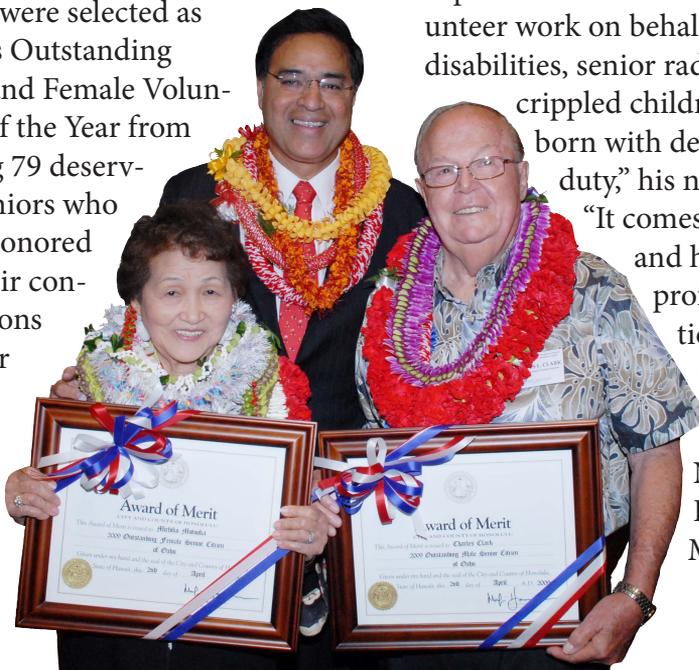


## CLARK and MOTOOKA: OUTSTANDING SENIORS *By Tony Baccay*

“Honolulu is truly blessed to have so many senior volunteers who serve unselfishly to help those in need,” said **Mayor Mufi Hannemann**, as he addressed a capacity crowd at the Mayor’s 43rd Annual Senior Recognition Program held at the Hawaii Convention Center on April 2, 2009. “We deeply appreciate all the ways they help from their hearts.”

**Oahu’s Outstanding Volunteers**  
**Charles Clark** and **Michiko Motooka** were selected as Oahu’s Outstanding Male and Female Volunteers of the Year from among 79 deserving seniors who were honored for their contributions to their communities.



**Charles Clark**, nominated by the Executive Office on Aging’s Senior Medical Patrol, was cited for his tireless efforts in conducting presentations to inform people how to detect Medicare and Medicaid fraud, abuse, errors, and how to protect themselves from becoming victims. Clark is also the founder and president of the Radiated Veterans of America organization which addresses the financial and physical needs of veterans who suffer from the effects of exposure to radiation. “Charles’ volunteer work on behalf of persons with disabilities, senior radiated veterans, crippled children, and babies born with defects goes beyond duty,” his nominator stated. “It comes from his heart and he has made a profound contribution to the quality of life for seniors and others.”

Nominated by Project Dana and Moiliili Hongwanji

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Mission, **Michiko Motooka** has volunteered for over 20 years assisting frail elders suffering from loneliness, helplessness, and who need understanding, patience, and compassionate care. She visits homebound seniors and elders in hospitals and nursing homes. She has served as secretary for the Buddhist Women’s Association, a board member of her church and is a Sunday school teacher for over 30 years. “As a Project Dana volunteer, Michiko is kind, compassionate, selfless and very giving,” says her nominator. “She understands very well the role of caregiving.”

*Continued on page 2*

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### Akamai Living Lifetime Achievement Awards

The Akamai Living Lifetime Achievement Awards focus attention on what we can do to age well.

The Platinum Award was presented to **Lawrence Morisako**, nominated by the Moanalua Senior Citizens' Club. Volunteering is Lawrence's middle name as he has given many hours to organizations such as the Moanalua Gardens Foundation, the Army Community Theater, the Korean War Veteran's Association, and the Kaiser Moanalua Medical Center. He believes that "charity begins at home." He helps his elderly neighbors with yard work, housecleaning and small repairs. He provides meals for those unable to cook. Sharing his aloha is what Lawrence is all about.

**Victorio Macatumbas**, nominated by the Kokua Kalihi Valley Elderly Services Program, was bestowed the Gold Award. He not only volunteers

Monday through Friday, but is also available during the evenings and weekends, providing help to frail seniors in their efforts to remain as independent and active as possible. He helps with household cleaning, chores and yard work. He informs seniors of available programs and follows through on how to obtain needed health and social services. Dubbed the "Dynamic Volunteer" because of his tireless assistance to seniors and of his support to the organization, "Going the extra mile is part of who he is," his nominator said.

The Silver Award winner was **Serafina Gangemi Smith**, nominated by the Honolulu Branch of the American Association of University Women. She has provided over 20,000 hours volunteering for Al-Anon, Suicide Crisis Center, Hospice Hawaii, Pacific Institute of Chemical Dependency, and the American Society for Public Administration.

Serafina is an artist and often donates her work for fund raisers. Her nominator said she is a gem and a great role model.

**Antonio Garcia** not only volunteers with the Sage Plus Program with the Executive Office on Aging but uses his skills and knowledge of veteran's affairs to support the Endearing Section Project at the Veteran's Administration. The Bronze Award winner is also an AARP tax aide, assisting individuals find ways to ensure that they obtain the best benefits when preparing their tax returns. "The volunteer spirit is part and parcel to Antonio's character," his nominator said.

Each year, an organization is recognized for its voluntary contributions to the welfare of seniors. **Tesoro Hawaii**, nominated by Hawaii Meals on Wheels, was the recipient of the Lei Hulu Award for their contribution of \$25,000 to defray the cost of hot meals delivered to Oahu's homebound elderly and persons with disabilities. They also generously gave fuel cards to support the volunteer

**LEFT TO RIGHT:** Michiko Motooka, Lawrence Morisako, Serafina Gangemi Smith, Mayor Mufi Hannemann, Antonio Garcia, Victorio Macatumbas, Charles Clark.



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rose. Tesoro Hawaii not only supports Hawaii Meals on Wheels but many other nonprofit organizations that contribute to the well-being of Hawaii seniors.

KGMB news anchors **Stacy Loe** and **Keahi Tucker** served as Masters of Ceremonies during the morning program. They, along with **Mayor Hannemann** and City Council Chair **Todd Apo**, delighted the audience when they joined the **Kokua Kalihi Valley Seniors** in a lively ethnic dance. Other performers included the First Lady of Hawaiian Music **Karen Keawehawaii**, the **Royal Hawaiian Band**, and **Na Kupuna O Makua Alii Performers**. 🌀

- A. City Council Chair Todd Apo, KGMB News Anchor Stacy Loe, Mayor Mufi Hannemann and KGMB News Anchor Keahi Tucker perform a Samoan ethnic dance.
- B. Karen Keawehawaii sings a Japanese ballad.
- C. Members of the Kokua Kalihi Valley Seniors dance for audience.
- D. Na Kupuna O Makua Alii sing and dance for arriving guests.
- E. Lance Tanaka, Manager of Public and Government Affairs for Tesoro Hawaii, accepts the Lei Hulu Award from Mayor Mufi Hannemann and Senior Recognition Committee Chairperson, Joan Naguwa.



# CAREGIVER'S CORNER

By May Fujii Foo

**Healthy Aging:** A panel of Hawaii delegates highlighted the Healthy Aging Partnership Empowering Elders (HAP-EE) Project at the recent "What's New, What's Important, What Works, How We Can Do It" Aging in America conference sponsored by the American Society on Aging and National Council on Aging, two of the most respected organizations in aging. The delegates conducted four sessions and two poster presentations on sustaining evidence-based Chronic Disease Self-Management Program (CDSMP) and the Enhanced Fitness (EF) program, both of which have been implemented throughout the state with proven results. Self-care programs play a major role in the overall health of older adults with chronic conditions.

A report released by Trust for America's Health last July concluded that an investment of \$10 per person per year in proven evidence-based programs could save the country more than \$16 billion annually within five years. For Hawaii, this means a potential \$70 million or a return of \$5.60 for every \$1.00. This return on investment represents medical cost savings only and does not include gains that could be achieved in work productivity, reduced absenteeism from work and school, and enhanced quality of life. According to the report, effective prevention programs that keep the community healthier is one of the most important ways to keep the high cost of health care from crippling the U.S. economy.

The Hawaii delegates included **May Fujii Foo** of the City's Elderly Affairs Division, **Valorie Taylor** of Child and Family Service, **Merlita Compton** of Kokua Kalihi Valley, **Leslie Tanoue** of Alu Like, Inc., **Jeanine Yonashiro** of the Executive Office on Aging, **Jo Reyes** of Maui County Office on Aging, **Naomi Sugihara** of Kauai Agency on Elderly Affairs, **Pauline Fukunaga** of Hawaii County Office on Aging, and **Kathryn Braun** and **Michiyo Tomioka** of the University of Hawaii.

For more information about the CDSMP and EF programs, contact the Senior Helpline at **768-7700**.

**Connect the Dots: Diabetes and Your Heart:** Kokua Kalihi Valley Senior Services and Lanakila Meals on Wheels, two EAD funded programs, were acknowledged in the National Council on Aging's (NCOA) final report, *Connect the Dots: Diabetes and Your Heart: How Medicare Helps*. NCOA staff **Christine Harding** and **Julie Kosteas** visited 10 senior sites in five cities across the country, including Lanakila's Pohulani Group Dining site and Kokua Kalihi Valley's Gulick site. The program's goal was to raise awareness of prevention and treatment of diabetes and hypertension and to improve the health outcomes of older persons.

**Caregiver Series:** The first of four caregiver seminars sponsored by AARP Hawaii and the Elderly Affairs Division dealing with long-term care issues was held on March 7th. Speaker **Lei Shimizu** provided helpful tips on how to navigate available community resources and access the right service as the right time.

The next three sessions will be:

\* Saturday, June 20, 2009 - *Practical and*

*Fun Skills for Caregiving*. This session will be held at Kapiolani Community College, Ohia 118.

\* Saturday, August 15, 2009 - *What Do We Do About Mom?* Explore family dynamics in decision making. Learn about finding and providing appropriate care at different stages in caregiving.

\* Saturday, October 17, 2009 - *Legal Issues in Caregiving*. An overview of guardianship, power of attorney, living wills and trusts and more.

All sessions are 9:00 a.m. - 11:30 a.m. The seminars are free, but you need to register as space is limited. Call the Senior Helpline **768-7700** for more information.

**Family Caregiver Awareness Day at the State Capitol:** As part of a year-long celebration of caregiving, EAD recently participated in the Hawaii Family Caregiver Coalition's *Family Caregiver Day at the Capitol* on March 12, 2009. More than 50 community exhibitors were able to provide information about their resources and services. It was also an opportunity for family caregivers of elders and grandparents raising grandchildren to educate legislators about issues and concerns regarding caregiving. *The "Aging Issues: A Guide for Hawaii's Legislators, Organizations & Citizens"* was made available.

The Hawaii Family Caregiver Coalition is a group of over 40 organizations and individuals that collaborates to address the needs of Hawaii's family caregivers by increasing community awareness of caregiver issues through advocacy, education and training.

For more information or to join the Coalition, contact Wes Lum at **586-0100**. 

# BITS & PIECES

By Tony Baccay



**Sakura House Opens Its Doors:** Sakura House is a com-

munity-based setting which uses two programs to provide services for older adults wanting to remain independent and enjoy life in safe surroundings.

Through the Multicultural Program, bilingual staff assists clients in learning other cultures through activities such as dance and music, and Japanese arts and crafts. "Sakura House not only provides fun activities but also stimulates the participant's physical and mental health," said Reiko Hayashi, MSW, Director. "We believe that speaking different languages stimulates the brain function and, for some, using the mother language is comfortable."

Involving Hawaii's youths in the Inter-generational Program promotes the handing down of ancient traditions and time honored values from generation to generation. Sakura House will pair people based on age and sex as appropriate. To volunteer or for more information, call 536-1112 or email reiko@sakurahousehawaii.com.

**Golden Age Variety Show:** The Moiliili Senior Center is sponsoring Hawaii's 2nd Golden Age Variety Show on Sunday, September 13, 2009 at the Ala Moana Hotel Hibiscus Ballroom, 9:30 a.m. - 2:00 p.m. The cost is \$45 per person and includes lunch. The showcase will feature a talent show and fashions modeled by those in wheelchairs, walkers, and/or canes. Performers and models are from Hawaii and the Travel Freely Club from Japan. For more information, contact the Moiliili Senior Center at 955-1555.

**Online Non-Credit Course Attracts:** Many employers are challenged with assuring that employees are sufficiently trained to provide services for the elderly. Many agencies have been providing "on the job" training; however, this training is insufficient and uneven.

To address this concern, the Kapiolani Community College's Kupuna Education Center designed its first non-credit online gerontology course. Students and those who just wish to gain a better understanding of aging learn about the aging population, age prejudice, differences between normal and abnormal aging, death and dying and the major policies and programs affecting older adults and caregivers.

Professor **Mara Kent-Skruch**, PhD, course instructor, has decades of teaching experience in gerontology, nursing and sociology in the classroom and online. If you are interested in taking *Aging and Older Adults: A Brief Introduction and Practical Approach*, go to [www.kupunaeducation.com](http://www.kupunaeducation.com) for more information.

### **Other Upcoming Summer Training from Kapiolani Community College:**

The KCC Kupuna Education Center will be offering a range of training activities throughout the Summer and Fall of 2009.

1. *Helping Older Adults Fight Depression: Strategies for Caregivers.* 3 sessions starting June 24 from 6 - 8 pm.
2. *Family Caregiver Training.*
3. *Elder Stay @ Home - An Entry Level Paraprofessional Home Care Worker Training.*
4. *2009 Hawaii Small Business Fair* with mini-workshops on May 22 all day on campus. Helpful to eldercare startups (eg. home care, day care, transportation services, ARCH, etc.) looking for technical assistance.
5. See KCC's continuing education Summer Schedule of Courses on the web at [www.kcc.hawaii.edu](http://www.kcc.hawaii.edu).

For more information, call 734-9108 or visit [www.kupunaeducation.com](http://www.kupunaeducation.com).

**Neighborhood Support Groups for Family Caregivers:** Although it is common to feel alone - to think that no one can understand what is happening - caring for a loved one with Alzheimer's disease or related disorder does not have to be a lonely experience. Meet in a non-judgmental, confidential and sympathetic environment:

- \* Share feelings and concerns with others who understand
- \* Gain knowledge of the disease
- \* Gather valuable information
- \* Share coping techniques
- \* Develop caregiving skills
- \* Learn about community resources
- \* Fellowship

The following are meeting dates and places for the support groups:

- \* Aiea/Pearl City, 3rd Monday, 7 p.m., St. Timothy's Episcopal Church, 98-939 Moanalua Road.
- \* East Honolulu/Aina Haina, 2nd Monday, 7 p.m., Holy Nativity Church - Glantz Hall, 5286 Kalaniana'ole Hwy.
- \* Ewa Beach, 4th Sunday, 3 p.m., Our Lady of Perpetual Help, 91-1004 North Rd.
- \* Honolulu/Makiki, 4th Saturday, 3 p.m., Plaza at Punchbowl, 918 Lunalilo St., 3rd Floor Activity Room
- \* Kaneohe, 2nd Saturday, 10 a.m., Kaneohe Community Family Center, 46-028 Kawa St., Suite A10
- \* Honolulu/Ala Moana, 2nd Thursday, 7 p.m., Alzheimer's Association - Ward Warehouse, 1050 Ala Moana Blvd., Suite 2610

Dates and times of support groups are subject to change; please call 591-2771 to confirm meeting times or for more information.

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**What Now?** Caring for someone with Alzheimer's disease or a related disorder is perhaps one of the biggest commitments a person can face. "What Now?" is a one-hour program designed for non-professional family caregivers to provide information and allow for guided group discussion and sharing. The series is scheduled throughout the year so caregivers can select the training that is most needed at the time and pick up the other classes later in the year, or take the complete 8 week course.

### **Taking Care of Yourself**

How can I cope while I care for my loved one? June 2 & 5, 2009

### **Hiring and Managing In-Home Caregivers**

Introduction to homecare planning and management. June 9 & 12, 2009

### **When is it Time to Move our Loved One into a Facility?**

Steps to take when exploring residential facilities. June 16 & 19, 2009

### **Extended Family and Friends**

Facing the challenges as a family and

the impact on friends - navigating the waters of family relationships. June 23 & 26, 2009

### **Community Resources**

An easy guide to community resources. June 30 & July 2, 2009

### **Alzheimer's Educating Yourself About the Disease**

A comprehensive guide to understanding the specifics of the disease. July 7, 2009

### **Putting Legal and Financial Affairs in Order**

How to begin with legal and financial issues. July 14, 2009

### **Learning to Manage Challenging Behaviors**

How to approach some of the more challenging care situations that arise. July 21, 2009

Classes are free and sizes are limited. Registration is strongly recommended. For more information or to register call 591-2771 or visit [www.alz.org/hawaii](http://www.alz.org/hawaii). ☎

## KUPUNA LEARN TO WARD OFF FRAUD AND ABUSE

By Adele Ching, SMP Program Coordinator  
State Executive Office on Aging

The State Executive Office on Aging, SMP Hawaii, and the City's Elderly Affairs Division sponsored the *PROTECT DETECT REPORT--Hawaii Anti-Fraud Conference* on April 25, 2009 at the Hawaii Convention Center. Conference participants chose from among 15 workshops addressing different types of fraud ranging from investment schemes and lottery scams to identity theft and health care fraud. Speakers included representatives from the FBI and Honolulu Police Department, Departments of Commerce and Consumer Affairs and the Attorney General, HMSA, Hawaiian Telcom, and the University of Hawaii Elder Law Project.

The opening keynote speaker, **Mary Twomey** from the University of California-Irvine, engaged the audience in a spirited rap song she composed about elder abuse. **Mayor Mufi Hannemann** invited the audience to learn all they could to protect themselves from fraud and abuse. **Dr. Kimo Alameda** closed the conference by encouraging everyone to honor our kupuna by holding to values of honesty and integrity. "If we do not engage in petty theft or scamming the system ourselves, we will be better able to resist schemes that promise easy money," said Dr. Alameda. Conference attendees received a recycle tote bag, *Hawaii's Fraud Prevention & Resource Guide; Deciding "Who Cares?" A Legal Handbook for Hawaii's Caregivers, Families and Older Persons*; and a special pen with anti-check washing ink. SMP Hawaii, with a grant from the U.S. Administration on Aging, provided primary funding for the conference. ☎

## GUARD AGAINST SWINE FLU

The swine flu outbreak has made global and local news recently. To help protect yourself from getting sick by taking these simple steps:

- Wash your hands often (15-20 seconds) with soap and water or clean with alcohol-based hand cleaner.
- Avoid touching your eyes, nose and mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Try to avoid close contact with sick people.
- If you get sick, stay home and limit contact with others to keep from infecting them.
- Get plenty of sleep, exercise, and eat healthy foods.
- If you become ill with flu-like symptoms such as fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhea, contact your doctor. Your doctor will help you decide if you need flu testing or treatment.

For more information about the swine flu, consult the State Civil Defense at [www.scd.state.hi.us](http://www.scd.state.hi.us) ☎



## CALENDAR OF EVENTS 2009

## JUNE 2009

**3 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 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, June 3
- LANAKILA SENIOR CENTER, 847-1322 / Friday, June 19

**24 Elder Nutrition & Diet, Aging in Hawaii series** hosted by Attention Plus Care, Wednesday, June 24, 2009, 10 a.m. - 11:30 a.m. Learn from a Licensed Registered Nurse to help seniors live a healthy lifestyle. Admission is free. For more information or reservations, call 440-9372.

## JULY 2009

**3 AARP Driver Safety Program**

- AARP INFORMATION CENTER, 843-1906 / Friday, July 3
- ST. JOHN VIANNEY, 843-1906 / Tuesday, July 7
- NANAIKEOLA CLINIC, 432-2260 / Wednesday, July 8
- QUEEN'S MEDICAL CENTER, 537-7117 / Sunday, July 12
- KAISER HONOLULU, 432-2260 / Tuesday, July 21
- KAISER HONOLULU, 432-2260 / Tuesday, July 28

**15 "Seizures After 60,"** presented by Nancy Brown, Executive Director, Epilepsy Foundation, July 15, 2009, 10 a.m. - 11:30 a.m., Waikiki Community Center Auditorium, 310 Paoakalani Avenue. Free to the public, free parking at WCC, first come-first served. Call Gail at 923-1802 for seat reservation. Deadline for sign up is July 10, 2009.

**17 Kaneohe Marine Base Tour,** sponsored by Waikiki Community Center, July 17, 2009. Take a historical tour of the base and see various points of interest such as the Pacific War Memorial and the Mokapu Fishpond Complex. Enjoy a no-host lunch with marines and sailors. Call 923-1802 ext 109 for more information on fees and requirements. Deadline for reservations is June 22, 2009.

**18 Aloha Aina Earth Day Recycling & Community Clean-Up,** Saturday, July 18, 2009, 8 a.m. - 2 p.m., (one day only). Help Lanakila Senior Center turn recyclable trash into cash for the center. Accepting scrap metal, bicycles, some appliances, newspapers, etc. Not accepting paints, hazardous fluids, microwave ovens, TV, gas tanks. For more information on what is acceptable for recycling, please call Jacce Mikulanec at 386-7332 or Rene Mansho at 306-1876 (by email: RMansho@schn.com).

## JULY 2009

**22 Na Ohana O Hawaii (The Families of Hawaii),** conducted by Richard Dennis "Kupapalani" Souther, July 22, 2009, 10 a.m. - 11:30 a.m. Enjoy a guided, mini walking-tour of the neighborhood and learn about notable persons of the eastern end of Waikiki. Call the Waikiki Community Center at 923-1802 ext 109 for more information on fees and requirements. Deadline for reservations is July 15, 2009.

**29 Managing Challenging Behaviors, Aging in Hawaii series** hosted by Attention Plus Care, Wednesday, July 29, 2009, 4 p.m. - 6 p.m. Learn from a Licensed Registered Nurse to help seniors live a healthy lifestyle. Admission is free. For more information or reservations, call 440-9372.

## AUGUST 2009

**3 AARP Driver Safety Program**

- KAISER WAIPIO CLINIC, 432-2260 / Monday, August 3
- KAISER WAIPIO CLINIC, 432-2260 / Wednesday, August 5
- WAIKIKI COMMUNITY CENTER, 923-1802 / Wednesday, August 5
- KAWAIAHA'O CHURCH, 522-1333 / Saturday, August 8
- NANAIKEOLA CLINIC, 432-2260 / Wednesday, August 12
- KAISER HAWAII KAI, 432-2260 / Saturday, August 15

**6 Show & Sell Bazaar,** Thursday, Aug 6, 2009, 8 a.m. - 10:30 a.m., food, white elephant, crafts, plants and more. For more information, contact Lanakila Multipurpose Senior Center at 847-1322.

**30 Tai Chi Fitness for Seniors, Aging in Hawaii series** hosted by Attention Plus Care, Wednesday, August 26, 2009, 10 a.m. - 11:30 a.m. Learn from a Licensed Registered Nurse to help seniors live a healthy lifestyle. Admission is free. For more information or reservations, call 440-9372.



ALOHA PUMEHANA

**ELDERLY AFFAIRS DIVISION**  
715 South King Street, Suite 200  
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.*

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**MUFI HANNEMANN**  
Mayor of Honolulu