

SENIOR HELPLINE : 768-7700

## LOANDO-ACOHIDO, HOWELL NAMED OUTSTANDING VOLUNTEERS

By Tony Baccay

The Mayor's 45<sup>th</sup> Annual Senior Recognition Program was held on April 21<sup>st</sup> at the Hawaii Convention Center.

Mayor Peter Carlisle praised the 80 nominees from various clubs and organizations by recognizing them as the backbone of non-profit organizations. He said that without these volunteers, agencies would not be able to provide the level of service that they do. He commended each volunteer who contributed time, experience, and compassion to benefit the lives of so many in the community and noted that

their efforts remind us that when older adults are active and engaged in the community, everyone benefits.

### OUTSTANDING SENIOR VOLUNTEERS

The 2011 Outstanding Female Volunteer of the Year is **Anita Loando-Achohido**, who gives of her time to many organizations. Nominated by Our Lady of Sorrows Catholic Church in Wahiawa, she served as Lay Minister, Lector and Confirmation Instructor. She planned and developed activities in the year-

*Continued on page 2*



### INSIDE THIS ISSUE

- 1-3 LOANDO-ACOHIDO, HOWELL NAMED OUTSTANDING VOLUNTEERS
- 4 2011 SENIORS FARMERS' MARKET NUTRITION PROGRAM
- 5 TRAVEL TIPS FOR OLDER AMERICANS
- 5, 7-8 LIFESAVING INFORMATION FOR YOU AND YOUR LOVED ONES
- 6-7 CALENDAR OF EVENTS
- 7 REAL PROPERTY TAX CREDIT FOR HOMEOWNERS

From left to right: **Eudice Schick** (Platinum Award), **James Howell** (Male Volunteer of the Year), **Anita Loando-Achohido** (Female Volunteer of the Year), **Shirley Ota** (Silver Award), **Felix Cabangon** (Bronze Award). Not pictured is **Colleen Minami** (Gold Award).

*Continued from page 1*

long celebration of the church's 75<sup>th</sup> anniversary, culminating with a luau for parishioners and the Wahiawa community. At the Ladies Auxiliary to the U.S. Veterans of Foreign Wars, she held many official positions, including Secretary, Treasurer and State Vice-President. While with the Girl Scouts of Hawaii, she attained the rank of Master Level, the highest level of trainers within the organization. No other person in the State of Hawaii has ever achieved this status in the Girl Scout Leadership Program. As a member of the United Visayan Community of Hawaii, Anita enjoyed performing and providing music to various care homes and community events. She says, "Music makes my heart sing!"

Her most memorable accomplishment was helping a visiting 80-year old civilian from Illinois who witnessed the Pearl Harbor bombing. She not only escorted the VFW dignitary to various attractions, but revisited the woman's childhood home and places that she knew while growing up on the island. In commemoration of the visit, Anita created a scrapbook that was presented to the woman at her local Illinois chapter. It was the most treasured gift the woman has ever received. In addition, Anita has a 13-year history working with the AARP organization, most notably as an instructor, trainer, and

spokesperson for the Driver Safety Program, where she was district and Oahu coordinator.

In addition to these activities, Anita has been a respite caregiver for terminally ill patients at Hospice Hawaii. She prepared food, fed them, did their housework, changed soiled clothing, read to them, and lightly massaged their arms and legs to soothe their pain. But most of all, she was there just to hold their hands. Anita was also involved in chaperoning grieving children aged 7-17 at Bereavement Camps. She involved the children in projects that alleviated their grief, and under the guidance of an artist, assisted in depicting their loved ones in mosaic tiles, culminating in the release of pigeons into the air as if to say, "Go, spread your wings! Your suffering is over!"

The 2011 Outstanding Male Volunteer of the Year is **James Howell**, nominated by the Sage Plus Program, Hawaii's Medicare Counseling Program. For the past 15 years, James has been helping beneficiaries and their families understand the complex Medicare Health and Drug Plans. He provided information to enable participants to understand their benefits, rights and responsibilities, and has helped to change or appeal decisions pertaining to their plans.

Always up-to-date and well-informed, he has been helpful in presenting Medicare and

its benefits to various groups and organizations.

For 12 years, James has also been an AARP tax preparer, ensuring that seniors received the best and most current information when preparing their returns. Thanks to wide recognition of his expertise, James was chosen to serve as a Reviewer of the work of fellow tax preparers, helping AARP to maintain its reputation as a trustworthy source of assistance.

James is affiliated with many church organizations including Hui Manawale'a, an affiliate of Project Dana that assist elders and shut-ins with transportation, medical visit, shopping, and telephone reassurance. He volunteers with Faith Action for Community Equity (FACE), an affiliate of the Gamaliel Foundation that was instrumental in preserving Kukui Gardens as an affordable housing project by persistently educating legislators who could then make decisions on behalf of their constituents in these housing facilities.

Experienced in business, James has served as Vice President of the Heifer International Board of Directors, working toward community building and assisting farmers with sustainable agriculture. His affiliation with Heifer afforded him the opportunity to travel to Zanzibar, Tanzania in East Africa, Kosovo and Albania in Eastern Europe, Arkansas and the Navajo nation.

"It is inspiring to reflect on the many generous and varied opportunities

NA KUPUNA O'KOOLAU

HENRY KAPONO

MOILILI SENIOR CENTER'S RHYTHM & LIFE GROUP



James offers in providing assistance to seniors and beyond,” his nominator says. “He enjoys getting to know others better and his involvement with volunteering keeps him young at mind, heart, and soul.”

## AKAMAI LIVING AWARDS

Sponsored by HMSA, a major contributor to the Mayor’s Senior Recognition Program, the Akamai Living Lifetime Achievement Awards are presented to those who promote healthy and fulfilling lifestyles. These volunteers are the perfect example of living akamai because being able to care for others starts with caring for yourself.

The Platinum Award was presented to **Eudice Schick**, nominated by the State Executive Office on Aging. Volunteering is a way of life for Eudie, who has served extensively at Queen’s Medical Center as a Patient Relations representative and a member of the Patient Safety Committee. As a volunteer with the State’s Long Term Care program, she visits long-term care facilities and problem solves patient complaints. She also volunteers for the State’s Senior Medicare Patrol, educating seniors and caregivers on how to prevent and report Medicare fraud, abuse, and waste. Eudie finds time to serve as Chair of the State’s Policy Advisory Board on Elder Affairs, serving also as Chair of the Legislative Committee. She also

volunteers with the City’s Retired and Senior Volunteer Program (RSVP), and was recently appointed to the Honolulu Committee on Aging, for which she serves as chair.



**Colleen Minami**, the Gold Award winner, was nominated by Aloha Medical Mission, where she put in countless hours providing health care and health care information to needy families and individuals, many of whom are seniors. She also volunteers at the Honolulu Community Action Program, Child & Family Service, and the Farrington High School Health Academy.

**Shirley Ota**, nominated by the Manana Elementary School, was the Silver Award winner. A great organizer, she recruited other seniors to volunteer for the school’s reading program for all grade levels, and recruited others to help with the annual “Campus Clean-Up” event. A member of the Pearl City Paranku Club, she entertains at many care homes and serves on the committee to feed the homeless. She also volunteers for the Red Hat Society, Make a Wish Foundation, and the American Red Cross, among others.

**Felix Cabangon**, nominated by the United Filipino American Association of Hawaii, was the recipient of the Bronze

Award. A World War II veteran, his interest lie in helping fellow veterans and their families. He is a member of the Bisaya Association of Hawaii, the Filipino Community of Hawaii, and the Pauahi Community Recreation Center. At age 83, Felix is still going strong and not about to stop any of his volunteer tasks.

## BUSINESS SERVICE AWARDS

The Lei Hulu Elder Friendly Business Service Awards are presented to local businesses that provide resources, programs, and support for our kupuna. This year’s outstanding recipients include **Percy Ihara** of Generations Magazine, nominated by Project Dana, and **Mark Pennington** and **Joy Yoshihara**, of Jani-King Hawaii, nominated by Hawaii Meals on Wheels.

Emceeding the event were **Keahi Tucker** and **Stephanie Lum**, co-anchors of the Hawaii News Now news desk. **Henry Kaponu, Na Kupuna O’Koolau, Moiliili Senior Center’s Rhythm & Life Group**, and the **Royal Hawaiian Band** provided the entertainment for the 1,200 well-wishers who attended the program. 🎶

THE ROYAL HAWAIIAN BAND

STEPHANIE LUM & KEAHI TUCKER





# 2011 SENIOR FARMERS' MARKET NUTRITION PROGRAM

The Hawaii Foodbank will be distributing Senior Farmers' Market Nutrition Program voucher booklets worth \$50.00 at its member agency locations around the island. Our goal is to provide fresh and locally-grown fruits and vegetables for our seniors. Vouchers are redeemable with certified vendors at various farmers' markets from June 1 – October 31, 2011. Seniors who have already received vouchers are not eligible for another.

Recipients must:	Age Verification (Bring 1):	Income Verification (Bring 1):
<ul style="list-style-type: none"> <li>• Be 60 years of age or older; <b>AND</b></li> <li>• Have a household annual income of <b>less than</b> \$23,051 for single person or \$31,006 for a couple</li> </ul>	<ul style="list-style-type: none"> <li>• Current Hawaii Driver's License and Social Security Card</li> <li>• State ID and Social Security Card</li> <li>• Certified Birth Certificate and picture ID</li> <li>• Passport and proof of residency</li> </ul>	<ul style="list-style-type: none"> <li>• EBT Card</li> <li>• Medicaid Card</li> <li>• 2010 Tax Return Form 1040</li> <li>• 2011 Social Security Checks</li> <li>• 2011 Pay Check Stubs</li> </ul>

**Bring COMPLETED APPLICATION & REQUIRED DOCUMENTS to a certification site (subject to voucher availability):**

	Location:	Dates:	Address:	Time:
Central	HCAP-Central	June 6, July 7, Aug 1	99-102 Kalaloa Street (by Stadium)	9a-1p
	Surfing the Nations	June 3, July 13, Aug 5	55 Kamehameha Hwy (Wahiawa)	9a-1p
	Waipahu United Church of Christ	June 7, July 5, Aug 2	94-330 Mokuola Street (Waipahu)	9a-1p
Honolulu	Angel Network Charities	July 14	5339 Kalanialoe Hwy (Hawaii Kai)	9a-1p
	Community Life Resource Center	June 20, 27 July 18, 25 Aug 8, 15	615 Keawe Street (Kakaako)	9a-1p
	Kokua Kalihi Valley-Gulick Elder Center	Aug 10	1846 Gulick Avenue (Kalihi)	9a-1p
	Kokua Kalihi Valley-KPT Senior Center	June 22, July 20	in Kuhio Park Terrace (Kalihi)	9a-1p
	Palama Settlement	June 1	810 North Vineyard Boulevard	8a-12p
	Palama Settlement-Kamehameha Homes	July 6	1541 Haka Drive (Kalihi)	9a-1p
	Sts. Peter and Paul Church	June 24, July 22, Aug 12	800 Kaheka Street (by Don Quixote)	8a-12p
Leeward	Hale Ola Ho'opakolea	June 17, July 15	89-137 Nanakuli Ave (Nanakuli)	9a-1p
	HCAP-Leeward	May 31, June 28, July 26	85-555 Farrington Hwy (Waianae)	10a-2p
	Our Lady of Perpetual Help	July 30	91-1004 North Road (Ewa Beach)	9a-1p
	Paradise Chapel	June 9	87-125 Maipalaoa Street (Maili)	9a-1p
	Waianae Coast Comprehensive Health Center	June 16, Aug 18	86-260 Farrington Hwy (Waianae)	9a-1p
North Shore	Hope Chapel Kahuku	June 14, July 12	56-490 Kamehameha Hwy (Kahuku)	9a-1p
	Waialua Community Association	July 27	66-434 Kamehameha Hwy (Waialua)	9a-1p
Windward	Blanche Pope Elementary	June 29	in School's Cafeteria (Waimanalo)	9a-1p
	Salvation Army-Kaneohe	July 1	45-175 Waikalua Rd (Kaneohe)	830-1130a
	Waimanalo District Park	June 21, July 19	41-415 Hihimanu Street (Waimanalo)	9a-1p
	Windward United Church of Christ	June 13	38 Kaneohe Bay Drive (Kailua)	1p-3p

FOR MORE INFORMATION, CALL: 954-7889 OR  
VISIT: [www.hawaiifoodbank.org](http://www.hawaiifoodbank.org) to download application

Sponsored by the Hawaii Foodbank, Hawaii State Office of Community Services and the U.S. Dept. of Agriculture/Food and Nutrition Service

This institution is an equal opportunity provider.



## TRAVEL TIPS FOR OLDER AMERICANS

If you're among the ever-increasing number of older U.S. citizens traveling or retiring abroad, please consider the following tips to help you relax and enjoy your travels.

- **Travel Documents:** Apply for a passport at least three months before you plan to travel. Be sure your passport is valid beyond the length of your trip. Some countries require that the passport be valid for six months beyond the date you arrive.
- **Stay Connected:** A secure way to provide your emergency contact information is to enroll with the Smart Traveler Enrollment Program

(STEP) at [travel.state.gov/step](http://travel.state.gov/step). Your information is stored securely and enables the Department of State, U.S. embassy, or consulate to contact you, your family, or your friends in an emergency according to your wishes.

- **Local conditions:** Be aware of any effects the local topography or climate may have on your health. If you are sensitive to altitude or to humidity, or to other attributes of your destination, consult your physician.
- **Don't over-program:** The additional physical activity undertaken during travel can be quite strenuous, and sudden changes in diet and climate can

have serious health consequences for unprepared travelers.

- **Pack wisely:** Don't pack so much that you will end up lugging around heavy suitcases. Dress conservatively – flashy clothes may attract the attention of thieves or con artists, while clothing that is overly casual may result in your being barred from some tourist sites.

For more travel tips or information on how to apply for a U.S. passport, please visit the U.S. Department of State website at [travel.state.gov](http://travel.state.gov), or call the National Passport Information Center toll-free at 1-877-487-2778. 

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## LIFESAVING INFORMATION FOR YOU AND YOUR LOVED ONES

**HEART DISEASE** is America's No. 1 killer. Stroke is No. 3 and a leading cause of serious disability. That's why it's so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

### CARDIOVASCULAR DISEASE IS LARGELY PREVENTABLE

Many of the risk factors for heart disease and stroke are controllable. That's why it's important to find out if you are at risk so you can take simple steps to reduce your chance of developing cardiovascular disease.

Conditions/practices that increase your risk include:

- High cholesterol
- High blood pressure
- Overweight
- Physical inactivity
- Tobacco use
- Exposure to secondhand smoke
- Family history of cardiovascular disease

Additionally, African-Americans and Hispanics are at higher risk for cardiovascular disease.

### WAYS TO REDUCE YOUR RISK

- **Know your numbers.** Schedule a yearly check-up with your doctor and find out your cholesterol and blood pressure levels.
- **Tone up as you tune in.** Step, march or jog in place for at least 5 minutes a day while you're watching television. Increase your activity by 5 minutes each week until you're getting at least 30 minutes a day most days of the week.
- **Don't light up.** If you smoke, stop. Going cold turkey can be hard, so try cutting the number of cigarettes you smoke each day in half until you get to zero.
- **Drop a few.** Cutting out just 200 to 300 calories a day can help you lose up to two pounds a week.
- **Shake the salt habit.** Check out the nutrition label on foods to see how much sodium they contain. Aim for a total intake of no more than 2,300 mg (about a teaspoon) per day.

### HEART ATTACK WARNING SIGNS

Some heart attacks are sudden and intense - the "movie heart attack," where no one doubts what's happening. But most heart

attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

*As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.*

*Continued on page 7*

# CALENDAR OF EVENTS 2011

## JUNE 2011

**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, 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.

**AARP Information Center, 843-1906, Fri, Jun 3, 12 noon – 4 p.m.**  
**Lanakila Senior Center, 8477-1322, Fri, Jun 3, 9 a.m. – 1 p.m.**  
**Waipio Kaiser Clinic, 843-1906, Fri, Jun 24, 8:30 a.m. – 12:30 p.m.**

**3 Hawaiian Language & Culture with Palakiko Yagodich,** sponsored by Waikiki Community Center, on-going class on Fridays, May 20<sup>th</sup> – July 29<sup>th</sup>, 11:30 a.m. – 12:30 p.m. Learn the proper pronunciation, grammar and the usage of "Olelo Hawaii." For more information, call **923-1802**.

**7 Tuesday Salsa with Abron Toure,** sponsored by the Waikiki Community Center, Tuesdays, Jun 7, 21, 28, Jul 5, 19, 26, and Aug 2, 16, 23, 30, 5:30 p.m. – 6:30 p.m. Experience the aspect of salsa movements or just the enjoyment of learning a few steps of this captivating dance. For more information, call **923-1802**.

**7 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 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-week series. Classes are on Tuesdays, 9:30 a.m. – 10:30 a.m. at the Alzheimer's Association Aloha Chapter Office, Ward Warehouse, 1050 Ala Moana Blvd., Suite 2610, Honolulu, HI 96814, phone **591-2771**. Class sizes are limited by design, so **REGISTRATION IS REQUIRED**.

**Jun 7: Basics of Alzheimer's Disease and Memory Loss:** A comprehensive guide to Alzheimer's and dementia.

**Jun 14: Putting Legal & Financial Affairs in Order:** How to begin with legal and financial issues.

**Jun 21: Learning to Manage Challenging Behaviors:** How to approach some of the more challenging care situations that arise.

**Jun 28: Taking Care of Yourself:** How can I cope while I care for my loved one?

**8 Mea Hawaii,** sponsored by the Waikiki Community Center, Wed, Jun 8, 9:30 a.m. – 11:30 a.m. Office of Hawaiian Affairs Building, 711 Kapiolani Blvd & Cooke St. This is a one-time chance to "see, touch, and learn about Hawaiian material culture from stone, wood, fiber, and other natural materials, and their uses, which made up the utilitarian and religious life of ancient Hawaiians." For more information, call **923-1802**.

## JUNE 2011

**29 Fall Prevention,** presented by Attention Plus, Wed, Jun 29, 9 a.m. – 11 a.m. Are you or a loved one at risk for a fall? Falls can change the quality of an elder's life in an instant. A Registered Nurse will provide some simple steps to prevent falls in the home and community. For reservations, call **739-2811**.

## JULY 2011

### 1 AARP Driver Safety Program

AARP Information Center, **843-1906**, Fri, Jul 1, 12 noon – 4 p.m.  
 Waikiki Community Center, **923-1802**, Wed, Jul 6, 9 a.m. – 1 p.m.  
 Queen's Medical Center, **537-7117**, Sun, Jul 17, 9 a.m. – 1 p.m.  
 Kaiser Honolulu Clinic, **843-1906**, Tue, Jul 26, 12 noon – 4 p.m.

### 5 What Now? Presented by Alzheimer's Association.

**July 5: Hiring and Managing In-Home Caregivers:** Introduction to homecare planning and management.

**July 12: When is it Time to Move Your Loved One into a Facility?** Steps to take when exploring residential facilities.

**July 19: 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.

**18 Hawaii Pacific Health Fair,** Mon, Jul 18, 9 a.m. – 11:45 a.m. The Hawaii Pacific Health Fair is a FREE community event hosted by Hawaii Pacific Health. The moderator/speaker is Dr. Kalani Brady, MD, MPH, FACP. There are various presentations about health and medical issues by HPH Student Research Program, a cooking demonstration, and an exercise demonstration. For more information, call the Lanakila Multipurpose Senior Center at **847-1322**.

**27 Stroke & Heart Attack Prevention,** presented by Attention Plus, Wed, Jul 27, 9 a.m. – 11 a.m. Heart Disease and Stroke are leading causes of death in America. Familiarize yourself with healthy living tips to keep the risk of these diseases at bay. Learn how to recognize the symptoms of a stroke and heart attack, and how to take appropriate action that could save a life. For reservations, call **739-2811**.

**29 Coconut Island Tour & Boat Trip,** sponsored by Waikiki Community Center, Fri, Jul 29, 7:45 a.m. – 1:15 p.m. Enjoy a cruise aboard the Honu Kai where you will see the barrier reef system, the bay's estuarine and coral reef ecosystems. For more information and reservations, call **923-1802**.

*Continued on page 7*

CALENDAR OF EVENTS continued from page 6

## AUGUST 2011

### 1 AARP Driver Safety Program

Waipio Kaiser Clinic, **843-1906**, Mon, Aug 1, 8:30 a.m. - 12:30 p.m.  
 Waikiki Community Center, **923-1802**, Wed, Aug 3, 9 a.m. - 1 p.m.  
 AARP Information Center, **843-1906**, Fri, Aug 5, 12 noon - 4 p.m.  
 Kawaiahao Church, **522-1333**, Sat, Aug 27, 8:30 a.m. - 1 p.m.

**18 Federal Surplus Food Distribution**, Thu, Aug 18, 8 a.m. - 12 noon or until food runs out. Distribution at Lanakila Multipurpose Senior Center, 1640 Lanakila Ave., back parking lot. All recipients must have an ID, know the household's gross yearly income, fall within the income criteria, and sign a Declaration of Eligibility. Call **847-1322** for more information.

**30 Foster Botanical Garden Tour**, sponsored by the Waikiki Community Center, Tue, Aug 30, 10 a.m. Visit the Lyon Orchid Garden where you will see a collection of Old and New World orchid species, the Prehistoric Glen where primitive plants from around the world are displayed, and the Butterfly Garden where you can admire Hawaii's butterflies in an open-air habitat, among others. For more information and reservations, call the **923-1802**.

**31 Cancer Care at Home**, presented by Attention Plus, Wed, Aug 31, 9 a.m. - 11 a.m. Learn from a Registered Nurse about cancer treatments, side-effect management, coping skills, practical and emotional support. The goal is to help family caregivers cope while caring for a loved one with cancer. Join with others to exchange information, tips and support on caring for someone at home. For reservations, call **739-2811**. ☎

## REAL PROPERTY TAX CREDIT FOR HOMEOWNERS

CITY AND COUNTY OF HONOLULU

The City and County of Honolulu offers a real property tax credit to property owners who meet certain eligibility requirements. If you qualify, the maximum real property tax owed would not exceed 3% or 4% of your income, depending on your age.

### WHAT ARE THE ELIGIBILITY REQUIREMENTS?

- Homeowners must have a home exemption in effect at the time of application and the 2012-2013 tax year.
- Any of the titleholders *do not own any property anywhere*.
- The combined income of all titleholders for 2010 cannot exceed \$50,000.

### HOW DO I APPLY FOR THE TAX CREDIT PROGRAM?

Complete an application available at the following locations after July 1, 2011:

- All Satellite City Hall locations
- Treasury Division in Honolulu Hale, 530 So. King St. #115.
- Tax Relief Section, Standard Financial Bldg., 715 So. King St. #505.
- Online at [www.honolulu.gov/budget/treasury\\_division.htm](http://www.honolulu.gov/budget/treasury_division.htm)

### WHAT IS THE APPLICATION DEADLINE?

September 30, 2011.

- Applications must be postmarked by Sep 30, 2011 or received at the Division of Treasury by 4:30 p.m.

**Important Reminder:** You must apply **annually** for this credit. For more information contact the Real Property Tax Relief Office at **768-3205**. Information furnished is subject to change without notice. ☎

LIFESAVING INFO continued from page 5

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than five) before calling for help. Call **9-1-1**...Get to a hospital right away.

### ANYONE CAN LEARN CPR

The American Heart Association, in collaboration with Laerdal, has developed the CPR Anytime™ for Family and Friends Personal Learning Program, bringing CPR training into the homes of families everywhere. CPR Anytime for Family and Friends is a self-directed, personal CPR kit that makes learning the core skills of CPR easy, convenient, affordable and fun for the whole family. It takes just 22 minutes to learn and can

be done anywhere. Order your kit today by calling **1-877-AHA-4CPR** or visiting [cpranytime.org](http://cpranytime.org).

### STROKE WARNING SIGNS

Stroke warning signs by the American Stroke Association

#### SUDDEN:

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

If you or someone with you has one or more of these signs, don't delay! Immediately call **9-1-1** or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke.

### DIAL 9-1-1 FAST

Heart attack and stroke are life-and-death emergencies -- every second counts. If you see or have any of the listed symptoms, immediately call

Continued on page 8



*Continued from page 7*

**9-1-1.** Not all of these signs occur in every heart attack or stroke. Sometimes they go away and return. If any occur, get help fast! Today, heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay -- get help right away!

To learn more about the American Heart Association and the American Stroke Association, or to get involved with our efforts, give us a call at **808-538-7021**. 

*Reprinted with permission from the American Heart Association and American Stroke Association*

**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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**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