



ALOHA PUMEHANA

March 2003 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication
 Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

In This Issue . . .

“What We Do Makes A Difference”	1
Caregivers Corner	2
Bits And Pieces	3
Community Service Aides: “Reaching Out With Caring Hearts”	4
2003 Oahu AARP Tax-Aide Site Lisitings	5
Surfing The Aging Network	6
Calendar Of Events	7

“WHAT WE DO MAKES A DIFFERENCE”

When the Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy’s meeting with the National Council of Senior Citizens served as the prelude to designating May as “Senior Citizens Month.” During President Jimmy Carter’s Administration in 1980, the Senior Citizens Month was renamed “Older Americans Month.”

Older Americans Month has been a time to acknowledge the contributions of older persons, especially those who defended our nation. Every President since JFK has issued a formal proclamation

during or before the month of May asking that the entire nation pay tribute to older persons. “**What We Do Makes A Difference**” has been chosen as the national theme for the 2003 Older Americans Month. It will be celebrated across the country through ceremonies, events, fairs and other activities.

“**Honoring Na Kupuna: Hands and Hearts of Our Community**” is the City and County of Honolulu’s theme celebrating our recognition of senior volunteers. The highlight of our recognition is selecting the Outstanding Male and Female Volunteers, which will occur on Monday, April 14, 2003 at the 37th Annual Mayor’s Senior Recognition Program. Over 100 volunteers nominated from various organizations will be honored for their contributions to their communities.

You’re Invited!

37th Annual Mayor’s Senior Recognition Program

HILTON HAWAIIAN VILLAGE CORAL BALLROOM

Monday, April 14, 2003

Door Prizes! Entertainment!

Come and Honor the Many Outstanding Seniors Who Volunteer In Your Communities!



9:00 a.m. - 11:30 a.m.

Light Refreshments!

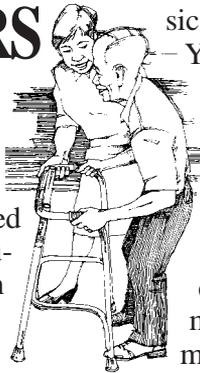
Need Transportation?

Subsidies Are Available For Group Transportation To Event.

*Sponsored By The Elderly Affairs Division and the Honolulu Committee On Aging.
 For More Information, Please Call the Senior Hotline at 523-4545.*

CAREGIVERS CORNER

By Lorraine Fay



Now that you've adjusted to your New Year's resolutions, here's an idea: plan and schedule time for yourself the same way you schedule doctor appointments for your loved one. "Oh, sure," you say. "Easier said than done." Planning is what makes it work.

Begin by identifying and listing people who can take your place as a caregiver. It can be a relative, the student down the street or the woman at church recently widowed. They might be looking for something meaningful to do or welcome the extra money. Be creative. You can call me at **523-4762** for ideas, too.

Look to community agencies that provide services to elders. They have both volunteers and workers you pay to provide "respite" (relief) for you. Another option is to enroll your loved one in an Adult Day Care Center, a Respite Program, or a Health Maintenance Group on one or more days per week. (Look in the Senior Information and Assistance Handbook on our website or call the Senior Hotline **523-4545** for these resources.) This win-win situation relieves you of caregiving duties and gives your family member an activity of their own to attend. If you meet resistance (and don't be surprised if you do), stress the value of this to YOU as well as to them. Often a frail person would rather think of themselves as doing something helpful for others rather than needing help for themselves.

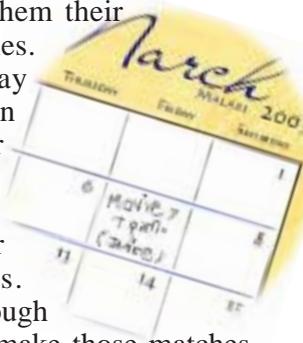
Now that you have a replacement, what do you want to do? Make a list of things that make you feel good such as taking a bubble bath, listening to your favorite mu-

sic, or taking a walk for enjoyment. You might also add taking in a movie or going fishing once a month. Even list a trip to a destination you've always wanted to visit. Start small. The rest will follow. Include things you can do for a short period of time daily, an hour or two weekly, maybe a special day once a month, and even a vacation for a week or two. The important thing is to get it all on paper.

Finally, get a pencil and an extra calendar. Starting with next week, tentatively schedule a short time to relax in a tub, perhaps when your loved one takes a nap after lunch. Write it in on one day. (And when you are actually in the tub - relax! Forget about paying the bills or preparing dinner. Those can be done later.) The following week, put that bubble bath in again. Next look for times that are good for you to do other activities and call one of those people on the list. You'll even be able to give them their choice of times. When they say yes, put it in INK and enter it into any planner you use for other appointments.

As you go through your list and make those matches, you will feel empowered. Once you start giving yourself some care, you will feel renewed. The idea is that doing these things regularly will keep you healthy - mentally, emotionally, physically and spiritually - so that you can continue being a good caregiver.

(Note: special thanks to training from Roann Okamura and Lori Thal of the Big Island at their workshop "*Care-free Caregivers: Restorative Vacations for the Mind, Body and Spirit*" given at the HPGS Conference).



In Other News

Alzheimer's Association launched their "**Managing Nutrition in Dementia Care: A Supportive Approach for Caregivers**" workshops on February 8. Those caring for a person with dementia know how hard it is to maintain that person's physical health as he/she loses the ability to think, remember, or provide adequate self-care. Nowhere is this more evident than in eating and nutrition. A person with Alzheimer's disease or a related disorder that also causes dementia can forget whether he/she has already eaten, how to eat, or even why food is necessary to live. It rarely helps to explain or argue with a dementia sufferer, so what can a caregiver do? The program is designed to provide nutrition education and training skills to caregivers and includes tips on how to communicate, interact, and assist persons with Alzheimer's in the various progression stages of the disease. Similar workshops will be conducted in Waimanalo, Waipahu (4/12/03), Wahiawa (5/17/03) and Waianae (to be decided) and are open to caregivers, families, professionals and the general public. Call **591-2771** to obtain exact dates and locations or for more information. Alzheimer's is a major health issue as new research indicates the projected numbers in America to triple from 4.6 million to 14 million by 2050.

Franciscan Adult Day Care Center's "Caregiver Activities, Respite and Education or C.A.R.E. Club" offers education and peer support to individuals who care for family members at home. Activities include health promotion and exercises, support group networking, education and training to help with caregiving tasks. For more information call **988-5678**.

Kokua Kalihi Valley: With the
Continued on page 3

remodeling taking a little longer than expected, KKV's Elderly Program, which was temporarily housed at Kuhio Park Terrace, recently moved back to their newly refurbished site at 1846 Gulick St. Sparkling like new, the facility now has more useable space for their caregiver support group sessions, health maintenance programs, and case management services. For more information, call **848-0977**.

Caregiver Resource Fair at 1132 Bishop Street: Wednesday, March 19, 2003, 11 a.m.- 2 p.m. Free and open to the public. The purpose of the event is to reach out to downtown workers who might be caring for older family members. The event will focus on starting a caregiver resource center in their workplace, starting a caregiver support group in office or building, and promote and encourage employees to attend the caregiver resource fair. Exhibits and representatives from the following agencies will be available to discuss your concerns: AARP, Alzheimer's Association, American Heart Association, Assistive Technology Resource Centers of Hawaii, Elderly Affairs Division, Lanakila and Hawaii Meals on Wheels, Library for the Blind and Physically Handicapped, PACE Hawaii, and Wahiawa General Hospital Senior Behavioral Health. For more information, call AARP at **545-6000**.

Save This Date: *Caring for Family, Caring for Yourself: A Caregiver's Conference*, Saturday, September 6, 2003, Sheraton Waikiki Hotel, sponsored by AARP, Alu Like, HMSA, and Elderly Affairs Division. Check future issues for details.

(This column features tips for caregivers or answers questions from caregivers. To submit questions or concerns, please call 523-4762.)



By
Tony
Baccay

Providers Attend Conference: **Kelina Isaacs** of Lanakila Meals on Wheels (LMOW) and **Diane Terada** of Hawaii Meals on Wheels (HMOW) matched Hawaii's Aloha and sunshine with Ft. Lauderdale's last September at the annual Meals on Wheels of America Association's (MOWAA) Conference.

Considered by the aging network as the premier conference of elderly nutrition programs, attendees have the opportunity to receive an array of training and professional development programs. LMOW "March for Meals" program was recognized with a \$1,000 grant at the awards banquet, one of the high-lights of the conference. This year LMOW and HMOW are collaborating on a bigger and better "March for Meals" project. The campaign not only helps to

raise money to feed the homebound and frail seniors, it also brings awareness to the community of the growing needs to support our kupuna. State Representatives and Senators will be involved with the March for Meals deliveries during the week of March 24-28, 2003. Extra volunteers are needed for March 25th (day before Prince Kuhio holiday) to deliver meals to seniors. Come and make a difference in the lives of those in need. Call LMOW at **531-0555** or HMOW at **988-6747** for more information on how you can help.

MOWAA's mission is to provide visionary leadership and professional training and to develop partnership that will ensure the provision of quality nutrition services. Members include those working in the aging field, Area Agencies on Aging, and State Units on Aging. The organization also boasts a large number of corporate members.

Members are eligible to apply for grants from the Project Meal Foundation of MOWAA.

New Routes Added: Hawaii Meals on Wheels will open new delivery routes in Kailua (second route to open in March 2003) and Moanalua/Salt Lake (new route to open midyear). If you are home-bound and unable to cook/shop for yourself, please contact HMOW to find out more about receiving hot, nutritious, home-delivered meals.

HMOW is also seeking volunteers who are safe drivers, have access to a car, and be able to commit 2 hours



Kelina Isaacs (Center), LMOW Volunteer Coordinator, accepts \$1,000 Grant from Linda Netterville (Left), President of MOWAA and Enid Borden (Right), Editor-In-Chief, MOWAA News.

at least once a week to deliver the meals during a lunch delivery period. If you have the time and aloha to share, please call **986-6747** to volunteer or to obtain more information on services.

Get Ready Seniors! Fear of falling is one of the primary obstacles that seniors face after illness or injury causes a fall or puts them at risk for falling. The *No Fear of Falling: Fall Prevention Exercise Class* is a program that will help seniors meet their fears and overcome them. The goal is to give participants the confidence to pursue activities that they thought impossible or were too afraid to do for fear of falling.

The program includes a variety of fun and effective exercises to improve strength, endurance, balance and flexibility as well as learning how to fall and methods of getting up after a fall. Programming also includes

Continued on page 6



Estelle Punley



Mona Yamada



Lorraine Souza



Tauamatu Marrero



Elaine Camara



Travis Kumura



Susan Tambalo



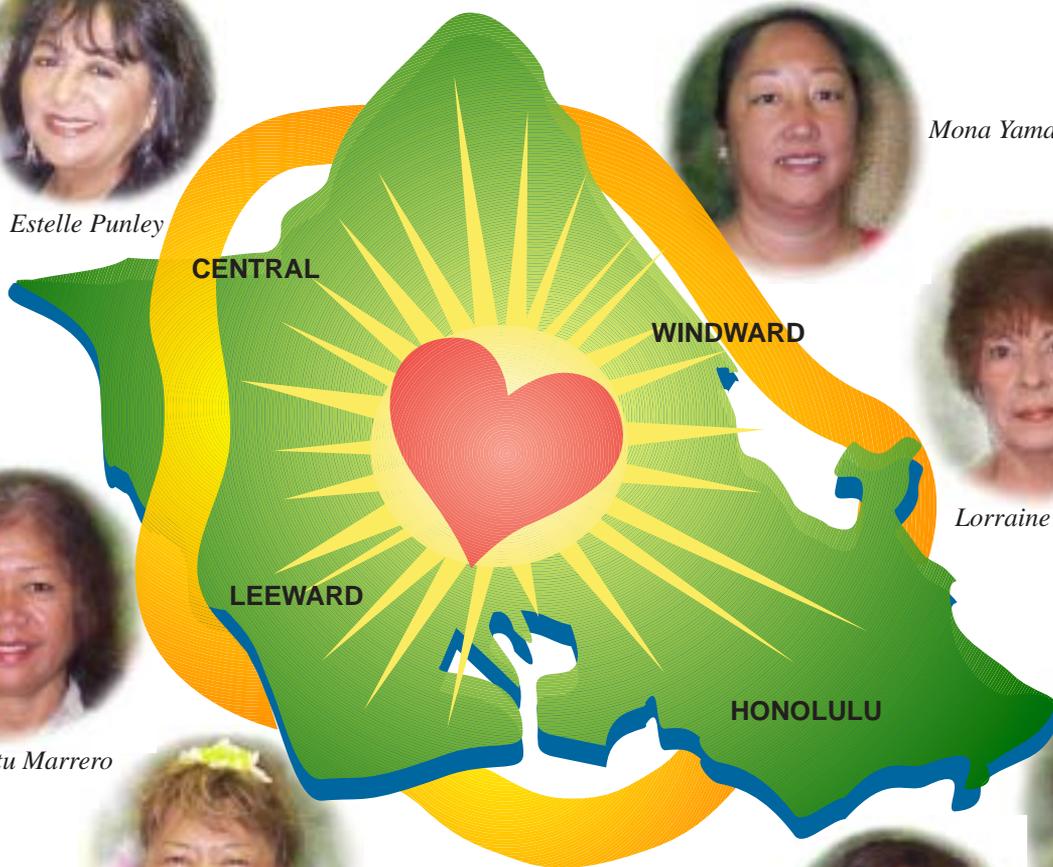
Carolyn Abaya



Patrick Medeiros



George Miyamoto



COMMUNITY SERVICE AIDES: “REACHING OUT WITH CARING HEARTS”

Community Service Aides (CSAs) are dedicated City employees who perform door-to-door outreach; make home visits for private consultations, assessments and referrals; conduct follow-ups on frail elders and caregivers; and staff walk-in sites at Satellite City Halls, Group Dining Sites, Senior Centers and Clubs, and Open Markets. When requested, CSAs give group presentations on services available. If you need information or assistance from CSAs, please call the Senior Hotline at **523-4545**.

2003 OAHU AARP TAX-AIDE SITE LISTINGS

Free federal and state income tax help is again available through the AARP foundation. Tax Aide volunteers receive training in the preparation of simple tax returns and will assist persons of all ages with low to moderate income levels with emphasis on reaching the elderly, non-English speaking, or disabled. Persons using this service should bring copies of last year's federal and state income tax returns as well as all current income tax information. For more information, please call the Senior Hotline at **523-4545**.

HONOLULU

* e-File Available

- * **Waikiki: Paki Hale**
3840 Paki Avenue
Tuesday, Thursday, Friday
8:30 a.m.-12:30 p.m.
Closed Feb 13 and Mar 13
- * **Hawaii Kai-Public Library**
249 Lunalilo Home Road
Saturday, 9:00 a.m.-1:00 p.m.
- * **AARP Information Office**
1199 Dillingham Blvd. Unit A-106
Tuesday, Thursday, 3 p.m.- 6 p.m.
Saturday, 9 a.m.-12 noon
- * **Liliha Public Library**
1515 Liliha Street
Tuesday, Thursday, 9 a.m.-1 p.m.
Closed Mar 26
- * **Kalihi/Palama Public Library**
1325 Kalihi Street
Friday, 10 a.m.-2 p.m.
- * **Susannah Wesley Community Ctr.**
1117 Kaili Street
Saturday, 9 a.m.-12 noon
Feb 1 to Mar 1 ONLY
Appointment required for Nursing Homes/Home bound. Saturdays as needed. Call Kalfred Chang **(531-8863)**
- * **Central Union Church**
1660 S. Beretania Street
Tuesday, Thursday
8:30 a.m.-11:30 a.m.
- * **Lanakila Multipurpose Senior Ctr**
1640 Lanakila Avenue
Monday, Appointment Required
847-1322 (Iris)
Closed Feb 17 (Open Tues Feb 18), Apr 14
- * **PJJK Federal Building (Cafeteria)**
300 Ala Moana Blvd., 5th Floor
Tuesday, Wednesday, Thursday
8:30 a.m.-11 a.m.
Closed Mar 26. No stand-alone State paper Returns

CENTRAL/LEEWARD

* Electronic File Available

- * **Aiea Public Library**
99-143 Moanalua Road
Tuesday, 10 a.m.-2 p.m.
- * **Ewa Beach Library**
91-950 North Road
Saturday, 9 a.m.-12 noon
- * **Waiialua Community Association**
66-434 Kamehameha Hwy.
Tuesday, 9 a.m.-1 p.m.
- * **Pearl City Regional Library**
1138 Waimano Home Road
Thursday, 10 a.m.- 2 p.m.
- * **Wahiawa Public Library**
820 California Avenue
Friday 9 a.m.-1 p.m.
Saturday 9 a.m.-12 noon
- * **Olaloa Retirement Village**
95-1050 Makaikai Street
Wednesday, 8:30 a.m.-12:30 p.m.
- * **Waianae Community Center**
85-670 Farrington Hwy.
Monday, Wednesday
8:30 a.m. - 12 noon
Closed Feb 17
- * **Waipahu Civic Center**
94-275 Mokuola Street
Wednesday, 8:30 a.m.-12:30 p.m.
Closed Mar 26

WINDWARD

* Electronic File Available

- * **Kahuku Public/School Library**
56-490 Kamehameha Hwy.
Wednesday, 9 a.m.-1 p.m.
- * **St. Christopher's Episcopal Church**, 93 N. Kainalu Drive
Monday, Wednesday
9 a.m.-11:30 a.m., Closed Mar 26
- * **Community Church of Christ**
45-119 Kaneohe Bay Drive
Monday, Wednesday
8 a.m.-12 noon
Closed Feb 17 and Mar 26
Appointments & Walk-Ins
233-7320 & 247-4178
Japanese Spoken
- * **Key Project**
47-200 Waihee Road
Friday, Saturday
8:30 a.m.-12:30 p.m.
Closed Mar 28 & 29 & Apr 5 & 18

education on fall prevention, aging, disease and medication management/review. There will also be an optional in-home assessment to determine any fall risk factors.

To qualify, you must be:

- 60-75 years of age
- Have at least two chronic conditions or physical impairments that could cause future falling
- Must be independent with ADL (continent, intact memory and judgement, independent with mobility and transfers)
- Must have physician authorization to participate.

Taught by specially trained leaders, the classes are an hour long and meet on Mondays, Wednesdays and Fridays. Physical assessments are done every 3-6 months to check progress. An optional medication review and home safety assessment is offered to assess factors that may put seniors at risk for falling. For more information or to apply, please contact Claudia Butler-Leslie or Joanne Cinter at **543-8421** or **543-8430**.

Kokua Mau Cited For Harvard Award: The Kokua Mau End-of-Life Care program, a creative and forward thinking initiative from Hawaii, is once again among the 99 semifinalists named for the prestigious 2002 Innovations in American Government Awards. Now in its 16th year, the awards competition, often referred to as the Oscars of government prizes, is a program of the Institute for Government Innovation at Harvard University's John F. Kennedy School of Government that promotes excellence, innovation, and creativity in the public sector. It recognizes outstanding programs that devise imaginative and effective ways to meet urgent social and economic challenges. Each semifinalist is eligible for one of five top grants of \$100,000. A top15 finalist in the 2001 competition, Kokua Mau was selected from a pool of nearly 1,000 applicants who represent the best and brightest in government from across the county. The Hawaii

program focuses on better care for people nearing the end of their lives. The five winners will be announced at a later date.

Honor a Centenarian: The Elderly Affairs Division continues to honor anyone who has reached the milestone of 100 years of life and congratulate them for their perseverance and for making choices that have contributed to their long life. If there is anyone you would like to honor, please call **523-4545** and we will send a certificate to the centenarian signed by the Mayor. For more information, call the County Executive on Aging at **523-4361**.



UH School of Social Work to Host 2003 Summer Institute

During the week of June 9, the University of Hawaii at Manoa School of Social Work, together with co-sponsors, will host the 2003 Summer Institute on *Aging & Diversity: Linking Research and Practice*. The Summer Institute is being planned in response to: dramatic increases in a diverse aging population; calls within the profession for increased training of more gerontological social workers in effective, culturally competent practice; the need for more linkages between research and practice and between various disciplines; and current needs articulated by older adults in the community for enhanced quality care.

The Summer Institute will feature intensive 1-week, 3-credit summer courses (June 9-14), a one-day Film Series (June 11), and a two-day Conference (June 12-13). Institute co-sponsors include: East-West Center, Executive Office on Aging, Center on Aging, Pacific Islands Geriatric Education Center (John A. Burns School of Medicine), William S. Richardson School of Law, and School of Nursing and Dental Hygiene. For more information about the 2003 Summer Institute on *Aging & Diversity: Linking Research & Practice*, contact: **(808) 956-6136**; email: gero@hawaii.edu; Web:

www.hawaii.edu/sswork/gero/



Got Time? The Department of Human Services is recruiting part-time Senior Companions and Respite Companions for the Windward and Honolulu areas. Applicants must be 55 years or older, have limited income, and pass a physical exam. Companions provide limited personal care assistance to frail homebound elders who are being cared for by family caregivers. To request an application and/or to discuss other benefits, call **586-5192**.

Want To Learn English? Free English as a Second Language classes are being offered at the Paoakalani Building at 1583 Kalakaua Avenue (behind Daiei) on Tuesdays and Thursdays from 8 a.m.-9 a.m. All nationalities are welcomed. For more information, please contact Laura or Eileen at **352-0287**.



AGING NETWORK

By Tony Baccay

www.stopnursinghomeabuse.com Provides information and education to patients of nursing/care homes and their families regarding elder abuse or neglect.

www.medicarerights.org Your guide through the Medicare maze. Features the MRC Flash, a biweekly electronic newsletter of the Medicare Rights Center established to strengthen communication with national and community-based organizations and professional agencies about current Medicare policy and consumer issues. Contains the latest policy developments, case stories from the hotline, and action steps that professionals can take to

Continued on page 7

ensure that older and disabled individuals get good, affordable health care. Includes DEAR MARCI, a free, weekly electronic newsletter designed to help people with Medicare, their families and their caregivers understand their health care benefits and options. DEAR MARCI will be distributed weekly by e-mail and spotlight different health care topics each month, from home health care to supplemental coverage.

www.kokuamau.org A website designed for and dedicated to those who are confronted with having to make choices about end-of-life care for their loved ones or for themselves.

www.myhealthdirective.com Provides necessary forms to register an Advance Healthcare Directive and to be stored in a secure location. Advance Healthcare Directives are written sets of instructions which outline a person's preference for end-of-life care in the event that they are no longer able to communicate their wishes.

www.painaid.painfoundation.org An on-line forum intended to help people with pain. It contains pain specific message boards, chat rooms, guest speakers and an "Ask the Expert" section. PainAid has 90 message boards that will cover nearly all of the most common concerns pain patients face, including medications, financial issues related to pain, personal and family issues, diagnosis and treatment, and oncology and cancer. PainAid has 10 scheduled, moderated chats each week, focusing on topics that are relevant to a broad range of consumers. Guest speakers are being booked to chat about pain management, massage therapy, complementary and alternative modalities, legal issues and coping skills.

Calendar of Events 2003

March 2003

- 1 AARP Driver Safety Program**, the most recognized comprehensive nationwide course designed especially for the older driver. Presented in two 4-hour sessions. There is a \$10 fee and a Certificate of Completion will be issued at completion of course. St. Francis Medical Center Liliha, **547-6410**, March 1 & 8, 8:30 a.m.-12:30 p.m. □ Kapahulu Senior Center, **737-1748**, March 1 & 8, 8:30 a.m.-12:30 p.m. □ Queens Medical Center, **547-4823**, March 9 & 16, 9 a.m.-1 p.m. □ Kaiser Hawaii Kai Clinic, **432-2260**, March 15 & 22, 8 a.m.-12 p.m. □ St John Vianney Parish, **395-4950**, March 11 & 13, 9 a.m.-1 p.m. □ Kaiser Honolulu Clinic, **432-2260**, March 18 & 25, 12 p.m.-4 p.m. □ Waianae United Methodist Church, **668-7169** or **695-8196**, March 19 & 20, 8:30 a.m.-12:30 p.m. □ Lanakila Senior Center, **847-1322**, March 19 & 21, 8 a.m.-12 p.m. □ Kaiser Mililani Clinic, **422-2260**, March 22 & 29, 9 a.m.-1 p.m.
- 13 2nd Annual Fun and Fitness Program, 2003 Try Fest**, March 13, 8 a.m.-12 noon, Manoa District Park. Free. Open to general public 50 years and older. Activities include: Chinese Calisthenics, Korean Exercise, Rhythmn and Life (Japanese exercise), Line Dancing, Jazzercise, Water Aerobics, Golf Tips, Alternative Exercises, Body Power for Seniors, Hula Exercise, Healthy Cooking with Dr. Shintani. Check in 8 a.m.-9 a.m., program begins at 9 a.m. Must register to participate. For more information and to register, please call **973-7258**.
- 14 "Senior Talent Show,"** Friday, March 14, 9 a.m.-12 noon, Ala Wai Paladium. Seniors from various Group Dining sites will showcase their talents. The event is open to Lanakila Meals on Wheels participants ONLY. For more information, please call **531-0555**.
- 14 Senior Citizen Golf Program** at the Ted Makalena Golf Course, March 14 and May 8. Free. Register the month before with the Department of Parks and Recreation on the second Tuesday of the even months from 12 noon to 12:30 p.m. at **973-7258**.
- 19 Caregiver Resource Fair** at 1132 Bishop Street, March 19, 11:00 a.m.-2:00 p.m. For more information, please contact Lorraine Fay at **523-4762** or Jackie McCarter **545-6000**.
- 22 Fall Prevention for Persons with Alzheimer's**, Saturday, March 22, 10:00 a.m.-11:30 a.m., Boy Scouts of America Aloha Council President's Room, 42 Puiwa Rd. (off Pali Highway, near Queen Emma Summer Palace). Presented by Joanne Cinter, *No Fear of Falling Program*, Honolulu Gerontology Program. Learn environmental and physical interventions families can do to prevent falls. Workshops include an exercise demonstration in which all are invited to participate. Attendees are asked to dress appropriately. For reservations and more information, call **591-2771**. RSVP by March 17, 2003.
- 26 Legal Issues for Caregivers with James Peitsch, J.D.**, presented by HMSA's Akamai Living, Wednesday, March 26, 9:00 a.m.-11:00 a.m., HMSA Center, Multi-Purpose Room, 818 Keeaumoku St., Honolulu 96814, free parking. Legal issues regarding caregiving have become more complex, both for the person receiving care and for the caregiver. The seminar provides a basic overview of legal issues and practical tips in this evolving area of the law and gives participants an opportunity to learn about legal issues for caregivers and future care receivers. James Pietsch, J.D. (professor of law, University of Hawaii at Manoa) will conduct the seminar based on the booklet he co-authored with Lenora Lee, "*Deciding What If?*" The seminar is free to the public. Seating is limited to 100. To reserve a space, please call **948-6398**.

April 2003

- 5 AARP Driver Safety Program**, the most recognized comprehensive nationwide course designed especially for the older driver. Presented in two 4-hour sessions. There is a \$10 fee and a Certificate of Completion will be issued at completion of course. St. Francis Medical Center Liliha, **547-6410**, April 5 & 12, 8:30 a.m.-12:30 p.m. □ Hawaiian Eye Center, **621-3139**, March 14 & 21, 8:30 a.m.-12:30 p.m. □ AARP Information Center, **843-1906**, April 18 & 25, 12 p.m.-4 p.m.
- 9 First Hawaiian Bank 9th Annual Prime Time Wellness Fair**, April 8, 8:30 a.m.-1 p.m., Neil Blaisdell Center. Free. Seminars, Food Demonstration, Health Screening Testing and many more health related programs,

Continued on back page

CALENDAR Continued from page 7

entertainment. For more information, please call 525-7714 or 525-8702.

14 37th Annual Mayor's Senior Recognition Program, "Honoring Na Kupuna - Hands and Hearts of Our Community," Monday, April 14, Hilton Hawaiian Village Coral Ballroom, 9 a.m.-11:30 a.m. Door Prizes, entertainment and the awarding of recognition to outstanding senior volunteers. Open to the public. For more information, please call 523-4545.

19 Coping with End-of-Life Issues: Facing Impending Death and Feelings of Grief and Loss, Saturday, March 19, 10:00 a.m.-11:30 a.m., Ward Warehouse, Kakaako Room. Presented by Ana Zir, MPH, RN, University of Hawaii Center on Aging. It is never easy to confront one's feelings when a loved one is lost, or even upon an Alzheimer's disease diagnosis. If approached with care, addressing one's feelings of grief, anger, guilt, and loneliness can be helpful to the healing process. Workshop participants will discover grief's many facets, the importance of

grieving for a loved one, and how to effectively cope with feelings of grief. For reservations and more information, call 591-2771. Please RSVP by April 12, 2003.

May 2003

3 AARP Driver Safety Program, the most recognized comprehensive nationwide course designed especially for the older driver. Presented in two 4-hour sessions. There is a \$10 fee and a Certificate of Completion will be issued at completion of course. St. Francis Medical Center Liliha, 547-6410, May 3 & 10, 8:30 a.m.-12:30 p.m. □ Kapahulu Senior Center, 737-1748, May 3 & 10, 8:30 a.m.-12:30 p.m. □ St John Vianney Parish, 395-4950, May 13 & 15, 9 a.m.-1 p.m. □ Waianae

United Methodist Church, 668-7169 or 695-8196, May 14 & 15, 8:30 a.m.-12:30 p.m. □ Kaiser Hawaii Kai Clinic, 422-2260, May 17 & 24, 8 a.m.-12 p.m. □ Kaiser Honolulu Clinic, 432-2260, May 20 & 27, 12 p.m.-4 p.m. □ Lanakila Senior Center, 847-1322, May 28 & 30, 8 a.m.-12 p.m.

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

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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



PRSTD. STD.
U.S. POSTAGE
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ELDERLY AFFAIRS DIVISION
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