



# ALOHA PUMEHANA

March 2005 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication  
Department of Community Services • Mufi Hannemann, Mayor • City & County of Honolulu



By  
Tony Baccay

Mr. TM waits patiently at the kitchen table, occasionally looking out the window for his son's car to make it up the driveway. Today they will take a leisurely drive along familiar roads, noting changes to the old plantation town. He will relate stories about the corner bar that was once the old Bank of Hawaii building with its tall, distinctive columns. They will pass the vacant lot where an old wooden theater once stood, where Zatoichi movies were shown on Tuesday nights and Filipino movies on Fridays. All that remains is a tall mango tree with branches jutting over the roadway and the STOP sign.

Only six months ago, TM, 86, enjoyed driving his black Nissan, often meeting friends at McDonald's for morning coffee or going to church services and doing their bookkeeping. He never drove very far, limiting his driving to the nearest grocery store or taking his wife to the doctor. He even used to take his morning walks to the Catholic Church a mile away to pick up the car where his daughter had left it to catch the bus to work. That, too, has curtailed since leg problems began

limiting his walking abilities.

"Now that he is unable to go where and when he wants, he watches television or sleeps all day," says daughter, AM. "His legs aren't as strong as they used to be and walking even a short distance is almost impossible." There is no bus route near his home and he declines to use TheHandi-Van, stating that other people need the service more than me.

"Previously my father wanted to quit all activities, including participating in the American Legion," AM says. "I was able to persuade him to continue just to stimulate his mind to think logically and be coherent in social activities."

It has not been easy keeping the car keys away from TM. "My younger sister used the excuse that she needed a car to get to work and was only going to use it for a couple of months," AM said. "We soon realized, however, that his mental capacity had deteriorated to the point where he often neglects his physical appearance, such as shaving. His eyesight was failing and his hearing was not as acute as it used to be. Being diabetic, he gets sleepy and we worry that he

might doze off while driving."

**Officer Mel Andres** of the Honolulu Police Department Traffic Division acknowledges that seniors are safer drivers and have fewer accidents as a group. "However, we ask seniors to notice the changes happening as they age and acknowledge when they are not as able to drive as before," he says. If a senior notices changes in their driving skills, he hopes they will:

- **Find an alternative means of transportation**—cab, bus, car pool, or rides from others. If it is absolutely necessary to drive to do errands or make appointments, choose to do them during the day. Always remember, however, that there is more traffic during the day and more distractions to cope with.
- **Limit the amount of driving.** Today's drivers are not like they were in the past. "They drive with less Aloha," Andres said. "This is all the more reason to be a careful driver." He emphasizes that seniors speak to younger drivers and pass on examples of careful driving habits. Officer Andres advises: "Obey traffic laws, stay within the speed limit, buckle up, and don't drink and drive."

Officer Andres also has advice for senior pedestrians to keep them safer on city streets. "Again, re-

*Continued on page 2*

## IN THIS ISSUE . . .

WHERE IS MY CAR? .....	1	LOCAL TRANSPORTATION AND PASSES .....	4
FACTS ABOUT OLDER DRIVERS .....	2	KUPUNA CARE INTAKERS: THE NEW KIDS ON THE BLOCK .....	4
SENIOR TRANSPORTATION NEEDS .....	3	BITS & PIECES .....	6
TRANSPORTATION SERVICE FOR SENIORS WHO DON'T DRIVE .....	4	SURFING THE AGING NETWORK.COM .....	7
		CALENDAR OF EVENTS .....	7

WHERE IS MY CAR? Continued from page 1

member that the attitude of drivers has definitely changed,” he says. “Be extra cautious and always use crosswalks. Allow yourself extra time to cross.”

The Honolulu Police Department participates in a Walkwise Kupuna Project that has advice for seniors:

- Never assume that a driver can see you.
- Wear bright or reflective clothing while walking, especially at night.
- Always obey the pedestrian traffic signals.

- If you think that the button at a crosswalk isn't working properly, contact the City Department of Transportation Maintenance Yard at **564-6101**. They will send someone to monitor the light.

Senior clubs and other groups may request a presentation on the Walkwise Kupuna Project by contacting Officer Andres at **529-3499**.

### **Problems of the Older Driver:**

According to the Hawaii Driver's Manual, increased driving experience most often leads to increased driving skill and capability. Statistics show that drivers

become safer as they add experience. Eventually the aging process will result in:

- Reduced hearing and eyesight capabilities.
- A reduction in physical dexterity and an increase in reaction times.
- Increased decision time in driving situations.
- Decreased attention span and ability to concentrate on the driving task.

### **All drivers, including older experienced drivers, should:**

- Keep physically fit.
- Have annual physical examinations.
- Know the effect of medication on your driving ability.
- Recognize and drive within your limitations.
- Seek and comply with a physician's advice concerning your driving capabilities.

Mr. TM knows his limitations only too well. He realizes his reflexes are poor and that he would be a danger on the road should he ever get behind the wheel. Sometimes he asks, “Where is my car?” often forgetting his daughter has it. When told where it is, he just replies, “Oh.”

The family relies on relatives or friends for transportation options. Doctor appointments are usually scheduled for the weekend when AM or other siblings can take their parents. Grocery shopping or church services are done after work or on weekends. If that is not possible, grandchildren attending the University of Hawaii will take grandparents to their appointments.

“My sisters and I will take my father riding during the weekends, alternating with my brother,” AM says. “It gives Dad a chance to get out of the house and, more importantly, it gives our mother respite from caregiving.” The grandchild-

*Continued on page 3*

## **FACTS ABOUT OLDER DRIVERS**

Here are some interesting facts about older drivers:

- At age 70, a man can expect to live 17.7 more years and drive for at least 11.5 more years. At age 70, a woman can expect to live 20.6 more years and drive 11.2 more years. Thus, the non-driving years average 6.2 years for men and 9.4 years for women.
- People are aware of their driving problems, particularly with night driving and traffic. They fear aggressive drivers.
- The most common reason for giving up the car keys is vision problems. Better screening, road design and signage, and perhaps earlier cataract surgery are some of the ways vision issues can be addressed.
- Motor skills necessary for driving can be improved post stroke and for disabled clients with screening, referral, remediation, use of technology, and improved health habits and exercise.
- Half of those over the age of 85 have some cognitive impairment. This is a problem as

they are unaware their driving skills are deteriorating.

- Alternative options need to be senior friendly, and need to be promoted. Seniors who didn't use public transit options in youth find it difficult to adapt.
- Cessation results in significantly reduced mobility and dependence on others. Most older persons depend on their spouse, first, to get around, and then their daughter or daughter-in-law, second.
- Older people get into fewer crashes. However, an older person (55+) is 4 times more likely to die than a 20 year old if in an accident due to increased frailty and susceptibility to injury.
- Department of Motor Vehicle Testing for vision is not predictive of crash involvement.
- The number of miles for those 75+ has increased within the last 6 years while the number of miles driven by those less than 75 has not increased.
- The number of fatalities will increase in the senior population because of the sheer number of baby boomers.

WHERE IS MY CAR?  
Continued from page 2

dren are often involved on these little excursions, engaging their grandfather in conversations about the “good ole days” which he gladly obliges.

Mr. TM sees his son in the driveway. He gets up slowly from the table and makes his way to the back door. Never mind that he doesn't have a car anymore. What's important now is that he's going to enjoy the day and perhaps later he can persuade his son to take him to his favorite restaurant for lunch to eat his usual Hamburger Steak plate.



**Healthy Aging Series**  
**YOU CAN!**  
Helping Others

**An Awards Program for Outstanding Senior Volunteers**

For the 39<sup>th</sup> consecutive year, the Mayor and the Honolulu Committee on Aging are honoring senior volunteers 60 years or older who give their time and talents to make a difference in our Honolulu community. Help us celebrate their life and service.

**the Mayor's 39<sup>th</sup> Senior Recognition Program**

**April 26, 2005**  
**9:30 - 11:30 a.m.**  
**Sheraton Waikiki Resort**

**Family, Friends and Nominators** are invited to attend the program.

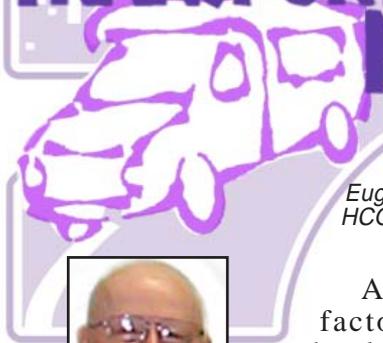
Admission is **FREE** and open to the public.  
Enjoy the entertainment and refreshments at this Gala Event!

For information, call **523-4545**

**Elderly Affairs Division**  
Caring About Growing Older

**HMSA**  
Honolulu Chapter  
Hawaii State Chapter  
Choices for a Healthier Hawaii

# SENIOR TRANSPORTATION NEEDS



By  
Eugene Ogan,  
HCOA Member



A key factor in helping Hawai'i's senior citizens to lead a healthy and happy life is providing them with ways to do their errands, attend medical appointments, and generally remain active as long as possible. To get an idea of what seniors needed to accomplish this, the Education and Advocacy Sub-Committee of HCOA set transportation as their highest priority issue two years ago.

Sub-Committee members studied this issue from several angles. Individual members rode the

Handi-Van and the Catholic Charities van service. Questionnaires about transportation needs were administered to senior citizen group dining sites from Mo'ili'ili to Waialua. The results are only preliminary, but here are general observations:

Although the bus pass for seniors is recognized as a bargain even after prices were raised last year, use depends on how frequently a particular area is served. At the Mo'ili'ili Senior Center, most people had a pass, but in Waialua, less than half did. (The Catholic Charities van also serves the Waialua Center.) Wherever possible, seniors took advantage of service provided by their respective Centers. Seniors generally recognized the limitations that aging had placed on their ability to drive. In Waialua, most of those who still drove limited their driving by time (daytime only) or place (within their own neighborhoods).

People surveyed appreciated the service that their respective Centers provided. Sub-Committee

members who tried the Catholic Charities van were impressed with the courtesy and assistance that drivers gave to passengers. The Handi-Van received a more mixed response, primarily with regard to scheduling. Some of this seems inevitable, since Handi-Van can never provide the same service as private transport, though Sub-Committee members were impressed with the ability and skill drivers showed in maneuvering in Kalihi Valley, for example.

This year, the Sub-Committee merged with HCOA's Planning Sub-Committee and transportation issues remain a key area of interest. An obvious need is to expand the surveys to the Wai'anae and North Shore areas and to compare results with those obtained earlier. A new possibility, mentioned in the past, is to explore the possibility of cooperation with private transport companies like taxi service. As Hawai'i's senior population continues to grow, so will the need to provide better transportation opportunities for that population.



# TRANSPORTATION SERVICE FOR SENIORS WHO DON'T DRIVE



By Tom Baty,  
Catholic Charities Hawaii

The Transportation Services Program (TSP) is Catholic Charities Hawaii's oldest program. It provides specialized island-wide transportation services to persons 60+ to remain independent and continue living in the community. This "door-to-door," "hands-on-assistance" service uses regular vans for most clients, but also has lift vans to accommodate those in wheelchairs. Clients are transported to Group Dining Sites, medical facilities and social service agencies, as well as shopping and excursions. In Fiscal Year 2004, the TSP transported 1,003 clients on 47,706 trips.

The program is largely funded by federal and state funds through two contracts with the Elderly Affairs Division, City and County of Honolulu. The state-funded contract (Assisted Transportation) is part of the State Kupuna Care Program. Currently, clients who are eligible for services under the State contract, and who have an income of 150% over the poverty line, may have to pay a share of the cost of their trip. In the next

fiscal year this will no longer be necessary, but all clients are asked to contribute a voluntary donation toward the cost of their trips, a request required by the Federal Older Americans Act.

Service is provided Monday to Friday (except State holidays) from approximately 7:00 a.m. to 3:30 p.m. Early in the day, vans are dispatched throughout Oahu to transport elders to Group Dining Sites for a nutritional lunch and socialization. During the day, the vans transport clients and groups for shopping, medical appointments and other needs. A typical TSP client has no access to a car, finds it difficult to use public transportation, and does not have friends or family members who can take the time to transport them in the community. For most of these clients, particularly those who are frail or disabled, this is the only viable transportation option that allows them to continue to be mobile within the community.

Although most elders enter early retirement still driving, reduced financial resources or the onset of frailties gradually require them to give up driving and the freedom to move about. Once that freedom is diminished, it becomes more difficult to maintain an independent lifestyle in their homes.

Homes are also not "just" places to live, but are a whole neighborhood environment, with familiar sights and sounds, neighbors and shopkeepers. As frailties increase, giving up one's home and environment is a painful and depressing ordeal for many seniors. Children or other relatives may realize the need, and have the good intention of doing all they can, but their own busy work and family schedules restrict the amount of time they have available to help their elders. Seniors frequently say they don't want to be a burden, so they are reluctant to ask relatives for help. Being able to use the Transportation Services Program is an affordable way for seniors "to stay in charge" of their transportation needs.

For more information, call Catholic Charities Hawaii at **595-0077**.

## KUPUNA CARE INTAKERS: THE NEW KIDS ON THE BLOCK

By Rachele Yamamoto, Kupuna Care Supervisor

EAD is pleased to introduce newly hired **Kupuna Care Intakers** who will be responsible for assessing frail, homebound seniors for Kupuna Care services (Adult Day Care, Assisted Transportation, Attendant Care, Case Management, Chore, Home-Delivered Meals, Homemaker/Housekeeping, and Personal Care services.)

Kupuna Care services support frail seniors' desire to live at home instead of an institution. As a vital part of the intake process which determines a senior's eligibility for services, the new staff joins Kupuna Care Intaker, **Mona Yamada**, in assess-



*Continued on page 5*

### LOCAL TRANSPORTATION AND PASSES

Catholic Charities Hawaii .....	<b>595-0077</b>
CNA Senior Transport LLC .....	<b>735-9500</b>
Disabled Person Parking Permit .....	<b>532-7710</b>
Handicabs of the Pacific Inc .....	<b>524-3866</b>
JCRG Eldercare and Transservices LLC .....	<b>672-8670</b>
Malama Lima Handi-Trans, LLC .....	<b>226-0109</b>
Medi-Cab .....	<b>531-1333</b>
TheBus .....	<b>848-4444</b>
TheHandi-Van .....	<b>523-4083</b>
TLC Handi Trans .....	<b>678-3388</b>
Waianae Coast Comprehensive Health Center .....	<b>696-7081</b>

**KUPUNA CARE INTAKERS...**

*Continued from page 4*

ing situations, collecting pertinent information, being aware of other needs, and making referrals when warranted.

**Mary Adachi:** Born in Ohio, Mary, who likes to work with computers, has taught art and special education. She has two sons, Mike and Chris. During her spare time, Mary enjoys sewing, artwork, and riding her Harley Davidson motorcycle. She is also the primary caregiver to her mother with whom she lives in Nanakuli.



**Teresa Bright:** Teresa is a familiar face at home and abroad, and her love for kupuna has brought her to EAD.

Her community service extends to non-profit agencies dealing with kupuna, keiki, and ohana. In addition, Teresa is a Cultural Specialist with RAJA International LomiLomi School, the Music Director at St. Laurentis School of Dance, and the owner of a small business. When she finds free time, Teresa enjoys lauhala weaving and spending time with her daughter.



**Roger Clemente:** In addition to becoming a new Intaker, Roger is also a Duty Manager for a major Waikiki hotel and a

Court Interpreter for the State and Federal courts. Born in the Philippines and raised in Kalihi, Roger attended Kalihi Kai Elementary School, Kalakaua Middle School, Farrington High School, and Hawaii Pacific University. He enjoys photography, reading, walking, traveling, and meeting new people.

**Donna DeBiasi:** Donna was raised in Kaneohe and graduated from Castle High School. She was a flight attendant for Hawaiian Airlines and

has lived in Guam with her husband, Steve, to help operate their family business. Donna is the proud mother of three children: Natalie, Stefanie, and Doug. Since moving back three years ago, she enjoys scrap booking, beading, sewing, dancing hula, and spending time with family and friends. She was also a caregiver to her grandparents.



**Marilyn Wong:** "I have always cared about people," says Marilyn when asked about being a KC Intaker. "I have deep compassion for anyone who suffers from something they have little control over. It's with great joy that I help people."



**Amy Noborikawa:** Amy comes to Elderly Affairs with over 20 years of caregiving experience. She was raised in Kaneohe and graduated

from Castle High School. In addition, she attended Art College in San Francisco, Cannon's International School of Business, and Kapiolani Community College's Home Health Aide Program.



**Ronald Yoshimoto:** Ron's love for the outdoors has led to recreational activities such as surfing, canoe paddling, swimming, running, biking, and hiking. Ron attended schools in Hawaii and Phoenix, Arizona and has traveled extensively to Africa, Israel, Russia, Europe and the mainland, doing church missions and volunteer work. Ron recently had the privilege of caring for his father who battled prostate cancer until passing away in 2004.



CARING FOR FAMILY, CARING FOR YOURSELF

## A Caregiver's Conference

- Are you concerned about an older family member or friend whose health is declining?
- Do you help an elderly person with meals, transportation, housework or other tasks?
- Do you want to learn about services to help elder persons and caregivers?

**ATTEND A CONFERENCE FOR CAREGIVERS**



**August 27, 2005**

**8am - 3:30pm**

**Sheraton Waikiki Resort**

Limited funds to help pay registration fees. Call the *Senior Hotline*, 523-4545, for information about the conference and registration forms.





By Tony Baccay

## Celebrate Long Term Living!

The Older Americans Month originated with a presidential proclamation in May 1963 and has continued every year since then. As part of the many activities that promote long term living, the "YOU CAN!" program is designed to encourage older Americans to make wise food choices and increase their physical activity. With over 80 million Americans over the age of 50, many individuals are aging well and living longer than at any time in history, but still many people can improve their food choices and become more active. With public awareness and programs to promote good eating habits and physical activity, older adults can prevent, delay, or manage conditions such as heart disease, diabetes, obesity, depression, and osteoporosis. For more information, call **523-4545**.



## Happy 100th Birthday!

Honor a senior who has reached the century milestone or is older than 100 by sending them a special Centenarian Certificate signed by the Mayor of Honolulu. Call **523-4545** for more information.

## Coming Soon!

Hawaii Silver Legislature, "From Grumble to Rumble: How You Can Make a Difference," a mock legislature for adults 50 years and older, November 17 and 18, 2005,



8:30 a.m.- 3:00 p.m., State Capitol. This two day event will offer opportunities to introduce bills, attend committee hearings, testify, influence others, and decide on legislation. Special pre-conference activities are planned for May-July where issues important to Hawaii seniors will be obtained. Issues include Long Term Care, high cost of housing, and transportation. In October, participants will get hands-on training from lobbyists who will share experiences and give practical tips in developing personal skills as a lobbyist, how to influence decision makers and how to get your bills passed. Bills passed by the Hawaii Silver Legislature will be considered by the real State Legislature in January 2006. For more information, call **597-8838**.

## Hawaii Plantation Village Needs You!



The Hawaii Plantation Village (HPV) is currently offering opportunities for volunteers to assist as Docents (Tour Guides), Ethnic Crafts Demonstrators, and Educational Program Assistants. The HPV is a non-profit experiential outdoor museum and ethno-botanical garden dedicated to Hawaii's multi-ethnic heritage. The authentic structures and artifacts depict the life, struggles, and innovations of the plantation workers that came to Hawaii from Japan, Okinawa, China, Korea, the Philippines, Puerto Rico, and Portugal together with the Native Hawaiian host culture during the late 1800's-early 1900's. Through special tours, hands-on educational programs for children and youth, lectures and workshops for the community, service-learning opportunities for high school and college students and cross-culture festivals, participants learn how Hawaii evolved into a true multi-cultural society with a rich blending of different customs, practices and values.

Gain experience in the areas of ethnic and cultural preservation, public speaking, marketing, public relations, and landscape and interior design, among others. HPV will provide training to volunteers and the program coordinator will work one-on-one with volunteers to find activities which will best enhance their experience and service with HPV. For more information, contact **Beverly Allen** at **(808) 677-0110** or email at [hvpprogramcoordinator@verizon.net](mailto:hvpprogramcoordinator@verizon.net).

## Palolo Chinese Home Announces Monthly Community Caregiver's Meeting

Beginning Saturday, January 29, 2005 at 10 a.m., and continuing throughout the year, Palolo Chinese Home (PCH) will be hosting monthly Saturday conferences for those caring for elderly friends and relatives. Each meeting will focus on a specific topic and include a speaker as well as discussion period. For more information, please call **Sara Funamura**, MSW, program facilitator, at **748-4911**.

## The Alzheimer's Association: Keeping Your Best Foot Forward



Do you know someone who is experiencing memory challenges, would like information about planning and coping or who would like to meet and share with others? If so, join group facilitator **John Devereaux**, as he conducts a support group that provides an opportunity for caregivers to express feelings, create networks, exchange information, and share different ways of adapting to changes. The group meets on the first and third Saturday of the month from 10 a.m. - 11:30 a.m. at the Ward Warehouse. For more information, call **591-2771**.



By Tony Baccay

## [www.theharford.com/talkwitholderdrivers](http://www.theharford.com/talkwitholderdrivers)

For older adults, limiting their driving presents practical problems and can cause strong emotions, from sadness to anger. Family members themselves may feel angry, frustrated, or guilty about depriving their loved one of the freedom of driving. The website was developed to provide information to help families initiate productive and caring conversations with older adults about driving safety.

## [www.aarp.org/life/drive/drived](http://www.aarp.org/life/drive/drived)

The AARP Driver Safety Program is the nation's first and largest classroom refresher course for drivers age 50 and older. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.

[www.seniordrivers.org](http://www.seniordrivers.org) The AAA Foundation website for senior drivers which offers tips and information on how to keep driving skills sharp. Website includes video clips covering some of the trickiest situations drivers might encounter. Also offers information on Supplemental Transportation Programs for Seniors.

[www.aapublicaffairs.com](http://www.aapublicaffairs.com) By 2030, more than 70 million American will be 65 or older. At least 90 percent of them will be licensed to drive. AAA's "Lifelong Safe Mobility" campaign was designed to help seniors stay mobile for as long as possible. The campaign focuses on senior-friendly road design, driver-screening tools, vehicle safety improvements and alternative transportation options. Learn more about AAA's Tips for seniors.

[www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) The mission of the National Highway Traffic Safety Administration is to save lives, prevent injuries, and reduce vehicle related crashes. Learn how NHTSA's programs help aging individuals recognize their changing abilities and adapt their transportation practices appropriately.

[www.granddriver.info](http://www.granddriver.info) A pilot program that provides information about aging and driving. GrandDriver is urging the public—particularly drivers over 65 and their adult children—to learn more about the effects of aging on our ability to drive, and to talk about these issues.

# 2005 Calendar of Events

## March 2005

- 5 AARP Driver Safety Program.** St. Francis Medical Center (Liliha), **547-6410**, Mar 5 & 12, 8:30 a.m.- 12:30 p.m. ■ Kaiser Health Center (Hawaii Kai), **432-2260**, Mar 12 & 18, 8 a.m.-12 noon ■ Queen's Medical Center, **537-7117**, Mar 13 & 20, 9 a.m.-1 p.m. ■ Lanakila Multipurpose Senior Center, **847-1322**, Mar 9 & 11, 8 a.m.-12 noon ■ St. John Vianney Parrish, **262-7806**, Mar 15 & 17, 9 a.m.-1 p.m. ■ AARP Information Center, **843-1906**, Mar 18 & 25, 12 noon - 4 p.m. ■ St. Francis Medical Center (West), **547-6410**, Mar 19 & 26, 9 a.m.-1 p.m. ■ Honolulu Kaiser Clinic, **432-2260**, Mar 22 & 29, 12 noon - 4 p.m. ■ Waianae Methodist Church, **668-7160**, Mar 23 & 24, 8:30 a.m.-12:30 p.m.
- 11 Senior Citizens Golf Program.** A golf tournament is held every other month with a championship held at the end of the season. Ted Makalena Golf Course is host to these activities with the championship held at special locations. Call **973-7258** for tee time and more information.
- 23 PrimeTime Wellness Fair,** Wednesday, March 23, 2005, 8:30 a.m.-1:00 p.m., Blaisdell Exhibition Hall. Free admission. Focus is on the physical, mental, and financial well-being of Oahu's senior citizens. Call **973-7258** for more information.
- 26 Helping Seniors Live Independently at Home,** presented by Anne Chipchase as part of the year-long, monthly Community Caregiver Meetings, sponsored by the Palolo Chinese Home's HiNOA Program. For more information and to obtain who the guest speaker is for the month, contact Sara Funamura, LSW, at **737-2555**. All sessions will be held at Lani Booth Conference Room at the Palolo Chinese Home, 2459 10th Ave.

## April 2005

- 2 AARP Driver Safety Program.** Kapahulu Senior Center, **737-1748** April 2 & 9, 8:30 a.m.-12:30 p.m. ■ St. Francis Medical Center (Liliha), **547-6410**, April 2 & 9, 8:30 a.m.- 12:30 p.m. ■ Mililani Kaiser Clinic, **432-2260**, April 9 & 16, 9 a.m.-1 p.m.
- 21 "Try Fest 2005,"** Thurs, April 21, 2005, Manoa District Park, 9:00 a.m.-12:00 noon. Come out and try three new activities or re-try some old ones. Exercises, Games, Hiking Yoga, Dances and more. For more information, call **973-7258**.

**26 "Healthy Aging Through Helping Others,"** 39th Annual Mayor's Senior Recognition Program, Tuesday, April 26, 2005, 9:30 a.m.-11:30 a.m., Waikiki Sheraton Hotel. Admission is FREE and the public is invited to share the entertainment and refreshments. For more information, call **523-4545**.

**30 Community Caregiver Meeting: Education & Support for Family Caregivers,** sponsored by Palolo Chinese Home. Call **737-2555** to obtain information on topic and guest speaker.

## May 2005

- 1 May Day Program at the Kapiolani Bandstand.** Call **973-7258** for more information.
- 5 Senior Citizens Golf Program,** Ted Makalena Golf Course. Call **973-7258** for tee time and more information.
- 7 AARP Driver Safety Program.** St. Francis Medical Center (Liliha), **547-6410**, May 7 & 14, 8:30 a.m.- 12:30 p.m. ■ Queen's Medical Center, **547-4823**, May 1 & 8, 9 a.m. -1 p.m. ■ Hawaiian Eye Center (Wahiawa), **621-6369**, May 9 & 16, 8 a.m.-12 noon ■ Kaiser Health Center (Hawaii Kai) **432-2260**, May 14 & 21, 8 a.m.-12 noon ■ St. John Vianney Parish, **262-7806**, May 17 & 19, 9 a.m.-1 p.m ■ Honolulu Kaiser Clinic, **432-2260**, May 24 & 31, 12 noon-4 p.m. ■ Waianae Methodist Church, **668-7160**, May 25 & 26, 8:30 a.m.-12:30 p.m. ■ St. Francis Medical Center (West), **547-6410**, May 21 & 28, 9 a.m.-1 p.m.
- 17 Show and Sell,** Lanakila Multi-purpose Senior Center, Tuesday, May 17, 2005, 8:00 a.m.-10:30 a.m. Open to the public. Food and crafts for sale.
- 27 Community Caregiver Meeting: Education & Support for Family Caregivers,** sponsored by the Palolo Chinese Home. Call **737-2555** to obtain information on topic and guest speaker.

## June 2005

- 4 AARP Driver Safety Program.** Kapahulu Senior Center, **737-1748**, Jun 4 & 11, 8:30 a.m.-12:30 p.m. ■ St. Francis Medical Center (Liliha), **547-6410**, Jun 4 & 11, 8:30 a.m.-12:30 p.m. ■ AARP Information Center, **843-1906**, Jun 17 & 24, 12 noon-4 p.m. ■ Lanakila Senior Center, **847-1322**, Jun 22 & 24, 8 a.m.-12 noon.
- 24 Community Caregiver Meeting: Education & Support for Family Caregivers,** sponsored by the Palolo Chinese Home. Call **737-2555** to obtain information on topic and guest speaker.

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

**Kauai Agency on Aging ..... 1-808-241-6400**  
4444 Rice Street, Suite 330, Lihue, HI 96766

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

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

**Maui County Office on Aging ..... 1-808-270-7755**

**Information Assistance & Outreach .... 1-808-270-7774**  
200 S. High Street, Wailuku, HI 96793

**Molokai ..... 1-808-553-5241**

**Lanai ..... 1-808-565-7714**

**To obtain State information, contact:**

**State Executive Office**  
**on Aging (EOA) ..... 1-808-586-0100**  
250 S. Hotel Street, Suite 406, Honolulu, HI 96813

**For Out-of-State information, contact:**

**National Eldercare Locator ..... 1-800-677-1116**

**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**

**STAFF**

**Budget Analyst**, Eugene Fujioka; **Caregiver Specialist**, Lorraine Fay; **Chief Planner**, Pat Tompkins; **Clerk Typists**, Alex Blackwell, Melanie Hite, Kelly Yoshimoto; **CSA**, Elaine Camara, Tauamatu Marrero, Patrick Medeiros, George Miyamoto, Lorraine Souza, Susan Tambalo, Carolyn Tello; **CSA Supervisor**, Tony Baccay; **Data Coordinator**, Carlton Sagara; **Grants Managers**, May Fujii Foo, Douglas Gilman, Craig Yamaguchi; **I & A Coordinator**, Lot Lau; **KCI**, Mary Adachi, Teresa Bright, Roger Clemente, Donna DeBiasi, Amy Noborikawa, Marilyn Wong, Mona Yamada, Ronald Yoshimoto; **KCI Supervisor**, Rachelle Yamamoto; **Secretary**, Judi Yogi

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



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

PRSTD. STD.  
U.S. POSTAGE  
**PAID**  
HONOLULU, HI  
PERMIT NO.178