

HAWAII'S 2010 U.S. CENSUS

In 2010, the Federal Government will be conducting a nationwide census that will affect all residents living in the United States. This Decennial Census was developed to ensure each community receives fair political representation in Congress. In addition, every year more than \$400 billion of federal funds are allocated to state governments based on statistical data derived from the census, \$4 trillion over a 10 year period. Data collected during the survey process will serve as a snapshot of Hawaii's community and will support our legislature's requests for additional support in community services such as school lunch programs, senior citizen centers, and new construction (i.e. highways and hospitals).

The census process is simple. Ten questions that will take 10 minutes to answer and will affect Hawaii for the next 10 years. In March 2010, census surveys will be mailed to all Hawaii residents and can count up to 12 individuals in a household. Those with a P.O. Box mailing address will not receive a census survey in the mail but will have a survey hand delivered to complete and return. Questionnaire assistance centers will

be set up to assist individuals who need additional assistance in completing the survey forms. For specific sites and additional information on the 2010 Census, visit www.census.gov or contact the Hawaii Census Bureau at **535-0900** or **697-7201** for those living on the Waianae coast and neighbor islands.

IMPORTANT INFORMATION TO REMEMBER FOR HAWAII'S 2010 U.S. CENSUS:

U.S. Census Timeline

- ✓ **February 2010 – April 2010:** *Questionnaire assistance centers open:* 80 to 100 sites will be available for individuals who need assistance in completing the written survey. Foreign language interpreters will be available.
For specific sites, contact:
Hawaii Census Bureau **535-0900**
Waianae Coast and neighbor islands: **697-7201**
- ✓ **March 2010:** *United States Postal Services (USPS) will deliver initial 2010 Census Questionnaires.*
- ✓ **April 1, 2010:** *Official U.S. Census Day.*

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- ✓ **April 2010:** *USPS will deliver 2010 Census replacement questionnaires.* Households that do not return their questionnaire will receive a replacement in early April.
- ✓ **April 2010 – May 2010:** *Group quarters enumeration conducted.* People living or staying in places such as military barracks, college residence halls, skilled nursing facilities, group homes, or correctional facilities will be visited by a census surveyor.

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✓ **April 2010 – August 2010:**
Coverage follow-up.

Follow-up interviews conducted if clarification is needed based on initial individuals response to the mailed survey.

✓ **May 2010 – July 2010:** *Non-Response Follow-Up.*

Census workers visit housing units that did not return a completed questionnaire by mail to conduct personal interview.

✓ **December 2010:** *Census Bureau statistical data reported to the President.*

INFORMATION COLLECTED IN THE SURVEY

- ✓ Name
- ✓ Phone number
- ✓ Gender
- ✓ Age
- ✓ Race
- ✓ Ethnicity
- ✓ Relationship
- ✓ Information regarding whether you rent or own a home.

IMPORTANT SAFETY INFORMATION

Surveyors should not ask to enter your home at any time.

- ✓ Surveyors should not ask for information such as social security numbers and/or bank account information. 🌀

KAREN MIYAKE: 2009 MANAGER OF THE YEAR

At the annual Mayor's Employees Awards Program ceremony held on November 19, 2009 at the Blaisdell Concert Hall, Elderly Affairs Division's **Karen Miyake** was selected as the City and County of Honolulu 2009 Manager of the Year. The award recognizes managers for outstanding work accomplishment and fostering excellence in City service.

In her nomination statement, Karen was recognized as a compassionate and dedicated leader who worked tenaciously to ensure that our kupuna and family caregivers are able to live their lives to the fullest in their homes and communities. She dedicated 31 years of service to the City advocating for the needs of seniors. Through her leadership, knowledge, and experience, Karen provided the vision, guidance and support of staff and local providers in developing and implementing one of Hawaii's original Aging and Disability Resource Center pilot sites and established and sustained a nationally recognized Chronic Disease Self Management Program aimed at improving the health status of Hawaii's

Kupuna. Her talents were nationally recognized when she was asked to serve on the Board of Directors of the National Association of Area Agencies on Aging (n4a) from 2001-2007. Over the past few years, Karen encouraged her staff to think outside the box and together they developed a new look for all of their publications and created a new logo and tagline, "AgeSmart", to reflect the importance of "successful" aging.

Congratulations
Karen! 🌀



AGING & DISABILITY RESOURCE CENTER WEBSITE IS HERE!

By Sara Voneida, ADRC Coordinator

The Elderly Affairs Division has a new and improved website! www.elderlyaffairs.com has been redesigned as part of Hawaii's Aging and Disability Resource Center (ADRC) program, a federal initiative sponsored by the U.S. Administration on Aging and Centers for Medicare and Medicaid Services to improve access to long term care information and services. The new ADRC Hawaii website, www.HawaiiADRC.org, consists of a statewide entry point and four county-specific sites that have uniform features, design and functions. Each site is also customized to reflect county-specific information. The comprehensive website allows you to:

- Browse the Library to learn more about important aging, disability and caregiving topics;
- Search a directory to Find Services in your area;
- Learn how to Apply for Assistance and determine eligibility for public programs; and
- View the Latest News and Calendar of Events to stay connected to your community.

The website also includes frequently asked questions, publications and links to other helpful resources. Go to www.HawaiiADRC.org to access the state home page. Honolulu's ADRC site can be accessed from this home page or by going directly to www.elderlyaffairs.com. Please visit the site and let us know what you think!



For more information about Honolulu's ADRC, contact **Sara Voneida** at **808-768-7714** or svoneida@honolulu.gov. For more information about ADRCs in other states, visit the national ADRC website at www.adrc-tae.org 

MARK YOUR CALENDARS!

The Mayor's 44th Annual Senior Recognition Program will be held at the Hawaii Convention Center on **April 8, 2010.**

Nomination forms will be available the 1st week of January and the deadline for submissions will be **February 19, 2010.**

BITS & PIECES

By Tony Baccay

Oahu's 2009 Male Volunteer of the Year Receives National Recognition: **Charles Clark** was one of 10 outstanding volunteers chosen from among 10,000 Senior Medicare Patrol (SMP) volunteers in the U.S., Guam, Puerto Rico, and the Virgin Islands to receive the U.S. Administration on Aging 2009 SMP Volunteer Excellence Award. **Kathy Greenlee**, Assistant Secretary for Aging, recognized the honorees at the Volunteer Recognition Awards Ceremony in Washington, D.C. **Adele Ching**,



Hawai'i's SMP coordinator, accepted the award for Clark, who was unable to attend the ceremony. "The success of this program and the outstanding efforts of the volunteers underscore the substantial contributions older Americans continue to make to their communities and to our nation," said Greenlee.

Noemi Pendleton, State Executive Office on Aging director, presented the national award to Clark during a recent meeting of the Policy Advisory Board on Elder Affairs in Honolulu, thanking him for his "steadfast commitment and loyalty to the SMP program and his willingness to drive or fly to anywhere in the state to speak to kupuna about health care fraud."

SMP trains retired professionals to prevent fraud, waste, and abuse in the Medicare and Medicaid programs, encouraging Medicare and Medicaid recipients to always review their Medicare Summary Notice and Part D Explanation of Benefits for mistakes. Recipients are advised to look for three things on their billing statement: (1) charges for something they didn't get; (2) billing for the same thing twice; and (3) services that were not ordered by their doctor. If an error is detected, they are encouraged to contact their doctor or health plan.

To become a SMP volunteer, call **586-0100** (on Oahu) or **800-296-9422** for more information.

Aloha and Mahalo! After 11 years as Elderly Affairs Division's Chief Planner, **Pat Tompkins** has joined the Saint Francis Healthcare System as Program Manager of its new, "*Stay Healthy at Home*" program, which provides access to "concierge" services in addition to care coordination, enabling members to find help from homemaker to home maintenance services. This concept is especially attractive to busy caregivers who may have jobs and growing families of their own in addition to their caregiver responsibilities. It also provides reassurance and information to long-distance caregivers on how their loved ones are doing. Thanks, Pat, for a job well done and good luck!

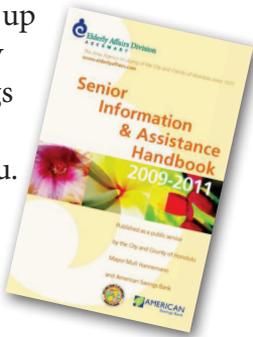
Get Vaccinated: Vaccination is the best protection against contracting the flu. To be fully protected, you will need two vaccines. The seasonal flu vaccine and the H1N1 (Swine) flu vaccine are separate vaccinations and are not designed to protect one against the other. Each protects against a different virus and is intended to be used along-side each other. Get both!

Take common-sense steps to limit the spread of germs. Make good hygiene a habit:

- Wash hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Put used tissues in a waste basket.
- Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.

The New Senior Handbook is Available:

Pick up a free copy at any American Savings Bank or Satellite City Hall on Oahu. The handbook is a resource guide to services available to elders



and their caregivers. For more information on senior and caregiver services, call our Senior Hotline at 768-7700.

Fall Prevention Brochures Available:

The Elderly Affairs Division, in conjunction with the Falls Prevention Consortium and a 16 year-old Mililani High School student, created a brochure to increase awareness of the problem of falls among the elderly. The brochure provides helpful hints on avoiding falls and contains simple exercises designed to help strengthen muscles and maintain balance. Among Hawaii seniors hospitalized for a fall-related injury from 2003-2006, 45% were discharged to nursing facilities for additional care and another 14% were moved to a rehabilitation facility. Furthermore, only 30% are able to be discharged directly back to their homes. "On average, every five hours in Hawaii, a senior suffers a fall injury so serious he or she must be hospitalized," said Department of Health Director **Chiyo Fukino, M.D.** "Fall prevention is a major concern for the safety and well-being of our kupuna, the fastest growing segment of our population." For

more information or to obtain the brochure, call the Senior Helpline at 768-7700.

Catholic Charities Senior Programs are Moving Along: Most of Catholic Charities Hawaii's (CCH) programs for Seniors have moved to a new location:

**Catholic Charities Hawai'i
Clarence T.C. Ching Campus**
1822 Keeaumoku Street
(at the corner of Nehoa and Keeaumoku)
Phone: 527-HOPE (4673)

The CCH programs for Seniors that have moved to the new Clarence T.C. Ching Campus include:

- **Respite Connection** - Support for caregivers of seniors (60 years and older), including linkages to private hire providers. Limited financial support is available.
- **Housing Assistance Program** - Assists seniors (60 years and older) with counseling and access to affordable housing options and affordable shared housing/small group homes for seniors (62 years and older).
- **Transportation Services** (New client inquiries only) - Provides door-to-door transportation services to medical appointments, shopping, resource agencies, and group dining and recreation activity sites. (60 years and older).

- **Case Management Program** – Provides advocacy, case management, professional counseling for psychological and social problems, assessment of needs, and bereavement counseling. Services are offered at some senior housing facilities and other designated locations. ☎

Get vaccinated
Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.

Cover your cough or sneeze
Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket.

Wash your hands
Wash your hands often with soap and water or use an alcohol-based hand cleaner.

Avoid touching your eyes, nose, and mouth
If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.

Stay home if you are sick
Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

Fight the Flu
It starts with you

A message from your
Hawaii State Department of Health

FAMILY CAREGIVER TRAINING SERIES

Kapiolani Community College (KCC) is offering a series of workshops designed specifically for family caregivers interested in learning skills for the care of their elderly parents, spouse or relative. The workshops are planned by the KCC Kupuna Education Center and are taught by experienced health and elder care educators. **Pre-registration is required and class sizes are limited.** Call 734-9108 or visit www.kupunaeducation.com for more information on dates, times, locations and registration.

FAMILY CAREGIVER TRAINING SERIES

Series I: *Family Caregiver Skills: Personal Care and Transfer Techniques.*

Learn how to assist with bathing, incontinent care, dressing, oral care, range of motion exercises and proper transfer techniques from bed, chair, and wheelchair. Session A: Saturdays, Jan 16, 23 & 30, 9 a.m. – 11 a.m.; Session B, Thursdays, Feb 25, Mar 4 & 11, 6 p.m. –

8 p.m.; Session C, Saturdays, April 17 & 24, and May 1, 9 a.m. – 11 a.m.

Series II: *The Basics of Family*

Caregiving: Learn what is involved in caring for a family elder, the skills needed for caregiving, and decision making about providing care to an elder at home. Session A, Wednesdays, Jan 27, Feb 3, 10, 17 & 24, Mar 3, 6 p.m. – 8 p.m.

Series IV: *Dealing with Your Parent's*

Stuff: How do you approach the subject of taking charge and making decisions with your parents and siblings? Which documents should you gather and update? Should you share responsibilities, hire a caregiver or consider other accommodations? What do you do with a lifetime of accumulated stuff? Session A, Wednesdays, Mar 31, Apr 7, 14 & 21, 6 p.m. – 8 p.m.

ELDER STAY @HOME, HOME CARE WORKER TRAINING

Level I: *Elder Pal.* Graduates are

trained to provide age appropriate companionship, safety and support in the home or assisted living setting.

Level II: *Personal Care Assistant.* The training builds on the Elder Pal training by providing additional information on specific subjects, skills instruction and return demonstration.

Level III: *Home Care Assistant.*

Students are instructed on assisting individuals who have advanced medical problems and complex or chronic health conditions.

Call 734-9108 for information on dates and times for these classes or visit www.kupunaeducation.com.

ACTIVE AGING

Boomer Career Change and Life

Transition: This series of workshops is designed to allow the participant to fully explore and plan for a new career. Jan 25, Feb 1, 8 & 22. ☺

NEW SYSTEM FOR DETERMINING THE HANDI-VAN ELIGIBILITY

On October 14, 2009, the City and County of Honolulu implemented a new application system for determining eligibility for TheHandi-Van, the City's paratransit service for people with disabilities who are unable to independently use TheBus.

Under the current eligibility determination system, decisions are based solely on written information. The new eligibility system will give individuals the opportunity to more completely explain their specific circumstances and abilities. They will also be able to learn about other programs that can increase their transportation independence.

The new, more personalized system involves an In-Person Assessment of all applicants, whether new to TheHandi-Van service or renewing eligibility, at no cost. This eligibility assessment will replace the previously required written application and Certification of Eligibility from applicants' health care or disability service providers. However, applicants will have the option of submitting such information for consideration as part of their assessment. Applicants will not be charged a fee for their assessment.

The In-Person Assessments will be conducted at the new TheHandi-Van Eligibility Center, located at The First Insurance Center, 1100 Ward Avenue,

Suite 835, Honolulu, Hawaii 96814, by trained Mobility Coordinators during confidential interviews. These coordinators will help guide applicants through the process as well as provide information about additional transportation options and services.

To begin the eligibility assessment process, applicants should call the center, Monday through Friday, 8:30 a.m. to 4:00 p.m. Applicants may bring someone to help them during the interview.

For additional information, please call the Department of Transportation Services Paratransit staff at 768-8300. ☺



CALENDAR OF EVENTS 2009

DECEMBER 2009

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

- **Waikiki Community Center, 923-1802 / Wednesday, Dec 2**
- **Kaiser Hawaii Kai, 432-2260 / Saturday, Dec 5**
- **Kaiser Waipio Clinic, 432-2260 / Thursday, Dec 10**
- **Lanakila Senior Center, 847-1322 / Friday, Dec 11**
- **Nanaikeola Clinic, 432-2260 / Friday, Dec 11**

4 **First Fridays Food Distribution, Friday, Dec 4, 2009, 2:30 p.m.,** in basketball court behind Lanakila Multipurpose Senior Center. Operated by Puahala Homes Resident Association and Palama Settlement Outreach. Bring picture ID & provide information about household and income. Open to the public. For more information, call Lanakila Multipurpose Senior Center at 847-1322.

5 **25th Anniversary of Honolulu City Lights, Saturday, Dec 5, 2009 at Honolulu Hale. 6 p.m. – 6:30 p.m. Tree Lighting Ceremony, 6 p.m. Electric Light Parade at River St., 6:30 p.m. at Honolulu Hale, 7:30 p.m. Holiday Concert.**

12 **9th Kapolei City Lights, Saturday, Dec 12, 2009 at Kapolei Hale. 6 p.m. West Electric Light Parade on Farrington Hwy/Kealanani Ave., Block party to follow on Uluohia St., Great entertainment, Visit with Santa, FREE Keiki Games and Tree Lighting Ceremony.**

JANUARY 2010

6 **AARP Driver Safety Program**

- **Waikiki Community Center, 923-1802 / Wednesday, Jan 6**
- **Queen's Medical Center, 537-7117 / Sunday, Jan 17**
- **Kaiser Hawaii Kai, 432-2260 / Saturday, Jan 23**
- **Kaiser Honolulu Clinic, 432-2260 / Tuesday, Jan 26**

8 **First Fridays Food Distribution, Friday, Jan 8, 2010, 2:30 p.m.,** in basketball court behind Lanakila Multipurpose Senior Center. Operated by Puahala Homes Resident Association and Palama Settlement Outreach. Bring picture ID & provide information about household and income. Open to the public. For more information, call Lanakila Multipurpose Senior Center at 847-1322.

JANUARY 2010

29 **Chronic Disease Self-Management Classes – 6 classes on how to achieve better health through managing chronic conditions and implementing a healthier lifestyle. Classes begin every Friday, Jan 29 – Mar 5, 2010. Registration is limited. Call Barbara Cook at the Waikiki Community Center at 923-1802 for more information.**

FEBRUARY 2010

3 **AARP Driver Safety Program**

- **Waikiki Community Center, 923-1802 / Wednesday, Feb 3**
- **Kaiser Hawaii Kai, 432-2260 / Saturday, Feb 13**
- **Kaiser Waipio Center, 432-2260 / Tuesday, Feb 3**

5 **First Fridays Food Distribution, Friday, Feb 5, 2010, 2:30 p.m.,** in basketball court behind Lanakila Multipurpose Senior Center. Operated by Puahala Homes Resident Association and Palama Settlement Outreach. Bring picture ID & provide information about household and income. Open to the public. For more information, call Lanakila Multipurpose Senior Center at 847-1322.

5 **Show & Sell Bazaar, Friday, Feb 5, 2010, 8 a.m. – 10 a.m. Food, crafts, white elephant items. Open to the public. For more information, call Lanakila Multipurpose Senior Center at 847-1322.**

12 **Chronic Disease Self-Management Classes (called Healthy Living) – 6 classes on how to achieve better health through managing chronic conditions and implementing a healthier lifestyle. Classes begin every Friday, Feb 12- Mar 19. Must first enroll as Lanakila Multipurpose Senior Center member prior to taking this free class series. For more information, please call Lanakila Multipurpose Senior Center at 847-1322. ☎**

ALOHA PUMEHANA

ELDERLY AFFAIRS DIVISION

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Phone: 768-7705

Elderly Affairs Division is the Area Agency on Aging for Oahu. Our mission is to develop and support opportunities that enable older adults to live their fullest capacity in their own homes and communities.

County Executive on Aging

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ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs. To be placed on the mailing list, please send us your e-mail address or call **768-7700**. Written contributions are welcomed.



MUFI HANNEMANN
Mayor of Honolulu