

# ALOHA PUMEHANA

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 Department of Community Services ■ Mufi Hannemann, Mayor ■ City & County of Honolulu

## CHUN and TOM named Oahu's Outstanding Seniors

By May Fujii Foo

**O**n April 12, 2007, Mayor **Mufi Hannemann** honored 85 of Oahu's top senior citizen volunteers at the 41st Annual Mayor's Senior Recognition Program before a capacity audience of family, friends and well-wishers at the Sheraton Waikiki Hotel.

"Honolulu is truly blessed to have so many senior volunteers who serve unselfishly to help those in need," said Mayor Hannemann. "These seniors represent the many who generously help others cope with life's difficulties or assist organizations that deliver health care, recreational or social services. We deeply appreciate all the ways they help from their hearts."

KGMB news anchor **Keahi Tucker** served as Master of Ceremonies. Preprogram entertainment was provided by the

Royal Hawaiian Band and the Makua Alii Singers. The Kokua Kalihi Valley Seniors brought the house down when Mayor Hannemann, Tucker, and program Chair, **Joan Naguwa**, joined the group on stage for a lively ethnic dance, much to the delight of everyone. Guest entertainer, Molokai songbird **Melveen Leed**, belted out several numbers. She and Mayor Hannemann also serenaded the honorees and the audience in a duet.

"Healthy Living by Sharing Aloha," the program theme, was produced by the Honolulu Committee on Aging and the Elderly Affairs Division of the City Department of Community Services. The Hawaii Medical Service Association and First Hawaiian Bank were principal sponsors of the program.

**Joan Naguwa** (far left), **Keahi Tucker** (center), and Mayor **Mufi Hannemann** (right) delighted the audience performing an ethnic dance during the 41st Annual Senior Recognition Program.



### 2007 OUTSTANDING MALE VOLUNTEER -

**Ken Chun**, nominated by Ha-



waii Meals on Wheels. Ken has been delivering weekly meals to homebound seniors for over 28 years. Once when he

was delivering a meal on the 10th floor of a Waikiki building, he could hear someone moving inside, but no one came to the door. He quickly called the manager and when entry was made, they found the man on the floor. Another time, in the Kaheka area, an elderly woman did not answer the door. Ken quickly completed his delivery route and returned. The building caretaker did not have a pass key, so Ken contacted the woman's sister and a locksmith was sent. The woman

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was in the bathroom and could not get out. He pulled her up and waited for help. “Meal deliverers have the opportunity to save the lives of injured seniors, as they may be the only human contact for homebound elders who live alone,” said his nominator. Ken has also been volunteering for over 22 years as a first responder for Kuakini Hospital Lifeline and serves as the registrar for the Makiki District Park Senior Club’s many activities. He also helps Manoa Valley Church, Hospice Hawaii, Habitat for Humanity, the Honolulu Marathon, Kamehameha, Iolani and Punahou schools, and Mid-Pacific Institute. He has helped recruit others to volunteer, including his children and grandchildren. His nominator says, “Ken’s remarkable volunteer record speaks for itself.”

■ **2007 OUTSTANDING FEMALE VOLUNTEER -**

**Caroline K.Y. Tom**, nominated by Council Member **Rod Tam** and Lanakila Multi-Purpose Senior Center. Caroline not only takes time to accom-



pany frail elders on shopping trips, she assists with the Lanakila Center’s front desk tasks and all the activities of the Chinese Cultural Club, planning programs for the members and interpreting for non-English speaking members. She served as co-chair of the center’s 35th anniversary and helped plan three of its annual senior proms. She is the center representative on the Medicare

Beneficiary Advisory Committee, which informs seniors about changes in the Medicare program. Caroline has been the coordinator of Lanakila Center members’ visits to nursing homes, hospitals and adult day care programs. She is a line dancing instructor at the center and at Palama Settlement. Caroline also volunteers for the Hawaii Food Bank, Maluhia Hospital, Puunui Park, Mayor’s Cultural Festival and Craft Fair, Healthy Neighbor Project, and Pohulani and Malulani Hale Senior Housing. In 2006, she was named Lanakila Multi-Purpose Senior Center’s Outstanding Volunteer of the Year. “If you ask Caroline why she volunteers, she is surprised. It’s like asking someone why they breathe,” says her nominator. “She volunteers because she loves helping people and because she can.”



■ **PLATINUM AKAMAI LIVING AWARD - Beatrice Terumoto**

nominated by the Ala Wai Community Park. As president of the Puu Wai Opio Pio Seniors Club, Beatrice maintains a sense of



responsibility for the overall well-being of the members, many of whom are widowed and live alone. She checks on them regularly, making sure they are feeling well and getting to their medical appointments. She also serves as secretary of the Makua Alii Senior Center, assisting with numerous activities, and has been instrumental in making it one of Honolulu's top clubs. Beatrice also serves on the Central Union Church Christian Ministries Committee, serving meals to the homeless. "Beatrice's can-do attitude is infectious," says her nominator. "She always goes above and beyond what is asked of her."

■ **GOLD AKAMAI LIVING AWARD - Yukie Sakai**, nomi-

nated by Project Dana. For over 16 years, Yukie has served as a volunteer caregiver for frail homebound



clients. She provides respite services, transportation, cooking, housekeeping, laundry services, marketing, companionship and reads to the visually impaired. She escorts nursing home residents on outings. Yukie is also a member of the Bon Dance Club and teaches various dance steps to members so they can entertain nursing home patients. She also helps her church with their food drive for the Hawaii Food Bank and helps to make favors for patients at nursing homes. She volunteers for the Moanalua Senior Citizens Club and has been a volunteer usher at Fort Shafter Theater for the past 10 years. "Yukie is an exemplary example of a volunteer caregiver who practices selfless giving," says her nominator.

■ **SILVER AKAMAI LIVING AWARD - Ethel Yamane**,

nominated by State Executive Office on Aging's Sage PLUS Program. Ethel has been volunteering for the Sage PLUS



program since 1995, answering questions from elders, their families, friends or caregivers. This not only requires a vast knowledge of Medicare, Medicaid, Social Security, other health care options, and elderly community resources, but requires one to be a good listener, have compassion, and have a willingness to help the callers with the problems they face.

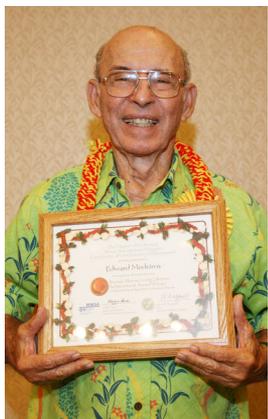
LEFT: Members of the **Makua Alii Singers** entertained guests in the lobby of the Sheraton Waikiki Hotel.

RIGHT: Molokai songbird, **Melveen Leed**, serenaded honorees and guests at the Senior Recognition Program.



Ethel uses her knowledge to also do presentations to community groups. She serves as a docent for the State Judiciary, Courts and Corrections, escorting visitors, informing them of services available and how the judicial system works. She volunteers for the University of Hawaii School of Social Work, Hawaii Government Employee's Association Retirees Unit, Kapiolani Women's and Children Medical Center, Japanese Cultural Center and Mid-Pacific Institute.

■ **BRONZE AKAMAI LIVING AWARD - Edward Medeiros**, nominated by the



Kailua Senior Citizens Club. Edward not only helps with all the club's activities, but helps with transportation,

grocery shopping and graffiti and beach cleanups. He's a member of a choral group that entertains at care homes and at the airport. He also serves on the RSVP Advisory Board and is a director of the Oahu Bowling Association. His nominator says, "Edward's compassion for the organizations he belongs to enriches the lives of many."

■ **BRONZE AKAMAI LIVING AWARD - Dolores Bautista**, nominated by Kokua



Kalihi Valley Elderly Services Program. Dolores has been helping at Kokua Kalihi Valley Elder

Center since the program began. She works tirelessly to assist people in need and is active in numerous community organizations. She is an expert at finding resources for persons who need basic necessities such as food and clothing and also helps with transportation and shopping. Along with providing care to a disabled son and neighbor, one of her specialties is teaching dancing, helping seniors remain healthy and active. "Dolores' volunteer spirit is part and parcel of her character," says her nominator.

Karen Keawehawaii and members of the **Royal Hawaiian Band** gave a prelude concert at the Senior Recognition Program.



Mayor Hannemann and Melveen Leed serenaded honorees and guests in a duet.

The 85 honorees are only a small representation of the hundreds of other seniors who are the backbone of non-profit

organizations. At an average age of 76, this year's honorees helped schools develop excellence in our keiki, delivered meals to homebound frail seniors and persons with disabilities, cheered up patients at hospitals and nursing homes, provided transportation to friends and neighbors and myriad other tasks too numerous to mention. But most of all, they were inspired by example. They truly are aging well, by living well, by "Sharing their Aloha."



KGMB TV news anchor, **Keahi Tucker**, charmed the audience as the Master of Ceremonies.

# HUNDREDS MARCH TO END SENIOR HUNGER

By Marlena Willette, LMOW Marketing Manager

Over 350 seniors and concerned citizens marched from Honolulu Hale to the State Capitol on March 22, 2007, as part of the “March for Meals” campaign. Organized jointly by Lanakila Meals on Wheels (LMOW) and Hawaii Meals on Wheels (HMOW), the demonstration was part of a national initiative,

started by the Meals on Wheels Association of America, to raise awareness of senior hunger and the growing need for resources.

Mayor Mufi Hannemann joined the delegation at Honolulu

Hale and led the marchers as they circled to the State Capitol where they were greeted by Lt. Governor “Duke” Aiona and state legislators.

Each month, the LMOW Program

provides over 33,000 meals and HMOW furnishes over 4,500 meals to Hawaii’s seniors. Due to funding shortfalls, the current waiting list is up to more than 300 seniors and keeps rising.

With the aging baby boomers and growing demand for meals, both organizations are aggressively seeking resources from the community - both financial and volunteer - to end the waiting list. Anyone wishing to learn more about these programs is encouraged to call Hawaii Meals on Wheels at 988-6747 or Lanakila Rehabilitation Center at 356-8532.



Seniors gathered at City Hall to support the March to end Senior Hunger.

Mayor Mufi Hannemann leads the throng of supporters to the State Capitol. Marchers included DCS Director, Debbie Kim Morikawa (2nd from left); EAD County Executive on Aging, Karen Miyake (to the mayor's right); Senator Jill Tokuda (on mayor's left); and LMOW Director, Remy Ruehda (far right).





By Tony Baccay

## EAD Welcomes New Staff: Ryan Gallardo was recently



added to the staff of EAD as the new Kupuna Care Intake Supervisor. He is

not a stranger to the aging network, having worked with the Lanakila Meals on Wheels program since 1991. "I feel very blessed seeing our seniors and caregivers make it through each and every single day," Ryan said. "Seeing them smile and be thankful for the service they are receiving is a great feeling you get when you can help them." Ryan would like to make sure that seniors in the community are not forgotten and abandoned. Through group presentations and individual contacts, he would like to provide seniors and their caregivers with

information on different services available. A graduate of Aiea High School, he attended Leeward and Honolulu Community Colleges. A father of two children, he lists American-Filipino Fusion cooking and watching CSI: Miami as his favorite hobbies. Welcome aboard, Ryan!

**Today's Kupuna:** Broadcast every Wednesday evening at 7 p.m. on Olelo Channel 52 and hosted by **Percy Ihara**, Today's



Kupuna is a new series covering a wide range of topics, including assistive technolo-

gies to assure long-term independence, caregiving for seniors and their families, elder abuse and counseling services, identity theft, the value of volunteering for better health, veterans' benefits for retirees, financial information for seniors and much more. Each segment of the show also will feature tips from the Better Business Bureau of Hawaii.

"The explosive growth of Hawaii's senior population means that our seniors and their families will need more information to embrace this challenge," Ihara

said. "Today, more than ever, Hawaii's seniors and their families are recognizing the importance of finding affordable resources to help them understand and navigate through the process of aging." To assist with that challenge, Olelo has made a commitment to expand its programming to address the need of seniors and their families for reliable information.

For more information, call **946-3888**.

**Waianae Coast Comprehensive Health Center Adult Day Centers:** Hale Kako'o (Hono-



lulu), Maili Ola (Waianae) and Pearl City Hale (Pearl City) are

three adult day care centers whose mission is to provide services that enable families to continue to care for their loved ones at home in the hopes that such support will delay or avoid the need for institutionalization. Open 7 days a week and holidays, the centers provide socialization, exercise groups, outings, music therapy, recreation, nutritious lunch and snacks, arts and crafts, personal hygiene, and entertainments. Each location provides a safe secure environment staffed by a licensed Social Worker, Registered Nurse, and Certified Nurses Assistants. Some tuition assistance is available. For more information, call **227-2178**.

## Calendar of Events 2007

### June 2007

**2** AARP Driver Safety Program is a comprehensive nationwide course designed especially for the older driver. It takes into consideration the physical changes of the mature driver and identifies ways they may compensate for those changes. The cost is \$10 and a Certificate of Completion will be issued upon completion of the two 4-hour course. Registration is required. Hawaii Medical Center-East, **547-6410**, Jun 2 & 9, 8:30 a.m. - 12:30 p.m.; Waikiki Community Center Chapel, **923-1802**, Jun 6 & 8, 9 a.m. - 1 p.m.; AARP Information Center, **843-1906**, Jun 22 & 29, 12 noon - 4 p.m.; Lanakila Senior Center, **847-1322**, Jun 27 & 29, 8 a.m. - 12 noon;

### July 2007

**10** AARP Driver Safety Program is a comprehensive nationwide course designed especially for the older driver. It takes into consideration the

physical changes of the mature driver and identifies ways they may compensate for those changes. The cost is \$10 and a Certificate of Completion will be issued upon completion of the two 4-hour course. Registration is required. St. John Vianney, **262-7806**, Jul 10 & 12, 9 a.m. - 1 p.m.; Waikiki Community Center Chapel, **923-1802**, Jul 11 & 13, 9 a.m. - 1 p.m.; Kaiser Health Clinic, **432-2260**, Jul 14 & 21, 8 a.m. - 12 noon; Queen's Hospital, **537-7117**, Jul 15 & 22, 9 a.m. - 1 p.m.; Honolulu Kaiser Clinic, **432-2260**, Jul 10 & 17, 12 noon - 4 p.m.

### August 2007

**4** AARP Driver Safety Program is a comprehensive nationwide course designed especially for the older driver. It takes into consideration the physical changes of the mature driver and identifies ways they may compensate for those changes. The cost is \$10 and a Certificate of Completion will be issued upon

completion of the two 4-hour course. Registration is required. Hawaii Medical Center-East, **547-6410**, Aug 4 & 11, 8:30 a.m. - 12:30 p.m.; Mililani Kaiser Clinic, **432-2260**, Aug 4 & 11, 9 a.m. - 1 p.m.; AARP Information Center, **843-1906**, Aug 24 & 31, 12 noon - 4 p.m.; Waikiki Community Center Chapel, **923-1802**, Aug 28 & 30, 9 a.m. - 1 p.m.

**10** Na Mea Makamae O Waikiki, Honoring the Treasures of Waikiki, Friday, Aug 10, 5:30 p.m. - 9 p.m., Hilton Hawaiian Village, Coral Ballroom. The event will honor the Royal Hawaiian Shopping Center/ Kamehameha Schools, Don Ho, and Michael Tongg, recipients of the Na Mea Makamae O Waikiki Kahiau Award. Funds raised from this event will support Waikiki Community Center's early childhood education program and independent living support services for older adults. For more information, contact Denice at **923-1802**.



[www.ftc.gov/bcp](http://www.ftc.gov/bcp) Federal Trade Commission Bureau of Consumer Protection. File a complaint for fraudulent, deceptive and unfair business practices including fake lotto scams. Obtain free information and tips on consumer topics such as how to buy a car or how to identify web scams and investment schemes.

[www.search.volunteerhawaii.org/volunteer](http://www.search.volunteerhawaii.org/volunteer) Looking to make a difference? This online database by Aloha United Way lists volunteer opportunities.

[www.state.hi.us/dot/publicaffairs/safecommunities/walkwise.htm](http://www.state.hi.us/dot/publicaffairs/safecommunities/walkwise.htm) Walk Wise Hawaii. Information and tips for pedestrian safety from the state Department of Transportation.

[www.mayoclinic.com](http://www.mayoclinic.com) The Mayo Clinic is a non-profit organization that provides information on health topics.

[www.deliveriesgalore.com](http://www.deliveriesgalore.com) Need someone to do your grocery shopping and deliver to your home? Check out this new delivery company serving the Honolulu area.

[www.google.com/transit](http://www.google.com/transit) Need to figure out when, where and which bus to take? This trip planning pilot site is created in partnership by TheBus and Google Transit Labs.

[www.donotcall.gov](http://www.donotcall.gov) Are you receiving a lot of unsolicited phone calls? Add your number to the National Do Not Call Registry today.

[www.hcapweb.org](http://www.hcapweb.org) The Honolulu Community Action Program provides services to economically challenged persons on Oahu. Services include a Senior Employment Program and Food Distribution sites.

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

**Kauai Agency on Aging**  
Phone: 1-808-241-4470  
4444 Rice Street, Suite 330  
Lihue, HI 96766

**Hawaii County Office on Aging**  
Phone: 1-808-961-8600  
**Hilo Office**  
101 Aupuni Street, Suite 342  
Hilo, HI 96720

**Kona Office**  
Phone: 1-808-327-3597  
75-5706 Kuakini Hwy., Suite 106  
Kailua-Kona, HI 96740

**Maui County Office on Aging**  
Phone: 1-808-270-7755  
**Information Assistance & Outreach**  
Phone: 1-808-270-7774  
200 S. High Street, Wailuku, HI 96793

**Molokai**  
Phone: 1-808-553-5241

**Lanai**  
Phone: 1-808-565-7114

**To Obtain State information, contact:**  
**State Executive Office on Aging (EOA)**  
Phone: 1-808-586-0100  
250 S. Hotel St., Suite 406  
Honolulu, HI 96813

**For Out-of-State information, contact:**  
**National Eldercare Locator**  
Phone: 1-808-677-1116

**Department of Community Services  
ELDERLY AFFAIRS DIVISION**

*The Area Agency on Aging for the  
City and County of Honolulu*  
**715 South King Street, Suite 200,  
Honolulu, Hawaii 96813**

County Executive on Aging ..... Karen Miyake

**S T A F F**

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

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



MUFI HANNEMANN  
Mayor of Honolulu

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