



## RSVP JOINS THE DCS FAMILY

*By Ashley Muraoka, RSVP Project Director*

The Retired and Senior Volunteer Program (RSVP) has found a new family. Under the auspices of the Information and Assistance Section of the Elderly Affairs Division, RSVP volunteers will extend the scope of EAD's services by providing greater outreach to our target population: frail elders who need assistance to age in place in their own homes. With Hawaii having one of the fastest growing elder populations in the nation, there are many seniors who *need* help, and many seniors who *can* help. RSVP is

focused on keeping seniors healthy in their own homes by providing services such as telephone reassurance, grocery shopping, light housekeeping, meal preparations, respite, transportation, health promotion, respite for caregivers and information and assistance outreach. RSVP hopes to make a huge impact in increasing the health, well-being and quality of life of Oahu's seniors.

RSVP recruits and links adults, age 55 and better, with volunteer opportunities in the



### INSIDE THIS ISSUE

- 1-2 RSVP JOINS THE DCS FAMILY
- 2 BITS & PIECES
- 3 UNCLE JOE
- 4 WALK TO END ALZHEIMER'S RAISES \$78,000
- 5 WHAT NOW?
- 6 SCP: A TRIPLE WIN FOR SENIORS
- 7 CALENDAR OF EVENTS

community that match their personal interest and make use of their wisdom, skills and experience. On Oahu, there are over 450 active RSVP volunteers who serve in over 50 non-profit organizations and public agencies. In 2010, RSVP volunteers contributed over 85,000 hours of service to the community, the minimum wage of \$1.5 million dollars in value. Volunteers vary greatly in age, background, socioeconomic status, ability, interests, ethnicity and skills, bringing the added benefit of a wealth of diversity to the program.

*Continued on page 2*

**Left:** Ashley Muraoka, Project Director, discusses benefits eligibility with volunteer George Miyamoto.

Continued from page 1

Volunteer **Randy Kam** assists a client at a volunteer station.

One of our new endeavors will be the creation of a Senior University. Volunteers will be able to conduct or take a class at the university level, creating the opportunity to share their knowledge, skills and talents with people of all generations, and to capture their historical and institutional knowledge to enhance community planning, growth and services.

The mission of RSVP is to build capacity in communities throughout Oahu by providing high quality volunteer experience, encouraging community partnerships and facilitating community growth.

RSVP's Elite Membership Eligibility:

- You must be 55 years or better
- Interested in learning new skills
- Eager to make a difference in a person's life

**To enroll in RSVP, call 768-7700 or 643-ADRC (2732) ☎**

## BITS & PIECES

By *Tony Baccay*

### BETTER CHOICES, BETTER HEALTH - Ke Ola Pono

#### THE PREMIER FITNESS CHOICE FOR HAWAII'S OLDER ADULTS LAUNCHED ON OAHU!



**EnhanceFitness** is a one hour, three-times-a-week fun exercise program designed to improve the overall functional fitness of older adults. It is an *evidenced-based*



program supported by solid research demonstrating measurable health benefits for older adults, and has been implemented across the nation. The program focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises – everything health professionals say we need to maintain health and optimal functioning as we grow older. The classes will be starting at Kokua Kalihi Valley and Child and Family Service.

Certified Fitness Instructors, who have undergone special training in conducting fitness classes for older adults, will lead participants through an hour of dynamic exercises at the level appropriate for them. Class participants do not need to purchase any equipment; weights are provided for specific exercises, and participants will be able to follow their progress with periodic fitness checks.

Results have shown that older adults taking the classes have:

- Increased their strength, grown stronger, improved their balance and become more limber
- Boosted their activity levels safely and independently
- Elevated their mood, physical and emotional stamina
- Made new friends

In addition to **EnhanceFitness**, the Honolulu Healthy Aging Partners

continue to offer our popular Chronic Disease Self-Management, Arthritis Self-Management and Diabetes Self-Management workshops.

For more information about the program and classes, please contact the Senior Helpline 768-7700.

#### ALOHA AND WELCOME!



EAD welcomes **Johnell Yamamoto** as our new RSVP Volunteer Services Coordinator. "I'm excited to be a part of RSVP and to help develop and expand the volunteer

base through recruitment," she said. "I'm looking forward to working with everyone to match volunteers to frail seniors or school programs."

Johnell notes, "Volunteers with the 'win-win' RSVP program provide needed services to frail seniors to help keep them healthy in their own homes; our services include companionship, telephone reassurance, transportation and more. For our age 55-and-better volunteers, it's an opportunity to share their talents and to give back to their communities to enrich and fulfill the lives of others."

Johnell is no stranger to serving the needs of seniors. Previously an EAD Community Service Aide, she has expertise in community resources, assessing seniors' needs and arranging for support services to enable them to live in their homes for as long as possible. "I see RSVP volunteers playing a major role in offering in-home services to frail seniors with a personal touch."

Johnell has a Communications degree from the University of Hawaii at Manoa. Her dream vacation is travelling to Portugal and Spain. Welcome aboard! ☎



# UNCLE JOE

*By Derrick Ariyoshi, Director  
Foster Grandparent Program*

**S**ixty-four-year-old **Joseph Aragon** is back in the classroom for another year of school. Although you won't see him carrying a backpack stuffed with fresh paper, pencils, and a lunch pail, he carries a lifetime of experience and knowledge that helps the students of Blanche Pope Elementary School on Hawaiian Homestead land in Waimanalo.

After retiring a couple of years ago, Aragon realized he needed something else to challenge him, and decided to become a Foster Grandparent Volunteer. "I was so nervous on my first day since it was something new," said Aragon of his first day jitters. A Foster Grandparent for over a year now, he "can't imagine a life without

the students at Blanche Pope." As one of eight Foster Grandparents at the school, Joe, or rather "Uncle Joe" as he prefers to be called, has become a father figure to students who need someone to look up to. Aragon also provides extra eyes and ears in the classroom, deterring bullying and resolving issues before they escalate. "We try and promote 'the Hawaiian way,' respecting others for who they are and embracing diversity among one another," he said.

The **Foster Grandparent Program** calls upon the Aloha of our Kupuna to ensure that all of Hawaii's Keiki are given the opportunity to reach their potential. The program recruits and engages DYNAMIC, CIVIC-minded seniors to fill a critical need in the school setting as role models and mentors to children with special

needs. In addition to the tremendous satisfaction of impacting a child's life, volunteers receive other benefits that include a non-taxable stipend, meal and transportation allowance, and an annual physical.

If you or someone you know would like more information on becoming a Foster Grandparent Volunteer like Uncle Joe, please contact the Foster Grandparent Program at **832-5169**. ☎



**The Foster Grandparent  
PROGRAM**



alzheimer's  association®

Members of the Hawaii State Federal Credit Union and Plaza Assisted Living Teams and other participants at the Start line of the Walk to End Alzheimer's.

## WALK TO END ALZHEIMER'S RAISES \$78,000

By Daniel Ward, MPA, Public Relations Coordinator, Alzheimer's Association, Aloha Chapter

Nearly 1,000 Oahu residents joined the Alzheimer's Association, Aloha Chapter's *Walk to End Alzheimer's* and united in a movement to reclaim the future for millions at Magic Island/Ala Moana Beach Park on September 10, 2011. Participants raised almost \$78,000 to fund Alzheimer's care, support and research programs in Hawaii. "I was inspired by Oahu residents uniting in the fight against Alzheimer's disease at the *Walk to End Alzheimer's*," said **Elizabeth Stevenson**, Alzheimer's Association, Aloha Chapter's Executive Director and CEO. "With funds raised, the Alzheimer's Association will be able to provide much needed care and support to people affected by the disease as well as fund critically needed Alzheimer's research."

The participants did more than just complete a 3-mile walk. They learned more about Alzheimer's and the Aloha Chapter's critical role in the fight against the disease, including the latest in research and current clinical trials, how they can become involved in advocacy efforts at home and in Washington, D.C. and the Association's family caregiver support programs and services. Participants also enjoyed live entertainment by **Island Storm**, light refreshments, and a special tribute to those who have experienced or are experiencing Alzheimer's.

The *Walk to End Alzheimer's* is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. Since 1989, the association mobilized millions

of Americans in the Alzheimer's Association Memory Walk®; now it is continuing to lead the way with the *Walk to End Alzheimer's*. Together, we can end Alzheimer's – the nation's sixth-leading cause of death.

The mission of the Alzheimer's Association is to eliminate the disease through the advancement of research; to provide and enhance care and support for those affected; and to reduce the risk of dementia through the promotion of brain health. More than 31,000 people in Hawaii are among the estimated 5.4 million Americans living with the disease today. For more information about the Aloha Chapter's family caregiver support programs or to make a donation, visit [www.alz.org/hawaii](http://www.alz.org/hawaii) or call 800-272-3900. 

Caring for someone who has Alzheimer's disease or a related disorder is perhaps one of the biggest commitments a person can face. "What Now?" is designed for **non-professional family caregivers** to provide information and allow for *guided group discussion* and sharing in a one hour period. The series will be scheduled throughout the year so caregivers can elect to select the training that is most needed at the time and pick up the other classes later in the year, or take the complete seven (7) week series.

## alzheimer's association®

### January 10 and March 6, 2012

*Basics of Alzheimer's Disease and Memory Loss*  
A comprehensive guide to Alzheimer's and dementia

### January 17 and March 13, 2012

*Putting Legal & Financial Affairs in Order*  
How to begin with legal and financial issues

### January 24 and March 20, 2012

*Learning to Manage Challenging Behaviors*  
How to approach some of the more challenging care situations that arise

### January 31 and March 27, 2012

*Taking Care of Yourself*  
How can I cope while I care for my loved one?

### February 7 and April 3, 2012

*Hiring and Managing In-Home Caregivers*  
Introductions to homecare planning and management

### February 14 and April 10, 2012

*When is it Time to Move Your Loved One into a Facility?*  
Steps to take when exploring residential facilities

### February 21 and April 17, 2012

*Partnering with Your Doctor Provides strategies and resources to make the most of doctor visits and to receive the most effective treatment and care possible from health care providers.* 

Alzheimer's Association Aloha Chapter Office  
Ward Warehouse, 1050 Ala Moana Blvd., Ste. 2610 Honolulu, HI 96814

Tuesdays - 9:30 am to 10:30 am

alzheimer's  association®

What Now?

# SCP: A TRIPLE WIN FOR SENIORS

By *Suzanne Hull, Director*  
Senior Companion Program

Patricia is a 79-year-old Senior Companion who spends up to 20 hours per week helping frail seniors in Windward Oahu with daily living tasks that have become difficult or impossible to do alone. She also offers respite to caregivers, allowing them to get much-needed time off. These family members, along with the seniors, express praise and gratitude to Patricia for all that she does. They don't know how they would get by without her.

Patsy, a 76-year-old Senior Companion on Maui, is able to get her client, who is adamant about not wanting to leave her home, to her doctor's appointments. This has helped the client get the medical attention she needs, and relieves the family members from an uncomfortable struggle.

The Senior Companion Program (SCP) has been quietly at work in communities across Hawaii since 1978. The program is sponsored by the Corporation for National and Community Service, and is administered locally by the Hawaii Department of Human Services,

Adult and Community Care Services Branch. The goal of the program is to engage individuals age 55 and better, particularly those with limited incomes, in a high quality volunteer experience. The program also provides a cost-effective option in the continuum of care available to Hawaii's aging population. Services provided by the Senior Companions help frail seniors maintain independence, primarily in their own homes. SCP volunteers assist with daily living tasks such as grocery shopping and bill paying; provide friendship and companionship; alert doctors and family members to potential problems; and provide respite to caregivers.

Many seniors are reluctant to have others in their homes, and they insist that they are fine by themselves. However, once they allow the Senior Companion in, a relationship grows and mutual benefit occurs. Senior Companions feel good about helping others. They have better physical and mental health and increased levels of happiness. The seniors receiving the

services look forward to visits by their volunteers, with opportunities to talk and engage in other activities.

Senior Companions also provide respite to caregivers, who are often family members. These caregivers have peace of mind when they leave their loved one and come back refreshed and ready to assume care giving. Transporting clients is another valuable service, especially on the Neighbor Islands where public transportation is not readily available. Senior Companions can accompany their clients to appointments and help them complete errands and grocery shopping.

Senior Companions receive a tax-free stipend that does not affect Social Security and other earnings. They also receive a meal and transportation allowance; supplemental accident and liability insurance; an annual physical exam at no cost; and paid training, vacation, and sick leave.

The SCP isn't just a win-win – it's a triple win for senior volunteers, for frail elders, and for communities

everywhere in need of cost effective ways to care for their aging population. Please contact the SCP at 832-0340 for more information. ☺



Senior Companion Volunteers **Geraldine Tamayo**  
and **Angela Dela Cuesta** at the Mayor's 9-11  
Remembrance Walk

# CALENDAR OF EVENTS 2011-2012

## DECEMBER 2011

**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, 4-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.

Lanakila Multipurpose Senior Center, **847-1322**, Fri, Dec 2, 9 a.m. - 1 p.m.  
Kaiser Waipio Clinic, **1-888-227-7669**, Wed, Dec 14, 8:30 a.m. - 12:30 p.m.

**3 27<sup>th</sup> Honolulu City Lights**, Sat, Dec 3, 6 p.m. at Honolulu Hale. Tree lighting ceremony, electric light parade and holiday concert.

**10 11<sup>th</sup> Kapolei City Lights**, Sat, Dec 10, 6 p.m. at Kapolei Hale. Tree lighting ceremony, West electric light parade, keiki games and block party.

## JANUARY 2012

**4 AARP Driver Safety Program**  
Waikiki Community Center, **923-1802**,  
Wed, Jan 4, 9 a.m. - 1 p.m.

Waipio Kaiser Clinic, **1-888-227-7669**,  
Fri, Jan 13, 8:30 a.m. - 1:00 p.m.

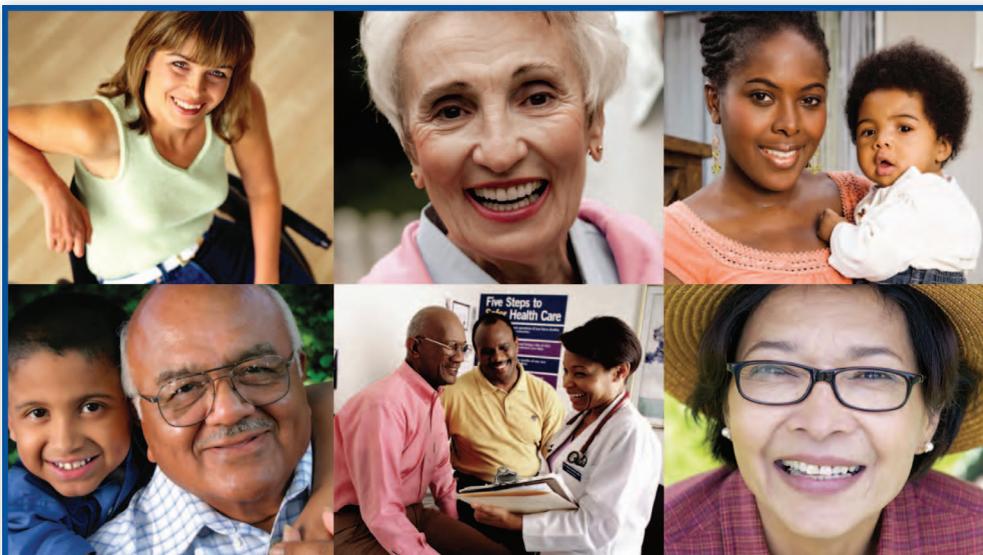
Queen's Medical Center, **537-7117**,  
Sun, Jan 15, 9 a.m. - 1 p.m.

Kaiser Honolulu Clinic, **1-888-227-7669**,  
Tue, Jan 24, 12 noon - 4 p.m.

## FEBRUARY 2012

**10 AARP Driver Safety Program**  
Waipio Kaiser Clinic, **1-888-227-7669**, Fri, Feb 10, 8:30 a.m. - 1 p.m.  
Kawaiahao Church, **522-1333**, Sat, Feb 25, 8:30 a.m. - 1 p.m.

**14 Valentine Dance**, sponsored by the Dept. of Parks and Recreation,  
Tue, Feb 14, 9 a.m. - 12 noon, Blaisdell Exhibition Hall, free admission. ☺



## GET THE FLU VACCINE, NOT THE FLU.

Flu vaccines are covered for people with Medicare and Medicaid/CHIP.

For information, call 1-800-MEDICARE  
or visit [www.medicare.gov](http://www.medicare.gov) or [www.insurekidsnow.gov](http://www.insurekidsnow.gov).

## OBTENGA VACUNA DE GRIPE, NO LA GRIPE.

Medicare, Medicaid/CHIP pagan por las vacunas de gripe.

Para información, llame al 1-800-MEDICARE  
o visítenos en [www.medicare.gov](http://www.medicare.gov) o [www.insurekidsnow.gov](http://www.insurekidsnow.gov).



ALOHA PUMEHANA

**ELDERLY AFFAIRS DIVISION**  
715 South King Street, Suite 211  
Honolulu, Hawaii 96813  
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**  
Elizabeth Bethea

- STAFF -

**Aging & Disability Resource Center Coordinator**

**Budget Analyst**  
Donghwan Kim

**Caregiver Information Specialist**  
Joel Nakamura

**Chief Planner**  
Craig Yamaguchi

**Clerk Typists**  
Melanie Hite, Kelly Yoshimoto

**Community Service Aides & Kupuna Care Intakers**  
Teresa Bright, Roger Clemente,  
Donna DeBiasi, Ariel De Jesus,  
Barbara Evans, Sharra Feliciano,

Tauamatu Marrero, Susan Tambalo,  
Carolyn Tellio, Mona Yamada,  
**Community Service Aide Supervisors**  
Tony Baccay, Ryan Gallardo

**Data Coordinator**  
Carlton Sagara

**Grants Manager**  
May Fujii Foo

**Information & Assistance Coordinator**  
Lei Shimizu

**RSVP Project Director**  
Ashley Muraoka

**RSVP Volunteer Services Coordinator**  
Johnell Yamamoto

**Secretary**  
Alex Blackwell

**Senior Service Specialist**  
Rebecca Drake

**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.



**Peter B. Carlisle**  
Mayor of Honolulu