



ALOHA PUMEHANA

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Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

Kalakaua S.H.A.R.E. Program

By Jeanne Hamilton, Planner
Planning and Evaluation Office, HCDCH

In March 2003, the Housing and Community Development Corporation of Hawaii (HCDCH) and the Honolulu Gerontology Program of Child and Family Services opened the Kalakaua Supportive Housing and Resident Enrichment Program for the residents of Makua Alii, Paoakalani and Kalakaua Homes. Known as Kalakaua SHARE, the program supports the independent living of the approximately 550 elderly or disabled residents, most of whom live alone.

In the first 10 months of operation, the program served more than 250 residents of the buildings in obtaining chore services, personal care services, meals, transportation, escort, and telephone reassurance. The Pacific Gateway Center assisted the program by providing Korean and Chinese translation services.

Kalakaua SHARE also sponsored social activities, including coffee hours, movies, and guest speakers. Movies in both Chinese and English have



Staffmembers, Rhonda Gaddis and Melanie Kochiyama.

been shown, with popcorn provided. Visiting speakers addressed topics ranging from “Breast Cancer Awareness” to “Healthy Nutrition and Healthy Finances” to “Senior Moment or Dementia.” A very popular program has

been “Exercise for Everyone,” a low impact exercise that is adaptable to all ages and abilities. The highlight of 2003 was the Holiday Celebration on December 12, 2003. Co-sponsored by Kalakaua SHARE and HCDCH, the celebration consisted of a barbeque, buffet-style catered meal. Entertainment

by the Steptaculars, Rico Zoves and the Senior Bellringers, and many door prizes added to the excitement.

The US Department of Housing and Urban Development (HUD) provided funding



SHARE dedication program.

for the Kalakaua SHARE program. The Elderly Affairs Division of the City and County of Honolulu and the Adult and Community Care Branch of the state Department of Human Services funded or provided the supportive services that residents are referred to by the SHARE program.

In January 2004, HCDCH announced receipt of a second grant from HUD to expand this program to Pumehana and Punchbowl Homes. “This grant helps us support our elderly and disabled clients by providing them with the tools and services that allow them to continue living in their homes,” Governor Linda Lingle said.

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Project Dana – Home Safety Program

By Clyde Whitworth,
Home Safety Specialist



Project Dana is offering home safety assessments as one of its support services to frail elders and their families. The Home Safety Program increases awareness of safety and identifies injury risk factors in the home. The program recommends possible modification so that elders are able to maintain their quality of life while living at home. More specifically, the Home Safety Program provides:

- An initial home assessment visit.
- Educational information on Home Safety.
- Recommendations of possible home modifications.
- A follow-up home assessment.

Home modifications might include: nightlights, grab bars, non-slip mats, non-skid strips, shower seat, portable tub rail, commode, raised toilet seat, replace light bulbs, phone or power cord arrangement, etc.

Falls are a major concern among the elderly population in Hawaii, as well as nationwide. It is very likely that recovery from serious falls may never be 100%. In Hawaii:

- 51% of deaths among elders are caused by falls occurring in the home.
- 61% of the elders who fall are women.
- Most falls occur between the hours of 9 a.m. and 1 p.m.
- People 85 years or older are ten times more likely to fall than those who are between the ages of 65 - 69.
- Falls that happen inside the home commonly occur in the bathroom, bedroom, and kitchen areas.

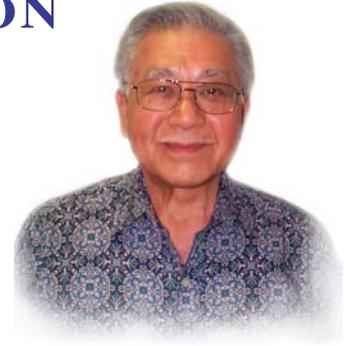
For more information, please contact Project Dana at **945-3736**.

HCOA Advises...

(This new column will feature articles written by members of the Honolulu Committee on Aging (HCOA), a Citizen advisory body to the Elderly Affairs Division. Appointed by the Mayor, members are selected on the basis of their interest in aging, effectiveness in promoting the welfare of elders and knowledge of local conditions. The editor.)

SECOND OPINION

By Ralph S. Matsuda
Retired Certified Financial Planner



How many times have you wondered if you need a Will or a Living Trust? How important is a Durable Power of Attorney? Can you give away assets and qualify for Medicaid? Do you need Long-Term Care Insurance? Should the house be given to the children now or later?

You need answers but don't know where to call. You don't want to be pressured into buying a long-term care policy, making a living trust, or paying high fees and charges.

Most attorneys, financial planners and insurance agents are competent and honest; however, to protect yourself, always get a second or even third opinion before taking any action.

A recent case: After attending a Long-Term Care/Medicaid seminar, an elderly widow signed up for the free one-hour consultation because she liked what she heard and felt she could afford the fee quoted to prepare the plan. During the free session, she mentioned that she's afraid of losing her home if she

applied for Medicaid and that her son won't have a place to stay.

She was told preparing the new plan would cost double the fee quoted. The new fee was far more than she could afford. She consulted me for advice. She told me her son, who is single and living with her, has been caring for her for over 10 years. She is afraid that if she goes into a nursing home on Medicaid, she will lose her home and her son won't have a place to stay.

I told her that the house would be protected for her son under the current Medicaid guidelines. This second opinion saved the widow thousands of dollars in fees and charges.

For your peace of mind, always consult with an expert; however, whenever you consult, also keep in mind that you are dealing with opinions and they may differ greatly between experts. Remember: always ask for at least a second opinion. You'll be glad you did.



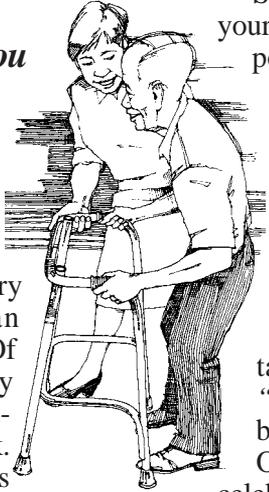
CAREGIVERS' CORNER

By Lorraine Fay

“Mom, I’ve told you a million times, don’t...”

Caregivers often become frustrated with the behavior of a loved one and they try everything they can think of to change it. Of course, this usually leads to more frustration if it doesn’t work. Before you reach this point, it could help to know the reason for the behavior. This can be done by taking the person to a geriatrician (a medical doctor specializing in elder care) who will discuss the situation with you, and by attending a condition-specific caregiver support/education group (e.g. stroke, Parkinson’s, Alzheimer’s). When you learn that a medical condition has caused the person to be unable to reason or to remember new information, YOU begin to think and act differently.

After my Mom’s stroke, she could speak perfectly, so it was hard for me to realize that she could no longer understand things or make decisions the way she had previously. I kept thinking, “If only I can explain this the right way, she’ll get it.” Well, guess who didn’t get it-ME! One day my daughter said, “Grandma just doesn’t think that way anymore - so stop explaining.” From then on my life became easier. Whenever I was tempted to reason with her, I’d bite my tongue and continue quietly doing whatever needed to be done. Later I remembered that the cardiologist at the hospital had told me what the stroke had caused, but with so much going on, I just didn’t take it



in. If I had been attending a support group, other caregivers would have taught me how to modify my behavior and not expect Mom to change.

So don’t live with frustration. Do your research, ask questions, get support. When you don’t know where to start, call the caregiver specialist at **523-4762**.

IN OTHER NEWS...

By May Fujii Foo

May is National Older Americans Month: Josephina G. Carbonell, Assistant Secretary on Aging, announced that “Aging Well, Living Well” has been selected as the theme for Older Americans Month 2004, to celebrate and recognize older Americans who are living longer, healthier, and more productive lives. Older persons are not only adding years to their lives, they are also improving the quality of their lives. An older person’s health status most often determines his or her ability to live a productive later life. Studies reveal that staying physically active, eating right, and getting regular health screenings can help prevent or delay many diseases and disease-related disabilities.

In addition to achieving a healthier lifestyle, older persons must also take steps to prepare for later life. These steps include understanding housing and long-term care options; gaining financial literacy and knowledge of retirement pension and benefits; and seeking opportunities for community participation and social engagement, including access to employment, volunteer, educational and leisure activities.

Caregiver University: The Caregiver University, initiated by the Alzheimer’s Association Aloha Chapter, got off to an exciting start. California Central Coast Alzheimer’s Association’s Julian Dean and Deborah Dunn, co-authors of *What*

Now? Caregiver’s Quick Guide and Resource Manual, conducted a two-day comprehensive training on issues related to dementia care. Individuals who completed the 16 hours of instructions are able to share the skills they learned with caregivers in the community. For more information on the Caregiver University, contact the Alzheimer’s Association Aloha Chapter at **591-2771**.

More Alzheimer News: The Aloha Chapter is now connected to the national Alzheimer’s Association Contact Center, a 24-hour, 7-days-a-week operation. The Contact Center is staffed with professionals who will connect callers to information about the disease, treatments, care strategies, and linkages to community programs in over 140 languages. During regular business hours, you can call **800-272-3900** and you will be connected to the local chapter. After business hours, your call will be transferred to the Contact Center. For more information, call **591-2771**.

Save This Date! Caring for Family, Caring for Yourself: A Caregivers Conference will be held on July 10, 2004 at the Sheraton Waikiki Resort, 8 a.m.- 3:30 p.m. Cost: \$25, includes lunch. This conference features a keynote speaker, resource fair, local service providers, and break out sessions on topics such as:

- Coping With Behavior Challenges in Dementia
- Community Resources - Helping Caregivers Find Support
- The Difference Between Medicare and Medicaid
- Legal Issues in Caregiving
- Balancing the Needs of Working Caregivers
- Home Safety

Scholarships are available for those who meet income guidelines. Conference registration forms will be available in May 2004. For more information and to obtain a registration form, call **523-4545**.

City Rehabilitation Loan Program:

Homeowners who need to repair their properties but cannot afford the high costs may be able to qualify for the City's Rehabilitation Loan Program. The program offers interest rates as low as 0.0% to income-qualified homeowners. Loan funds can be used for re-roofing, electrical rewiring, plumbing, painting, termite treatment or any other essential repairs. Improvements are also allowed to accommodate physically disabled household members.

A most attractive feature of this loan program is that applicants may be allowed to partially defer payment for the term of the loan. For more information or to obtain an application, call or visit the following branches:

Downtown:

51 Merchant Street,
Phone: **527-5907**

Kapolei:

1000 Uluhia Street, #204,
Phone: **692-5809**

You may also visit the website at www.co.honolulu.hi.us/dcs/housingloans

New Service Provider:

ResponseLink of Hawaii is introducing a new affordable service providing:

- Technically advanced personal emergency response system (PERS)
- Medication monitoring and verification service
- Health wellness monitoring and verification
- 24-hour non-emergency access to caring professionals.

It is a service that is attempting to



By Tony Baccay

address the problems faced by caregivers who are under enormous pressures to provide more, learn more skills and meet the competing demands of children, grandchildren and their aging parents and parents-in-law. When should a higher level of placement be sought? How can we continue to permit our frail parent who is always at the risk of falling or injuring herself to remain at home alone? Can this be done safely? Searching for affordable solutions is also a challenge.

Call Cullen Hayashida at **721-1201** for further information or visit the website at

www.responseslink.com



Lanakila Expands Program:

The Lanakila Meals on Wheels has expanded its Adopt-A-Senior program. A campaign to raise additional funds to include meal service for each holiday to homebound seniors was recently initiated. For many years, the program traditionally provided special holiday meals on Thanksgiving and Christmas through generous support from the community. Over 2200 meals

were prepared and delivered by 500 volunteers this past holiday season. As extra funds are raised, Lanakila will add an additional holiday and eventually will include all the holidays throughout the year. Lanakila is also collaborating with the Hawaii Food Bank to provide 200 emergency food boxes.

HGP Honors Volunteers:



The Child and Family Service's Honolulu Gerontology Program (HGP)

celebrated their 24th Annual Volunteer Recognition Ceremony last November 13, 2003. Held at the Old Spaghetti Factory, the event recognized the contributions of over 100 volunteers, eight of whom were named Outstanding Volunteers of 2003. HGP volunteers provide approximately 47,000 service hours per year, performing a variety of tasks including companionship, respite, group activity support, office help, and advisory assistance. The agency has a strong affiliation with the Senior Companion and Respite Companion Programs, serving as the largest volunteer training site in the state.

New Class Added:

Child and Family Service added a new **No Fear of Falling** series in the Windward area. It is held 11:00 a.m. - 12:30 p.m. each Monday, Wednesday, and Friday at the Windward United Church of Christ in Kailua. This exciting exercise and education program is designed to help keep you safe from falling. There is no fee to participate. For more information, please call **543-8421**.

Questions Most Commonly Asked About AARP Tax-Aide

1. **What is AARP Tax-Aide?** AARP Tax-Aide program is the nation's largest, free income tax counseling service operated by volunteers for moderate and low income persons with special attention to those 60 years and older. Volunteer Tax Counselors prepare basic state and federal income tax returns, including itemized deductions and income from interest, dividends and sale of stock. Taxpayers with more complex returns are asked to seek other assistance.
2. **Are the volunteers trained?** Every Tax-Aide counselor must successfully complete a course prepared by the Internal Revenue Service and pass a test. Counselors are also given instruction in State of Hawaii tax preparation.
3. **Is there any charge for this service?** None whatsoever.
4. **Where can I find a Tax-Aide site?** There are 44 work sites in the State of Hawaii, 22 on Oahu. (See the chart for the location and time most suitable for you.) Note that some sites require appointments while others are marked "walk -in."
5. **What is e-File?** Electronic-Filing is the latest and best method to file federal income tax returns. Tax-Aide counselors are trained using Internal Revenue Services' software to compute and file the returns electronically. The best feature
6. **What shall I bring with me?** Bring your copies of last year's federal and state returns plus applicable forms for 2003 such as W-2s, SSA-1099s, 1099Rs. If you are itemizing deductions, bring receipts for medical expenses, contributions, 1099 showing home mortgage paid, etc. If you have any doubt, bring them anyway.
7. **Can anyone be a Tax-Aide Counselor? What experience do I need?** Anyone can be a tax counselor and no accounting or tax preparation experience is required. Comfort in working with numbers is important. Free and in-depth training is given in January and an IRS exam is taken at the end of the training. In addition to training in basic tax preparation, free training in use of computers to prepare and electronically file tax returns is also available. Experienced volunteers will work with and provide support and help to new counselors.
8. **Whom should I call for additional information if I am interested in joining the AARP Tax-Aide program?** Please call Toll Free 1-888-227-7669 and leave your name and phone number. One of our volunteers will return your call.

2004 HAWAII TAX-AIDE SITE LISTINGS

OAHU - Honolulu

Waikiki: Paki Hale (0-3)

3840 Paki Avenue
Honolulu, HI 96815
Tues, Thurs, & Fri
8:30am -12:30pm
Closed Feb 12, Mar 11 & 26,
Apr 8 & 9

e-File available 

Kaimuki-Waiialae YMCA (0-4)

4835 Kilauea Ave.
Honolulu, HI 96816
Tuesdays & Saturdays
9am - 12:30pm

e-File available 

AARP Information Office (0-30)

1199 Dillingham Blvd,
Unit A-106, Honolulu, HI 96817
Tuesday & Thursday, 3pm - 6pm
Saturday, 9am - Noon

e-File available 

Lanakila Multipurpose

Sr. Center (0-1)

1640 Lanakila Avenue
Honolulu, HI 96817
Mondays 8am - Noon
Start Feb 9

CLOSED Feb 16

OPEN Tue, Feb 17

Appointment Required

Iris Hiramoto **(808) 847-1322**

Japanese spoken

e-File available 

Internat'l Christian Church (0-14)

2322 Kanealii Ave.
Honolulu, HI 96813
Tues & Thurs, 9am - 1pm

e-File available 

Kalihi-Palama Public Library

(0-44)

1325 Kalihi Street
Honolulu, HI 96819
Friday, 9am - 1pm
Closed March 26

e-File available 

Susanna Wesley Community

Center (0-31)

1117 Kaili Street
Honolulu, HI 96819
Saturdays, 9am - Noon
Feb 7 to March 6 ONLY

Central Union Church (0-9)

1660 S. Beretania Street
Honolulu, HI 96826
Tues & Thurs, 8:30am - 11:30am

e-File available 

Nursing Homes/Home-bound

(0-32)

Saturdays as needed
Appointment Required
Kaifred Chang **(808) 531-8863**
Gene Haynes **(808) 678-3043**

OAHU - Windward

Kahuku Public/School Lib. (0-18)

56-490 Kamehameha Hwy.
Kahuku, HI 96731
Thursdays 9am - 1pm

e-File available 

St. Christopher's Epis Church

(0-5)

93 N. Kainalu Drive
Kailua, HI 96734
Mon & Wed, 9am - 11:30am

e-File available 

Community of Christ Church (0-6)

45-119 Kaneohe Bay Drive
Kaneohe, HI 96744

Tue & Thurs, 8am - Noon
Appointments & Walk-Ins
Staff **(808) 247-4178**

Japanese spoken

e-File available 

Key Project (0-2)

47-200 Waihee Road
Kaneohe, HI 96744
Fri & Sat, 8:30am - 12:30pm
Closed Mar 26 & 27 &
Apr 9 & 10

e-File available 

OAHU - Central/Leeward

Aiea Public Library (0-13)

99-143 Moanalua Road
Aiea, HI 96701
Tuesdays, 10am - 2pm

e-File available 

Ewa Beach Library (0-38)

91-950 North Road
Ewa Beach, HI 96706
Thursdays, 10am - 1pm
Closed Feb 5 and Apr 8

e-File available 

Waialua Community Assoc. (0-12)

66-434 Kamehameha Hwy.
Haleiwa, HI 96712
Tuesdays, 9am - 1pm

e-File available 

Pearl City Regional Library (0-11)

1138 Waimano Home Road
Pearl City, HI 96782
Wednesday & Thursday
9am -12:30pm

e-File available 

Wahiawa Public Library (0-7)

820 California Avenue
Wahiawa, HI 96786
Thursdays, Noon - 3pm

Fridays, 9am - 1pm

Closed March 26 and April 9

e-File available 

Olaloa Retirement Village (0-10)

95-1050 Makaikai Street
Mililani, HI 96789
Wednesdays, 8:30am -12:30pm

e-File available 

Waianae Community Center (0-16)

85-670 Farrington Hwy.
Waianae, HI 96792
Monday & Friday, 8:30am - Noon
Closed Feb 6, 13, & 27
Mar 5, 12, & 19, and Apr 2

e-File available 

Waipahu Civic Cntr., Rm 102 (0-15)

94-275 Mokuola Street
Waipahu, HI 96797
Wednesdays, 8:30am - 12:30pm

e-File available 

KUPUNA ID PROJECT

By Charlene Takeno, Community and Crime Prevention Specialist
Department of the Attorney General

The Kupuna ID is a project to help elderly adults, 65 years or older, who become disoriented, sick, or lost by providing them with an identification card that includes their photo, name, and emergency contact information. The purpose of the card is to assist emergency personnel, such as the Honolulu Police Department and the Honolulu Fire Department, to identify a lost senior citizen and to contact the appropriate responsible party. It is not an official government-issued identification card and cannot be used at the airport or banks.

In addition, if a Kupuna ID Project participant is reported missing, the Honolulu Police Department, Missing Persons Unit

can, upon request from the missing person's family, disseminate pertinent information to aid in the recovery of the senior citizen.

The Kupuna ID's can be obtained at the following locations:

Tuesday, March 9, 2004

9:00 a.m. - 1:00 p.m.
Waianae District Park
85-601 Farrington Hwy.

Wednesday, March 10, 2004

2004 Oahu Primetime
Senior Wellness Fair
8:30 a.m. - 1:00 p.m.
Neal Blaisdell Center
Exhibition Hall

Thursday, April 29, 2004

8:30 a.m. - 12:30 p.m.
Wahiawa District Park
1139 Kilani Avenue

Tuesday, May 4, 2004

8:30 a.m. - 12:30 p.m.
Koko Head District Park
423 Kaumakani Street

For more information, please call **586-1487**.

Calendar of Events 2004

March

3 AARP Hawaii Prescription Drug Forums, Koolau Golf Club (Windward Oahu), Wednesday, March 3, 6 pm-7:30pm ■ Manana Community Center (Leeward Oahu), Wednesday, March 10, 6 pm-7:30 pm ■ Hilton Hawaiian Village (Honolulu), Wednesday, March 17, 5:30pm-7pm. For more information or to register, call **1-877-926-8300** (toll free) or email: hiaarp@aarp.org.

4 Alzheimer's Diagnosis: What Now? Thursday, March 4, 7pm-9pm, Ponds at Punaluu. Call **591-2771** for more information.

10 AARP Driver Safety Program. Lanakila Multi-purpose Senior Center, **847-1322**, March 10 & 12, 8am-12 noon ■ Mililani Kaiser Clinic, **432-2260**, March 13 & 20, 9am-1pm ■ Honolulu Kaiser Clinic, **432-2260**, March 23 & 30, 12 noon-4 pm.

10 Wellness Fair, Wednesday, March 10, 9am, Blaisdell Exhibition Hall. Contact Roger Watanabe at **692-5106** for information.

11 Senior Golf Program, Friday, March 12, Ted Makalena Golf Course, 8:30am. Contact Mike Aoki at **973-7258** for registration.

27 Taking Care of Yourself: Caregiver University Series, Saturday, March 27, 10am- 11:30am, Boy Scouts Council of America, President's Room. Call **591-2771** for more information.

April

15 Senior Try-Fest, Thursday, April 15, Manoa District Park, 9am. Contact Steven Santiago at **973-7258** for more information.

17 Fall Prevention: David Nakamaejo, Fall Prevention Specialist, Comforting Hands Hawaii, Kapiolani Community College, Saturday, April 17, 10 am-11:30am, Ward Warehouse Kakaako Conference Room. Call **591-2771** for more information.

27 Mayor's Senior Recognition Program, Tuesday, April 27, Tapa Ballroom Hilton Hawaiian Village, 9:30am-11:30am. For more information call **523-4545**.

29 Communicating with your Physician, Caregiver University Series, Thursday, April 29, 7pm- 9pm,

IT OUGHT TO BE A POSTER

The Institute for Health Advancement has made a list of 10 most common mistakes people make, as they get older:

- 1. Driving when it is no longer safe.*
- 2. Fighting the aging process and its appearance.*
- 3. Refusing to discuss sexual, urinary or other intimate problems.*
- 4. Pretending they understand what the doctor is saying.*
- 5. Failing to guard against falls.*
- 6. Being inconsistent with medications.*
- 7. Seeing too many doctors and not letting one get the whole picture.*
- 8. Waiting for things to get better*
- 9. Declining preventive measures like flu shots or breast exams.*
- 10. Not asking loved ones for help.*

Continued on back page

Calendar of Events 2004 . . .

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Ward Warehouse. Call **591-2771** to RSVP and for more information.

May

- 5 Volunteer Appreciation Day**, Wednesday, May 5, Lanakila Multipurpose Senior Center, 9:30am- 11am. For more information call **847-1322**.
- 6 Senior Golf Program**, Thursday, May 6, West Loch Golf Course, 8:30am. Contact Mike Aoki at **973-7258** for more information.
- 14 Show and Sell Mini Bazaar**, Friday, May 14, Lanakila Multipurpose Senior Center, 8 am-11 am. For more information call **847-1322**.
- 28 Memorial Day Lei Making Project**, Friday, May 28, Makua Alii Senior Center, 9am. Contact Steven Santiago at **973-7258** for more information.

June

- 2 Memorial Program: Remembering Past Members**, Wednesday, June 2, Lanakila Multipurpose Senior Center, 9:30am-10:30am. For more information call **847-1322**.
- 17 State Senior Bowling Tournament**, Wednesday-Friday, June 16-18, Hickam AFB Bowling Center, 9am. Contact Mike Aoki at **973-7258** for more information.

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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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