



# ALOHA PUMEHANA

September 2005 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication  
Department of Community Services • Mufi Hannemann, Mayor • City & County of Honolulu

Dear Readers:

Callers to our **Senior Hotline** and you have expressed interest in knowing more about care homes as an alternative when someone needs assistance or cannot live alone.

We have responded to your interest by dedicating this issue to describe care homes, their services, sources of payment, and how to examine the quality of their care. You may also learn the questions to ask to help choose an appropriate home for your loved ones.

Government agencies who license and inspect care homes as well as those who respond to complaints about any aspect of care have contributed to this issue. Case Managers who advocate for clients and families and who help select them offer information on the cost of care and eligibility criteria.

If you have questions about the information presented, please contact the contributor directly. Phone numbers are listed.

Editor

## Finding a Good Care Home



By Dianne M. Okumura, R.N., M.P.H., Chief, Office of Health Care Assurance, State Department of Health

*(Editor's note: among the first questions people considering care home residence ask are: What are the services provided? How do I know it's a good home? Are any located in my neighborhood that I may visit? The Office of Health Care Assurance provides these and more answers to questions.)*

The Office of Health Care Assurance manages the State licensing and federal certification of medical and health care facilities, agencies and services throughout the State and the Pacific Area.

One of its sections is responsible for licensure of community based health care settings including Adult Residential Care Homes (ARCH), Expanded Residential Care Homes (Expanded ARCH), Developmental Disabilities Domiciliary Homes, Assisted Living Facilities and other facilities.

When considering care home placement, keep the following individual needs in mind:

- Does the person require 24-hour skilled nursing care?
- Do they require frequent contact with peers?
- Is living at home an option or is a nursing or community home more appropriate?
- What are the wishes of the family?
- What is the financial situation of the individual?

It would also be a good idea to visit and inspect the care home. Examine them closely to learn:

- What is the condition of the physical environment?

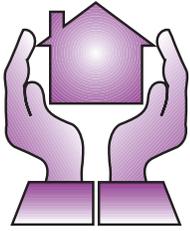
- Does it smell/look clean?
- Interview caregivers and residents and observe the interaction between them.
- If appropriate, identify how many family members are under the same roof.
- Are there potential concerns?
- Do they have meaningful activities?
- What is the quality of the food served?
- Does the staffing seem adequate?
- Can residents make decisions on their care plan?
- Are residents allowed visitors at any time or only restricted times?
- Ask to review the most recent survey/inspection findings. Make sure to review the facility's policy completely and take it home to discuss with other family members and the individual to be placed if appropriate.

For more information, contact the Department of Health Office of Health Care Assurance at **692-7400**. Visit [www.state.hi.us/doh/resource/ohca](http://www.state.hi.us/doh/resource/ohca) for listings of various settings or "Nursing Homes Compare" at [www.medicare.gov/NHCompare/home.asp](http://www.medicare.gov/NHCompare/home.asp) for ratings on quality.

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## Types of Residential Options

### **Retirement or Senior Communities:**

Residences for independent seniors. May provide services like emergency call systems, dining facilities, housekeeping, transportation, recreational and social programs.

### **Assisted Living Facilities:**

Facility licensed by the Department of Health offering private living quarters and services to elder residents to maintain an independent lifestyle. Meals are provided and staff are available on a 24 hour basis. Services are based on the individual needs of each resident.

### **Adult Residential Care Homes (ARCH):**

Family home or facility licensed by the Department of Health that provides room and board, supervision and assistance with activities of daily living such as personal care, supervision of medication, transportation to medical and dental offices. Type I has 5 or less residents. Type II has 6 or more residents.

### **Expanded Adult Residential Care Homes—(Expanded ARCH):**

ARCH licensed to provide nursing home level care for a limited number of their residents. An expanded ARCH may allow residents to remain in place when their needs increase.

**Adult Foster Care:** A residence that provides nursing home level care and is supervised by a case management agency. No more than two elder residents are cared for with a registered nurse on call 24 hours.

**Nursing Homes:** Facilities that provide skilled nursing or intermediate care for those who have acute and/or chronic medical problems.

**Hospice:** Services provided at home, in hospitals, nursing homes or a hospice residence to provide comfort and relief from pain and symptoms for someone who has no more than six months to live.

## RACC Medicaid Waiver Program

*By State Department of Human Services Staff*

**Community-based licensed residential care homes can range from \$1,200 - \$5,000 and higher per month. Prescriptions, medical and other supplies may be billed separately.**

The Residential Alternatives Community Care (RACC) Medicaid Waiver Program is part of an array of home and community based services provided by the State Department of Human Services (DHS). Established in 1983, the program provides residential placements in foster homes, expanded adult residential care homes (Expanded ARCH), and assisted living facilities as alternatives to institutional care for Medicaid-eligible adults. These individuals require nursing facility level of care but are not able to benefit from in-home services because they have no caregivers or a residence.

RACC program services include

24-hour living accommodations, personal care and homemaker services. RACC clients must have case managers employed by a home and community based case management agency licensed by DHS. They are required to pay a room and board fee that is based on Medicaid and Supplemental Security Income (SSI) determinations.

To ensure quality services, expanded adult residential care homes must meet licensing requirements established by the Department of Health, and foster family homes must meet certification requirements established by DHS. Community Ties of America (CTA) is the Department's

designee directly responsible for the licensing, certification, and monitoring of RACC case management agencies and foster family homes through annual onsite compliance reviews and the investigation of complaints. To make a complaint about a foster family home, contact CTA at **234-5380**. Complaints against an expanded adult residential care home or assisted living facility may be made with the DOH Office of Health Care Assurance at **692-7400**. For a listing of RACC Case Management Agencies, visit [www.state.hi.us/dhs](http://www.state.hi.us/dhs).

For more information, call **587-4362**.

# Case Management Agency in the Foster Home Setting

By Donna Schmidt, LCSW, President, Case Management, Inc.

*(Editor's Note: Adult Foster Family Homes provide 24 hour nursing home level care and are an alternative under the Residential Alternative Community Care (RACC) Program.)*



## Foster Home Bed Capacity:

The licensed Case Management Agencies (CMAs) have created over 1,200 long term care beds in foster homes in the community. Together, the foster homes and CMAs serve individuals who would otherwise live in an institutional setting. Foster homes accommodate only two ICF or SNF level of care clients in private rooms. This social model of long term care encourages a family style environment providing opportunities for elders to live in intergenerational households.

**Case Managers for Foster Family Home Clients:** The role of the CMAs is two fold. Patients require medical case management and supervision on an ongoing basis and caregivers require ongoing

support and education to provide the highest quality of care to the patients they serve.

We monitor the home to ensure that all elements of the service plan are implemented appropriately and when there are deficits, we provide training and support to enable the caregiver to deliver the highest quality of care. We believe that caregivers can do their very best when they are given support and education. On rare occasions, a CMA may need to register a complaint with Community Ties of America (CTA), the agency contracted with Department of Human Services to license and certify homes. CTA is responsible for suspending or revoking the certification of foster homes.

A licensed CMA provides the following menu of services: administration, screening and assessment, care planning, training, monitoring, crisis

intervention, advocacy, conflict resolution, reassessment, and quality assurance. When considering foster care for your family member, be sure to visit various homes. Meet the foster family to see if they would be a good fit for your loved one. Also, be sure to interview the case management agency to ask about their licensed professional staff.

**Cost of Foster Homes:** The general cost of foster care is between \$3,000 and \$3,500 per month for those who are paying privately or spending down assets to qualify for Medicaid. Eligibility for care in the foster home setting includes: ICF or SNF level of care (determined on the DHS 1147 form), eligibility for Medicaid and Supplemental Security Income.

For more information, call **676-1192** or email **Donna Schmidt** at [dschmidt@cmihawaii.com](mailto:dschmidt@cmihawaii.com).



## Long Term Care Ombudsman

By John McDermott, Long Term Care Ombudsman

*(Editor's Note: the Long Term Care Ombudsman is available to discuss concerns or complaints against care homes in confidence and without fear of retribution.)*

The **Long Term Care Ombudsman Program (LTCOP)** serves as an advocate for all residents in licensed nursing homes, adult residential care homes, expanded adult residential care homes and assisted living facilities. Currently, Hawaii has 47 licensed nursing homes, 542 adult residential care homes, 154 expanded adult residential care homes and 9 assisted living facilities spread over six islands with a total of approximately 8,000 beds, which fall under this Federal authority.

Established through the Older Americans Act of 1965, Title III, Chapter 2, the responsibilities of the LTCO are to:

- Investigate and resolve complaints made by, or on behalf of, residents of long term care facilities relating to acts which may adversely affect the health, safety, welfare, and rights of residents;
- Monitor the development and implementation of federal, state, and local laws, regulations and policies affecting long term care facilities in the state;
- Provide information as appropriate

to public agencies regarding the problems of older persons residing in long term care facilities;

- Train volunteers or employees to serve institutionalized persons and to promote the development of citizen organizations to participate in the advocacy programs; and
- Establish procedures for appropriate access to long term care facilities, to resident records and to the LTCO case files.

If you have a concern or complaint you'd like to discuss confidentially, please call **586-0100**.

## Why do I Need a Case Manager?

By Sue Cornish, RNC, BA, MPH

“Why do I need a case manager and what do you do?”



These are questions families often ask who are unaware of the service and the additional cost incurred when they are considering an expanded adult residential care home (expanded ARCH) for their loved one.

**Case Managers Required for Expanded Care Homes:** Expanded ARCH are Adult Residential Care Homes (ARCH) licensed to provide nursing home level care for a limited number of their residents. This enables the residents of the ARCH to remain there when their level of care increases. The criteria for admission are equivalent to those for a nursing home. Thus, the Department of Health mandates a case manager to provide professional oversight of the care received by an expanded care resident, much as a skilled nurse would provide in a nursing home.

**Case Manager's Assessment:** Case managers are licensed professionals who do initial and monthly assessments, develop a care plan, conduct care conferences which include the family, and teach and guide care home operators. Case managers must be available for problem-solving 24 hours a day.

What do case managers look at when making an assessment? They begin by looking at the resident's quality of life, their adjustment to the home, the meals served. They also assess the resident's physical well-being, including appetite, elimination, mobility, skin and blood pressure to name a few. Other questions asked are:

- Is the resident being treated with respect and dignity?
- Do they have privacy? Access to a telephone?
- Do they get enough exercise and can they get help at night if they should need it?



- What do they themselves say about their care?

If the expanded care resident is eligible for Medicaid, services of the case manager will be covered along with the cost of the care home. People who pay privately for expanded care home services will also be expected to pay the case manager privately. A list of case managers may be obtained from the DOH Office of Health Care Assurance at **692-7414**. It would be wise to compare prices, services and experience.

For more information, contact the Hawaii Association of Case Managers at **988-6576**.

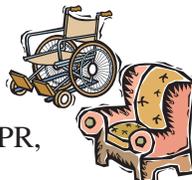
## ARCA — Professional Caregivers for Hawaii's Elderly and Physically Challenged

By Ron Gallegos, ARCA President

**The Alliance of Residential Care Administrators “ARCA”** is a Professional Trade Association that has been advocating on behalf of Hawaii's elderly and physically challenged, as well as the Adult Residential Care Home industry. We've done this through education, legislation and collective action since 1986. ARCA members own and operate about 240 Care Homes throughout the State.

We have formed a statewide Organization, ‘HCCA’ Hawaii Coalition of Care Home Administrators, which represents about 500 ARCH's in Hawaii, serving 2300 residents (mostly elderly), who live out their lives in comfort and companionship with families in regular Carehomes or specially equipped Expanded Carehomes (2 of 5 residents per home can require SNF care).

Requirements met by all primary caregivers in Type 1 Carehomes (those licensed to provide care for up to 5 residents) include CPR,



First Aide training, CNA certification, 12 months experience in a Nursing Facility, giving direct care to SNF patients under the supervision of an RN, then Nursing Modules 12, 13 & 14, plus annual Continuing Education and Inspection requirements. Expanded Carehomes have additional structural and training requirements. Care is then provided in a family environment, in residential communities, for a monthly fee that is usually half or even a fourth of the cost of a nursing home. Carehomes save the State, Federal Government and private-pay families approximately \$80 million annually.

## Family Caregiver Training Program

By Deborah Jackson

**A Family Caregiver Training Program** will meet at Central Union Church and Kahala Nui over six alternating Saturday morning sessions beginning September 10 - November 19, 2005. Sponsored by the Franciscan Adult Day Center, the program is for caregivers for parents, grandparents, and other older persons who lack the training and knowledge to do a good job. Most caregivers learn by experience, but this can take a toll emotionally, physically, socially, and financially on the caregiver and family.

Local experts will provide training and support on topics to include normal aging, personal nursing care, safety and mobility, legal and financial issues, caregiver self-care, and end-of-life issues. Participants will have the opportunity to share their experiences with others. Privacy will be honored and questions answered.

The program is offered free for family caregivers. Space is limited and pre-registration is required. For more information, call **Deborah Jackson at 988-6300**.



# Creating an Alzheimer's Friendly Environment

By Keoni Kealoha Devereaux, Jr., PhD,  
Vice President of Programs, Alzheimer's  
Association-Aloha Chapter

People in the early stage of Alzheimer's disease generally don't present safety problems. But because of the nature of the disease's progression, those in the later stages of Alzheimer's do present safety problems. The following are some guidelines to help keep your loved one safe:

- Remove scatter or area rugs. Roll up lamp cords and extension cords. Move furniture from walking areas. Place tape on sharp furniture edges.
- Ovens and garbage disposals are favorite hiding spots for objects. Put a lock on the oven door and disconnect the garbage disposal.
- Never leave a patient alone in a car. They may get caught in the power windows, release the brakes, suffer from heat stroke due to hot interior of the car, or accidentally start the car.
- Store all medicines, solvents, and cleaning supplies in locked drawers and cabinets.
- Remove lock tumblers to avoid being locked in from the inside.
- Test food or liquid temperatures before feeding. Test water temperature before a shower or bath.
- Jets of water from a showerhead can be frightening. Install one that emits a fine spray.
- Install grab bars in the shower or bath to prevent falls. Invest in a sturdy bath or shower seat so patients can bathe while sitting. Also consider a rubber, non-slip bath or shower mat with special suction cups.
- Place plastic covers on electrical outlets to prevent electrocution should patient stick a



piece of metal into the socket or outlet.

- Provide night-lights in walking areas and at the top of the stairs. Provide low level table lighting for night use. Put a safety gate at the top of stairs at night.
- Keep upstairs windows locked and put a small board in the sling track to lock sliding doors. Place a red STOP sign on the door. Research has shown that red is one color patients see well.
- Install a baby nursery monitor in the bedroom so you can hear them during night. Also available is a sensor pad that can be used in bed, but most effective in chairs, where the moment the patient shifts their weight off the sensor pad, an alarm sounds.
- Bright sunlight and regular exercise can ease Sundown Syndrome. Bright light increases the secretion of "melatonin" which regulates sleep, body temperature, blood pressure, and heart rate. Research has found that patients have low blood levels of melatonin, so it is even more vital to increase melatonin production by bright light exposure daily.
- Remove mirrors from a patient's room. Many are unable to recognize themselves in the mirror and may think a stranger is in their room. Fill the room with photos of people and events that stir up pleasant memories.



**MAKE SURE TO REGISTER YOUR LOVED ONE WITH OUR SAFE RETURN PROGRAM.**

Please feel free to contact our office at **808-591-2771** for more information about **SAFE RETURN PROGRAM.**

## Important MEDICARE Part D Dates to Remember

By Pamela Cunningham, Sage PLUS Director

Medicare Part D is the Prescription Drug Program coverage that begins on January 1, 2006 for all people with Medicare.

- **October:** New Medicare & You information book available.
- **October 1, 2005:** Information about Medicare Prescription Drug Plans available.
- **October 13, 2005:** Medicare Prescription Drug Finder Tool available on-line at [www.medicare.gov](http://www.medicare.gov)
- **November 15, 2005:** Enrollment begins for Medicare Prescription Drug Plans (make sure you compare plans **before** you enroll).
- **January 1, 2006:** Medicare Prescription Drug Plans begins.
- **May 15, 2006:** Final date for Medicare beneficiaries who are currently eligible for Medicare or become eligible in November 2005, January 2005, or January 2006 to enroll in a prescription drug plan without a penalty.

### Need Help?

For more information, call Sage PLUS at **586-7299** or toll free at **1-888-875-9229**.

## Caring for the Caregiver

By Eunice Sakai, Education Training Specialist, Project Dana

Sponsored by **Project Dana**, *Caring for the Caregiver* is an innovative support group program that nurtures and supports family caregivers who may be experiencing exhaustion, frustration, depression and isolation. The program is geared to boosting morale, developing new friendships and sharing

*Continued on Page 6*

caregiving experiences.

The activity-based program is usually held on the last 3 Wednesdays of each month from 9 a.m. to 1 p.m. Guest speakers, rap sessions and “re-creation-al” outings are planned to bring balance and fun into the lives of stressed and fatigued caregivers.

Transportation is provided and limited in-home respite is available. Activities vary and all costs are covered by project funds; however, donations are welcomed.

Primary family caregivers who provide hands-on care for someone 60+ years of age may qualify. Referrals are being accepted. For more information, call **Eunice Sakai at 945-3736**.

## Caregiver's Corner

By Lorraine Fay



You vowed you'd never do it. You've tried everything else. But sometimes placing your loved one in a facility is the only answer left.

It has come to this because the situation has changed: a new illness or condition has arisen; the physical or medical procedures needed are beyond your capabilities; you've become ill or you are burnt out.

Regardless of what precipitates the decision, you know it has to be done. But what about your feelings and fears? How well will strangers care for your loved one? Will friends think you are not fulfilling your responsibilities? Your greatest emotional stress may be the feeling of guilt. As a way to deal with those feelings, think about the care of any aging person as a continuum: care may start with occasional help from you or an agency; the next step might be attending adult day care; then a move into a relative's home or an assisted living facility might occur; then a family style care home might be needed; finally, an intermediate or skilled nursing facility or hospice would provide the appropriate care.

The hardest time to deal with your feelings is right after the placement when neither of you has adjusted to the new environment. The sadness and tears that overcame me after accepting that my own mother needed to be in skilled nursing came as a complete surprise. But not as surprising as when several weeks later I summoned the courage to ask Mom how she liked it there. She said, “The singing is nice. And I feel safe here – if I need anything, I just press the button.”



## “Take Charge of Your Money<sub>2</sub>!” Financial Education Television Series

By Pam Kutara

The University of Hawai'i Cooperative Extension Service offers Hawai'i's residents an eight-part series on various money management topics. Local professionals share their expertise as guest speakers without company or product endorsement. To assist home viewers, an optional Viewer's Guide telecourse packet that includes specific television schedules, handouts, and internet information is available to enrolled participants for a nominal fee of \$10.00. For more information, call **808-956-7138**;

email: [moneyed@hawaii.edu](mailto:moneyed@hawaii.edu);  
or visit the website at  
[www.2.ctahr.hawaa.edu/tcyour\\$](http://www.2.ctahr.hawaa.edu/tcyour$).

### TV Stations

OAHU: Oceanic channel 55  
HAWAII: Na Leo channel 55  
KAUAI: Ho'ike channel 55  
MAUI: MCCTV channel 55  
MOLOKAI: Same as Above  
LANAI: Same as Above

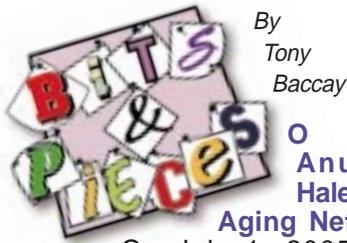
### Times

Tuesdays: Sept. 20 to Nov. 8, 2005  
(7:00 – 8:00 p.m.)  
Fridays: Sept. 23 to Nov. 11, 2005  
(8:00 – 9:00 a.m.) (Rebroadcast)

### Island Viewing Schedules

(subject to change without notice)

Session No	Title	Oahu, Kauai & Hawai'i		Oahu, Kauai, Hawai'i Maui, Molokai & Lanai	
1	<b>What Does My Future Hold? Preparing to Plan</b>	Sept. 20	7 p.m.	Sept. 23	8 a.m.
2	<b>What Do I Own? Getting Organized to Move Forward</b>	Sept. 27	7 p.m.	Sept. 30	8 a.m.
3	<b>Banking and Credit</b>	Oct. 4	7 p.m.	Oct. 7	8 a.m.
4	<b>It's Your Money</b>	Oct. 11	7 p.m.	Oct. 14	8 a.m.
5	<b>Understanding Insurance</b>	Oct. 18	7 p.m.	Oct. 21	8 a.m.
6	<b>Legal Issues in Caregiving Deciding “What If?”</b>	Oct. 25	7 p.m.	Oct. 28	8 a.m.
7	<b>Retirement – What Works? Planning Your Security &amp; Freedom in Retirement</b>	Nov. 1	7 p.m.	Nov. 4	8 a.m.
8	<b>Effective Use of Estate Planning Concepts</b>	Nov. 8	7 p.m.	Nov. 11	8 a.m.



By  
Tony  
Baccay

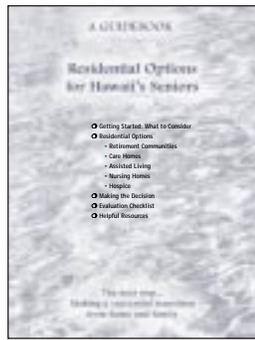
**OR I  
Anuenue  
Hale Joins  
Aging Network:**

On July 1, 2005, ORI Anuenue Hale (OAH) joined the EAD network of service providers to provide education and training sessions to those caring for family members 60 years and older. The program will target caregivers in Central Oahu and the North Shore areas.

If you are a caregiver or know someone who would benefit from hands-on training sessions, contact Yvonne de Luna, Program Director, at **622-3929** for more information. OAH is located at 64-1510 Kamehameha Hwy. in Wahiawa.

For more information about other caregiver services and programs continuing in FY 2006, call the Senior Hotline at **523-4545**.

**Residential Choice for Hawaii's Seniors: A Guidebook:** The Hawaii Association of Case Managers announces the second edition of *Residential Choices for Hawaii's Seniors*, a comprehensive guide to



help families looking for residential options. Planning ahead is important so that a senior can consider what options are available and decide what might be best. Family members will also be able to

understand how to help talk about and decide what choices fit their particular family's needs.

Funded by the Atherton Family Foundation, the guide can be downloaded at [www.hacm.net](http://www.hacm.net), [www.eldercarehawaii.com](http://www.eldercarehawaii.com) or obtain a free copy by calling **988-6300** or **988-6576**.

**Survey Results:** In an effort to improve the quality and usefulness of the *Aloha Pumehana*, 200 surveys were mailed to readers in the June issue soliciting evaluation of the quarterly newsletter.

It is not too late to submit your input. Those who were sent surveys may still submit your responses. Those who were not surveyed but who wish to have an input may call our Senior Hotline at **523-4545** and let us know what you think. Your ideas to make

the Aloha Pumehana better are welcomed.



**EAD on the Move:** In keeping with the President's Fitness Council and the "Steps to a Healthier US" program, nine EAD staff, a spouse, and one parent joined AARP's 10-week "Walking for Fitness" program. Armed with pedometers, participants made exercise a priority and were encouraged to reach the goal of 10,000 steps daily. Many reached or exceeded their goal.

EAD is also involved in the Executive Office on Aging's statewide "Healthy Aging Project." In partnership with Alu Like, Inc., the Department of Parks and Recreation, and Lanakila Meals on Wheels, EAD implemented a "Five a-day/Five times a-week" pilot program – eating five servings of fruits and vegetables daily and walking five times a week.

Physical activity and a diet of healthy foods promote wellness and prevent and manage chronic diseases such as diabetes, cardiovascular disease, hypertension, and osteoporosis. It's no secret that the time invested in one's health will reap rewards ten-fold. No high tech needed for a walking program – all one needs are feet and walking shoes.

# CALENDAR OF EVENTS 2005

## September 2005

- 3 AARP Driver Safety Program**, St. Francis Medical Center (Liliha), **547-6410**, Sep 3 & 10, 8:30 a.m.-12:30 p.m. ■ Kaiser Health Center (Hawaii Kai), **432-2260**, Sep 10 & 17, 8 a.m.-12 noon ■ St. Francis Medical Center (West), **547-6410**, Sep 17 & 24, 9 a.m.-1 p.m. ■ Queen's Hospital, **547-4823**, Sep 18 & 25, 9 a.m.-1 p.m. ■ Honolulu Kaiser Clinic, **432-2260**, Sep 20 & 27, 12 noon-4 p.m. ■ Waianae Methodist Church, **668-7160**, Sep 21 & 22, 8:30 a.m.-12:30 p.m.
- 10 Family Caregiver Training Program**, six alternating Saturday morning sessions, Sep 10 - Nov 19 held at Central Union Church and at Kahala Nui. Free for family caregivers. Space is limited and pre-registration is required. For registration and more information, contact Deborah Jackson at **988-6300**.

**13 Aloha Festivals**, Sep 13, 10 a.m.-11:30 a.m. Meet the Aloha Week Royal Court and enjoy entertainment. Participate in a luau lunch. Order in advance, cost is \$5. For more information, call **847-1322**.

**15 Ka Lei Mehana O Na Kupuna, A Free Conference for Tutus Raising Keiki**, Thursday, Sep 15, 8:30 a.m.-1:30 p.m., Makaha Resort. Join other tutus raising keiki and find out about resources in the community. Registration is required. Call **696-3482** for more information.

**23 Hawaii Senior Fair**, Sep 23-25, 8:30 a.m.-4:30 p.m., Blaisdell Exhibition Hall. Free admission.

## October 2005

- 1 AARP Driver Safety Program**, St. Francis Medical Center (Liliha), **547-6410**, Oct 1 & 8, 8:30 a.m.-12:30 p.m. ■ Lanakila Senior Center, **847-1322**, Oct 12 & 14, 8 a.m.-12 noon.
- 4 Fall Prevention Conference: Reducing Falls by Design**, Tuesday, Oct 4, 8:30 a.m.-4:30 p.m., Pacific Beach Hotel. Registration deadline is Sep 21. No registration at door. For more information, call **734-9138**.

## November 2005

- 14 AARP Driver Safety Program**, Kapahulu Senior Center, **737-1748**, Nov 5 & 12, 8:30 a.m.-12:30 p.m. ■ St. Francis Medical Center (Liliha), **547-6410**, Nov 5 & 12, 8:30 a.m.-12:30 p.m. ■ Queen's Hospital, **547-4823**, Nov 6 & 13, 9 a.m.-1 p.m. ■ AARP Information Center, **843-1906**, Nov 11 & 18, 12 noon-4 p.m. ■ Mililani Kaiser Clinic, **432-2260**, Nov 12 & 19, 9 a.m.-1 p.m. ■ Kaiser Health Center (Hawaii Kai), **432-2260**, Nov 12 & 19, 8 a.m.-12 noon ■ Waianae Methodist Church, **668-7160**, Nov 16 & 17, 8:30 a.m.-12:30 p.m.; St Francis Medical Center (West), **547-6410**, Nov 19 & 26, 9 a.m.-1 p.m. ■ Hawaiian Eye Center (Wahiawa), **621-6369**, Nov 21-28, 8 a.m.-12 noon ■ Honolulu Kaiser Clinic, **432-2260**, Nov 22 & 29, 12 noon-4 p.m.
- 19 Mayor's Cultural Festival & Craft Fair**, Saturday, Nov 19, 9 a.m.-1 p.m., Blaisdell Exhibition Hall. Entertainment by various musical groups, club sales of handmade craft, baked goods, plants, information fair, and seminars. Free admission. For more information, call **973-7258**.

**Information and Assistance for family and friends who reside on the Neighbor Islands:**

- Kauai Agency on Aging** ..... 1-808-241-6400  
4444 Rice Street, Suite 330, Lihue, HI 96766
- Hawaii County Office on Aging** ..... 1-808-961-8600  
Hilo Office  
101 Aupuni Street, Suite 342, Hilo, HI 96720
- Kona Office** ..... 1-808-327-3597  
75-5706 Kuakini Hwy., Suite 106  
Kailua-Kona, HI 96740
- Maui County Office on Aging** ..... 1-808-270-7755
- Information Assistance & Outreach** .... 1-808-270-7774  
200 S. High Street, Wailuku, HI 96793
- Molokai** ..... 1-808-553-5241
- Lanai** ..... 1-808-565-7714

**To obtain State information, contact:**

**State Executive Office on Aging (EOA)** ..... 1-808-586-0100  
250 S. Hotel Street, Suite 406, Honolulu, HI 96813

**For Out-of-State information, contact:**

**National Eldercare Locator** ..... 1-800-677-1116

**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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MUFI HANNEMANN  
Mayor of Honolulu



**Are You Helping Mom or Dad?**

■ Do you help them with meals, transportation, housework or other tasks?  
■ Do you want to learn about services that can help you?

**Call Senior Hotline  
523-4545  
for information  
We Care About YOU!**

Elderly Affairs Division  
City and County of Honolulu

ELDERLY AFFAIRS DIVISION  
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