

ALOHA PUMEHANA

September 2006 ■ Tony Baccay, Editor ■ Elderly Affairs Division Quarterly Publication
Department of Community Services ■ Mufi Hannemann, Mayor ■ City & County of Honolulu

MEDICARE FALL EVENTS

By Pamela Cunningham

Sage PLUS Program Coordinator
Executive Office on Aging



The leaves are falling in some parts of the world, but in Hawaii this fall means it's time

to look at your health care needs. In the coming months, you will be hearing a lot about Medicare's preventive benefits, My.Medicare.gov and the Medicare Prescription Drug Plan.

Medicare, the federal health insurance coverage, has been adding preventive benefits as a way to help you and your doctors monitor your health. Prevention is the first step in staying healthy. Preventive services help to find health problems early when treatment works the best and can help you keep from contracting some diseases or illness. In 2005, Medicare entitled new members to and helped pay for a one-time "Welcome to Medicare Physical" when taken in the first 6 months of eligibility. Cardiovascular and diabetes screenings were also added last year. Medicare continues to provide screenings for breast, cervical, colorectal and prostate cancers along with flu, pneumococcal and Hepatitis B vaccinations.

For those surfing the internet, My.Medicare.gov, accessible via the Medicare homepage www.medicare.gov, allows you to view your claim status (excluding Part D claims), order a replacement Medicare card, access online forms and publications, view or modify your drug list and pharmacy information, and view your enrollment information, entitlement, and eligibility in the privacy of your home without having to call a 1-800 number. My.Medicare.gov is a national program with over 140,000 registered users. A person has a username, password and access to a secured site and the past 6 months of Medicare claims. It also links a person to other sites and search tools that will provide additional health information. This is just another way that Medicare is reaching out to individuals with health information.

Do you have prescription drug coverage from a Medicare plan? Have you changed medications in the past year or moved so you are now going to a new pharmacy? It is time to make sure that your plan still fits your needs, covers the medication you are taking, and is affordable and convenient. On October 15th, the Sage PLUS Program (Hawaii's SHIP) and Hawaii's Part D Coalition will

begin helping people to look at new plans and options available for 2007. They will also help everyone whose current plans will expire to look for new ones.

There are significant changes in 2007:

- Annual deductible will be \$265 (up from \$250 in 2006).
- Initial coverage limit will be \$2,400 (up from \$2,250 in 2006).
- Out of pocket expenses before a person reaches catastrophic coverage will increase to \$3,850 (up from \$3,600 in 2006).
- Total covered drug spending for out-of-pocket threshold will be \$5,451.25 (up from \$5,100 in 2006).

The annual coordinated election period is November 15 - December 31, 2006. This is the only opportunity in most cases to add, change or drop a plan for 2007. If you delay, you may not be able to enroll and begin your coverage until 2008. ***DON'T DELAY!*** Take time this fall to take care of you. For more information or if you have questions, call the Sage PLUS Program at **808-586-7299** or **1-888-875-9229**.

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IDEAS HELP IDENTIFY COMMUNITY NEEDS

By **Pat Tompkins**, Chief Planner

On June 30, 2006, the Elderly Affairs Division (EAD) hosted “*Issues Forum - Redirecting Aging in the 21st Century*,” at the State Capitol to gather areas of concern from leaders and participants in the Aging Network to include in the next Area Plan on Aging for the period October 1, 2007 through September 30, 2011.

More than 130 opinion leaders joined in learning about aging issues on Oahu and participated in lively discussions on six different topics: Caregiving, Health and Long-Term Care, Housing, Mobility, Security and Volunteerism. Gen-Xers, baby boomers and seniors represented groups that included advocates, community organizations, government, and non-profit agencies as well as interested individuals.

The day began with a welcome and introduction by **Tony Lenzer**, Ph.D. He was followed by four presentations that provided background information about the context in which services are delivered to seniors on Oahu.

Oahu’s County Executive on Aging, **Karen Miyake**, presented an overview of the Aging Network and EAD’s role. **Pat Tompkins**, Chief Planner at EAD, discussed Oahu’s Area Plan on Aging, described its senior citizens, and the services currently provided. **Cullen Hayashida**, Ph.D., gave an information-rich presentation about Hawaii’s system of long-term care and its gaps. **Michael Cheang**, Dr.Ph., provided a look at how the Hono-

lulu Committee on Aging’s Planning, Education and Advocacy sub-committee has gathered data and targeted primary prevention as one of the strategies that will be used to address needs in our next Area Plan. Hard copies of these presentations were distributed at the Issues Forum. Electronic copies are available upon request.

The afternoon focus groups produced a wealth of perspectives. Several issues emerged consistently: concern about decreased funding, increased need, Oahu’s patchwork system of long-term care, lack of information and lack of political will. Barriers were identified: ageism, denial, lack of money, information, outreach, and knowledge. Bridges identified to start developing solutions were: collaboration, early education and intervention, primary prevention, increased funding, multi-lingual and cultural approaches, and sensitivity training.

The participation of opinion leaders was greatly appreciated. Their ideas helped identify community needs to be addressed in the next plan. In summary, there are many issues facing seniors and those who serve them. There is no “magic bullet” to solve the problems. However, we can agree to work together toward a common goal, to make Oahu the best it can be for its seniors.

We look forward to the public’s continued participation in our Area Plan development process. Please **call Pat Tompkins or May Fujii Foo at 523-4361** if you have any question or require additional information.

CAREGIVER CORNER

By **Lorraine Fay**



The latest edition of the **Family Caregiving Guide** is now available for pick up or viewing online at www.elderlyaffairs.com It has been upgraded

with more information and new categories. It contains explanations of terms, helpful tips, and in-depth information on the specific services that are most helpful to family members or friends who are helping an older person. It does not list all of the services available for independent seniors, such as meal programs, senior centers, and housing assistance. These can be found in the **Senior Information & Assistance Handbook**, which can also be viewed at our website or picked up at any branch of American Savings Bank. The two booklets are meant to be used together as the start of your caregiving library. If you stop by the **Information and Assistance Section of Elderly Affairs** to get them, you will see other brochures that would be helpful to you. You can also ask about borrowing a book from the Caregiver Library or one of the many videos on caregiving that we lend to folks to view at home.

Knowledge is Power. By taking advantage of available information and services, you empower yourself to manage one of life’s difficult issues - Family Caregiving. We are all affected in some way by this issue, so don’t wait until you are in the middle of a demanding situation to start learning about it. We are located at 715 S. King St., Suite 205, so stop by to see us soon!



Jackie McCarter-Boland addresses general session.

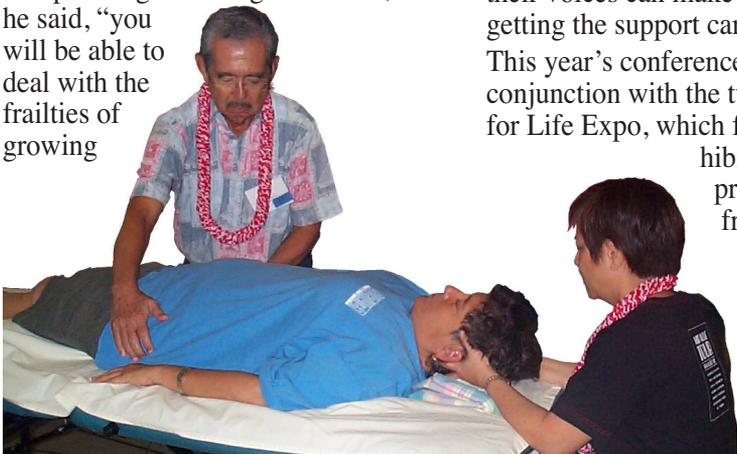
CAREGIVERS LEARN FROM LIFE LESSONS

By May Fujii Foo

“Caregivers are blessed to be in their situations because from their experience they are able to learn life lessons.”

These are words imparted by Chaplain **Clarence Liu**, the keynote speaker, to the 850 caregivers and community members who attended the *5th Caring for Family, Caring for Yourself: A Caregivers Conference* held on June 10th at the Hawaii Convention Center. The conference was sponsored by AARP Hawaii, Alu Like, Inc., the City & County of Honolulu Elderly Affairs Division and HMSA.

“I owe a tremendous debt of gratitude to my teachers, the dying,” said Chaplain Liu, who holds a Master’s Degree in Theology and Applied Ministry and is employed at Hospice Hawaii. Working with people who are dying and their families made a significant impact on his life. Liu emphasized the importance of accepting change in our lives and the lives of our loved ones. Seeing his own father’s health deteriorate, he not only feared seeing a loved one change, but feared the fact that he will also become frail one day. “Once you accept change as being inevitable,” he said, “you will be able to deal with the frailties of growing



Two Healing Touch Posse members give participant a much needed massage.

older, and, eventually, death in a more peaceful manner.” Accepting and understanding these changes will not only help people become better caregivers, but better people as well.

Inspired by Liu’s message, conference attendees participated in 27 concurrent sessions which provided essential knowledge and hands-on skills to assist families coping with the stress of caregiving. Topics included monitoring prescription drugs, legal issues, financial planning, care option choices, handling difficult behaviors, dealing with stress and avoiding burnout, Medicare and Medicaid, preventing falls, emergency preparedness, avoiding fraud, and home safety issues. Conference goers also learned personal care tips, transferring, successful aging, and using humor to “de-stress.”

Participants also had the choice of indulging in an assortment of self-care activities including lomi-lomi by **Betty Kamakani**, shiatsu massages by the **Kapiolani Health Services Department**, healing touch techniques by the members of the **Healing Touch Posse**, and best practices of foot care by **Dr. Chris Teramura** of the Advanced Footcare Center.

Attendees had the opportunity to network, share best practices and talk about the challenges of care-giving, not only in group settings, but also in a session with State Representative **Anne Stevens**. They were informed about the bills and resolutions that passed during the recent legislative session. Participants also learned how their voices can make a difference in getting the support caregivers need.

This year’s conference was held in conjunction with the two-day Tools for Life Expo, which featured exhibits emphasizing products to assist frail elders and persons with disabilities.



By Joel Nakamura

www.uhfamily.hawaii.edu/datacenter/aging/ A web-based information center for statistics and literature regarding the well-being of older adults in Hawaii.

www.medicare.gov Homepage for My.Medicare.gov to view your claim status (excluding Part D claims), order a replacement Medicare card, access online forms and publications, view or modify your drug list and pharmacy information, and view your enrollment information, entitlement, and eligibility.

www.aginginstride.org/emergencyprep/default.htm Website to obtain the free consumer resource guide Just in Case: Emergency Readiness for Older Adults & Caregivers aimed at helping to prepare for emergencies.

www.aarp.org AARP provides information on all sorts of senior related issues, including Medicare Part D.

www.nia.nih.gov The National Institute on Aging has publications on various health topics including information for caregivers.

www.pueblo.gsa.gov The Federal Citizen Information Center provides information on topics ranging from consumerism and finance to computers and travel. Many publications can also be ordered in hard copy for free or at low cost.

www4.hawaii.gov/eoa/programs/sage_plus Sage Plus provides statewide health insurance information counseling and referrals to people over 60. Volunteers provide consultations and presentations for no charge.

www.auw211.org In addition to providing information on community services, Aloha United Way’s 211 service also helps organizations recruit volunteers. If you are looking for an organization to volunteer for, call 211 or go online today!

MAYOR APPOINTS NEW HCOA

Mayor Mufi Hannemann appointed 12 new members to the Honolulu Committee on Aging (HCOA), an advisory body to the Mayor and Elderly Affairs Division (EAD) on matters relating to the elderly. Members are selected on the basis of their interest in aging, effectiveness in promoting the welfare of elders, knowledge of local conditions, and ability to represent different geographic locations on Oahu. Members serve 3-year terms and there is a 2-term limit.



A member of many community boards, **Timena Brown** is a program coordinator with the HUD

Elderly Program at Kokua Kalihi Valley Comprehensive Family Services and is a Suicide/Homicide Crisis Therapist with Care Hawaii, Inc. As a member of the HCOA, she is hoping to assist the elderly in every way possible. "I have a passion to learn more about some of the issues and concerns that are affecting our elderly that are living in great social isolation," she said.

Albert Hamai, president of the Hawaii Alliance for Retired Americans and a member of the AFL-CIO Executive Board, was appointed by Senator Daniel Akaka as a delegate to the 2005 White House Conference on Aging held last December in Washington D.C. A self-employed

registered parliamentarian and a retired union representative of AFSCME and HSTA, he has served on numerous community boards.



Grace Hikida is a member of the Pali Seniors Club whose members entertain every Friday at various

venues such as the airport, care homes, and the Outrigger Reef Hotel on the beach. The Kailua resident, active with her church and currently its magazine director, acted in a production of South Pacific last year. As a member of the HCOA, she says, "I'm ready to receive directions, but helping with the Recognition Program sounds interesting."



Nickie Hines is a State and City retiree, who, in 1984, founded the Kokua Food Bank at St.

Matthew's Church in Waimanalo. She conducts outreach ministry for the church and also volunteers at nursing homes, takes care of people experiencing homelessness with food, clothing, medical, dental and financial assistance. "I hope I can find the answers and help facilitate the needs of the elderly through my association with the HCOA," she said when asked what she hoped to accomplish as a member of the committee.



Anthony Lenzer, PhD, a retired University of Hawaii professor involved in the field of

gerontology for over 30 years, is an active member of AARP, the Hawaii Caregiver Coalition, Kokua Council, and the local chapter of Sigma Phi Omega, a gerontological honor society. He keeps informed about the field of gerontology through research, writing, teaching, and public speaking.



Left to right: Florence Ward, Alice Nagano, Wally Wake, Mary Matayoshi, Nickie Hines, Grace Hikida, Mae Mendelson (hidden), Sunny Spohn, Al Hamai, Anita Loando-Achido, Sesnita Moepono, Timena Brown, Cullen Hayashida, Tony Lenzer.

MEMBERS

By Tony Baccay



Anita Loando-Acohido, a Gold Akamai Living Award winner at the 2005 Mayor's Senior Re-

cognition Program, is a volunteer at Hospice Hawaii, AARP Driver Safety Program, Girl Scout Council of Hawaii, and her church and community. As a resident of Wahiawa, she provides a rural perspective on current issues on aging.

Mary Matayoshi is currently Executive Director of the Volunteer Resource Center of Hawaii, a non-profit organization dedicated to volunteerism and community building. With an extensive list of board memberships and an impressive resume, she brings energy and a wealth of knowledge about the community to the HCOA.



Maeona Mendelson, PhD, is a strong advocate of bringing youth and seniors together for

mutual benefit. She is the executive director of the Hawaii Intergenerational Network and adjunct professor at Hawaii Pacific University. She volunteers with AARP, Sister Cities Intergenerational, United Nations Association of Hawaii, and is a docent at the Honolulu Academy of Arts.

Sesnita Moepono is interested in serving on the HCOA because of her experience in providing care for her mother for many years. An attorney with a private practice, she is currently chair of Neighborhood Board #14, delegate to the National Hawaiian Convention, and involved in the Hawaii Juvenile Justice Project.



Liana Pang is currently the Project and Grant Manager for the Native Hawaiian Hospitality

Association. Prior to that, she was the Director of Kumu Kahi (Elderly Services) at ALU LIKE, Inc., a non-profit Native Hawaiian social services organization that receives federal Title VI funds under the Older Americans Act and provides Native Hawaiians over the age of 60 with nutrition and supportive services.



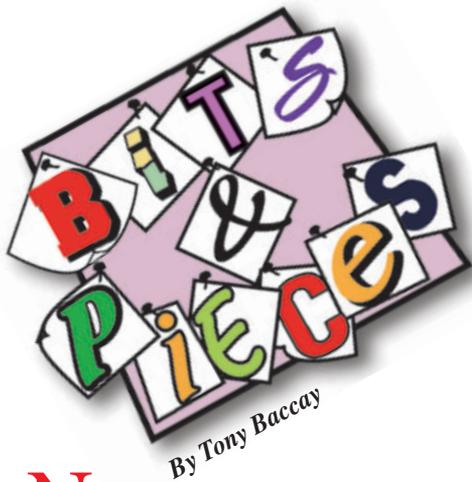
Wallis Wake is a licensed physical therapist with a Master's Degree in Gerontology. She is a State

retiree who served in various programs within the Department of Human Services. She is an active member of Harris United Methodist Church, a volunteer tutor, and former board member of Susannah Wesley Community Center and the Hawaii Pacific Gerontological Society.

In addition, Mayor Hannemann appointed **Roger Watanabe** as an ex-officio member. Roger is the Senior Citizen Coordinator with the Department of Parks and Recreation.

The new appointees join current members: **Michael Cheang, Cullen Hayashida, Alice Nagano, Joan Naguwa, Frances "Sunny" Spohn, and Florence Ward.**





New Adult Day Care Program Opens In Niu Valley: The Reverend Alan Mark, Senior Pastor of Kilohana United Methodist Church in Niu Valley, is pleased to announce the opening of the Harry & Jeanette Weinberg Kilohana Senior Enrichment Center's Adult Day Care Program located on the premises of the church. Managed by Arcadia Elder Services and staffed by skilled and experienced personnel, the program offers adult day care services in a gracious and compassionate environment nurturing the spiritual, physical, and social needs of each participant.

Operating Monday through Friday from 7:30 am - 5:30 pm, the \$60/day program offers two meals, a snack and interactive activities, exercise, walks around the campus and a stimulating social environment.

Applicants must be:

- Ambulatory and independent (with or without an assistive device)
- Continent
- Able to feed themselves
- A non-wanderer (individual who does not consistently try to leave the premises)
- Non-combative

For more information and/or an application, contact **Bonnie Ho**, Program Director, at **373-2700** or visit the website at **www.arcadia-hi.org**.

Tax-Aide Recruitment: Join the team! AARP Tax-Aide is the nation's largest, free, volunteer-run tax counseling and preparation service with special attention given to taxpayers 60 years of age and older, as well as to low and middle income taxpayers. Volunteers are needed as tax assistance/preparation counselors and as greeters for morning, afternoon, evening and weekend shifts. Training in federal and state tax laws and in the use of computers to prepare tax returns will be provided. If you are interested, please call **Pat Henderson** at **955-5776**.

Pals Program: Helping people and their companion animals stay together. When caring for a pet becomes difficult because of age, illness or other emergency situations, Pals can help. The Pals Program, sponsored by the Hawaiian Humane Society, provides trained volunteers to assist owners with their pets when they cannot do so themselves. Pals' services are available to people who are elderly, those temporarily hospitalized, people with disabilities, and victims of domestic violence while they seek a safer place to live.

All Pals' services are FREE! However, any veterinary bills, pet food and pet supply costs are the responsibility of the owner.

Available services include:

- Basic grooming and bathing
- Walking/exercise
- Litter box maintenance
- Small-animal cage cleanup
- Aquarium maintenance
- Delivery of pet food or supplies

- Transportation to veterinarians
- Emergency foster care for pets

The Pals Program is always looking for individuals to volunteer. There is a 6 month minimum commitment, with attendance at a Volunteer Information Session, and additional training as needed. Call **356-2216** for more information on the Pals Program and other volunteer opportunities at the Hawaiian Humane Society.

HMSA Now: Innovative. Interactive. Informative. HMSA Now on TV! Digital cable subscribers across Hawaii can find easy-to-understand health information right at your fingertips, in the comfort of your own home, 24 hours a day. Simply use your remote control to go to Oceanic digital cable 344, then browse, select and view the regularly updated content. On-demand technology allows you to pause, fast-forward, rewind and re-play videos anytime you like. Tune in for information on:

- General fitness, nutrition, health and safety information.
- Local health activities, events and support.
- A video guide to the HealthPass experience.
- Community awareness videos like Get Healthy Now and HMSA's Teen Video Awards.

For more information, call **Bill Tobin** from HMSA at **952-7539**.

Kupuna Connections: Produced by Kapiolani Community College's Center for Excellence in Learning, Teaching and Technology (CELTT), this TV series is dedicated to Hawaii's seniors and their families. Hosted by **Cullen Hayashida** and **David**

Nakamaejo, the program covers such topics as How Seniors Can Be Hi-Tech; Residential Options for Seniors; Medicare Part D - The New Drug Coverage; Respiratory Do's and Don'ts for Seniors; and The Illuminated Life: Plans for a Productive Retirement, among many other topics. Beginning August 23, 2006, the new schedule for the Kupuna Connection broadcast will be every Wednesday, 4:30 p.m. to 5:30 p.m., with rebroadcast every Sunday, 12:00 noon to 1:00 p.m. on Community Access TV Channel 55. For more information or to suggest topics or issues that you would like to see, on Oahu, call (808) 734-9469 or email cullen@hawaii.edu.

Over 200 exciting exhibits

- Hawaiian Crafts Village
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- Lively entertainment on two stages
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September 22, 23, 24
8:30am - 4:30pm
Blaisdell Exhibition Hall

Michael W. Perry
2006 Official Ambassador

Good Life Expo Inc.
Very Special Events

Calendar of Events 2006

September 2006

- 1 AARP Driver Safety Program.** AARP Information Center, **843-1906**, Sep 1 & 8, 12 noon - 4 p.m., Kaiser Health Center (Hawaii Kai), **432-2260**, Sep 9 & 16, 8 a.m. - 12 noon, Queen's Medical Center, **537-7117**, Sep 10 & 17, 9 a.m. - 1 p.m., Honolulu Kaiser Clinic, **432-2260**, Sep 19 & 26, 12 noon - 4 p.m., St. Francis (West), **547-6410**, Sep 23 & 30, 9 a.m. - 1 p.m.
- 1 Candidates Fair**, Friday, Sep 1, 9:00 a.m. - 11:00 a.m., Lanakila Senior Center. Political candidates are invited to encourage one-to-one contact between older adults and candidates. There are games and door prizes. For more information, call **847-1322**.

9 Alzheimer's Association Aloha Chapter 16th Annual Memory Walk 5K Run, Saturday, Sep 9, Fisherman's Wharf, Pre-registration required, \$25 early bird fee by Sep 2 and regular fee of \$30 by Sep 8 and \$35 on Sep 9. Prizes and awards. For more information, call **591-2771**.

22 Hawaii Senior's Fair, Sep 22-24, 8:30 a.m. - 4:30 p.m., Blaisdell Exhibition Hall, Free Admission. Entertainment, crafts, health exhibits. For more information, call Production Hawaii, Inc. at **832-7878**.

October 2006

7 AARP Driver Safety Program. St. Francis Hospital (Liliha), **547-6410**, Oct 7 & 14, 8:30 a.m. - 12:30 p.m., Lanakila Senior Center, **847-1322**, Oct 11 & 13, 8 a.m. - 12:30 p.m., Waianae United Methodist Church, **668-7160** or **695-8196**, Oct 25 & 26, 8:30 a.m. - 12:30 p.m.

9 Show N Sell, Monday, Oct 9, Lanakila Senior Center. Handcrafts, white elephant, and food. For more information, call **847-1322**.

13 18th Annual Talk Story Festival, Oct 13-15, McCoy Pavilion at Ala Moana Beach Park. For more information, call **973-7258**.

14 Make a Difference Day, Saturday, Oct 14, Palolo District Park. 8:00 a.m. For more information, call **973-7258**.

21 Holidays, Grief, and the Art of Coping, Saturday, Oct 21, Koolau Golf Club, 45-550 Kionaole Road, 8:30 a.m. - 3:00 p.m. \$45 per person. For more information, call Sandy Pohl at **521-1812**.

28 Micronesian Cultural Festival, Saturday, Oct 28, Hawaii Convention Center 4th Floor Ballroom, 8:00 a.m. - 5:00 p.m. Celebrate and share the Micronesian cultures with the people of Hawaii and the Micronesians living in Hawaii. Presented by the Office of Community Services and Micronesian leaders from various Micronesian groups. Free to the public and includes lunch.

November 2006

2 In Celebration of Hope Luncheon, Thursday, Nov 2, Hilton Hawaiian Village Hotel. A benefit luncheon for Catholic Charities Hawaii programs. Reservations required. For more information, call **546-2277**.

4 AARP Driver Safety Program. Milliani Kaiser Clinic, **432-2260**, Nov 4 & 18, 9 a.m. - 1 p.m., Queen's Medical Center, **537-7117**, Nov 5 & 12, 9 a.m. - 1 p.m., Waianae United Methodist Church, **668-7160** or **695-8196**, Nov 15 & 16, 8:30 a.m. - 12:30 p.m., AARP Information Center, **843-1906**, Nov 10 & 17, 12 noon - 4 p.m., Kaiser Health Center (Hawaii Kai), **432-2260**, Nov 11 & 18, 8 a.m. - 12 p.m., Honolulu Kaiser Clinic, **432-2260**, Nov 21 & 28, 12 noon - 4 p.m., St. Francis (West), **547-6410**, Nov 18 & 25, 9 a.m. - 1 p.m.

18 Mayor's Cultural Festival & Craft Fair, Saturday, Nov 18, Neal Blaisdell Center Exhibition Hall, 8:30 a.m. For more information, call Roger Watanabe at **973-7258**.

Continued on page 8

CALENDAR OF EVENTS 2006
Continued from page 7

December 2006

- 2 Waianae Coast Christmas Parade and Hoolaulea**, Saturday, Dec 2, Waianae Mall, 10:00 a.m.
- 2 Honolulu City Lights**, Saturday, Dec 2, City Hall, 6:00 p.m. Food, entertainment and Electric Light Parade.
- 6 Christmas Crafts**, Wednesday, Dec 6, Kamokila Community Park, 3:00 p.m.
- 7 Kaimuki Christmas Parade and Tree Lighting**, Thursday, Dec 7, Kaimuki Community Park and Waiialae Avenue, 6:00 p.m.
- 9 Manoa Christmas Parade**, Saturday, Dec 9, Noelani School to Manoa District Park, 5:30 p.m.
- 9 Kapolei City Lights**, Saturday, Dec 9, Kapolei Hale, 6:00 p.m. Food, entertainment and Electric Light Parade.

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

- Kauai Agency on Aging**
Phone: 1-808-241-4470
4444 Rice Street, Suite 330
Lihue, HI 96766
 - Hawaii County Office on Aging**
Phone: 1-808-961-8600
Hilo Office
101 Aupuni Street, Suite 342
Hilo, HI 96720
Kona Office
Phone: 1-808-327-3597
75-5706 Kuakini Hwy., Suite 106
Kailua-Kona, HI 96740
 - Maui County Office on Aging**
Phone: 1-808-270-7755
Information Assistance & Outreach
Phone: 1-808-270-7774
200 S. High Street, Wailuku, HI 96793
 - Molokai**
Phone: 1-808-553-5241
 - Lanai**
Phone: 1-808-565-7114
- To Obtain State information, contact:
State Executive Office on Aging (EOA)**
Phone: 1-808-586-0100
250 S. Hotel St., Suite 406
Honolulu, HI 96813
- For Out-of-State information, contact:
National Eldercare Locator**
Phone: 1-808-677-1116

**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**

County Executive on Aging Karen Miyake

S T A F F

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Budget Analyst Eugene Fujioka
Caregiver Specialist Lorraine Fay
Chief Planner Pat Tompkins
Clerk Typists Melanie Hite, Kelly Yoshimoto
CSA Barbara Evans, Sharra Feliciano,
Tauamatu Marrero, George Miyamoto,
Lorraine Souza, Susan Tambalo,
Carolyn Tellio, Mona Yamada
CSA Supervisor Tony Baccay
Data Coordinator Carlton Sagara
Grants Managers May Fujii Foo, Douglas Gilman,
Craig Yamaguchi
I & A Coordinator Lot Lau
KCI Teresa Bright, Roger Clemente,
Donna DeBiasi, Amy Noborikawa,
Monalisa Salcedo, Marilyn Wong
Secretary Alex Blackwell

ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs on Oahu. To be placed on the mailing list, please call **523-4545**. Written contributions to the newsletter are welcomed.



MUFI HANNEMANN
Mayor of Honolulu

City and County of Honolulu
Elderly Affairs Division

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

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

ARE YOU HELPING MOM OR DAD?

**Annual Election Period
for Medicare Part D is
November 15 to
December 31, 2006**

*Don't delay,
enroll TODAY!*

ELDERLY AFFAIRS DIVISION
DEPARTMENT OF COMMUNITY SERVICES
CITY AND COUNTY OF HONOLULU
715 SOUTH KING STREET, SUITE 200
HONOLULU, HAWAII 96813

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WANTED: VOLUNTEERS!

- Are you interested in an exciting and stimulating activity?
- Would you like to offer your talents to help service providers?
- Would you like to give something back to your communities and feel great about it?

If you answered YES to any of these questions, have we got an opportunity for you! The agencies listed below are looking for volunteers to perform various tasks:



Transportation Services helps Oahu's Kupuna to maintain their independence within the community. Volunteers needed to enter client demographic data and service activities using a web-based system. Volunteers must be able to walk up stairs to a second floor. Contact **Jon Barona at 595-5952**. Minimum commitment: 4 hours a week.

CATHOLIC CHARITIES HAWAII

Lanakila Multi-Purpose Senior Center provides recreational, educational, and health classes for seniors 60 years of age and older. Volunteers are needed to enter data on a new client information system (training provided), to answer telephones, receive visitors, and perform clerical, word processing and mail merge tasks. Contact **Karen Takemoto at 847-1322**. Minimum commitment: 2 hours weekly.



FRANCISCAN ADULT DAY CENTER

Franciscan Adult Day Center provides day care and activities for frail elders. Volunteers join clients to socialize, talk story, play games and assist with crafts. All participants speak English but Japanese and/or Cantonese language skills are useful. Contact **Alex Au at 988-5678**. Minimum commitment: 2 days per week, 3-4 hours each day. Lunch and bus fare subsidy provided when volunteers work. No parking available on campus.





HAWAII MEALS ON WHEELS

Hawaii Meals on Wheels provides hot, nutritious meals and regular personal contact to elderly people who are or have a disability. Responsible, patient, and caring volunteers are needed to deliver lunch meals between 10:30 a.m. - 12:30 p.m. They must be a safe driver and have a car, valid driver's license and car insurance. Contact **Kretia Pangelinan at 988-6747**. Minimum commitment: 1.5 - 2 hours a week.



LANAKILA MEALS ON WHEELS

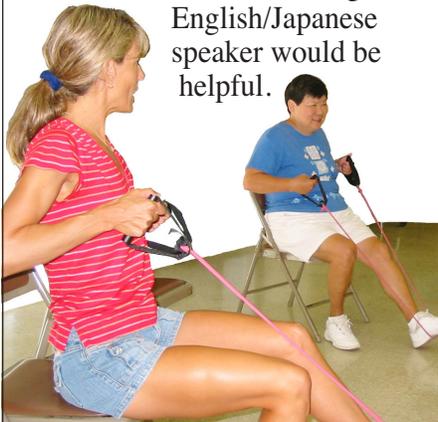
Lanakila Meals on Wheels provides hot, nutritious meals to group dining participants at 28 centers island-wide and frozen meals to frail, homebound seniors. Volunteers package meals; deliver meals; assist in maintaining vehicles; assist staff to collate, shred documents, answer phones, enter data and research and write grants; serve meals; clean dining area after

lunch; coordinate activities at lunch sites; and help assistants keep track of seniors during outings. Contact **Eric Batalon or Christine Payne at 531-0555**.

HONOLULU GERONTOLOGY PROGRAM

Health Maintenance Support Groups help chronically ill, depressed or reclusive older adults to restore or maintain well being. Volunteers greet clients, set up chairs, distribute materials, and assist clients as necessary. Must have own transportation to/from group site. Contact **Barbara Cook at 543-8430 or 543-8421**. Minimum commitment: 2 times a week, 3 hours each day. Project REACH provides case management support and counseling to adults 60+ who are at risk of abuse, neglect, self-abuse, and/or self-neglect. Volunteers with strong social work background and experience working with people who are elderly provide in-home support through home visits, grocery shopping, light food preparation, reading mail and organizing paperwork. Volunteers provide counseling when necessary and increase socialization of frail elders. Contact **Janette Sargent-Hamill at 543-8468**. Bilingual

English/Japanese speaker would be helpful.



PROJECT DANA

Project Dana volunteers provide friendly visits to frail, homebound elders, caregiver respite relief, telephone visits, transportation to medical appointments and grocery shopping, home safety assessments, etc. Volunteers receive initial orientation to include volunteer training manual and continual training. The organization is looking for volunteers who have love and concern for people, an interest in serving people who are elderly or have a disability, and are willing to learn about gerontology and caregiving. Contact **Cyndi Osajima at 945-3736**.

