



ALOHA PUMEHANA

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

MESSAGE FROM THE COUNTY EXECUTIVE

On a recent 10-hour flight to an N4a* board meeting on the east coast, I started reading PrimeTime, a book about how boomer volunteers could reshape America. I was struck by the research finding that people who retire miss “working with others to achieve a common goal” most of all. Hmm, I thought, that’s a little hard to swallow.

When the meeting started, members were abuzz with concerns about the elections and the impacts on senior programs. There was uncertainty at first, but over a course of 3 days, concrete plans started emerging. First was the call to action to make our voices heard at the 2005 White House Conference on Aging. This national conference occurs once every decade to make aging policy recommendations to the President and Congress. Past conferences have helped establish key aging programs such as Medicare, Medicaid, and the Older Americans Act.

Another call to action is to assure that Congress reauthorizes the Older Americans Act in 2005. The act is the source of federal funds that pays for many of our services such as home delivered meals, transportation and caregiver supports. Hawaii receives \$5.4 million annually from the Administration on Aging through this act.

From those meetings emerged a set of principles around which we agreed to

rally, and a gratifying sense of unity. We would engage, mobilize, and lock arms to ensure that older adults are heard, supported, and provided services they need to stay independent.

Flying back, I opened the book I started reading and realized that what I read was truer than I had originally thought. A sense of purpose is important to a satisfying life, but a sense of common purpose with other people makes work and life even more rewarding.

As we close this year and look forward to 2005, I wish you the very best in finding satisfaction in the life work you do and hope you have others in your life who share a common vision. If not, I invite you to join us in our advocacy efforts in 2005.



Karen Miyake, County Executive on Aging Elderly Affairs Division

(*Elderly Affairs Division is an area agency on aging designated by the Older Americans Act of 1965. Most of the 655 area agencies on aging belong to the National Association of Area Agencies on Aging or N4a as it is most often called.)

2004: THE YEAR IN REVIEW

By Pat Tompkins and Lot Lau

The Elderly Affairs Division serves adults 60 years of age and older in the City and County of Honolulu. It is part of a national network of 655 area agencies on aging, including other counties in Hawaii. The agencies work closely with the State Executive Office on Aging, Hawaii’s link to the federal Administration on Aging.

Aging Network Service System

In FY 2004, services were funded through 26 contracts or sub-recipient agreements. Funding came from the federal Older Americans Act, state purchase-of-service funds, federal Community Development Block Grant funds, and County funds for Senior Information & Assistance. The total budget for FY 2004 was \$6.43 million.

Approximately 6,900 seniors benefited from services like adult day care, bathing, case management, chore, group dining and home-delivered meals, nutrition counseling and transportation. An additional 64,000 received information and assistance, legal education, and outreach services. Most clients use a service 6 months or longer; more than 81% are minorities; more than 35% live at or below the poverty level for their household size.

The target population received these services:

Self-sufficient elders

Adult education and training, health promotion and education, recreation and leisure activities, senior center programs, and volunteer opportunities;

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Transitional elders

Group dining, nutrition counseling and education, health promotion and education, health screening and maintenance, home safety, housing assistance, advocacy, legal assistance, paraprofessional services and transportation;

Vulnerable elders

Adult day care/health, assisted transportation, attendant care, case management, chore and homemaker/housekeeper services, friendly visits, escort, home-delivered meals and nutrition counseling, personal care, respite/geriatric supervision and respite/linkage and telephone reassurance.

Caregivers

Information, assistance, case management, counseling, support groups, training, respite and supplemental services.

Established trends continued to be noted: the average client is older and frailer; increases were noted in 1) home-delivered meals requests, 2) time to perform escort, personal care and specialized transportation services, 3) requests for caregiver assistance and overnight respite, 4) affordable housing needs, 5) need for services in housing facilities, 6) requests for special home-delivered meals, 7) clients with dementia and paranoid behavior.

Newer issues include increases in 1) client institutionalizations and deaths, 2) falls, 3) homelessness, 4) awareness of hoarding by elderly, 5) need for services to support caregivers, 6) need for counseling of families and placement services as the stress of caregiving becomes unbearable. A dramatic reduction occurred in volunteers, especially for home-delivered meals, as those with military obligations were activated and/or deployed.

The congregate dining program served 198,637 meals to 2,461 seniors. Two home delivery services provided 316,377 meals to 2,467 homebound seniors.

Case management was provided to 863 seniors and their families. More than 31,300 hours of personal care services were provided to 493 individuals. Health

maintenance activities provided 1,184 hours of health, exercise and resource education to 304 clients and 3,934 hours of counseling to 485 clients. Respite services made 274 linkages, referrals to 822 individuals or families, and 1,717 hours of counseling.

Chore services or homemaker assistance were provided to 461 clients. More than 1,300 hours of Para-professional services (interpretation/translation, advocacy and letter reading/writing) were provided. Housing assistance was provided to 508 seniors, with 160 placements achieved. Forty-one percent of housing assistance clients were either homeless or at risk for homelessness. Direct legal services were provided to 400 persons, and 1,716 attended 53 legal educational outreach sessions. Many thousands more were reached through mass media exposure including radio and television.

A total of 495 seniors were served by 19,961 trips to and from doctor appointments, meal sites, service agencies, supermarkets, and other destinations. 624 seniors received one-way intensive door-to-door assisted transportation, 44 seniors used alternate transportation services, and 141 seniors received escorted trips. Volunteers provided more than 26,167 hours of attendant care (respite, friendly visits, light housekeeping and counseling) to more than 439 seniors.

Services to family caregivers continued with funding from Title III E of the Older Americans Act's National Family Caregiver Support Program. Ohana Care caregiver case management program provided 2,466 hours of case management services to 295 caregivers, 64 hours of counseling and education to 35 individuals, and subsidies for supplemental services to 138 clients. The caregiver respite linkage program provided subsidies to 35 families. Four new programs are developing caregiver education and support groups. They provided a total of 86 hours of counseling services to 40 families, 4,800 hours of attendant supervision to 29 families, 59 caregiver support group events and 29 training sessions.

Service providers were monitored through regularly scheduled narrative, statistical, and financial reports. On-site

assessments were made to give technical assistance to service providers and to monitor contract compliance.



Assisted transportation services are provided to qualified seniors through a contract with Catholic Charities Elderly Services.

Honolulu Committee on Aging

The Honolulu Committee on Aging provides advice to the Mayor and EAD on the development, administration and implementation of the Area Plan, secures citizen participation in efforts to identify and address concerns about the elderly, and advocates for the elderly. At least 50% of its members are 60 years and older.

In FY 2004, the committee assisted the review of proposals to provide services to seniors and helped develop and review EAD's Four Year Area Plan on Aging for FY 2003-2007.

The Senior Recognition Subcommittee planned and produced the Mayor's 38th Annual Senior Recognition Program.

After selecting transportation as its primary focus in FY2003, the committee's Education and Advocacy subcommittee surveyed seniors at several senior centers in rural and urban areas. The committee will be summarizing its findings in FY2005.

Members of the Planning sub-committee assisted EAD staff in the development and review of the 2003-2007 Area Plan.

During FY2005, HCOA members will assist with collecting information as EAD prepares for the White House Conference

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on Aging in October 2005 and the Model Legislature in December 2005. Two HCOA sub-committees will be merged to maximize input and reduce confusion that might occur with several simultaneous data collection and focus group activities.

Senior Information and Assistance Program

The Information and Assistance Program (I&A) provides public outreach, information and referral services and assistance to isolated and disabled older adults. Staff had direct contact with almost 30,000 people through door-to-door canvassing in targeted communities, visits to satellite city halls, group dining sites, open markets, senior clubs and housing projects, displays at community fairs, case assessments on frail elders, group presentations, and calls to the well-known Senior Hotline.

EAD's quarterly newsletter, Aloha Pumehana articles included *WE CARE* (Working with Employees Caring and Responsible for Elders), the Kalakaua *SHARE* Program which supports independent living of residents in three public housing facilities, and descriptions of various conferences. New features included "HCOA Advises" presenting articles written by Honolulu Committee on Aging members and a "Caregiver's Corner" to advise family caregivers about issues they may encounter.

During the year, I&A produced the *Caregiver Resource Education Guide*, *Caring About Growing Older*, and the *Guide to Better Hearing*. The *Oahu Housing Guide* continues to be updated each month by the Catholic Charities Hawaii's Housing Assistance Program. The contents of all major publications were placed on the division's website.

EAD Initiatives and Activities

National Family Caregiver Support Program

Federal funding in FY 2004 enabled EAD to continue several successful programs and fund additional programs providing support to those of all ages who provide care to family members 60 and over. Those contracted services were described in the Aging Network Services section above.

Other activities under this caregiver initiative included: 1) providing 20 caregiver education/support sessions to 267 City employees; 2) encouraging employers to establish in-house caregiver support groups through the *WE CARE* program; 3) partnering with doctors to identify and connect caregivers to support services through the national *Making The Link* program; 4) issuing FY 2005-2006 Requests for Proposals for caregiver support services; and 5) conducting the 2nd Annual Conference for Caregivers – **Caring for Family, Caring for Yourself**, in September 2003. A partnership with AARP, HMSA, Alu Like and Hospice Hawaii is organizing and planning Oahu's 3rd conference for caregivers.

Right: A caregiver participates in self-care activities at the 2003 Caregiver Conference.

Bottom: Managing Director Ben Lee and Cliff Cisco, HMSA Senior Vice President with Overall and Akamai Lifetime Achievement Winners for 2004. From left to right: Cliff Cisco, Edward Yapyapan, Barbie Paris (kneeling), Ellen Hyer, So Pun Ku, Bea Aquino, Kimi Masuda, Bertha Maunupau, Lorraine Akana and Ben Lee.

Kupuna Care

Kupuna Care, a five year State-County collaboration for home and community care, served approximately 3,300 frail elders. Services included adult day care, assisted transportation, attendant care, case management, chore, home-delivered meals, homemaker/housekeeper and personal care services. Outcome measures and client satisfaction surveys are being used to help improve quality of services and measure effectiveness. The state Executive Office on Aging is conducting a complete review of the program to produce changes as appropriate.



The Mayor's 38th Senior Recognition Program

Hilton Hawaiian Village's Tapa Ballroom was the setting for the 38th Mayor's Senior Recognition Program on April 27, 2004. City officials recognized 83 honorees before an audience of 1,200 elected officials, family and friends. Hawaii Medical Service Association was a major financial contributor for the 4th consecutive year and sponsored the Akamai Living Lifetime Achievement Awards. The Honolulu Committee on Aging coordinated the event. Midweek publicized the event and the outstanding seniors were featured in newspaper articles.

Four Year Area Plan on Aging

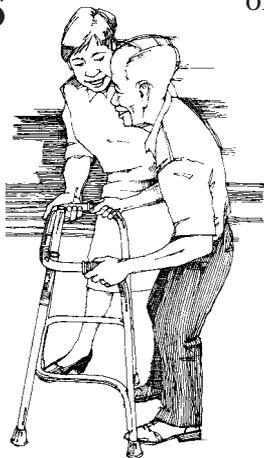
The new Four Year Area Plan on Aging was completed and serves as a guide for activities, funding and programs for Oahu's elderly from October 1, 2003 through September 30, 2007. Activities to prepare for two major conferences in 2005, the White House Conference on Aging and Model Legislature will allow the opportunity to conduct community forums throughout Oahu to ascertain the needs and desires of seniors and their caregivers.

CAREGIVER'S CORNER

By Lorraine Fay

It's been a long day. After getting the kids to school, taking Mom to Adult Day Care, going to work, driving to and from soccer practice and making dinner, you're worn out! But there is still homework to supervise, Mom to bathe, and preparations for tomorrow.

When it's quiet, you are ready for a cup of tea and a good book, or to watch television. We have just the thing for you - The Caregiver Resource Library - 24 books and 33 videos specifically for caregivers. Your first reaction may be; "What! After caregiving all day this is the last thing I need!" But books with titles like The Magic of Humor in Caregiving, Are Your Parents Driving You Crazy, and Elder Rage or Take My Father . . . Please! give you an entertaining, sympathetic view of your situation from people who have been in your shoes. "Managing Stress Through Humor and Choice" and "The Home Companion, Volume 9: Caregiver Wellness" give different ways to do tasks. Others give helpful hints on transporting a person with dementia and communicating with loved ones who have hearing loss, speaking problems, and Alzheimer's. You are guaranteed to learn something painless from "The Comfort of Home". If you can't view them quickly, that's



okay because you can borrow the tapes for ten days and the books for three weeks. All we ask is a five-dollar deposit per item, refundable when returned. Visit us at 715 S. King Street, Suite 205 to borrow resources designed to make your life as a caregiver a

little easier.

(This column features tips for caregivers or answers questions from caregivers. To submit questions or concerns, please call **592-8628**.)

WHAT IS CAREGIVER RESPITE?

By May Fujii Foo

Caregiver respite simply means relief from the demands of providing care for a loved one. It is a time when caregivers are encouraged to concentrate on doing something for themselves, such as watching a movie at the local theater or going shopping at the mall. Studies have shown that those who take care of their own health needs are better able to care for a loved one and cope with caregiving responsibilities.

Joining a support group is an excellent way to get relief and be energized to manage the many as-

pects of caregiving responsibilities. It is a time when participants may foster camaraderie, share experiences and discuss various methods of coping with difficult caregiving tasks and behaviors. Many support groups offer information sharing, training, as well as social outings and stress relieving exercise programs.

Temporary respite services for care recipients can include in-home care, senior centers, adult day care facilities, or institutional facilities. Caregiver support groups and respite services funded by EAD include the following agencies:

- * Alzheimer's Association, Aloha Chapter - **591-2771**
- * Catholic Charities Elderly Services - **595-0077**
- * Child and Family Services, Respite and Ohana Care - **543-8468**
- * Franciscan Adult Day Care, C.A.R.E. Club - **988-5678**
- * Hawaii Family Services, Inc. - **696-3482** (serves grandparents caring for grandchildren)
- * Kokua Kalihi Valley Elderly Services - **848-0977** (serves Kalihi Valley)
- * Project Dana - **945-3736**
- * The Institute for Family Enrichment - **235-0258** (serves grandparents caring for grandchildren)
- * Waianae Coast Comprehensive Health Center, Adult Day Care - **456-4490**

For more information, call the Senior Hotline at **523-4545**.



AARP Tax-Aide program is the nation's largest, free income tax counseling service operated by trained counselors for moderate and low income persons with special attention to those 60 years and older. Counselors prepare basic state and federal income tax returns, including itemized deductions and income from interest, divi-

dends and sale of stock. Taxpayers with more complex returns are asked to seek other assistance.

There are 24 work sites on Oahu. (See the chart below for the location and time most suitable for you.) Note that some sites require appointments while others are marked "walk-in." Electronic-Filing or e-File is the latest and best method to file federal income tax returns. In most cases, tax payers can receive refunds within 2 to 3 weeks.

Bring copies of last year's federal and state returns plus applicable forms for 2004 such as W-2s, SSA-1099s, 1099Rs. If you are itemizing deductions, bring receipts for medical expenses, contributions, 1099 showing home mortgage interest paid, etc. If you have any doubt, bring them anyway. For additional information, please call Pat Henderson (955-5776), Bankole Idowu (836-3439) or Toll Free 1-888-227-7669 and leave your name and phone number.

2005 HAWAII SITE LISTINGS

OAHU – Honolulu

Harris United Methodist Church (O-22)

20 S Vineyard Blvd., Rm 11
Honolulu, HI 96813
Wednesday 9am – 1pm
e-file available

International Christian Church (O-21)

2322 Kanealii Ave.
Honolulu, HI 96813
Mondays 9am – 1pm
e-File available

Waikiki: Paki Hale (O-3)

3840 Paki Avenue
Honolulu, HI 96815
Tues & Thurs 8:30am – 12:30pm
Closed Feb 10, Mar 10
e-File available

AARP Information Office (O-30)

1199 Dillingham Blvd, Unit A-106
Honolulu, HI 96817
Tuesday & Thursday 3pm – 6pm
Saturday 9am – noon
e-File available

Lanakila Multipurpose Sr. Center (O-1)

1640 Lanakila Avenue
Honolulu, HI 96817
Mondays 8am – Noon
Closed Feb 21 – OPEN Tues Feb 22
Appointment Required
Iris Haramoto (808)-847-1322
Japanese spoken
e-File available

Liliha Public Library (O-14)

1515 Liliha Street
Honolulu, HI 96817
Tues & Thurs 9am – 1pm
e-File available

Kalihi/Palama Public Library (O-44)

1325 Kalihi Street
Honolulu, HI 96819
Fridays 10am – 2pm; Closed March 25
e-File available

Susanna Wesley Community Center (O-31)

1117 Kaili Street
Honolulu, HI 96819
Saturdays 9am – Noon; Feb 5 to March 12
ONLY

Aina Haina Public Library (O-4)

5246 Kalaniana'ole Hwy.
Honolulu, HI 96821
Fri 10am – 2pm
Closed Mar 25
e-File available

Hawaii Kai Public Library (O-42)

249 Lunalilo Home Road
Honolulu, HI 96825
Saturday 9am – 1pm
Closed Mar 26
e-File available

Central Union Church (O-9)

1660 S. Beretania Street
Honolulu, HI 96826
Tues & Thurs 8:30am – 11:30am
e-File available

Nursing Homes/Home-bound (O-32)

Saturdays as needed; Appointment
Required
Gene Haynes (808)-678-3043

OAHU – Windward

Kahuku Public/School Lib. (O-18)

56-490 Kamehameha Hwy.
Kahuku, HI 96731
Thursdays 9am – 1pm
e-File available

St Christopher's Episcopal Church (O-5)

93 N. Kainalu Drive
Kailua, HI 96734
Mon & Wed 9am – 11:30am
e-File available

Community of Christ Church (O-6)

45-119 Kaneohe Bay Drive
Kaneohe, HI 96744
Tue & Thurs 8am – Noon
Appointments & Walk Ins
Staff (808)-247-4178; Japanese spoken
e-File available

Key Project (O-2)

47-200 Waihee Road
Kaneohe, HI 96744
Fri & Sat 8:30am – 12:30pm
Closed Mar 25 & 26 & Apr 15
e-File available

OAHU – Central/Leeward

Aiea Public Library (O-13)

99-143 Moanalua Road
Aiea, HI 96701
Tuesdays 10am – 2pm
e-File available

St. Jude Catholic Church (O-23)

92-455 Makakilo Drive
Kapolei, HI 96707
Thursdays 9am – 1pm
e-File available

Waiialua Community Assoc. (O-12)

66-434 Kamehameha Hwy.
Haleiwa, HI 96712
Tuesdays 9am – 1pm
Appointment Required
T. Yamamoto (808)-637-5386
e-File available

Pearl City Regional Library (O-11)

1138 Waimano Home Road
Pearl City, HI 96782
Thursdays 9am – 1pm
e-File available

Wahiawa Public Library (O-7)

820 California Avenue
Wahiawa, HI 96786
Thurs noon – 4pm, Fri 9am – 1pm
Closed March 25
Japanese spoken
e-File available

Olaloa Retirement Village (O-10)

95-1050 Makaikai Street
Mililani, HI 96789
Wednesdays 8:30am – 12:30pm
e-File available

Waianae Community Center (O-16)

85-670 Farrington Hwy.
Waianae, HI 96792
Wednesdays 8:00am – noon
e-File available

Waipahu Civic Cntr., Rm 102 (O-15)

94-275 Mokuola Street
Waipahu, HI 96797
Wednesdays 8:30am – 12:30pm
e-File available

\$600 ASSISTANCE FOR PRESCRIPTION DRUG PURCHASES AVAILABLE TO MEDICARE BENEFICIARIES IN 2004 AND 2005!

By Pamela Cunningham, Sage PLUS Coordinator

(Editor's Note: The editor realizes that this article appears when it is too late to activate assistance in 2004 because of the publication schedule of the newsletter. If you are unable to sign up for assistance by December 31, 2004, \$600 is available for 2005.)

Recently Medicare sent a letter to all Medicare beneficiaries who are enrolled as Qualified Medical Beneficiary (QMB), Specified Low Income Medicare Beneficiary (SLMB), or Qualifying Individuals (QI-1)* to inform them about automatic enrollment in the Medicare-Approved Drug Discount Program. The letter states that they will be automatically enrolled in

a Medicare-Approved Drug Discount card and that they need to call a participating company to activate the \$600 transitional assistance available in 2004 and 2005.

To qualify for the \$600 assistance the gross incomes for Hawaii are as follows:

Single: \$ 14,445 per year or \$1,204 per month.

Couple: \$19,386 per year or \$1,615 per month.

Medicare Beneficiaries (with no additional insurance) can apply as soon as possible for the cards and the \$600 assistance. Beneficiaries are encouraged to use the \$600 at a participating pharmacy. To learn what pharmacies are participating with the card they are assigned and for assistance in choosing a card, call Sage PLUS at **586-7299** or **1-888-875-9229**.

HMSA 65C+ members can only apply for the \$600 assistance through HMSA. Members must call HMSA 65C+ at **808-**

948-5555 or **1-800-620-4672** and let HMSA know that they may qualify for the \$600. It will take approximately 2 months to enroll and they need to be enrolled and accepted by December 31, 2004 to receive the assistance for this year.

Kaiser Senior Advantage Members can apply for the cards and the \$600 assistance by calling Sage PLUS. Kaiser members cannot receive the \$600 at Kaiser Pharmacies. Sage PLUS encourages them to use the \$600 at an outside pharmacy. When the \$600 is used, they may go back to Kaiser.

* QMB/SLMB/QI-1 are special programs for Medicare beneficiaries who have limited income and whose assets are slightly higher than the general Medicaid recipient. Generally their Part A/B monthly premiums are paid by the State of Hawaii, Department of Human Services. For more information about these programs call Sage PLUS.



By Tony Baccay

EAD Welcomes New Staff:

Rachelle "Rochie" Yamamoto is the new Kupuna Care Supervisor at EAD. Before coming to EAD, Rachelle was the Acting Kalihi District Manager of the Honolulu Community Action Program. Born and raised in Kalihi, she considers herself a proud "Kalihi Girl" at heart and remains active in the community as the 1st Vice President for



the Kalakaua Middle School Parent-Teacher-Student Organization (PTSO) and co-chair of the Public Relations Committee for the Ohana Coalition, which focuses on prevention of underage alcohol and drug abuse among Kalihi youth.

Rachelle loves to sing karaoke (she once sang the National Anthem at the Hawaii Tsunami Pro Soccer opening game) and just got her motorcycle license! Rachelle

is the proud mother of 3 children: Ryan (18), Chanie (16) and Tyler (11). Welcome aboard, Rachelle!

Scam Detectors Needed!

The Better Business Bureau (BBB) Foundation of Hawaii is accepting volunteers for its Senior Scam Hotline. Help the BBB capture scam information and offer service and information to assist seniors with questionable offers. Here's a chance to engage in meaningful telephone contact. Looking for volunteers who

can commit to a few hours a week. Train-

ing is provided. The BBB office is located downtown Honolulu at 1132 Bishop Street, Suite 1507 on major bus routes and open Monday-Friday from 8 a.m. to 4:30 p.m. Call the BBB at **536-6956** ext 709 or email info@hawaii.bbb.org. Join them to be a Scam Detector.

Respite Companions Wanted: Are you:

- * 55 years or older?
- * Have limited income?
- * Unemployed?
- * Physically able to work 19 hours/week?
- * Interested in serving the frail elderly?

Please call **586-5192** for more information or for an application.

Early-Stage Support Group: "It helps to know that you are not alone-it makes me feel much better to know that there are people in the same situation as me." Do you know someone:

- * Who has a diagnosis of probable

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Alzheimer's disease or related dementia?
 * Who was told about the diagnosis and acknowledges (at least occasionally) his/her condition?
 * Who has a Mini-Mental Status Exam of 18 or above out of 30?

If you are interested in participating in the support group, please call the Alzheimer's Association at **591-2771**. The Support Group will be limited to 12 members and will be facilitated by John Devereaux, PhD. Neuroscience, Stanford University.

Support Group Facilitators Needed: If you are looking for a way to make a difference to the families and caregivers of loved ones with Alzheimer's disease and related dementia, the Alzheimer's Association wants you. The Alzheimer's Association is recruiting volunteer facilitators for monthly caregiver support groups in Wahiawa/Kapolei/Waialua and Kailua. Candidates should have experience and knowledge of working with dementia, groups, caregivers and the elderly population and have a degree

in Human Services or a health related field (social work, nursing, etc.) or be a former caregiver. For more information, please call Esther Daido or Dr. John Devereaux at **591-2771**.

Save This Date! The 39th Annual Mayor's Senior Recognition Program will be held on April 26, 2005, 9:30 a.m.-11:30 a.m. Call the Senior Hotline for information about nomination forms which will be available in January.

Adopt a Senior

Your support can help ensure that no senior goes hungry

As Hawaii's population ages, more and more seniors are living alone, are unable to buy food, or are too frail to shop and cook. With your support, **Lanakila Meals on Wheels** will deliver the nutritious meals and warm friendly smiles your elderly neighbors so desperately need, all year round.

Lanakila Meals on Wheels, the largest program of its kind in Hawaii, offers group dining at 33 community sites and home delivered meals to individuals island wide. About half a million meals, including holiday meals are prepared and served annually or more than 2,000 meals a day. This program is supported primarily through government and limited private grants. Unfortunately, weekend and holiday meals are not included within these funding sources. The generous support of concerned citizens like you will help ensure that no senior goes hungry during the holidays and throughout the year.



For Ethel O., 84, enthusiasm for life has not diminished, even though she is no longer able to get out like she used to. Ethel suffers from age-related illnesses that make it difficult for her to cook her own meals and to stand for long periods of time. "My health has improved since I started receiving Lanakila's Meals on Wheels two years ago. I enjoy the meals very much".

Consider the difference you can make for a senior who can no longer afford the basic necessities. Individuals can adopt 10 seniors for \$60, 25 seniors for \$150, or 100 seniors for \$600. Donations in any amount help to bring your elderly neighbors the nutritious meals they need. For more information please contact Marlana or Eric at **531-0555**.

A few facts...

- Lanakila's meals on wheels are prepared by people with disabilities in Lanakila's food service training program
- More than 200 volunteers generously dedicate their time each day to help deliver meals
- More than 30% of our seniors live below the federal poverty level and are unable to contribute for their meals

Mahalo for your support!

Donations may be sent to: Lanakila Adopt-A-Senior Program, 1809 Bachelot Street, Honolulu, HI 96817
 All Adopt-A-Senior donations are specifically directed for meals and are 100% tax deductible.

Calendar of Events 2005

February 10, 2005
 Senior Valentine Dance,
 Thursday, February 10,
 2005, 9:00 a.m. - 2:00 p.m.,
 Blaisdell Exhibition Hall.
 Call **973-7258** for more information.

March 23, 2005
 Prime Time Wellness Fair,
 Wednesday, March 23,
 2005, 9:00 a.m. - 12:30
 p.m., Blaisdell Exhibition
 Hall. Call **973-7258** for more information

April 26, 2005
 39th Annual Mayor's
 Senior Recognition Pro-
 gram, Tuesday, April 26,
 2005, 9:00 a.m.-11:30 a.m.
 For more information, call
523-4545.

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

- Kauai Agency on Aging 1-808-241-4470**
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 1-808-565-6282**

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

County Executive on Aging Karen Miyake

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JEREMY HARRIS, Mayor
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