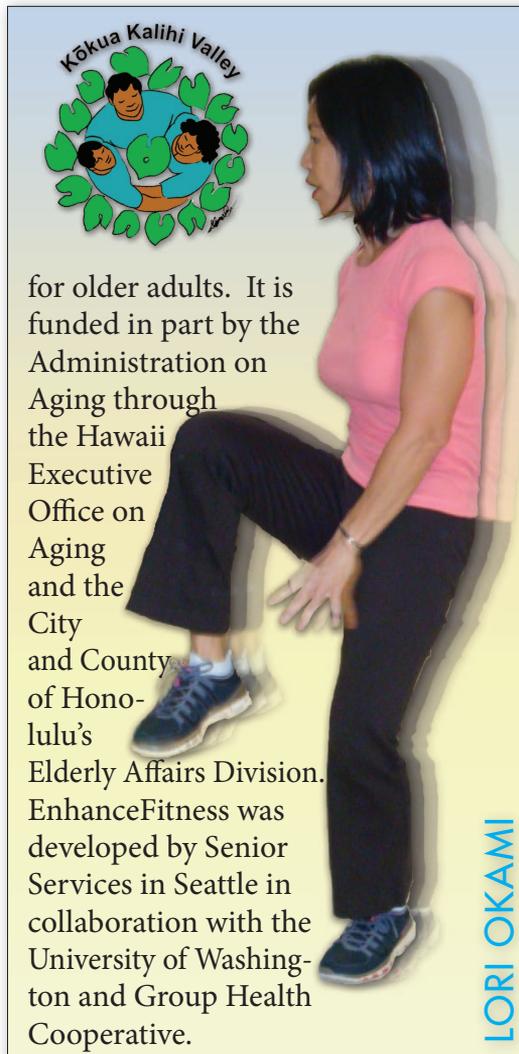


ENHANCEFITNESS: EVIDENCE-BASED PHYSICAL FITNESS PROGRAM DESIGNED FOR OUR KUPUNA

By Merlita Compton, MPH
Kokua Kalihi Valley Comprehensive Family Services

“I have been living with knee and shoulder pains. With the EnhanceFitness program, I feel like I have a new body after the one hour exercise. Now, I am able to kneel without pain. I am able to lift my arms without pain. The aches and pains are gone. We have an excellent instructor and fun to exercise with fellow seniors.” ...Rosario

Research has shown that evidence-based physical fitness programs by older adults not only improves health and increases energy and strength, but when provided in a group context, can promote physical and emotional well-being and reduce the risk of disability and vulnerability to chronic diseases. These proven benefits are the main reason Kokua Kalihi Valley was enthusiastic to implement “EnhanceFitness,” a nationally recognized evidence-based physical fitness program designed specifically



for older adults. It is funded in part by the Administration on Aging through the Hawaii Executive Office on Aging and the City and County of Honolulu’s Elderly Affairs Division. EnhanceFitness was developed by Senior Services in Seattle in collaboration with the University of Washington and Group Health Cooperative.

INSIDE THIS ISSUE

- 1-2 ENHANCEFITNESS: EVIDENCE-BASED PHYSICAL FITNESS PROGRAM DESIGNED FOR OUR KUPUNA
- 3, 8 THE RSVP BUZZ
- 4 REAL PROPERTY TAX FOR HOMEOWNERS
- 4 AARP TAX-AIDE
- 5 CATHOLIC CHARITIES HAWAII ANNOUNCES PREMIUM SERVICES FOR SENIORS
- 5 WHAT NOW?
- 6 I DON’T KNOW WHAT TO DO ABOUT MOM!
- 6 ASSISTANCE AVAILABLE FOR BENEFITS
- 7 CALENDAR OF EVENTS
- 7 GO GREEN AND HAVE INDEPENDENT LIVING FOR 2012!

Researchers tested a physical fitness program that produced significant measurable health benefits and other positive outcomes for older participants.



The main goal of EnhanceFitness is to improve the overall functional fitness and well-being of older

Continued on page 2

Continued from page 1

adults. The exercises are organized on four key physical areas important to the health and fitness of the participants: (1) warm-up stretching and flexibility for five to eight minutes; (2) low impact cardiovascular aerobics for 20 minutes; (3) resistance strength training for 20 minutes; and (4) balance training three to five minutes, which is included in the warm-up period. The social interaction and group participation are cited by participants as important dimensions of the program. Classes meet for one hour, three times a week, ongoing throughout the year.

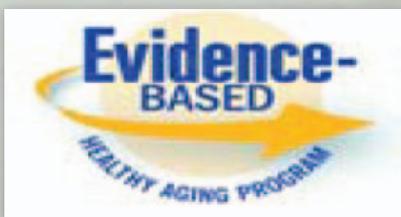
Initial fitness checks are done at the beginning of the program, with follow-up performance measures every four months.

EnhanceFitness is taught by a nationally certified fitness instructor to provide quality assurance and safety. Physician approval is required prior to participation. Seniors can be seated or standing during exercise, and instructors are trained in how to modify the exercises to suit the varying abilities and health circumstances of participants. Each class is capped at 22 participants.

The program was initially launched

on Kauai and has expanded to Oahu. KKV is pleased to have **Lori Okami**, of the City and County's Department of Community Services, Office of Special Projects, to offer this program. The positive impact and health benefits of the program are evidenced by the participants' continued enthusiasm, enjoyment, and vigor.

Other Healthy Aging Programs offered on Oahu include: Chronic Disease Self-Management, Diabetes Self-Management and Arthritis Self-Management Programs. For more information on these programs, call the Senior Helpline at **768-7700**. ☎





By Johnell Yamamoto
RSVP Volunteer Services Coordinator

RSVP VOLUNTEER RECOGNITION PROGRAM

The annual RSVP Volunteer Recognition Program was held on January 26, 2012 at the Fort Shafter Hale Ikena Ballroom to recognize the efforts of volunteers who selflessly gave 50 or more hours throughout the past year. The event kicked off with opening remarks from **Sam Moku**, Director of the Department of Community Services. He commended the volunteers' hard work and dedication by highlighting the impact they make on those they serve. Following the delicious breakfast buffet, RSVP volunteers who had reached landmark years of service were presented with a certificate, pin and lei.

There was never a dull moment and excitement filled the room when talented volunteers performed classic Hawaiian songs and hula, and even made us laugh with a lively stand-up comedy routine. The program ended with raffle drawings and playing BINGO to win gift cards and other prizes.

The Elderly Affairs Division, the RSVP program sponsor on Oahu, wishes to express its appreciation to the volunteers and to encourage them to keep up their efforts and commitment to help our kūpuna and keiki in their communities. To learn more about the RSVP Volunteer Program and how to sign up, please call 768-7700.

MARTIN LUTHER KING, JR. DAY CALL TO SERVICE

In commemoration of the Martin Luther King, Jr. Day, RSVP volunteers were recruited to get "down and dirty" by helping at a Garden Party at the Kainalu Elementary School in Kailua on January 14, 2012. Ten RSVP volunteers worked side-by-side with the school's students and other volun

Continued on page 8



CITY AND COUNTY OF HONOLULU REAL PROPERTY TAX CREDIT FOR HOMEOWNERS

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

What are the Eligibility Requirements?

- Homeowner must have a home exemption in effect at the time of application and for the following tax year.
- Any of the titleholders do not own any other property anywhere.
- The combined income of all titleholders cannot exceed \$50,000.

How Do I Apply for the Tax Credit Program?

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

- Satellite City Halls
- Treasury Division at Honolulu Hale
- Tax Relief Section at the Standard Financial Bldg
- On line @http://www.honolulu.gov/budget/Treasury_division.htm

What is the Application Deadline?

September 30 annually.

Important Reminder: You must file annually for this credit.

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

Information furnished is subject to change without notice. ☎

AARP TAX-AIDE FOUNDATION

2012 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

Nursing Homes/Home-bound (O-32)

Sat ONLY 9 am - Noon
Closed Mon Apr 16
Cantonese, Mandarin, Vietnamese,
Tagalog & Ilocano spoken
Appointment Required
Carolyn (808) 949-0119

Catholic Charities (O-43)

1822 Keeaumoku Street
Honolulu, HI 96822
Sat 9 am – 1 pm

Lanakila Multipurpose Sr. Center (O-1)

1640 Lanakila Avenue
Honolulu, HI 96817
Mon 8 am – Noon
Closed Mon 2/20 & Mon 4/16
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 8 am – 4 pm
Tue & Thurs 11 am – 4 pm
Appointment Required (808) 768-5700
Closed Mon Feb 20

Susannah Wesley Community Center (O-31)

1117 Kaili Street
Honolulu, HI 96819
Sat 9 am – Noon

OAHU – East Honolulu

Waikiki Community Center (O-3)

310 Paoakalani Avenue
Honolulu, HI 96815
Thursdays 8:30 am – 1 pm

Aina Haina Public Library (O-4)

5246 Kalanianaʻole Hwy.
Honolulu, HI 96821
Fri & Sat: 10:30 am – 2 pm
Closed Sat 2/18 & Fri 4/6

Hawaii Kai Public Library (O-42)

249 Lunalilo Home Road
Honolulu, HI 96825
Sat 9 am – Noon
Closed Sat 2/18 & Sat 4/7

Central Union Church (O-9)

1660 S. Beretania Street
Honolulu, HI 96826
Tues & Thurs 8:30 am – 11:30 am
Japanese spoken
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 Mon Apr 16

Community of Christ Church (O-6)

45-119 Kaneohe Bay Drive
Kaneohe, HI 96744
Tues & Thurs 8 am – Noon
Tagalog, Japanese & Chinese spoken

OAHU – Central/Leeward

Aiea United Methodist Church (O-13)

99-101 Laulima St.
Use Uahi St entrance
Aiea, HI 96701
Tuesdays 9 am - 12 pm
NO CALLS TO CHURCH/PASTOR

Waialua 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 20
Japanese spoken

Waianae Community Center (O-16)

85-670 Farrington Hwy.
Waianae, HI 96792
Tues & Thurs 8:30 am – Noon
Filipino spoken

Waipahu Civic Center (O-26)

94-275 Mokuola Street Rm 102
Waipahu, HI 96797
Tues & Thurs 9 am – 1 pm
Tagalog & Ilocano spoken ☎



CATHOLIC CHARITIES HAWAI'I ANNOUNCES PREMIUM SERVICES FOR SENIORS

New fee-based service will offer help to seniors and caregivers

By *Cristina Valenzuela*
Project HOPE
Project Developer

For 65 years, Catholic Charities Hawai'i (CCH) has provided services to our kupuna and underserved populations. The non-profit organization has become an advocate for seniors, providing numerous programs, events and activities designed to help seniors maintain their independence in the community and to prevent premature institutionalization. Now the name that people have grown to trust is offering a new fee-based service for seniors and caregivers.

Starting this spring, CCH's Premium Services for Seniors will offer seniors and caregivers quality care through a variety of necessary and much-needed services. Fees from these services will also go toward supporting CCH's non-profit, charitable services.

Premium Services for Seniors offers the elderly the help they need to stay independent at home and provides caregivers the peace of mind that their loved one is receiving trusted and quality care. Services range from assistance with daily living activities to money management because CCH knows that sometimes just a little help can make all the difference.

Services include:

- Home helper service includes housekeeping, light meal preparation, and companionship
- Transportation services for

medical appointments, shopping, activities, and more

- Expert consultation for senior issues and resources
- Help with money management and other independent living issues

The program will initially begin in communities with the following zip codes: 96822, 96826, and 96816.

For more information, call Cristina Valenzuela at (808) 527-4782. ☎

What Now?™ alzheimer's association®

Caring for someone who has Alzheimer's disease or a related disorder is perhaps one of the biggest commitments a person can face. "What Now?" is designed for non-professional family caregivers to provide information on various topics that are applicable to caring for someone with dementia. 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 seven (7) week series.

Alzheimer's Association Aloha Chapter Office
Ward Warehouse, 1050 Ala Moana Blvd., Ste. 2610, Honolulu, HI 96814
Tuesdays - 9:30 am to 10:30 am

April 24, 2012
Basics of Alzheimer's Disease and Memory Loss
A comprehensive guide to Alzheimer's and dementia

May 1, 2012
Putting Legal & Financial Affairs in Order
How to begin with legal and financial issues

May 8, 2012
Managing Challenging Behaviors
How to approach or reduce some of the more challenging care situations that arise

May 15, 2012
Communication
Tips on ways to improve communication with someone who has Alzheimer's disease or dementia.

May 22, 2012
Hiring and Managing In-Home Caregivers
Introductions to homecare planning and management

May 29, 2012
When is it Time to Move Your Loved One into a Facility?
Steps to take when exploring residential facilities

June 5, 2012
Taking Care of Yourself
How can I cope while I care for my loved one?

Classes are FREE!

*Class sizes are limited by design, so **REGISTRATION IS REQUIRED.***
Registration can be completed online at www.alz.org/hawaii or by calling 591-2771.

The series is for non-professional family caregivers and comes with a free Caregiver's Quick Guide and Resource Manual.

THIS CLASS IS NOT FOR PROFESSIONALS OR PERSONS WITH DEMENTIA.
For information on educational opportunities for professionals or persons with dementia, please contact us at **591-2771** or visit our website at www.alz.org/hawaii

Classes and Caregiver Quick Guide are supported in part by
City and County of Honolulu,
Department of Community Services
Elderly Affairs Division



I DON'T KNOW WHAT TO DO ABOUT MOM!

By Wesley Young, Community Outreach Coordinator
15 Craigside Senior Living Residence

For the past month, I've been exhausting my leave of absence and vacation to care for Mom. My greatest fear has been that when she gets on in age and can't be left alone, what must I do? Well, it's here. Mom is at that age and I'm running ragged! I worry about her safety, security and health. I can't let her out of my sight during the day because I don't know what she is going to do. She might hurt herself or walk away and get lost. Being a caregiver is a tough job and it's a strain on me spiritually, emotionally and physically.

I love my Mom and want to give her the best care, but it's driving me to wits' end as I stay home watching her 24 hours a day, 7 days a week! I also need to get back to work because I've used up all my vacation and leave of absence, not to mention my work is piling up and it's not fair to my co-workers.

Recently, I attended a Senior Living Options Seminar and discovered there are many options available for Mom and me. I called Arcadia Elder Services (AES) and spoke with Phil Isaacs, Director of Home and Community Programs, at **440-3048**.

Here's what I found out:

AES provides Adult Day Care Services:

- Hours from 7:30 am to 5:30 pm.

- Lunch, Dinner and Snacks provided
- Supervised by qualified professionals
- Exercise activities
- Educational activities (singing, table top games and brain teasers)
- Recreational activities
- Safe and secured facility
- \$70 a day
- Two locations: Central Union Church and Kilohana Enrichment Center (Nui Valley)

So I calculated the cost...\$70 per day for 10 hours = \$7.00 an hour. That's cheaper than Hawaii's minimum wage of \$7.25 per hour...and it includes lunch, dinner and snacks. I'm beginning to see the light at the end of the tunnel. I can send Mom to the adult day care and get back to work. At end of the day, I pick her up and she would already have eaten dinner.

I now have the time and opportunity to care for my own needs and interest and not worry about Mom. If you know others in the same situation as me, I suggest you contact Phil Isaacs at **440-3048**. ☺

ASSISTANCE AVAILABLE FOR BENEFITS

By Ashley Muraoka-Mamaclay
ADRC Coordinator

The Elderly Affairs Division (EAD) was recently awarded one of 20 Benefits Enrollment Center (BEC) Grants nationwide from the National Council on Aging. The BEC grant supports the development of person-centered, community-based system to provide outreach, and to help seniors and younger adults with disabilities with limited means to enroll in public and private programs that help pay for prescription drugs, medical care, food and utilities. These programs include the Low Income Subsidy for Medicare Part D and the Medicare Savings Program. EAD is an active participant in identifying and enrolling eligible persons into these programs. While most individuals are already enrolled, there are still many who do not know about these programs or may need assistance in applying. These persons are usually in the "gap" group and have extreme difficulty paying for their Medicare premiums and co-pays, but are not poor enough to qualify for Medicaid.

For more information, please call the Senior Helpline at **768-7700**. ☺



CALENDAR OF EVENTS 2012

MARCH 2012

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

Waikiki Community Center, **923-1802**, Wed, Mar 7, 9 a.m. – 1 p.m.
Queen's Medical Center, **537-7117**, Sun, Mar 18, 9 a.m. – 1 p.m.
Lanakila Multipurpose Senior Center, **847-1322**, Fri, Mar 23, 9 a.m. – 1 p.m.
Kaiser Honolulu Clinic, **628-9438**, Tue, Mar 27, 12 noon – 4 p.m.

27 Aging in Hawaii: Prevent Falls, Tue, Mar 27, 9 a.m. – 11 a.m. Kahala Nui Retirement Center. Are you or a loved one at risk for a fall? Falls can change the quality of an elder's life in an instant. A Registered Nurse will provide some simple steps to prevent falls in the home and community. This class will help increase awareness about how to prevent and reduce falls among older adults. "Aging in Hawaii" is an educational outreach program sponsored by Attention Plus Care with the mission to provide resources for seniors and their families. Classes are free, but space is limited. Please call for reservations at **739-2811**. For more information, visit www.attentionplus.com.

APRIL 2012

2 AARP Driver Safety Program

Waipio Kaiser Clinic, **628-9438**, Mon, Apr 2, 8:30 a.m. – 1 p.m.
Windward Community College, **235-7433**, Mon, Apr 16, 9 a.m. – 1 p.m.

24 Aging in Hawaii: Living with Parkinson's, Tue, Apr 24, 9 a.m. – 11 a.m., Attention Plus Care. Gain knowledge on the symptoms and treatments of Parkinson's disease by a Registered Nurse. Share tips and stories with other families on how to manage daily activities, mobility, safety, and locate resources. Please call for reservations at **739-2811**.

MAY 2012

2 AARP Driver Safety Program

Waikiki Community Center, **923-1802**, Wed, May 2, 9 a.m. – 1 p.m.
Waipio Kaiser Clinic, **628-9438**, Mon, May 7, 8:30 a.m. – 1 p.m.
Kaiser Hawaii Kai Clinic, **628-9438**, Tue, May 8, 8:30 a.m. – 1 p.m.
Queen's Medical Center, **537-7117**, Sun, May 20, 9 a.m. – 1 p.m.
Kaiser Honolulu Clinic, **628-9438**, Tue, May 29, 12 noon – 4 p.m.
Kawaiahao Church, **522-1333**, Sat, May 26, 8:30 a.m. – 1 p.m.

30 Aging in Hawaii: National Senior Health & Fitness Day, Wed, May 30, 8 a.m. – 10:30 a.m., YMCA, Central Branch at Atkinson Drive. Honolulu seniors are invited to National Senior Health & Fitness Day! The event will range from fitness classes, talks, exhibitors, and screenings to help promote a healthy lifestyle. Parking is free with validation. For more information, call Attention Plus Care at **739-2811**. ☎

GO GREEN AND HAVE INDEPENDENT LIVING IN 2012!

Low- and moderate-income homeowners who want to install photovoltaic (PV) systems for their homes may be able to qualify for the City's Solar Loan Program. The loan will be a 0% interest rate to finance the installation work. In addition, if other essential home repairs such as re-roofing, electrical re-wiring, plumbing, painting, and termite repairs are needed, the repair work can be included in the installation.

Many homeowners wish to remain in their home as they grow older. Most existing homes, however, have structural barriers that make it difficult for older adults and household members with physical limitations to address their daily needs without assistance. Home modifications can increase safety, accessibility, and independence for all household members in their own homes. If you need to make modifications to improve accessibility to your home, the City's Rehabilitation Loan Program can finance the retrofit work. Retrofit work to your home could include installing wheelchair ramps, handrails, and swing-clear hinges, widening doorways and hallways, and modifying your access to the bathroom and kitchen.

For more information or to obtain an application, please call or visit the following Rehabilitation Loan Branches:

Downtown:

51 Merchant Street
Honolulu, Hawaii 96813
768-7076

Kapolei:

1000 Ulu'ohi'a Street, #118
Kapolei, Hawaii 96707
768-3240

PETER B. CARLISLE, MAYOR OF HONOLULU
SAMUEL E.H. MOKU, DIRECTOR, DEPARTMENT OF COMMUNITY SERVICES



Continued from page 3

teers to help with mulching and weeding the gardens and plants at the school. They shoveled dirt and compost to start up new gardens where the students will be growing vegetables, herbs and flowers. The organically grown produce will be used in their school cafeteria meals.

The Garden Party is part of the AINA in Schools farm-to-school program, dedicated to connecting children to their land, waters and food to grow a healthier future for Hawaii. This program helps children with Garden-based Learning, Agricultural Literacy, and Nutrition Education.

The RSVP volunteers worked hard and were rewarded with healthy snacks and fruits afterward. They enjoyed themselves so much that they have offered to continue helping at Kainalu Elementary School or have offered to be available for future Garden Parties in their own communities. Mahalo to all who participated! 

ELDERLY AFFAIRS DIVISION

715 South King Street, Suite 211

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.

County Executive on Aging

Elizabeth Bethea

- STAFF -

Aging & Disability Resource Center Coordinator

Ashley Muraoka-Mamaclay

Budget Analyst

Donghwan Kim

Caregiver Information Specialist

Joel Nakamura

Chief Planner

Clerk Typists

Melanie Hite, Kelly Yoshimoto

Community Service Aides & Kupuna Care Intakers

Teresa Bright, Roger Clemente,
Donna DeBiasi, Ariel De Jesus,
Barbara Evans, Sharra Feliciano,

Tauamatu Marrero, Carolyn Tellio,
Mona Yamada,

Community Service Aide Supervisors

Tony Baccay, Ryan Gallardo

Data Coordinator

Carlton Sagara

Grants Manager

May Fujii Foo, Craig Yamaguchi

Information & Assistance Coordinator

Lei Shimizu

RSVP Project Director

RSVP Volunteer Services Coordinator

Johnell Yamamoto

Secretary

Alex Blackwell

Senior Service Specialist

Rebecca Drake

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