

A LOHA PUMEHANA

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

CAREGIVER'S CONFERENCE A HUGE SUCCESS!



The inaugural **Caring for Family, Caring for Yourself: A Caregiver's Conference**

was held on July 20, 2002 where 547

caregivers along with presenters, demonstrators, and exhibitors filled the ballrooms and meeting

rooms of the Sheraton Waikiki Resort in Honolulu. The capacity crowd filled the 21 concurrent sessions learning about resources and gaining skills intended to help them with their caregiving responsibilities.

Calls for a repeat conference have been overwhelming. In an effort to share information with those who were not able to attend the conference or not able to attend a particular session, the Aloha

Pumehana will encapsulate some of the offerings. Here are articles from some of the volunteers that provided "Self Care Activities" at the conference.

Editor's Note: This information is presented so readers may be aware of alternative treatment options. Printing this information is not intended to be an endorsement of any product or service or an inducement to purchase.

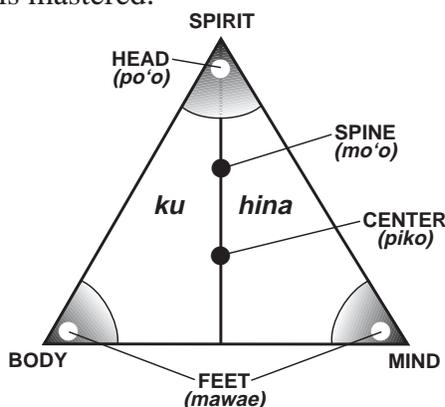
Lomilomi

By Kapono Aluli Souza

Lomilomi, as taught to me by my tutu, is not massage. The word "massage" is inadequate to describe *lomi* because it addresses only one component of the healing process - the physical manipulation of flesh and bone. *Lomi* is based on a concept that recognizes the importance of the triad. This is called *Kamakolu* or "divine trinity." This concept is not unique to Hawaiian culture. In some shape or form, it is common to all cultures.

The first application of the triad is in the principles of its learning and application. *Lomi* is based on a formula that is applicable to anything. The first principle is sym-

bolism, metaphor or analogy: *Lomi* is a philosophy. The second principle is practice. Education about skills must occur. The third principle is application: The skill must be used consistently until it is mastered.



The second application of the triad is in how major parts of the human body are designated: *Po'o*

(head) represents the spirit or heaven and contains the fontanel (opening in the skull) which represents a pathway to heaven. *Wawae* (feet) represents the mind and body and symbolizes grounding or a connection to earth. *Kuamo'o* (spine) symbolizes stability.

The third application of the triad concept recognizes the physical, mental and spiritual parts of our being. To be most effective, treatment should be applied to each part. The vehicle to communicate treatment *ka mana'o* (through thought), whether beneficial or harmful, is the human touch. Touch conveys the intent to treat each part of our being. It is the symbiotic relationship between

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the giver and receiver. Touch acts as a bridge. We call this concept *Ku/Hina* or the dualistic nature of the body.

Physical: Muscle tissue is very much like a sponge. If you were cleaning dishes and then left the sponge without squeezing it dry, what would happen? It will not function as it should and could harbor disease. Muscle tissue will be the same way. It must be massaged to move metabolic waste and encourage proper flow of blood and other fluids. Tissue that is not massaged may become stagnant and infected by waste that is toxic. A toxic environment will harbor and accelerate “disease”- malfunctions and infections, and cells may mutate and produce cancers.

Mental: *Lomi* acts upon both the conscious and subconscious mind. Thoughts, whether negative or positive, good or bad, may be conveyed to subjects through touch. With touch acting as the bridge between giver and receiver, *lomi* can communicate a healing intent or feeling. When properly done, touch will convey positive thoughts and good intentions and act complementarily upon the conscious and subconscious mind to promote healing.

Spiritual: More often, the spirit is the undernourished component of the triangle upon which our healthfulness depends. We do not spend enough time on spiritual exercise. If a seed were planted in bad soil and sprouted, could it become a tree that bore good fruit? You must water it, care for it to reap any reward. So it is with spirit. Without spiritual nourishment, we are incomplete and our tree will shrivel and die before its

time. With prayer and meditation, *Lomi* acts upon and helps us to become more conscious of our spirit. Through this heightened consciousness, medicine for our spirit is administered.

If you are interested in treatment or would like more information about *lomilomi*, contact Kapono Aluli Souza at **596-8663**.

Healing Touch, the Energetic Approach to Healing By Jonny Willing

We are energy beings, but the energy of our “being” is not confined within our skin. That is why we know when someone has entered our “space” even when our backs are turned. We know when someone is watching us across a crowded ballroom. Our energy “bodies” are constantly interacting with our environment. We are constantly assessing what is safe and what is not.

We are more than our physical bodies. Traditional western medicine acknowledges that mental and emotional stresses affect our physical health. Spiritual stress or holding on to resentment and old hurts, feeling like we have no choices, being unable to express ourselves honestly and openly also affects our physical wellness. Traditional western medicine treats the physical body, but why do some recover from disease and others do not, even though they receive the same medical treatment? That is because more than our physical bodies may be ill.

Healing Touch is energy-based healing. Its goal is to make the energy system whole through bal-

ance and harmony and to help the person heal him/herself. It is therapy for the soul. Healing Touch enlists the patient’s participation in their healing and helps them become the primary healer. All healing takes place within the self, but can be assisted by the Healing Touch practitioner.

Healing is not curing, although cures do happen at times. It is wholeness. We know physically disabled people who continue to live life to the fullest. They have learned to balance their physical, emotional, mental and spiritual bodies.

Healing Touch complements traditional approaches to health and healing. It does not substitute for them. Hospitals and hospice centers offer Healing Touch as part of their pain management protocol. Queen’s Medical Center and Kaiser Permanente have a well-established Healing Touch program, as do Hospice Hawaii and St. Francis Hospice. Healing Touch can reduce or eliminate pain, accelerate wound healing, reduce anxiety and stress, prevent illness, produce profound relaxation, support the dying process, and enhance spiritual development.

Healing Touch is non-invasive, not massage or physical manipulation. It is light touch on specific areas of the body with loving, compassionate intention. It is done while the patient is fully clothed. Gentle hands-on techniques are applied, or when necessary, work is done at a distance from the body. A complete treatment takes approximately 45 minutes. Healing Touch is helpful to all ages, from newborn to the elderly. If you are interested in re-

ceiving a Healing Touch treatment or learning more, call The Healing Arts Center at **484-4881**.

Trigger Point Therapy

By Deborah Reid-Johnson, LMT

Trigger Point therapy was developed by a doctor and is used to treat myofascial (muscle) pain. It involves putting pressure on the painful area (active trigger point), or nonpainful area (latent trigger point) with thumbs or elbow. The therapist will be able to palpate (feel with fingers) to find these trigger points or "knots." The application of pressure will cause the muscle to relax until pain diminishes (inactivation of trigger point). Endorphins then come to the area to aid in the healing process.

There are trigger points where pain is felt in specific areas and also when the therapist applies pressure. When the therapist applies pressure on the point, pain may be felt in a distant area. This is normal and expected.

The area you are feeling pain and tenderness may not be an active trigger point, but the zone of referred pain. In other words, those areas may not be where the pain originates. Trust the therapist to find and deactivate the active trigger point. Communication with the therapist about where pain is felt is important so the therapist has an idea of its origin.

The treatment sequence requires pressure of 10-20 seconds, repeated 2-3 times. It is important to let the therapist know if the pressure is too much. On a scale of 1-10 with 10 being the strongest, we never want to apply a 10. The pressure must be tolerable.

The therapist will start the sessions with light pressure then gradually go stronger as a person gets used to it. There will be pain and discomfort but coordinating breathing with the pressure will help. Take a deep breath and slowly exhale as the pressure is being applied (slow deep breathing).

For more information, please contact Debra Reid-Johnson at **525-6565**.

Essential Oils Helpful for Caregiving

By Cynthia H. Lee

Disclaimer: The information in this article is intended for educational purposes only. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician.

The use of essential oils, or aroma-therapy, can be very beneficial for a caregiver and the loved one being cared for. While caring for my dying partner, I experienced exhaustion, confusion, fear, anger, and guilt. If I had known about essential oils, I could have used them to increase my energy, center my thoughts, calm my fears, and release my anger and guilt. The oils diffused in the room would have been fragrant, soothing and purifying. Massaging my partner's body and feet with the oils would have helped increase circulation, cared for his skin, and provided emotional comfort.

What are essential oils? Essential oils are stored in special cells

of plant roots, leaves, bark, stems, and flowers. Uplifting, protective, calming and regenerating, essential oils are unique to the plant world.

For safe and effective results, always use therapeutic-grade essential oils. There is a world of difference between oils that merely smell good and therapeutic-grade essential oils. The benefits of essential oils reported in this article are based on results that occur when using pure, unadulterated products. If you do not experience the results you seek, it may be because they are adulterated or synthetic.

Some of the ways to use oils are to inhale, diffuse, or apply them.

- Put a drop or two on the palm of your hands, cup your hands over your nose and mouth, and breathe deeply.
- Apply directly to the skin. Dilute oils if necessary. Keep oils out of eyes and ears.
- For the first time use of oil, test a drop of it on the soft, underside of your arm. If it starts to irritate, rub the area with vegetable oil. Water will not work.
- For massage, mix some of your favorite essential oils with one ounce of a massage oil base, or use pre-mixed massage oil with therapeutic-grade essential oils.
- To diffuse oils, use a cold-air diffusion system. Do not heat or burn the oil. Oils on a tissue and placed in the air vent system or a cold-air diffuser are options.
- Keep lids securely fastened and out of the reach of children.

For a free information packet or tape, contact Cynthia Lee at **(808) 373-3009**, chlee@kahala.net

Grandparent's Day at the Children's Discovery Center

What: Celebrating
Grandparent's Day

When: Sunday, September 29,
2002

Time: 10:00 a.m. to 3:00 p.m.

Place: Children's Discovery
Center
111 Ohe Street Honolulu,
Hawaii 96813

Phone: **524-5437**

The Hawaii Children's Discovery
Center is located across from the
Kakaako Waterfront Park.

Activities Free Of Charge:

- Make a memory book
- Stamp and color 5-A-Day fruits
and vegetables.
- Take a photo, courtesy of Fuji
Film
- Give a certificate of apprecia-
tion to your grandparent
- Play with bubbles and goop
- Have fun with Brain Gym
- Light refreshments: popcorn,
bananas and fresh pineapple
juice

Admission for the Hawaii
Children's Discovery Center on
September 29:

- \$3 special admission for grand-
parents with one paid admission
for children ages 2 - 17.
- One grandparent, age 55 years
or better with an HMSA card is
free with one paid child's ad-
mission.
- General admission is \$8
- Children ages 2 - 17 is \$6.75

"SHARING THE CARING: Choices for Caregivers"

By Eme Kim

The Hawaii Pacific Gerontological Society (HPGS) is planning a conference for caregivers, professionals and the community. The conference called "Sharing the Caring: Choices for Caregivers" will be held Friday and Saturday, November 1-2, 2002, at the Ala Moana Hotel in Honolulu.

Conference participants will get information and resources about caring for an elderly person and learn practical skills to make caregiving easier. They can select seminars from a wide variety of topics that will focus on areas or "tracks" such as:

- Preparing for Caregiving
- Community Services for
Caregivers
- Self Care and Healing Tech-
niques
- Tools for Caregivers
- Spirituality
- New Directions
- Cultural Aspects and Diversity
- End of Life Issues

Two prominent local people are featured as keynote speakers: Gen. Fred Weyand (U.S. Army, ret.), a former family caregiver, and Ms. Marilyn Seely, Executive Director of the State Executive Office on Aging. Come and learn from them as they share their experiences, knowledge and insights.

Registration fee includes lunch. Registration must be postmarked by Oct. 12 to avoid late rate.

Special arrangements have been made with the hotel to provide discounted hotel rooms for people arriving from off-island for the conference.

Discover choices for caregivers by "sharing the caring" at this fun and informative 2-day conference. Look for registration information in September. Leave messages at **754-1599** or visit our web site at www.hpgs.org today.

Email: hpgs2002@hawaii.rr.com

Registration Fee	2 Days	1 Day
Regular	\$125	\$90
Senior Citizens (60+)	\$65	\$40
Caregivers	\$65	\$40

Calendar of Events 2002

October 2002

5 7th Annual Discover Moiliili Festival, Saturday, October 5, 2002, 9 a.m. - 2 p.m., Stadium Park. Activities include food, shopping, entertainment, crafts, children's games, and bus tours of Moiliili district. Evening entertainment will begin at 5:30 p.m. at Church of the Crossroads with a story telling contest hosted by Glen Grant and an obake film "The Woman in Black." Free!

7 AARP 55 Alive Driver Safety Program. The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A Certificate of Completion will be issued to each attendee upon completion of the two-day course. St Francis Hospital - Liliha, **547-6410**, Oct 7 & 12, 8:30 a.m. - 12:30 p.m.; St John Vianney - Kailua, **395-**

4950, Oct 15 & 17, 9 a.m. - 1 p.m.; Hawaiian Eye Center - Wahiawa, **621-3139**, Oct 21 & 28, 8:30 a.m. - 12:30 p.m.; Lanakila Senior Center, **847-1322**, Oct 23 & 25, 8 a.m. - 12 p.m.

November 2002

1 "Sharing the Caring: Choices for Caregivers," 12th Hawaii Pacific Gerontological Society (HPGS) Conference, Friday and Saturday, November 1-2, 2002, at the Ala Moana Hotel in Honolulu. Participants will get information and resources about caring for an elderly person and learn practical skills to make caregiving easier. For more information, please leave messages at **754-1599** or email at hpgs2002@hawaii.rr.com.

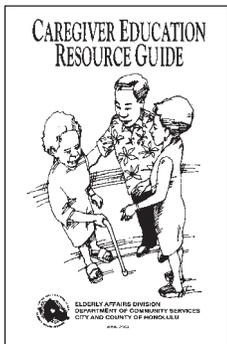
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Bits & Pieces

By Tony Baccay

The following guides, handbooks, brochures and forms are available at the Elderly Affairs Division. Please call **523-4545** for your free copy.

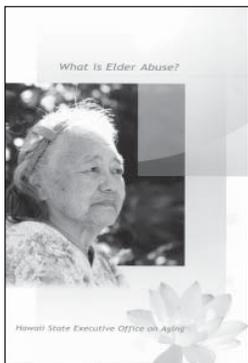
* The 2nd edition of the **Caregiver**



Education Resource Guide provides valuable information about educational resources for family care-

givers and people who work with them.

• **What Is Elder Abuse?** has information to help you understand



the many types of elder abuse, provide you with tips to prevent abuse and to give you telephone numbers to

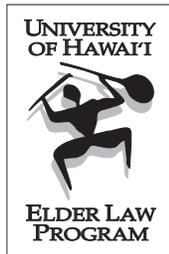
call for assistance.

• **Deciding "What If?": A Legal Handbook for Hawaii's Caregivers, Families, and Older Persons** will guide you



in a simplified way through several areas of legal concerns facing caregivers and the persons they care for. It incorporates some of the recent changes to the law.

• **Advance Health-Care Directive** takes the place of the former



Living Will document and gives you more options. It is a gift to family members and friends so that they won't have to

guess what you want if you no longer can speak for yourself. These are available in Tagalog, Ilocano, Japanese, Vietnamese, Chinese, Korean, and Samoan.

These handbooks and pamphlets can be duplicated. They are also available on the EAD website at www.elderlyaffairs.com

211: ASK Aloha United Way officially changed its name and is now called Aloha United Way 211. The new Aloha United Way 211 number will enhance current service by making toll free, state-wide comprehensive information and referral to health and human service organizations available by dialing one, easy to remember, three-digit number 24 hours a day, 7 days a week, from virtually all telephones (including cell phones) in the state.



Attention Caregivers! On October 9, 2002 at 9:00 p.m., KHET Television (PBS station Channel 10 and 11) will be airing **"& Thou Shalt Honor,"** a groundbreaking, two hour documentary about caring for aging parents, spouses, and

friends. Hosted by actor Joe Mantegna, the documentary focuses on family members coming together, communicating, and navigating their way through the medical, financial, and legal labyrinths of caregiving. This is a wonderful opportunity to create a community dialogue around caregiving and the support of caregivers.

Exercise your right to vote. With the upcoming Primary (Sept) and the General (Nov) Elections, all registered citizens are encouraged to vote. If going to a poll is a problem, make it easier on yourself and register to vote via Absentee Ballot. You'll have time to go through the ballots at your leisure, in the comfort of your own home, and you do not have to drive anywhere to let your voice be heard. In order to receive an absentee ballot, you must be registered to vote. For more information, contact the City Clerk's Office at **523-4293** or write to: City and County of Honolulu, 530 S. King St., Honolulu, HI 96813.

AddressAide Hawaii Outreach (AAHO): Are you a senior citizen? Do you need help picking up your prescription medications? Do you live in an apartment or group residence? If you answered yes, there may be help available.

AAHO is a 501 (c)(3) non-profit corporation. In September 2001, the Prescription Delivery Service for Seniors program began serving the communities by delivering prescription medications for low income and disabled seniors currently residing in group facilities on Oahu. Deliveries are scheduled per building, per week

and average 5 prescriptions per person. Senior residents are not assessed charges for the deliveries. For more information, please call **842-3800**.

Caregiver Support Group Brown-Bag Sessions: The Elderly Affairs Division's Information and Assistance Unit conducts monthly informational meetings

to educate, train and support City employees who are family caregivers. These brown-bag sessions are also open to the public and are held at 12:00 p.m., usually on the third Monday of each month. The meetings are designed to assist care-givers in making decisions and solving problems relating to their care-giving roles.



Speakers are invited to present topics in their field of expertise and are available to answer specific individual questions. For more information on meeting dates, directions to meeting place or to get on the email list, please contact Lorraine Fay at **523-4545** or email her at lfay@elderlyaffairs.com.

AGENCIES COMPLEMENT EXISTING SERVICES *By May Fujii Foo, Grants Manager*



The National Family Caregiver Support Program (NFCSP), a significant new provision of the Older Americans Act implemented in FY 2001-2002, was designed to expand services and provide assistance specifically for family caregivers. The following are the five basic components of the NFCSP:

- Information to caregivers about available services.
- Assistance to caregivers in gaining access to support services.
- Individual counseling, organization of support groups, and caregiver training to assist the caregivers in making decisions and solving problems relating to their caregiving roles.
- Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities.
- Supplemental services on a limited basis to complement the care provided by caregivers.

Family caregivers play a vital role in maintaining the health and independence of older individuals. Today, one in four households in the United States provide care for a frail older parent, grandparent, other relative, or friend. Studies

have shown that many caregivers spend up to eight years providing 24-hour care.

Caregivers often don't recognize what they do is considered caregiving. What is caregiving? It is a person who provides support and services on a regular basis to another individual. Although caregiving can be rewarding, it can also be demanding, particularly when the caregiver is providing care to a frail elder that has dementia or has had a stroke. The caregiver must adjust to cognitive and behavioral symptoms as well as the physical impairment of the elder person.

Studies have also shown that respite care services substantially benefits long-time caregivers. What is respite care? It is some time off for the caregiver—a temporary break for the primary family caregiver from their caregiving tasks. Respite services may include occasional in-home care assistance, day care or a short-stay in a facility for the care receiver. Sometimes, just a few hours for the caregiver to take care of their own needs without worrying if their family member is being appropriately cared for makes a world of difference to the caregiver's own health.

In FY 2003, the Elderly Affairs Division (EAD) contracted with two additional agencies to complement existing programs under the NFCSP: Alzheimer's Association-Aloha Chapter and the Franciscan Adult Day Care.

The **Alzheimer's Association-Aloha Chapter** will be offering educational sessions at different locations throughout the island on the need for good nutrition. Since Alzheimer's disease is a progressive illness, symptoms gradually worsen and the individual needs more and more help. The training will focus on increasing caregiver skills in dealing with individuals who forget to eat and eventually even forgot how to swallow their food or other nutrients. Call **591-2771** for more information or scheduled sessions. The Sister Maureen Intergenerational Learning Environment's **Franciscan Adult Day Care** program will be offering a "Caregiver Activities, Respite and Education (C.A.R.E.) Club," that offers:

- Weekly health promotion and exercise class designed especially for older adults.
- Support group activity and social networking among people sharing common tasks, experiences and problems.

- Caregiver education to be presented once per month covering the information you need as a caregiver.

For more information, please call **988-5678**.

Caregiver programs and services that are continuing include:

Child and Family Service - Honolulu Gerontology Program's **Ohana Care** provides case management, counseling, education and training in an all-inclusive family unit. This service delivery approach enhances not only the caregiver's skills and knowledge, but also allows the care receiver to remain at home and in their own environment longer. Ohana Care services also include supplemental services - services provided on a limited basis to complement the care provided by caregivers. For more information, please call **543-8468**.

Kokua Kalihi Valley's Elderly Program (KKV) provides respite services which offer temporary, substitute supports or living arrangements for older persons in order to provide a brief period of relief and rest for caregivers. Subsidies for caregivers to purchase additional hours of respite are also available. In addition to the respite services, KKV offers caregiver support services. For more information, call **848-0977**.

The Moiliili Hongwanji Mission **Project Dana "Caring for the Caregiver"** program addresses the caregiver's physical, mental, and spiritual needs. Services nurture family caregivers by providing relaxation, therapeutic and informational sessions in group settings. Included are periodic social outings. Various trained volunteers within Project Dana's net-

work of organizations provide respite and transportation services. Individual counseling is also available. For more information or to join these sessions, please call **945-3736**.

EAD's **Information & Assistance Unit** conducts outreach to educate caregivers and the general public about the value of respite and other family caregiver support programs including information and assistance about long-term care options, specialized transportation, health care professionals and other available resources. The unit also conducts a monthly brown bag caregiver's

information meetings to educate and train city, state, and federal employees who are family caregivers. The general public is invited to attend any of these meetings held on the third Monday of each month. For more information, please call **523-4545**.

The National Family Caregiver Support Program continues to be EAD's primary focus in promoting greater awareness of caregiver's needs, providing accessible information of resources, identifying challenges they face, advocate on their behalf, and creating and expand opportunities for caregivers.

ADOPT-A-SENIOR

By Kelina Isaacs, Lanakila Meals on Wheels Volunteer Coordinator

Lanakila's Adopt-A-Senior is a year round program that provides free meals to seniors who are unable to afford and may not qualify for government funded meal programs. Through this program, a gift of \$5 per day will provide one nutritionally balanced meal that is delivered directly to the senior's home.

Through government grants, private foundations, and individual supporters, Lanakila's Meals on Wheels (MOW) Home Delivery Program is able to deliver over 238,000 meals a year directly to the home of frail, homebound seniors, Monday through Friday, exclusive of holidays. While Lanakila is able to offer its MOW Home Delivery services to anyone in need at a very reasonable cost, the majority of people currently being served meet the eligibility requirements that allow them to participate in the program supported by government grants.

However, this still leaves them without a hot holiday meal.

The holiday season can be one of the loneliest times for a senior. Between October 15 and December 25, a special plea to the community is made to "Adopt-A-Senior" so that a Thanksgiving and Christmas holiday meal can be made available to those who may be spending their holiday alone. In past years, Lanakila has delivered over 1,000 meals on Thanksgiving and Christmas Day thanks to generous donations from the community and hundreds of volunteers who personally deliver the meals on these special holidays.

Help bring a smile and some warmth to a senior at a time of year when it is most needed. Adopt a senior or several seniors during the upcoming holiday season. For more information or to make a donation, please call **531-0555**.

