

# A LOHA PUMEHANA

June 2002 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication  
 Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

## CRISIS INTERVENTION SERVICES

By Bob Hoffman, Executive Assistant  
 Honolulu Community Action Program



The Honolulu Community Action Program, Inc. (HCAP) is a private non-profit organization whose primary purpose is to assist low-income individuals and families to become economically self-sufficient. HCAP staff assists clients in finding housing, paying rent, finding food, restoring electrical services, or finding household items—furniture, linen, kitchen ware, etc.

There are three major Crisis Intervention programs that HCAP engages in:

- **Low-Income Home Energy Assistance**
- **Emergency Food Assistance; and**
- **Weatherization (energy saving) Assistance.**

HCAP also assists children and

parents during the holidays because of the financial stress that is placed on them especially during Thanksgiving and Christmas.

### The Low-Income Home Energy Assistance Program (LIHEAP)

provides energy credits to economically disadvantaged persons at the beginning of the summer season. Energy credits are applied to utility bills directly to lower utility costs or prevent disconnection of utility services due to non-payment. The time period for actively seeking assistance is limited to the month of June.

### The Emergency Food Assistance Program (TEFAP)

provides federal food surplus on a temporary basis to needy families. Three major

distributions will be conducted on Oahu during 2002 in March, May, and August. Commodities for holiday baskets were also distributed during November and December. A large base of volunteers to make the program successful supports food distributions.

### The Weatherization Assistance Program (WAP)

provides solar heater systems, water heater jackets and timers to low-income individuals and families, the elderly (age 60 and older) and handicapped. Education intended to teach and encourage conservation is also provided with the energy saving devices.

Crisis Intervention services are provided throughout Oahu. If you need help, please contact the

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following offices:

- Central Oahu, 99-102 Kalaloa St., Aiea, Phone: **488-6834**
- Kalihi Palama, 1555 Haka Drive, #2408, Phone: **847-0804**
- Leahi, 1925 Palolo Avenue, Phone: **732-7755**
- Leeward Area, 85-555 Farrington Hwy. Phone: **696-4261**
- Windward Area, 47-232 Waihee Road, Phone: **239-5754**

HCAP also provides a wide variety of other services to low-income persons and families: the Head Start Program, Family Development, Job Readiness, Community Development, Family Agriculture Training and Education, Business Development, HIV Prevention, Senior Employment Services, Out-of-School Youth C-Base Assistance, Employment Core Services, and Oahu Work Links. If you are interested in any of these services, please call the main office in Chinatown at **521-4531**.

## DOES YOUR LOVED ONE NEED HELP MANAGING MONEY?

Adapted from  
[www.FamilyCareAmerica.com](http://www.FamilyCareAmerica.com)

Organizations that serve the elderly are aware of the great need many seniors have for financial assistance. Yet it is you, the caregiver, who will probably have to assess whether your loved one needs help managing money. How will you know? These questions should help. Any "no" answer may indicate a need

for assistance. Keep past financial behavior in mind, however. If your loved one has never used credit cards in a responsible manner, the inability to do so now doesn't necessarily indicate a decline in abilities.

Does your loved one:

- Adhere to a monthly budget?
- Keep track of deposits?
- Make repayment plans for existing debts?
- Monitor income and expenses?
- Keep track of financial or medical papers?
- Use credit cards in a responsible manner?

Answering "yes" to the following questions also may indicate that your loved one has difficulty managing money. Again, keep past behavior in mind.

Does your loved one:

- Make inappropriate payments?
- Routinely fail to pay bills on time?
- Routinely bounce checks?
- Have difficulty saying no to charities, even when he or she cannot afford to make a contribution?
- Have difficulty writing checks or balancing a checkbook?
- Have difficulty understanding financial or medical statements?

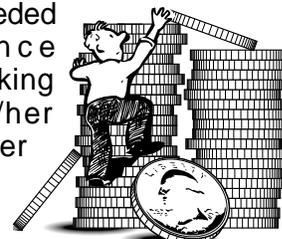
Other signs that indicate your loved one may need financial assistance include:

- Being threatened with eviction.
- Suddenly changing his or her financial habits.
- Suddenly becoming more

secretive about money.

- Making consistent payments for reasons other than services provided.
- Making consistent or large payments to an unidentifiable company, which is often located in another state.
- Having his or her utilities cut off.

If your loved one does need help, it's important to speak with him or her about your concerns. Remember that personal independence is often linked to financial independence, so be clear about your concerns and offer multiple options that may provide needed assistance without taking away his/her control over personal funds.



## CITY OFFERS LOW INTEREST LOANS

By Dan Tully,  
Rehabilitation Loan Branch Chief

Low and moderate-income homeowners, who would like to repair their homes but are reluctant to do so because of high costs, may qualify for the City's Rehabilitation Loan Program.

The program provides property owners funds to repair leaky roofs and drain pipes, termite or wood rot, faulty electrical wiring and plumbing, peeling paint, crumbling driveways and walkways, etc. The loan can also be used to accommodate the special needs of disabled

Continued on page 3

household members, such as building wheelchair ramps or railings or modifying other spaces to allow accessibility. The goal of the program is to enable people to live in a safe and healthy environment.

Homeowners may borrow up to a maximum of \$60,000, depending on the equity of the property. The loan term is 15 years and the interest rate varies from 0% up to 6%, depending on family income and the numbers of household members. Owners who rent properties to low-income families and who agree to meet certain conditions are also eligible to borrow under this program. The interest rate for the loan is 2% and the maximum loan amount is \$40,000 per dwelling unit.

The Department of Community Services' Community Assistance Division (CAD) staff will inspect the property to note deficiencies that need to be corrected and conduct on-site inspections during and after construction to insure the work was done properly. CAD is especially interested in helping senior citizens whose properties may need extensive repairs. Most are on fixed income and often do not have ready cash for repairs. To qualify or to obtain more information, please call CAD at **523-4207** in downtown Honolulu or **692-5809** in Kapolei. You may also access the website at [www.co.honolulu.hi.ushousingloans.htm](http://www.co.honolulu.hi.ushousingloans.htm).

## A SPECIAL PROGRAM FOR NEGLECTED OR ABUSED OLDER ADULTS

*By Honolulu Gerontology Program Staff*

We all wish our elders were treated with respect and love, but when they have been subjected to neglect, financial exploitation or abuse, there is a new program that can help them find appropriate services.

In July 2001, Honolulu Gerontology Program of Child and Family Service began providing services under the Case Management for Elderly Victims of Crime (CMEVC) Program. This new program, funded by the federal Victims of Crime Act, is contracted through the State Attorney General's Office and City and County of Honolulu, Elderly Affairs Division.

CMEVC provides case management services to frail, elderly clients who have been "mistreated through physical, psychological or sexual abuse, neglect by others, or economic exploitation and fraud." Situations can include threats of abuse, as well as actual abuse and neglect, and self-reports of abuse. **Verification of abuse is not required for eligibility for CMEVC services.** Other criteria for eligibility includes:

- Age 60 years or older
- Frail
- Lives in the community

- Oahu resident
- Multiple unmet needs

CMEVC is able to accept referrals from public and private, non-profit and for profit agencies on Oahu. **Agencies should continue to report elder abuse situations to Adult Protective Services at 832-5115 as mandated by Federal law.** The CMEVC staff includes a licensed social worker, case manager and financial advisor who will work with the older adult to assess their needs and develop an intervention plan. This may include obtaining legal help, exploring financial options such as budgeting, debt management, implementing automatic bill payment and linkage to other needed supportive services.

Here is an example of how CMEVC may help an older adult: Mrs. S needed a safety plan to prevent further abuse by her son. CMEVC staff helped her do a plan and went with her to court to obtain a temporary restraining order. They helped her to budget, applied for programs to obtain her medications at reduced costs, and aided her in locating a chore aide at rates she could afford. In other cases, CMEVC staff may provide some counseling for the victims to help them work through their pain and anger and move on with their lives. **If you think you have an older adult situation that fits the CMEVC criteria and you would like further information, please give CMEVC a call at 543-8497 and speak to one of the staff.**

# ARE YOU, SOMEONE YOU KNOW, ELIGIBLE FOR DOD'S MARCH 22, 2002 MEDICARE WRAPAROUND COVERAGE?

By Francis D. Cumberland, Jr., Colonel,  
USAF, MSC, FACHE Director  
Communications and Customer Service



Since the implementation last year of expanded pharmacy and medical benefits under TRICARE Senior Pharmacy and TRICARE For Life, many Medicare-eligible uniformed services beneficiaries, age 65 and over, are now enjoying the peace of mind that comes with having a robust health care benefit.

They no longer have to pay expensive supplemental insurance premiums, higher co-payment, or entire prescription charges because the TRICARE For Life program acts as second payer to Medicare, and the pharmacy program provides coverage they don't have from Medicare.

"Beneficiaries have reported savings of \$3,000-\$4,000 on their prescriptions alone. With most prescriptions available to them for a \$3 or \$9 co-pay, some can now purchase prescriptions they didn't feel they could afford before. Not only are they saving money, but many are enjoying a better quality of daily living," states Thomas Carrato, Executive Director of TRICARE Management Activity (TMA).

While most of the 1.5 million TRICARE For Life-eligible beneficiaries have been located through extensive outreach

communications efforts by TMA, regional lead agents, managed care support contractors and various beneficiary associations, many still do not know they have this coverage. Their files in the Defense Enrollment Eligibility Reporting Systems (DEERS) have not been updated, and they have not renewed their military identification (ID) cards. Continued eligibility for military benefits must be established periodically because certain events (like divorce from a military retiree, or remarriage of a widow) may cause eligibility to end.

As a result, when Medicare "automatically" sent its first 5 million claims to TRICARE for its newly eligible over-65 beneficiaries, it became evident that some of these claims belonged to beneficiaries whose information had not been updated, and whose ID cards were expired. These claims initially were denied by TRICARE, but agency officials have announced that they will pay these claims temporarily, without requiring beneficiaries or providers to resubmit them.

"We will use this opportunity to advise people on their Explanation of Benefits that they must update their information and ID cards. Those who fail to do so will have future

TRICARE claims denied," explained Mr. Carrato.

**After August 1, 2002, all claims for beneficiaries with expired eligibility will be denied until their eligibility information is updated.** During March, DEERS will notify many of the people with outdated information and expired ID cards with a letter.

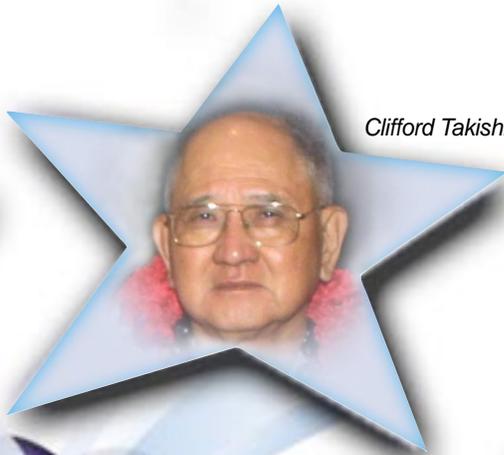
DEERS also sends an "age-in" letter to newly eligible beneficiaries 90 days before their 65th birthdays, explaining how they can remain eligible for TRICARE benefits.

The best way to verify TRICARE eligibility in DEERS and to obtain a current ID card is to go to an ID card issuing facility. Its personnel can provide information about the documentation that is necessary, its address and hours of operation. If it is not possible for a beneficiary to go to an ID card facility, he or she should call the **DoD Reverification line, 1-800-361-2620**, for guidance. Information about the nearest ID card facility can be found on the World Wide Web at [www.dmdc.osd.mil/rsl](http://www.dmdc.osd.mil/rsl) or by calling TRICARE's toll-free number, **1-888-DOD-LIFE (1-888-363-5433)**.

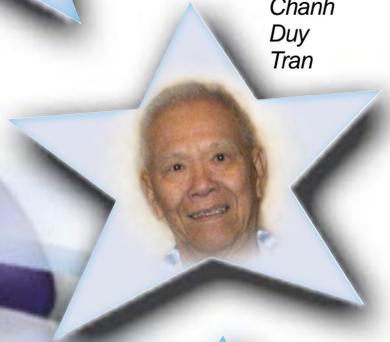
Hazel Kauahikaua



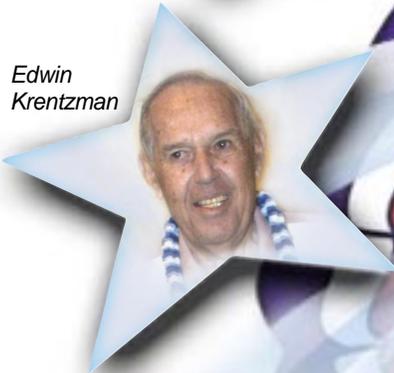
Clifford Takishita



Chanh  
Duy  
Tran



Edwin  
Krentzman



**AMERICA:**  
A COMMUNITY  
FOR ALL AGES



Josephine  
Carreira

Jane  
Takayesu



Elizabeth  
Kauahipaula



Jeannette  
King



# STARS of the 36<sup>th</sup> ANNUAL SENIOR RECOGNITION PROGRAM

# TAKISHITA AND KAUAHIKAUA SHINE AT 36<sup>TH</sup> ANNUAL SENIOR RECOGNITION PROGRAM

**Clifford Takishita** and **Hazel Kauahikaua** were named Oahu's Outstanding Male and Female Volunteers of the Year at a gala ceremony held on April 22, 2002 at the Hilton Hawaiian Village Coral Ballroom. 101 outstanding senior volunteers were acknowledged and presented a Certificate of Appreciation by Mayor Jeremy Harris as friends, family and a grateful community honored their accomplishments.

"Devotion" is the best word to describe **Clifford Takishita's** service to Project Dana. He was so convinced of the need for the service it gives that he not only became a volunteer, but also their master recruiter. Since 1991, he has enlisted 67 volunteers to help the agency. He leads by example, visiting clients in nursing and care homes, coordinating and attending training, transporting and making friendly visits. For many years, he was a caregiver for a bachelor brother on Maui. His nominator describes his style as one of humbleness and benevolence, truly a living example of "Dana"—selfless giving.

**Hazel Kauahikaua** sees only the good in a person and makes every effort to accentuate their best skills. Evidence of this gift of discernment is in the list of organizations that have called upon her to help. Although she has given to many, it is clear that her heart is closest to those of her faith, vocation and Hawaiian heritage: Hawaiian Homelands, Hawaiian Civic Clubs, Friends of Iolani Palace, the United Church of Christ, Oahu and State Councils of Hawaiian Churches and Liliuokalani Church, and the Oahu and State Retired

Teachers Association are only some to which she has given her time, talent and caring hands.

The "*Akamai Living Lifetime Achievement Awards*" were bestowed on those selected for their exceptional contributions. The **Platinum Award** was presented to **Elizabeth Kauahipaula** from Ahahui Olelo Hawaii. She has given so much to Ahahui Olelo Hawaii, serving as hostess for its television program, teaching and demonstrating Hawaiian crafts, advising the Board, planning its cultural events and speaking at its conferences. Her passion is to perpetuate Hawaiian language and culture and she acts passionately by helping the Order of Kamehameha, Hale O Na Alii, several hula halau and the National Academy of Hawaiian Performing Arts, and teaches at Waiiau Elementary School.

The **Gold Award** went to **Jeannette King** from the AARP Windward Chapter. She has served the Kailua Seniors Club in every office, most faithfully as president and treasurer. She enthusiastically blends her voice into the Seniors Choral Group, singing at Windward Oahu nursing homes, care homes and churches. She has written, produced and acted in skits for "Kupuna Kutups," a comedy repertory for seniors. She helps chauffeur friends to appointments, helps beach cleanups, teaches school children and gives of herself wholeheartedly.

The **Silver Awards** were presented to **Jane Takayesu**, nominated by the Moanalua Senior Citizens and to **Edwin Krentzman**, nominated by Waialae School. Jane has volunteered many hours to her

community, McKinley High School Alumni Association, Oahu Retired Teachers Association, the Hawaii Science Academy and its Science Fair, the Hawaii United Okinawa Association at the Itoman Club. She is talented and versatile, serving in leadership positions as newsletter editor, crafts maker and docent.

Edwin has given over 3000 hours to Waialae School since 1998, primarily tutoring students in math, reading and writing. Students enjoy being with him because he gives his full attention, is patient, encouraging, and respectful. He champions their FELLOWS program to recruit senior volunteers for Waialae and other public schools.

The **Bronze Awards** were given to **Chanh Duy Tran** from the McKinley High School Vietnamese Club and **Josephine Carreira** from the Lanakila Multi-Purpose Senior Center Portuguese Cultural Club. Chanh has given more than 3,200 hours to the Free Vietnam organization in Hawaii as a leader, translator, events host to perpetuate Vietnamese culture and assists immigrants. He is a tennis coach and "Kayagum" entertainer. While doing so much for his community, he was a caregiver for his wife until her passing.

Josephine is dedicated to service that teaches and inspires appreciation for the richness of Portuguese culture. She teaches and demonstrates dance, does lectures, willingly takes leadership positions and performs in benefit fund-raisers. She has contributed her talent and knowledge of Portuguese culture to the State Foundation on Culture and the Arts.

# CVP CONFERENCE

By Pat Tompkins, Chief Planner

The Community Voices Project (CVP) will host its 2<sup>nd</sup> Statewide Conference on September 19 and 20, 2002 at the Imin Conference Center on the campus of the University of Hawaii at Manoa. The CVP has been active for three years seeking community based solutions to issues involving senior health, aging and long-term care.

Members of more than 20 CVP communities throughout the State will meet to share their success stories and outstanding projects. Marc Freedman, founder and president of Civic Ventures, a San Francisco non-profit agency dedicated to expanding the contributions of older Americans to society, will be the keynote speaker. In addition, panel discussions and breakout sessions will provide opportunities to discuss topics of mutual interest. Participants will learn how they can lend their creative energies and ideas to a CVP project or form a workgroup in their communities.

Those involved with seniors such as staff members of service provider organizations, government agencies providing services to seniors, politicians and other policy makers, as well as those interested in becoming involved in grassroot efforts to improve communities to benefit seniors, are encouraged to attend.

Conference fees include food and beverage for both days. Parking will be available on the conference center lawn for early registrants for a fee of \$4. Please contact Lot Lau at **547-7898**

or Pat Tompkins at **523-4546** for further information or registration forms.

## CARING FOR FAMILY, CARING FOR YOURSELF:

### *A Caregiver's Conference*

By Lot Lau, I&A Coordinator

A number of studies show that care of elders by family members is a major concern for policymakers and communities:

- Unpaid family caregiving is worth \$196 billion to the health care system each year
- 25% of U.S. households contain someone caring for a family member or friend
- The average caregiver provides 12 hours of care weekly and does this for 4 1/2 years
- 40% of caregivers are part of the "Sandwich Generation" raising their own children while caring for an elder
- American businesses lose between \$11 and \$29 billion a year in productivity due to work interruptions, forced resignation or retirement due to caregiving concerns

Considering the rapid growth in the aging population as Baby Boomers reach old age and the beneficial effects of immunizations, better diets, exercise, use of health screening tests and better drugs to help patients cope with illness, policymakers and communities have great cause to be even more concerned because our health care systems and community resources are ill-prepared to cope with caregiver's needs.

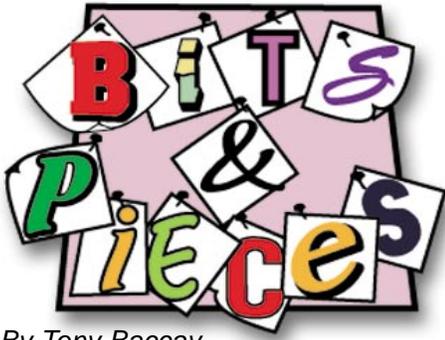
Focusing on caregiver's need for information, the Honolulu Elderly Affairs Division and AARP are co-sponsoring "Caring for Family,

*Caring for Yourself: A Caregiver's Conference*" at the Sheraton Waikiki Hotel on Saturday, July 20, 2002, 8:00 a.m. - 3:30 p.m. The conference offers the family caregiver practical, up-to-date resources and skills to help in their responsibilities. Dynamic speakers from a variety of backgrounds including medicine, social work, occupational and physical therapy, public health, and law will share their expertise and knowledge.

In addition, a Resource and Information Exhibit will display products, local agency services and helpful information to assist the caregiver. Representatives from major health and service organizations will be available to provide up-to-date information and problem solving opportunities.

Twenty-one sessions for family caregivers will be offered throughout the day. The curriculum is designed so that caregivers can choose the three most helpful sessions for their situation. Sessions include: Preventing Caregiver Burnout; Respite Options; Understanding the Dying and Grieving Process; Demystifying Medicaid and Medicare; Popo's Pill Problems: Medications and Seniors; Coping with Behavior in Dementia; Legal Issues in Caregiving; Community Resources: Negotiating the Maze of Long Term Care; Tips and Tools for Easier Home Care; S.O.S: Stretch or Stress; Family Decisions-Making: Conflict or Cooperation?, and many more.

The registration fee for family caregivers is \$25 before July 12, 2002. Fee for professional caregivers is \$50. Call the Senior Hotline at **523-4545** to request a conference brochure for registration and for more information.



By Tony Baccay

**Money Management Program**

**Resumes:** The Money Management Assistance for the Elderly Program (MMAE) is a unit of Catholic Charities Elderly Services. MMAE assists and supports the elderly to maintain their independence in the community by providing money management services to those who cannot manage their finances or are having difficulties. Examples of money management services are budgeting, paying bills, checkbook balancing, screening & interpreting mail, and setting up direct deposits or automatic bill payment. For clients who have debt problems, MMAE also assists by arranging payment plans and advocates with bill collectors, banks, property managing agents, landlords, and others. Money management services are available for person 55 years or older residing on Oahu. Clients will be charged based on a sliding fee scale. For more information or referral, please call **595-0077**.

**Volunteers Needed to Deliver Meals:**

Hawaii Meals on Wheels, Inc. (HMOW) needs volunteers to deliver hot lunch meals to homebound elderly and disabled individuals, Monday through Friday, from Kalihi to Hawaii Kai. Volunteers are also needed to deliver dinner meals in the Kapiolani/Waikiki areas. To be a HMOW volunteer, *you must:*

- Be a safe driver with a car with valid driver's license and car insurance
- Be willing to commit one weekday for a minimum of six-weeks
- Be available for a two hours delivery period (10:30 a.m.-12:30 p.m. for lunch or 4 p.m.-6 p.m. for dinner)

- Be responsible, patient and friendly

HMOW is a private, nonprofit 501(c)(3) organization that is dedicated to helping frail elders and individuals with disabilities preserve their independence at home by providing hot, nutritious meals and regular personal contact. For more information, please call **988-6747**.

**More Volunteer Opportunities Available:**

Apply to be a Foster Grandparent and touch the life of a child.

*If you:*

- Are age 60 and older
- Are income eligible
- Are healthy
- Want to be active
- Want to meet new people
- Love children

*Benefits:*

- Non-taxable hourly stipend
- Free daily meal or meal allowance
- Free annual physical exams
- Paid vacations and sick leave
- Transportation allowances
- Recognition events

For more information, please call **453-6357**.

**Our Heroes:**

The Elderly Affairs Division sends a warm Mahalo to the Staff of the City and County Printshop, staunch supporters of the Aloha Pumehana newsletter since 1986. They changed the Aloha Pumehana from a black and white publication to a sophisticated, colorized version that is also on EAD's website at [www.elderlyaffairs.com](http://www.elderlyaffairs.com). The staff includes: George



*The staff, from left to right: Carol Iwai, George Nakamura, Corlis Koga, Erye Scott, Robin Isomoto, Dwayne De Corte, Henry Young, Barbara Miyamoto (Back), Theresa Oshiro & Sterling Sasaki. Missing: Mark Alexander, Marvin Maeda, and Glenn Imamura.*

Nakamura, Printing Services Officer; Carol Iwai, Production Technician; Graphic Artists Dwayne De Corte, Robin Isomoto, Marvin Maeda, and Sterling Sasaki; Printer Technicians Mark Alexander, Glenn Imamura, Corlis Koga, Erye Scott and Henry Young; Bindery Technician Barbara Miyamoto; and Stripper/Platemaker Technician Theresa Oshiro. Mahalo for your continued support!



**E Komo Mai!**

EAD welcomes May Fujii Foo as a Grants Manager who will oversee the National Family Caregiver Support Program contracts. May most recently

worked as Lanakila Meals on Wheels Program Director and brings with her an array of experience. She also previously worked on a variety of aging programs in two California Area Agencies on Aging and was an Executive Director of a multi-purpose senior center that provided a wide range of community-based services. "I am pleased the need for increased supportive services to caregivers is recognized," she said. "I am delighted to join EAD and I look forward to working with the providers." May resides in Mililani with her husband, Joe, and their dog, Alex. They have three grown children and are the proud grandparents of a grandson.

**Managing Your Medication:**

HMSA's Akamai Living presents "Managing Your Medications" on Saturday, July 13, 2002, 9 a.m.-12 p.m. at the Hilton Hawaiian Village Hotel. Dr. Shari Kogan, medical director of Geriatrics at The Queen's Medical Center, will discuss medication and the elderly and how to minimize adverse drug reactions. Joseph Pepping, PharmD, president of the Wellness Institute, will also speak about nutritional supplements, herbs and managing your medications. To register for the free seminar, please call **948-5260**. Seating is limited.



**AGING  
NETWORK  
.COM**

By Tony Baccay

[www.myhealthdirective.com](http://www.myhealthdirective.com) provides information about end-of-life decisions and a confidential means for member's Advance Healthcare Directives (AHD) to be communicated to treating physicians and hospitals.

[www.nfdh.org](http://www.nfdh.org) The National Foundation of Dentistry for the Handicapped (NFDH) is a national charitable organization solely dedicated to meeting the needs of citizens with physical, medical, and mental disabilities. Through Donated Dental Services (DDS), disabled, elderly and medically compromised patients are linked with dentists in their communities to receive free comprehensive dental treatment, including prosthetics.

[www.dmdc.osd.mil/rs1](http://www.dmdc.osd.mil/rs1) Information about the nearest ID card facility for TRICARE.

[www.healthandage.net](http://www.healthandage.net) A mini site offering a comprehensive and authoritative information source on healthy and positive aging. Topics cover specific diseases and health conditions, treatments, and research materials for use by the general public, patients and family members, health professionals, voluntary and community organizations and the media.

[www.thoushalthonor.org](http://www.thoushalthonor.org) Web site about the upcoming PBS series on caregiving in September. It is an opportunity to focus local and national attention on the needs and issues surrounding family caregivers. The series also addresses the challenges of professional caregivers and the need to prepare for long term care.

[www.moiliilihongwanji.com](http://www.moiliilihongwanji.com) provides information about the Moiliili Hongwanji organization, to include Project Dana.

## Calendar of Events 2002

### July 2002

- 6 AARP 55 Alive Driver Safety Program.** The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A Certificate of Completion will be issued to each attendee upon completion of the two-day course. Kapahulu Senior Center, **737-1748**, July 6 & 13, 8:30 a.m.-12:30 p.m.  St. Francis Hospital-Liliha, **547-6410**, July 6 & 13, 8:30 a.m.-12:30 p.m.  Kaiser Hawaii Kai Clinic, **432-2260**, July 13 & 20, 8 a.m.-12 noon  Queen's Medical Center, **547-4823**, July 14 & 21, 9 a.m.-1 p.m.  Sacred Hearts Church Waianae, **696-3773**, July 22 & 23, 8:30 a.m.-12:30 p.m.  Kaiser Honolulu Clinic, **432-2260**, July 23 & 30, 12 noon-4 p.m.
- 11 "Take Charge of Your Money",** July 11 through July 19, 2002, 7 p.m.-8 p.m., Oahu - Oceanic Channel 55, Craig Channel 21  Hilo and Kona - Na Leo Channel 54. The University of Hawaii Cooperative Extension Service seven-part series features local professionals who share their expertise as guest speakers on various management topics with no company or product endorsement. To assist viewers, telecourse packets that include Viewer's Guides, specific television schedules, and internet information are available to enrolled participants for a nominal fee of \$10. For more information, please call **808-956-7212**  email: [moneyed@hawaii.edu](mailto:moneyed@hawaii.edu); or visit the website at [www2.ctahr.Hawaii.edu/tcyour\\$](http://www2.ctahr.Hawaii.edu/tcyour$).
- 13 "Managing Your Medication,"** Saturday, July 13, 9 a.m.-12 noon, Hilton Hawaiian Village Hotel. Learn more about medication and the elderly and how to minimize adverse drug reactions from Dr. Shari Kogan. Hear Joseph Pepping, PharmD, speak about nutritional supplements, herbs and managing your medications. Seating is limited. Please call **948-5260** to register for the seminar.
- 20 "Caring for Family, Caring for Yourself: A Caregiver's Conference",** Saturday, July 20, 2002, 8:00 a.m.-3:30 p.m.,

Sheraton Waikiki Resort. Designed for the family caregiver and will provide informational and educational opportunities to assist families in caring for their loved one. For more information, please call **547-7898**.

### August 2002

- 2 AARP 55 Alive Driver Safety Program.** The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A certificate of Completion will be issued to each attendee upon completion of the two-day course. AARP Information Center, **843-1906**, Aug 2 & 9, 12 p.m.- 4 p.m.  St. Francis Hospital - Liliha, **547-6410**, Aug 3 & 19, 8:30 a.m.-12:30 p.m.  Hawaiian Eye Center-Wahiawa, **621-3139**, Aug 5 & 12, 8:30 a.m.-12:30 p.m.  Pohai Nani Retirement Community - Kaneohe, **235-2001**, Aug 9 & 16, 8:30 a.m.-12:30 p.m.  St. John Vianney-Kailua, **395-4950**, Aug 13 & 19, 9 a.m.-1 p.m.  Lanakila Senior Center, **847-1322**, Aug 28 & 30, 8 a.m.-12 p.m.  St. Francis Hospital-West, **547-6410**, Aug 29 & 30, 8:30 a.m.-12:30 p.m.
- 9 2nd Annual Meals of Wheels Health Fair,** McCoy Pavilion, Friday, Aug 9, 2002, 9 a.m.-12 noon. Open to Lanakila Meals on Wheels participants ONLY. Event will have various informational booths, speakers and food demonstration. For more information, please call **531-0555**.
- 22 7th Annual Invitational Golf Tournament** sponsored by the Lanakila Rehabilitation Center. The tournament will be held at the Kapolei Golf Course with check-in time starting at 10 a.m. The fundraiser is a wonderful opportunity for the community to give back to the many people who participates in the Center's programs. For more information, please call **531-0555**.

### September 2002

- 7 AARP 55 Alive Driver Safety Program.** The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A certificate of Completion will be issued to each attendee upon completion of the two-day course. Kapahulu Senior Center, **737-1748**,

*Continued on back page*

CALENDAR OF EVENTS  
Continued from page 9

Sept 7 & 14, 8:30 a.m.-12:30 p.m. □ St. Francis -Liliha, **547-6410**, Sep 7 & 14, 8:30 a.m.-12:30 p.m. □ Queens Medical Center, **547-4823**, Sep 8 & 15, 9 a.m.-1 p.m. □ Waianae Methodist Church, **668-7169**, Sep 12 & 13, 8:30 a.m.-12:30 p.m. □ Kaiser Hawaii Kai Clinic, **432-2260**, Sep 14 & 21, 8 a.m.-12 p.m. □ Kaiser Mililani Clinic, **432-2260**, Sep 14 & 21, 9 a.m.-1 p.m. □ Kaiser Honolulu Clinic, **432-2260**, Sep 17 & 24, 12 p.m.- 4 p.m. □ Hawaiian Eye Center -Wahiawa, **621-3139**, Sep 23 & 30, 8:30 a.m.-12:30 p.m.

**23 Learn to play the harmonica.** Beginner classes starts Monday, Sep 23, 9 a.m.- 11 a.m., Beretania Neighborhood Park Recreation Room. For more information, contact Robert Omura at **833-4336**.

**27 18th Annual Hawaii Seniors' Fair**, Sep 27-29, Friday - Sunday, 8:30 a.m.- 4:30 p.m., Blaisdell Exhibition Hall. Free admission. 225 exhibitors will present their products and services. Interactive games, contests, musical performances, dancing, singing, exercise instruction, health testing, seminars, plus giveaways and door prizes are a part of this fun and exciting weekend!

**October 2002**

**7 AARP 55 Alive Driver Safety Program.** The course is presented in two 4-hour sessions. There is a \$10 fee for each attendee. A certificate of Completion will be issued to each attendee upon completion of the two-day course.

St. Francis Hospital - Liliha, **547-6410**, Oct 7 & 12, 8:30 a.m -12:30 p.m. □ St. John Vianney -Kailua, **395-4950**, Oct 15 & 17, 9 a.m.-1 p.m. □ Hawaiian Eye Center -Wahiawa, **621-3139**, Oct 21 & 28, 8:30 a.m.-12:30 p.m. □ Lanakila Senior Center, **847-1322**, Oct 23 & 25, 8 a.m.-12 p.m.

**Department of Community Services  
ELDERLY AFFAIRS DIVISION**

The Area Agency on Aging for the City and County of Honolulu  
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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.

*JEREMY HARRIS, Mayor  
City and County of Honolulu*



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