes to decrease their fear of falling and increase their confidence to pursue an active lifestyle. The focus is on weight-bearing resistive exercise to strengthen muscles. Balance activities are also incorporated. Education on health and wellness, a medication review, and an in-home assessment for fall risk factors are all part of the program.

If you would like more information or would like to participate in one of the fall prevention groups (adults age 60-75), contact Doug Kreider, Director of the Honolulu Gerontology Program, at **543-8437**.

CALENDAR OF EVENTS

March 2001

3 55-Alive Mature Driving Course.

St. Francis Medical Center Liliha, **547-6410**, March 3 & 10, 8:30 a.m.-12:30 p.m.; Hawaiian Eye Center Wahiawa, **621-3137**, March 5 & 12, 8:30 a.m.-12:30 p.m.; Kapahulu Senior Center, **737-1748**, March 10 & 17, 8:30 a.m.-12:30 p.m.; Kaiser Medical Clinic Hawaii Kai, **597-2260**, March 17 & 24, 8 a.m.-12 noon; Kaiser Medical Clinic Honolulu, **597-2260**, March 20 & 27, 12 noon - 4 p.m.; Sacred Hearts Church Waianae, **695-8196**, March 21 & 22, 8:30 a.m.-12:30 p.m. Classes consist of two 4-hour sessions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook.

3 “Moonlight and Magic: An Italian Evening with Friends,”

a benefit for the Alzheimer’s Association, Saturday, March 30, 2001, 6 p.m., Hilton Hawaiian Village Coral Ballroom. Swing with Hula Joe & the Hut Jumpers featuring the music of Italian jazz masters Louis Prima and Keely Smith. Savor authentic Italiano Cuisine, the delectable treats of the Sweet Memories Dessert Auction and the glittery treasures of a fabulous Silent Auction and more. For more information, please call **591-2771**.

4 Kupuna Care Radio Show, KHVH

AM830 Radio, Every Sunday 3:30 p.m.-4 p.m. Topics: March 4: *Spring Cleaning Time: On Housekeeping and Chore Services*; March 11: *Taxes, Tax Breaks and Assistance with Taxes*; March 18: *Genealogy—Looking Back for Our Ancestors, Recording Our Stories*; March 25: *Assistance for the Visually Impaired*. For more information, call **388-5879** or email at KupunaConnection@aol.com.

14 Classic Games at Halawa Park.

Event will feature Tunnel Vision, Nine Gates, Pin Ball, and Peg Ball. Open to all Department of Parks and Recreation Senior Clubs. For more information, please call **973-7258**.

23 Lanakila Group Dining Centers

will hold their annual Senior Talent Show from 9 a.m. to 12 noon on March 23, 2001 at the Ala Wai Palladium. All Group Dining participants are invited to attend. For more information, call Eric Saunders at **531-0555**.

APRIL 2001

1 Kupuna Care Radio Show, KHVH

AM830 Radio, Every Sunday 3:30 p.m. - 4 p.m. Topics: April 1: *It’s April Fool’s Day but Don’t be Fooled. Avoiding Scams*; April 8: *The Illuminated Life—Where Are You Now? Where Are You Going With Your Life?*; April 15: *Down Memory Lane—*

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10 *Ways to Improve and Maintain our Memories*; April 22: *Getting Around the Island—Public vs. Personal Transportation Needs*; April 29: *May Day—A Hawaiian Celebration of Kupuna*. For more information, call **388-5879** or email at KupunaConnection@aol.com.

7 55-Alive Mature Driving Course. St. Francis Medical Center Liliha, **547-6410**, April 7 & 14, 8:30 a.m. - 12:30 p.m. Classes consist of two 4-hour sessions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook.

17 35th Annual Mayor's Senior Recognition Program, Hawaii Convention Center, 9 a.m. - 11:30 a.m. Program is in conjunction with the 2001 International Year of Volunteers. **FREE** admission. Public invited. Entertainment, door prizes and refreshments. For more information, please call **523-4545**.

May 2001

1 Lei Day at Kapiolani Park. The program will include a Lei judging with prizes and a full entertainment program. For more information, please call the Department of Parks and Recreations at **973-7258**.

5 55-Alive Mature Driving Course. St. Francis Medical Center Liliha, **547-6410**, May 5 & 12, 8 a.m. - 12 noon; Lanakila Senior Center, **847-1322**, May 9 & 11, 8 a.m. - 12 noon; Kapahulu Senior Center, **737-1748**, May 12 & 19, 8:30 a.m. - 12:30 p.m.; Sacred Hearts Church Waianae, **696-8196**, May 16 & 17, 8:30 a.m. - 12:30 p.m.; Kaiser Clinic Mililani, **597-2260**, May 19 & 26, 9 a.m. - 1 p.m.; Kaiser Medical Clinic Honolulu, **597-2260**, May 22 & 29, 12 noon - 4 p.m. Classes consist of two 4-hour ses-

sions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook.

30 Fun Walk and Health Fair. The FunWalk will be held at Ala Moana Park and is open to all Seniors. The Walk will start at 7:45 a.m. Registration is available from the Senior Citizen Section. The Health Fair will be held at the Blaisdell Center immediately following the Walk. Public invited. For more information, contact the Department of Parks and Recreation at **973-7258**.

**Department of Community Services
ELDERLY AFFAIRS DIVISION**

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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.

JEREMY HARRIS, Mayor
City and County of Honolulu



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