

MAYOR APPOINTS NEW DCS LEADERSHIPS

By Tony Baccay

Honolulu Mayor Peter Carlisle appointed Sam Moku and Bridget Holthus as the Department of Community Services (DCS) Director and Deputy Director, respectively.

Sam Moku received his Bachelor of Arts and Master of Business Administration degrees from the University of Hawaii. Prior to his appointment to head DCS, he was

Director for the Home Ownership Assistance Program (HOAP) at the Department of Hawaiian Home Lands, whose primary focus is to prepare native Hawaiians for homeownership. He created the HOAP business plan that implemented three service components: Financial literacy services, Job Training and Placement services, and drug and alcohol addiction services. It was through his leadership that over 2000 native Hawaiian beneficiaries across the state accessed those services of which approximately 400 families became homeowners.

One of Mr. Moku's many successes was the collaborative effort with the City to provide the first native Hawaiian Section 8 recipient homeownership on Hawaiian home lands in 2009. This opened the door for other native Hawaiian Section 8 recipients across the state.

Mr. Moku sits on the Hawaii Civil Rights

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Commission which is responsible for the enforcement of the anti-discrimination laws in employment, public accommodations, housing, and access to state and state-funded services.

For the past 18 years, he has been volunteering for Special Olympics Hawaii. In 2007, he was selected as a Team USA coach for the 2007 World Special Olympic Games in Shanghai, China and was recently selected as a Team USA coach for the 2011 World Special Olympic Games in Athens, Greece. He also spent 15 years as the former head coach for the Kamehameha Schools Boys Track and Field Team and led

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them to three State Championship titles.

Mr. Moku is sensitive to the mission of the Elderly Affairs Division. He and his sister spent the better part of two years providing care for their diabetic mother during her last days. They alternately provided bathing service, cooking, cleaning, and administering insulin shots. "During our formative years, our parents always took care of us. It was our turn to take care of them," Moku said. "My sister and I learned so much about caregiving and can appreciate what caregivers have to go through. It was difficult at times, but it was something we wanted to do. I fully support the efforts of EAD in providing services to our kupuna and their caregivers and to make their lives better."

Deputy Director **Bridget Palmer Holthus** received her Bachelor of Arts degree from the University of California at Berkeley. She then worked in Peru as a language specialist, a journalist and a volunteer with local and international humanitarian organizations. Upon coming home to Honolulu, she earned her Juris Doctorate from the University of Hawaii Richardson School of Law and served as Law Clerk to the Honorable Victoria Marks. Following her clerkship, she worked as a Deputy Prosecuting Attorney for the City and County of Honolulu, focusing on child abuse, domestic violence, and sexual assault cases. She was also a Deputy Attorney General for the State of Hawaii, serving as legal counsel for the Departments of Health and Human Services.

Ms. Holthus is the former Director of Philanthropic Services for the Hawaii Community Foundation. She was responsible for the administration of private foundations with assets totaling

approximately \$170 million, and Hawaii's second largest post-secondary scholarship program.

In 2004, she was appointed as the Special Assistant to the Attorney General of Hawaii. She collaborated in the administration of the 695-employee agency; managed public information activities and media relations; coordinated development of legislation to advance public policy goals; jointly administered the system for review of thousands of legislative

bills each year; led the team responsible for management and oversight of the department's federal stimulus funds; and led the development and implementation of special projects on diverse community issues, such as the state DNA data bank and human trafficking task force.

Ms. Holthus serves as a board member and community volunteer with several nonprofit human service groups in Honolulu. ☺



Aloha Chapter

Neighborhood Support Groups

For Family Caregivers



Caring for a loved one with Alzheimer's disease or a related disorder does not have to be a lonely experience, although it is common to feel alone—to think that no one can understand what is happening.

Meet in a non judgmental, confidential and sympathetic environment

- Share feelings and concerns with others who understand
- Gain knowledge of the disease
- Gather valuable information

- Share coping techniques
- Develop caregiving skills
- Learn about community resources
- Fellowship

**** In addition to the list below please ask about the Early-Stage Support Group**

| | |
|--|--|
| <p>Aiea/Pearl City 3rd Monday, 7:00 pm St. Timothy's Episcopal Church 98-939 Moanahua Rd.</p> | <p>Honolulu/Central 4th Saturday, 3:00 pm Plaza at Punchbowl 918 Lunalilo St., 1st Floor Activity Room</p> |
| <p>East Honolulu/Aina Haina 2nd Monday, 7:00 pm Holy Nativity Church – Glantz Hall 5286 Kalaniana'ole Hwy.</p> | <p>Kaneohe 2nd Saturday, 10:00 am Kaneohe Community Family Center 46-028 Kawa St., Suite A10</p> |
| <p>Honolulu/Makiki March 29, 2011 Tuesday, 10:00 am Central Union Church (Contact Alzheimer's Association)</p> | <p>Mililani Mauka 4th Wednesday, 6:30 pm Plaza at Mililani 95-1050 Ukuwai Street</p> |

Dates and times of support groups are subject to change; please call to confirm meeting times.

Alzheimer's Association – Aloha Chapter
 For more information please contact:
 Ira Kazama, ira.kazama@alz.org
 Ward Warehouse, 2nd floor • 1050 Ala Moana Blvd., Suite 2610 • Honolulu, HI 96814
 Phone: (808) 591-2771 • Website: www.alz.org/hawaii

MAYOR ISSUES CAREGIVERS PROCLAMATION

By May Fujii Foo

In honor of the 10th anniversary of the National Family Caregivers Month, **Mayor Peter Carlisle** issued a proclamation last November recognizing the value that family caregivers and non-profit agencies provide to the health care system. Honolulu's proclamation ceremony coincided with the launching of a year-long celebration at the national level by the Administration on Aging (AoA). The AoA program also recognized former U.S. Department of Health and Human Services Assistant Secretary for Aging, **Jeanette Takamura, Ph.D.**, for her instrumental role in crafting the Older Americans Act Title III-E amendment that authorized the National Family Caregivers Support Program.

Dr. Takamura was born and raised in Hawaii, graduated from the University of Hawaii, and was formerly the State of Hawaii Director of the Executive Office on Aging where she put into motion the development of the first state comprehensive long-term care financing policy proposal and programs to prepare for a growing diverse aging population. Dr. Takamura also served as Assistant Secretary for the Administration on Aging during the Clinton administration. She is currently the Dean of Columbia University School of Social Work, the first woman to be appointed to the position.

The AoA is encouraging communities nationwide to host similar recognition events throughout the year to acknowledge the contributions of family caregivers.

CAREGIVER AWARDS

Sponsored by KHON TV 2's Elderhood Project and the Family Caregiver Coalition, the 2010 Family Caregiver Awards were presented to Hawaii Family Service, Kokua Kalihi Valley, and the University of Hawaii Elder Law Program. The weekly Elderhood Project program presents current topics and focuses on issues facing caregivers and their families. Winners were featured on KHON-2 morning show on November 24, 2010.

Hawaii Family Service's "Tutus In Control" was recognized for the management and coordination of services and activities targeting grandparents caring for grandchildren. Many elderly grandparents have put their lives and retirement on hold to care for their grandchildren because their own children are either unwilling or unable to function as parents. They learned how to become parents again and often were overwhelmed by the magnitude of their new responsibilities. The Tutu Services provide education and training sessions on the latest child rearing and common-sense parenting practices in raising pre-school and school-age children, caring for special education children, dealing with schools and truancy, accessing medical and other healthcare services, grandparent rights, nutrition and incorporating healthy foods, child custody and other legal issues. The weekly group sessions are facilitated by individuals skilled in their areas of expertise.

Respite and recreational activities are provided while learning new skills. Outings that nurture and relieve the stress of caregiving are offered and one-on-one supportive counseling by staff is always available. Grandparents also feel supported by other grandparents in the group where similar problems and challenges are often discussed and resolved.

Kokua Kalihi Valley, in partnership with the Department of Health Public Health Nursing, started a monthly support group for low-income, underserved Micronesian caregivers at Kuhio Park Terrace. Blood pressure and blood sugar readings as well as educational topics of interest were provided through interpreters. Fourth-year medical students and Geriatric Fellows answered medical questions and medical equipment and incontinence supplies were available to needy families. For those ineligible for food stamps, groceries were provided through a partnership with the Hawaii Foodbank.

The University of Hawaii Elder Law Program (UHELP) received the Caregivers Education Award. UHELP not only targeted economically and socially needy care recipients and their family caregivers on Oahu, but also provides information to Neighbor Island caregivers and mainland family members who contacted them about their loved ones. In addition to educational sessions on television, UHELP provided counseling, training to assist caregivers, and legal consultation to social workers and hospital discharge planners. They provided information on health care issues, medical insurance, elder abuse and neglect, and estate and end-of-life planning. Their commitment to helping caregivers was demonstrated by their *Kokua* and *Malama* informational packets where many of their legal documents were translated into diverse languages and made available to caregivers, elders, community organizations and medical facilities. ☺



BITS & PIECES

By Tony Baccay

THE MAYOR'S 45TH SENIOR RECOGNITION PROGRAM:

For the 45th consecutive year, the Mayor and the Honolulu Committee on Aging are honoring senior volunteers who give their time and talents to make a difference in our Honolulu community. Come join family, friends, and well-wishers as we celebrate and recognize each individual's achievements in developing interests, attaining personal goals and overcoming adversities. The festivities will be on April 21, 2011 at the Hawaii Convention Center, 9:00 a.m. – 11:30 a.m. Admission is free and the public is invited to share in the celebration.

LEARNING AND CARING AS WE ALL AGE:

Are you prepared for the Tsunami of Aging? With the explosive growth of Hawaii's senior population being nearly 3 times that of the national average, many aspects of our life will be affected. There will be more demands on services, as well as the need for more workers and more training. The Kupuna Education Center at Kapiolani Community College strives to meet the challenges of this aging revolution by offering a variety of informative, affordable, and practical Elder Care and Active Aging Workshops. Instructions include:

- Family Caregiver Training
- Home Care Worker Training

- Active Aging Education
- Kupuna Connections TV Series

For more information, call 734-9108 or visit www.kupunaeducation.com.

BETTER CHOICES, BETTER HEALTH: A GOOD NEW YEAR'S RESOLUTION:

If you have a health problem or chronic condition and one of your New Year's resolution is to start the new year in improving your health, sign-up for one of the "Better Choices, Better Health – Ke Ola Pono" workshops being offered in 2011.

The self-management workshops are open to anyone age 60 and older with asthma, diabetes, heart disease, stroke, arthritis, fibromyalgia, high blood pressure, or other chronic health conditions. Caregivers and spouses can also register. Workshop classes are small and consist of six sessions, held once a week for 2 ½ hours at senior centers, community centers, churches, health centers and other various sites.

Workshop topics include how to manage fatigue, pain, or frustration; maintain and improve strength; communicate effectively with health professionals; tips on eating well; and overall coping and managing health conditions. Classes are fun, interactive, and supportive with participants sharing their successes. Each participant receives a companion book "Living a Healthy Life With Chronic Conditions," and an audio relaxation CD "Time for Healing."

The workshops are made available through a statewide partnership and funded through a federal grant. In addition to the Elderly Affairs Division, Honolulu partners providing workshops include Alu Like (535-1327), Child and Family Service (543-8468), Kokua Kalihi Valley Senior Services (848-0977), and Lanakila Meals on Wheels (531-0555).

For more information about the "Better Choices, Better Health – Ke Ola Pono Healthy Living" workshops, contact the Senior Helpline 768-7700.

THE CITY WANTS TO HELP FIX UP YOUR HOME!

Homeowners who need to repair their properties but cannot afford the high cost may be able to qualify for the City's Rehabilitation Loan Program. The program offers interest rates as low as 0% to income-qualified homeowners. Loan funds can be used for re-roofing, electrical re-wiring, plumbing, painting, termite repair or any other essential repairs. Accessibility improvements are also allowed. For more information or to obtain an application, please call or visit the following Rehabilitation Loan Branches:

Downtown:

51 Merchant Street
Honolulu, HI 96813
Tel: 768-7076

Kapolei:

1000 Uluohia St. # 204
Kapolei, HI 96707
Tel: 768-3240 ☎



SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAMS

NEW STRATEGIES TO MAXIMIZE THE EMPLOYABILITY OF OLDER ADULTS WITH CHRONIC CONDITIONS

Building skills and self-confidence to increase the employability of SCSEP participants through Stanford University's evidence-based Chronic Disease Self-Management Program (CDSMP)

The Department of Labor's *The Nine Best Practices of Highly Effective SCSEP Projects* identified long-term barriers to employment, including chronic medical conditions and caregiving responsibilities. The report also highlights the need to build self-confidence and resilience as critical to successful employability.

| Older Worker Keys to Success in the Workplace | How CDSMP Helps |
|--|---|
| Key strategies for work preparation include assisting participants in developing a personal goal through planning. | The CDSMP toolbox provides tools, including weekly action plans that can sustain individuals as they learn and practice behaviors for healthy aging. |
| Participants will thrive in the workplace if they are motivated through training by building self-esteem and provided opportunities for success. | The CDSMP 6-week workshop helps participants gain confidence and feel more positive about their lives. |
| Older workers are likely to have chronic conditions - 80% of older adults have at least one chronic condition and half have at least two chronic conditions. | CDSMP peer-led workshops teach participants to manage symptoms; get started with healthy eating and exercise; communicate effectively with their doctor; make daily tasks easier; and get more out of life. |
| Older workers who participate in CDSMP workshops can expect long term benefits. Effects have been documented for CDSMP participants at 6 months, 1 year, and 2 year follow up. | Participants reported improved health status, decreased disability, reduced health distress, increased self-efficacy, improved fatigue level, and greater partnerships with clinicians. |

HOW CAN SCSEP PARTICIPANTS TAKE ADVANTAGE OF CDSMP?

Each SCSEP participant has an Individual Employment Plan (IEP) that identifies the participant's employment goals, objectives, and services necessary to achieve these goals and objectives. As such, SCSEP grantees can pay wages for time spent in an IEP-related training, including 2.5 hours per week for 6 weeks to attend CDSMP under current regulations [DOL 20cfr641.540(f) <http://law.justia.com/us/cfr/title20/20-3.0.2.1.25.5.2.10.html>].

- Justification for participation in CDSMP is that people with chronic conditions are better able to manage their conditions, demonstrate increased productivity, and have less absenteeism.
- The CDSMP workshop must be included in the IEP for the individual to be paid wages for their attendance.
- The training cost (cost varies with provider) could also be covered under the project's Training Initiatives budget category if it is part of the participant's training, or under Other Enrollee Costs (OEC) Participant Development if it is provided as a supportive service.

In addition to paying participant wages while participants are attending the 6-week workshop, SCSEP funds could be also used to reimburse providers for the cost of workshop delivery.

- An individual assessment would be required to identify the need for CDSMP as a supportive service.

HOW CAN YOU LINK PARTICIPANTS TO CDSMP?

Forty-six states, Puerto Rico and the District of Columbia receive funding from the U.S. Administration on Aging to implement the evidence-based CDSMP workshop in partnership with local community agencies. For information about how to connect with programs in your state, contact CDSMP@ncoa.org.

CALENDAR OF EVENTS 2011

MARCH 2011

1 What Now? is designed for non-professional family caregivers to provide information and allow for guided group discussion and sharing in a one-hour period. The series will be scheduled throughout the year so caregivers can elect to select the training that is most needed at the time and pick up the other classes later in the year, or take the complete eight - week course. Classes are on Tuesdays, 9:30 a.m. – 10:30 a.m. at the Alzheimer's Association Aloha Chapter Office, Ward Warehouse, 1050 Ala Moana Blvd., Suite 2610, Honolulu, HI 96814, phone **591-2771**.

Mar 1: Hiring and Managing In-Home Caregivers: Introductions to homecare planning and management.

Mar 8: When is it Time to Move our Loved One into a Facility? Steps to take when exploring residential facilities.

Mar 15: Extended Family and Friends: Facing the challenges as a family and the impact on friends ~ navigating the waters of family relationships.

Mar 22: Community Resources: An easy guide to community resources.

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, Mar 2, 9 a.m. – 1 p.m.

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

Queen's Medical Center, 537-7117, Sun, Mar 20, 9 a.m. – 1 p.m.

Kaiser Honolulu Clinic, 432-2260, Tue, Mar 29, 12 noon – 4 p.m.

10 National Consumer Protection Week Consumer Fair, sponsored by the Hawaii Department of Commerce and Consumer Affairs and the United States Postal Service, Thu, Mar 10, 10 a.m.- 1 p.m., King Kalakaua Building Courtyard, 335 Merchant St. Local, State, and Federal agencies will offer FREE consumer education information highlighting resources for consumers of every age. Learn about spending and managing money wisely, protecting privacy, managing debt, avoiding identity theft, understanding credit and mortgages, and steering clear of frauds and scams.

11 James H. Peitsch, JD: Legal Planning for Caregivers and Families Dealing with Dementia, presented by the Alzheimer's Association Aloha Chapter, Fri, Mar 11, 12 noon – 1 p.m. Ward Warehouse, Kakaako Conference Room, 1050 Ala Moana Blvd. Meet the leading local legal expert for this Free family caregiver workshop. Topics include *Legal Status: Competency, Guardianship, Conservatorship and Other Alternatives;* and *Health Care Planning: Advanced Health Care Directives and Surrogate Decision Making.* Donations are welcome. Reservations are recommended. Seating is limited. To register, call **591-2771**.

MARCH 2011

17 Senior Classic Games, sponsored by the Department of Parks and Recreation, Thu, March 17, 9 a.m. – 12 noon, Mililani District Park. For more information, call **973-7258**.

17 Federal Surplus Food Distribution, Thu, Mar 17, 8 a.m. – 12 noon or until the food runs out. Distribution at Lanakila Multipurpose Senior Center, 1640 Lanakila Ave. back parking lot. All recipients must have an ID, know the household's gross yearly income, fall within the income criteria and sign a Declaration of Eligibility. Call **847-1322** for more information.

30 Diet & Nutrition for Seniors, presented by Attention Plus, Wed, Mar 30, 9 a.m. – 11 a.m. Learn nutritious recipes to help reduce common problems with diabetes, high-blood pressure, and constipation. Participants will have an opportunity to learn easy-to-make healthy recipes and taste food samples. Call for reservation: **739-2811**.

APRIL 2011

1 AARP Driver Safety Program

AARP Information Center, 843-1906, Fri, Apr 1, 12 noon – 4 p.m.

Waikiki Community Center, 923-1802, Wed, Apr 6, 9 a.m. – 1 p.m.

5 What Now?

Apr 5: Alzheimer's Educating Yourself About the Disease: A comprehensive guide to understanding the specifics of the disease.

Apr 12: Putting Legal and Financial Affairs in Order: How to begin with legal and financial issues.

Apr 19: Learning to Manage Challenging Behaviors: How to approach some of the more challenging care situations that arise.

Apr 26: Taking Care of Yourself: How can I cope while I care for my loved one?

7 17th Annual PrimeTime Wellness Fair, Thu, Apr 7, 8:30 a.m. - 1 p.m., Blaisdell Exhibition Hall. Door prizes, informational booths, testings, and activities will be offered. For more information, call **973-7258**.

18 27th Annual Pacific Rim International Conference on Disabilities "Humanity: Advancing Inclusion, Equality and Diversity", Mon and Tue, April 18 & 19, 8 a.m. – 4 p.m., Hawaii Convention Center, 1801 Kalakaua Ave, Honolulu. This event is hosted by the Center on Disability Studies, a University of Hawaii Board of Regents recognized center of programs focused on the development and conduct of interdisciplinary education/training, research/demonstration and evaluation, through university and community services. The conference features 15 topics and 30 keynote speakers. For more information, call **956-7539** or visit www.pacrim.hawaii.edu.

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CALENDAR OF EVENTS 2011 continued on from 6

APRIL 2011

21 **The Mayor's 45th Senior Recognition Program**, Thu, Apr 21, 9 a.m. – 11:30 a.m., Hawaii Convention Center, sponsored by Mayor Peter B. Carlisle and the Honolulu Committee on Aging. Come and honor senior volunteers who give of their time and talents to make a difference in their communities. Free admission, entertainment and refreshments. For more information, call the Senior Helpline at **768-7700**.

27 **Alzheimer's Care**, Wed, Apr 27, 9 a.m. – 11 a.m., presented by Attention Plus. Identify the warning signs, risks factors, and stages to Alzheimer's disease. Learn helpful tips on caregiving techniques, and strategies on how to delay the progression of the disease. Call **839-2811** for more information.

MAY 2011

3 **What Now?**

May 3: Hiring and Managing In-Home Caregivers: Introductions to homecare planning and management.
May 10: When is it Time to Move our Loved One into a Facility? Steps to take when exploring residential facilities.

May 17: Extended Family and Friends: Facing the challenges as a family and the impact on friends ~ navigating the waters of family relationships.

May 24: Community Resources: An easy guide to community resources.

4 **AARP Driver Safety Program**

Waikiki Community Center, 923-1802, Wed, May 4, 9 a.m. – 1 p.m.
AARP Information Center, 843-1906, Fri, May 6, 12 noon – 4 p.m.
Queen's Medical Center, 537-7117, Sun, May 15, 9 a.m. – 1 p.m.
Kaiser Honolulu Clinic, 432-2260, Tue, May 24, 12 noon – 4 p.m.
Kawaiahao Church, 522-1333, Sat, May 28, 8:30 a.m. – 1 p.m.

4 **Show and Sell**, sponsored by Lanakila Multipurpose Senior Center, Wed, May 4, 9:30 a.m. – 11:30 a.m. White Elephant, food, plants. Call **847-1322** for more information.

19 **Federal Food Surplus Distribution**, Thu, May 19, 8 a.m. – 12 noon or until food runs out. Call Lanakila Multipurpose Senior Center at **847-1322** for more information.

25 **National Senior Health & Fitness Day**, Wed, May 25, time TBD. Celebrate the 18th annual National Senior Health & Fitness Day sponsored by Attention Plus Care. Event activities will include low-impact exercises, health screenings, and health information workshops. Call **839-2811** for more information. ☺

AARP TAX-AIDE FOUNDATION

2011 HAWAII SITE LISTINGS

OAHU – Honolulu

Harris United Methodist Church (O-22)
20 S Vineyard Blvd., Rm 11
Honolulu, HI 96813
Tues & Wed 9 am – 1 pm
Chinese, Japanese & Filipino spoken

Waikiki: Paki Hale (O-3)
3840 Paki Avenue
Honolulu, HI 96815
Tues & Thurs 8:30 am - 10:30 am

AARP Information Office (O-30)
1199 Dillingham Blvd, Unit A-106
Honolulu, HI 96817
Mon thru Thurs 3 pm – 6 pm
Sat 9 am – noon
Closed Mon Feb 21 & Apr 18

Lanakila Multipurpose Sr. Center (O-1)
1640 Lanakila Avenue
Honolulu, HI 96817
Mon 8 am – Noon
Closed Feb 21
Appointment Required
Iris Hiramoto (808) 847-1322
Japanese & Korean spoken

Liliha Public Library (O-14)
1515 Liliha Street
Honolulu, HI 96817
Tues & Thurs 8:30 am – 11:30 am
Chinese spoken

Oahu WorkLinks (O-33)
1505 Dillingham Blvd, #110
Honolulu, HI 96817
Mon, Wed & Thurs 11 am – 3 pm
Appointment Required (808) 768-5700
Closed Feb 21 & Apr 18

Susannah Wesley Community Center (O-31)
1117 Kaili Street
Honolulu, HI 96819
Sat 9 am – Noon
Closed Apr 16

Aina Haina Public Library (O-4)
5246 Kalaniana'ole Hwy.
Honolulu, HI 96821
Fri & Sat 10:30 am – 2:00 pm
Closed Sat 2/19 & Sat 3/26

Hawaii Kai Public Library (O-42)
249 Lunalilo Home Road
Honolulu, HI 96825
Sat 9 am – Noon
Closed Sat 2/19 & Sat 3/26

Central Union Church (O-9)
1660 S. Beretania Street
Honolulu, HI 96826
Tues & Thurs 8:30 am – 11:00 am
Japanese spoken

Nursing Homes/Home-bound (O-32)
Saturdays ONLY 9 am - Noon
Closed Apr 16
Cantonese, Mandarin, Vietnamese,
Tagalog & Ilocano spoken
Appointment Required
Carolyn (808) 949-0119

OAHU - Windward

Kahuku Public/School Lib. (O-18)
56-490 Kamehameha Hwy.
Kahuku, HI 96731
Thurs 9 am – 1 pm

St Christopher's Episcopal Church (O-5)
93 N. Kainalu Drive
Kailua, HI 96734
Mon & Wed 9 am – 11:30 am
Closed Apr 18

Community of Christ Church (O-6)
45-119 Kaneohe Bay Drive
Kaneohe, HI 96744
Tues & Thurs 8 am – Noon
Appointment Required
Goro (808) 247-4178
Tagalog, Japanese & Chinese spoken

OAHU – Central/Leeward

Aiea United Methodist Church (O-13)
99-101 Laulima St.
Use Uahi St entrance
Aiea, HI 96701
Tues 8 am – 12 pm
NO CALLS TO CHURCH/PASTOR

Waiialua Community Assoc. (O-12)
66-434 Kamehameha Hwy.
Haleiwa, HI 96712
Tues 9 am – 1 pm

Wahiawa Public Library (O-7)
820 California Avenue
Wahiawa, HI 96786
Mon 9 am – 1 pm, Thurs noon – 4 pm,
Closed Mon Feb 21 & Thurs Mar 17
Japanese spoken

Waianae Community Center (O-16)
85-670 Farrington Hwy.
Waianae, HI 96792
Tue & Thurs 8:30 am – noon
Filipino spoken

Waipahu Civic Center (O-26)
94-275 Mokuola Street Rm 102
Waipahu, HI 96797
Tues & Thurs 9:00 am – 1:00 pm
Tagalog, Visayan & Ilocano spoken

ALOHA PUMEHANA

ELDERLY AFFAIRS DIVISION
715 South King Street, Suite 200
Honolulu, Hawaii 96813
Phone: 768-7705

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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Elizabeth Bethea

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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