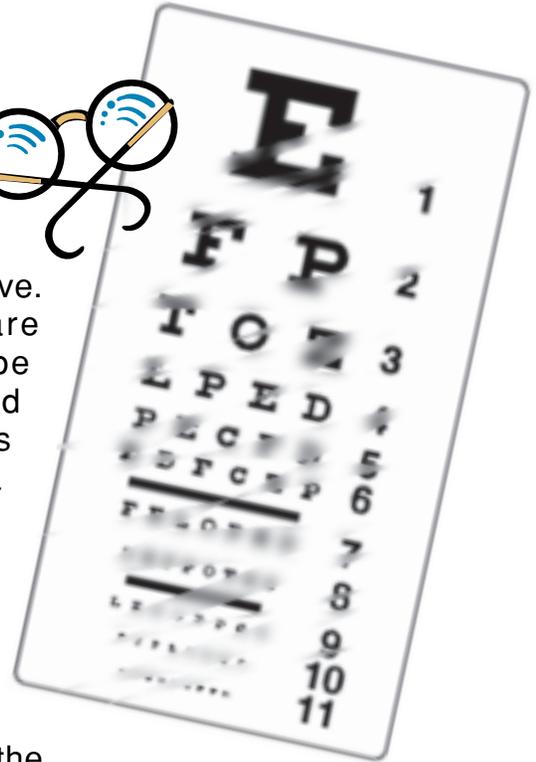


# ALOHA PUMEHANA

September 2001 • Tony Baccay, Editor • Elderly Affairs Division Quarterly Publication  
 Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

## GLAUCOMA: THE SILENT THIEF OF SIGHT

By Troy M. Tanji, M.D., Board Certified Ophthalmologist  
 Glaucoma Specialist



*Glaucoma is the second most common cause of blindness in the United States.*

Over 2.5 million Americans have glaucoma with less than half aware they have the disease. Almost 100,000 Americans are blind from glaucoma.

Glaucoma is a disease of the optic nerve that connects the eye to the brain. When the optic nerve is damaged by glaucoma, vision is lost. Therefore, early detection of glaucoma requires periodic, comprehensive eye examinations by your ophthalmologist (eye M.D.). Each exam should include pressure measurements and

evaluation of the optic nerve. If any abnormalities are detected, testing will be performed to find any blind spots. Treatment can be as simple as an eye drop a day.

Those at risk for glaucoma include anyone with a family history of glaucoma. For this group, a complete examination by the age of 20 years is recommended by the American Academy of Ophthalmology. For all others, a visit to your eye M.D. by the age of 40 years is suggested. Of course, those with any ocular symptoms should consult with their physician sooner. Diabetic patients should also

have a full eye exam at least once a year.

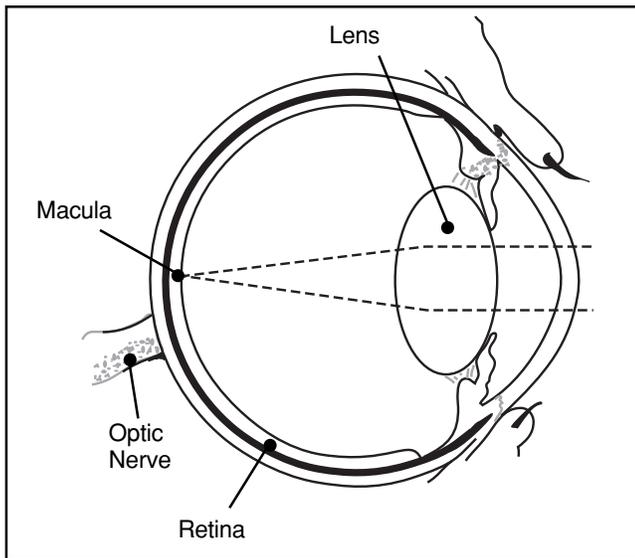
For those without an eye M.D., the Foundation of the American Academy of Ophthalmology has organized the program called Celebrate Sight. By calling **1-800-391-3937**, anyone can receive information on glaucoma and, if eligible, qualify for a free eye examination.

Don't let glaucoma steal your sight. Visit your local ophthalmologist or call **1-800-391-3937** for more information on Celebrate Sight.

### *a focus on: THE EYE*

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The macula is a small spot in the center of the retina. It is located at the back of the eye. You use your macula for central vision.

# AGE-RELATED MACULAR DEGENERATION (AMD)

*(Reprinted with permission from Prevent Blindness America, Copyright 2000)*

## **Age-related Macular Degeneration (AMD)**

is a very common cause of vision loss in the U.S. It usually strikes people over the age of 60. AMD damages the macula, which is responsible for the center of your sight and is also the most sensitive part of the retina. When a large amount of central vision is lost, people find it very hard to do simple, everyday tasks. This includes reading, sewing, driving or even recognizing faces. Fortunately, AMD almost never results in complete blindness. Side vision is usually not damaged.

Most people with AMD can keep their independence. They should be able to see well enough to do most household chores. AMD can develop quickly or slowly. The disease usually affects one eye first and then the other.

There are two forms of AMD:

wet (exudative) and dry (non-exudative). The wet form is less common. Still it causes the most severe loss of

sight from AMD. It is called “wet” because tiny blood vessels grow rapidly beneath the retina. They often break, leaking blood and fluid. This affects sight and causes scar tissue. The “dry” form is caused by a breakdown or thinning of the tissues in the macula. This type accounts for 70 to 80 percent of the cases. Vision loss with dry AMD is usually not as severe, but there is currently no treatment or cure.

Some symptoms of macular degeneration:

- A dark or empty spot is at the center of one’s vision
- Type looks blurred
- Vertical lines seem distorted

**How is AMD treated?** There are no drugs available today to control or prevent AMD. Some people with wet AMD can be helped with laser treatment. In laser therapy, a beam of very strong light treats the retina by sealing off the leaking blood

vessels. This can stop the spread of weak, new blood vessels. Laser treatment causes almost no pain. You do not need to stay in the hospital for the treatment.

### **Why is early diagnosis so important?**

As AMD gets worse, new tiny blood vessels invade the macula. Laser therapy does not work well once these leaky, new blood vessels have grown too near the center of the macula. This is why advanced cases of wet AMD are likely to be untreatable and often gets worse quickly.

The key to preventing vision loss is regular eye exams. People over 65 should have their eyes checked every one to two years—even if there is no problem seeing. People with AMD should return for an eye exam as often as the doctor recommends. They should also follow their doctor’s treatment plan carefully.

For more information about Age-Related Macular Degeneration, please call



PREVENT BLINDNESS AMERICA  
at

1-800-331-2020. ♻️

# CATARACTS

(Reprinted with permission from Prevent Blindness America, Copyright 2000)

Cataracts are a leading cause of blindness among adults in the United States. They cause one out of every seven cases of blindness in people age 45 and older. Cataracts are most common in older adults.

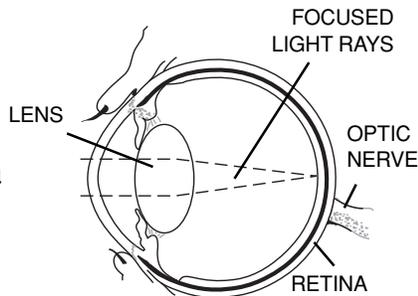
A cataract is a clouding of the eye's lens. It blocks or changes the passage of light needed for sight. The lens of the eye is found behind the pupil and the colored iris. The lens is normally transparent. Its role is to help focus images onto the retina at the back of the eye, which sends the images to the brain.

The cause of cataract has not yet been found. We do know that a cataract is linked with chemical changes in the lens. Most often, a cataract is part of the normal aging process. Other factors that may play a role include:

- Exposure to intense heat or long-term exposure to ultra-violet radiation from the sun
- Inflammation within the eye
- Hereditary influences and prenatal events, such as German measles in the mother
- Some medications such as

## Normal Eye

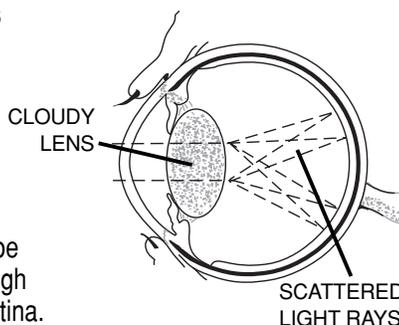
How light passes through the lens of a normal eye.



## Cataract Eye

How light passes through a cloudy cataract lens.

Vision can become blurred or dimmed because light cannot properly be transmitted through the lens to the retina.



changes of eyeglass prescriptions, which may not improve vision.

A cataract is not contagious. Using the eyes will not make the eye worse. Other than surgical removal of the cataract, there are no proven treatments. A cataract may develop quickly over a few

long-term steroid therapy

- Physical and chemical injury to the eye and
- Eye diseases and certain systemic diseases, including diabetes.

## Are there symptoms?

Cataract generally does not cause pain, redness or tearing. Cataract symptoms show up as changes in vision.

- Blurred vision, double vision, ghost images, the impression of a "film" over the eyes;
- Problems with light, such as finding lights too dim for reading or near work, or being "dazzled" by intense light; and
- The need for frequent

months or very slowly over a period of years. It may progress just so far and then stay the same. Many people never experience visual problems to the point that cataract surgery is needed.

**What can be done?** During surgery, the clouded lens is removed. It is a delicate operation, yet it is one of the safest operations done today. Generally, a patient needs surgery when the cataract causes enough vision loss to interfere with a patient's livelihood, recreation or daily tasks.

For more information on cataracts, please call the Prevent Blindness America at **1-800-331-2020**. 

# DIABETIC RETINOPATHY

(Reprinted with permission from Prevent Blindness America, Copyright 2000)

Diabetic retinopathy is an eye disease that harms blood vessels in the retina and affects people with diabetes. In diabetic retinopathy, the blood vessels may begin to:

- Bulge (aneurysm)
- Leak
- Bleed
- Grow abnormally or
- Close completely

**Who is at risk?** Anyone with diabetes is at risk. The longer a person has diabetes, the greater the chance of retinopathy. The most serious result of the disease is severe vision loss or blindness. You can lower the risk of vision loss by carefully watching and controlling blood sugar levels. You can do this with a healthy diet, insulin and other drugs. Poor blood sugar control is one of the strongest causes of diabetic retinopathy.

Early treatment often improves the chance for saving sight. It is important to regularly visit an eye doctor, even before you notice any problems. If diabetic retinopathy is found, you may need to get an eye exam more often. Pregnancy, high blood pressure, high blood lipid levels and smoking also increase your risk of diabetic retinopathy.

**What are the stages of the disease?** The early stage of the disease is called background diabetic retinopathy. In this stage, blood vessels swell and sometimes bulge or balloon. This is a

condition called macular edema that distorts your vision and is sometimes described as like looking through water.

In many cases when the small blood vessels close down, new unhealthy blood vessels grow. This leads to the more severe stage called proliferative diabetic retinopathy. The vessels can grow on the back of the vitreous, the clear jelly-like fluid that fills the most of the eyeball.

The weak new vessels can bleed into this jelly. That causes dark spots, strands that look like cobwebs or clouding in your vision. Healing vessels can cause scar tissue to grow. The scar tissue sometimes pulls the retina away from the back of the eye. The retina can then tear or become detached. This can result in serious loss of sight or even blindness.

**What treatments are available?** The treatment for some forms of retinopathy is photocoagulation where the doctor uses a laser beam to seal leaking or bleeding vessels and prevent the growth of new, unhealthy blood vessels. However, laser treatments are not used for every case of diabetic retinopathy.

Another form of treatment is a vitrectomy where the doctor uses a small suction tool to take out the vitreous jelly containing blood and scar tissue strands inside the eye and uses fluid to replace the vitreous.

For more information on Diabetic Retinopathy, please call the Prevent Blindness America at **1-800-331-2020**. ☒

# LOW VISION ASSISTANCE



By Roger Ramos, Marketing Director  
Assistive Technology Resource  
Center of Hawaii

Eye diseases often lead to low vision or even blindness. Assistive technology devices for the visually impaired include those that magnify or brighten and products that can be touched, felt or heard. The devices may be anything from books written in Braille to magnifiers that enlarge pictures and letters. Here are a few devices that can help you:

- **Modified Timepieces:** Special clocks are available with a talking function that announces the time. Many come with enlarged print. Wristwatches are available in Braille or with talking the function. Alarm options are included on most models.
- **Television and Reading:** Voice narrated videos are available. Between dialog sections of videos, a narrator describes the actions and movements of the characters and the setting of the scene. Books and publications of all types come in enlarged print or in audiocassette versions.
- **Writing Supplies:** When trying to write straight or maintain margins, writing guides are often used. Some conform to checks, envelopes, signatures or standard letter format. Special paper and notebooks with bold black lines help

Continued on page 5

visually impaired people.

- **Telephones:** Large print phones and flashing light ringing systems can be very helpful. Braille phones and voice dialing phones are available. A voice-dialing phone automatically dials a number when a specific name is spoken. Speed dialing is available on most models.
- **Magnifiers:** These devices enlarge reading materials or magnify a given object. They are also available for use with your television set.

Things you can do to make life easier:

- Keep things in a designated place so you always know where to find them.
- Color code items with bright colors to make locating things easier. Brightly colored appliances and supplies are also easier to locate.
- When purchasing new appliances, look for those with enlarged print or talking functions.
- Keep your home safe by using storage units to reduce clutter.
- Use a jumbo-sized marker with your message board. It forces people to write larger, making it easier for you to see.
- When using Directory Assistance, the number requested can be automatically dialed for a small charge.
- Always check to see if

materials are available in large print or audio. Many businesses or agencies offer these services.

For more information on these products or if you would like the Na Mea Hana Kokua I Na Kupuna (Helpful Tools for Senior Citizens Handbook), call ARTC at **532-7110**, neighbor islands call toll free **1-800-645-3007** or visit our website at [www.artc.org](http://www.artc.org). □

## LIBRARY FOR THE BLIND & PHYSICALLY HANDICAPPED



By Fusako Miyashiro

The Library for the Blind & Physically Handicapped is a Regional Library of the Library of Congress, National Library Services for the Blind and Physically Handicapped Network, established by Congress in 1931. It is also a branch of the Hawaii State Public Library System.

Services available:

- The national service provides Braille and cassette books and the machines to read the books.
- A regular library card may be used to borrow the large type books and magazines and general videotapes.
- **Transcribing Services Section:** Books that are not available in Braille, cassette and large print formats anywhere in the U.S. are transcribed at the library.
- **Accessible Computers:** A computer with large print and speech is available to search

the Hawaii State Public Library's catalog.

- The Internet is available on an accessible computer. Training is provided.
- With the Internet, Braille books can be downloaded from the National Library Service. You must be a registered patron to use this service, have an email address, a refreshable Braille device or access to an embosser.
- Descriptive videotapes are movies in which scenes are described between the dialog.
- **Radio Reading Service** is provided through closed circuit radio, broadcast over a sub-channel of Hawaii Public Radio. A special radio is needed to listen to this program, Monday through Friday. This program reads the grocery ads and selected subjects for the first hour. The second hour is the live reading of the morning Star Bulletin. (The Honolulu Advertiser is available through another service called NEWSLINE.)
- **Magnifier.** A table model, which can be used in color or black and white is available.

Applicants must be certified that they cannot read regular print material due to visual impairment or a physically based disability.

**Resources:** Volunteers and donors help the library. To volunteer to read or for more information about the Recording Program and Radio Reading Services, please call **733-8444**, Monday through Saturday, 9:30 a.m.-4:30 p.m. ♻



*(Reprinted with permission from Prevent Blindness America, Copyright 2000)*

**What is Dry Eye?** You may not know that you shed tears every day of your life. These tears are not caused by sadness or pain. They are natural tears that protect the eyes and give them moisture that is absolutely necessary for clear and comfortable vision. Some people are unable to produce enough of these everyday tears, leaving the eye dry and easily irritated. The irritation and discomfort that results may make a difference in one's ability to see. In rare cases, dry eye can become blinding without proper care and treatment.

**What are the causes?** One cause of dry eye is Sjogren's Syndrome, a disease involving mild to extreme dryness in both the eyes and mouth. This disorder may be connected with menopause and arthritis. However, other eye diseases also can cause dry eye.

**What are the symptoms?** People with dry eye complain of feeling burning or stinging; of particles in the eye; a gritty, sand feeling; itchiness; redness and inflammation; stringing mucus; and extreme sensitivity, especially to cigarette smoke.

**How can I relieve the discomfort?**

Any drugstore carries over-the-counter tear replacements called "artificial tears." These eye drops may replace badly needed moisture and provide proper lubrication for normal eye functioning. Artificial tears come in various brands that have different ingredients, including preservatives. Ask an eye care professional to recommend an artificial tear solution and give you instructions on how often to use it. Ointments often are used before bedtime to make sure there is enough wetness throughout the night. Due to frequent use, these preparations may cause toxic irritation or even allergic reactions. That is why it is important to talk with an eye care professional first.

**What can I do to avoid irritation?** The use of a humidifier to keep natural moisture in the air may help dry eyes. Hair dryers, harsh winds, overly warm rooms and cigarette smoke should be avoided whenever possible. Goggles that cling around the eyes also help lower the evaporation of the eye's natural moisture. Extra drops of artificial tears may be needed in climates with low humidity, in air conditioning, airplanes or cars when the heater or defroster is on.

**What can help me?** It's important to know that over-the-counter tear replacement solutions are not a treatment for the dry eye condition, although they can lessen the symptoms. Dry eye is often misdiagnosed and can

cause serious damage to the eye's cornea. To avoid such harmful consequences, patients who think they have dry eye should visit a qualified eye care professional.

For more information about Dry Eye, please call the Prevent Blindness America at **1-800-331-2020**. ☒

**HO'OPONO:** "To make things right" for those who are blind and visually impaired.

*(Reprinted with permission from Ho'opono)*

Ho'opono assists blind and visually impaired persons regardless of financial status, ethnic or national origin, religion, gender or disability. There is no fee for services although there may be some incidental costs if you need to purchase adaptive aids and devices. You do not have to be totally blind to use Ho'opono's services. Blindness can vary from total blindness with no light perception to being able to read large print at a comfortable distance. If you are having difficulty doing tasks either at work or home because of poor vision, Ho'opono may be able to help you in a number of ways:

- Gain or retain employment
- Achieve academic success
- Do personal and household tasks
- Travel confidently
- Communicate using adaptive techniques
- Learn about other resources to help you

Continued on page 7

Ho'opono programs include:  
**The Low Vision Clinic:** An optometric clinic where remaining vision is evaluated and special optical aids prescribed to maximize vision. An optometrist or ophthalmologist must refer you. Proper use of optical aids and proper lighting will be discussed to maximize your residual vision.

**Vocational Rehabilitation:** This program provides assistance in finding or maintaining a job for those who are blind, deafblind or visually impaired. Counselors will discuss your strengths, interests, special needs and types of work available; develop a plan together to reach your employment goal; and follow up until you are satisfactorily employed.

**Adjustment To Blindness:** Meet others who share the same thoughts and feelings you have about losing your vision. The "day" program is a time for learning new adaptive skills and to train your other senses in special classes. Family members are encouraged to become involved.

**Ho'opono Workshop:** This non-profit Workshop provides gainful employment to blind and visually impaired persons through a training and transitional work program. Clients sew and make items for sale. They also do sub-contract work for other companies. Therapeutic and recreational activities are provided through the Work Activities Center.

**Home Rehabilitation Teaching:** A program for those who are unable to come to Ho'opono's Adjustment To Blindness program.

**Elderly Blind Services:** A program for legally blind persons over 55 years of age facilitated through the Hawaii Center for Independent Living. Ho'opono is located at 1901 Bachelot St., Honolulu, Hawaii 96817. For more information, call **586-5269**. 📞



By Tony Baccay

**Hail and Farewell at RSVP**  
The Retired and Senior Volunteer Program (RSVP) welcomes Au Yeung Sui Shan, a VISTA volunteer. She will recruit and place tutors in public schools. RSVP says Aloha to Meriel J. Collins, has joined the staff of the University of Hawaii School of Business with the GEAR UP program.

If you are 55 years and older and willing to donate 3-4 hours a week, then call RSVP. RSVP welcomes interested individuals who are able to tutor children in public schools or to teach an adult. Choose from a number of volunteer opportunities. Free training and guidance are provided. Call **536-6543**.

**CORRECTION**

In the last issue of the Aloha Pumehana, an error was in the article *May I assist You?* The correct information for the



platform width should be 30 inches vice 38 inches. The following is the reprint of that Q&A:

Q: How will I know my wheelchair type is O.K. for boarding?

A: We can take most wheelchairs as long as they fit on the platform and weigh less than 600 pounds total, wheelchair and person. The platform length is 48 inches and width is **30** inches. The wheelchair must have a free clearance of two inches above the platform and must be free from protruding parts such as footrests. Be sure your brake is working. We will do everything to assure your safety.

**Caregiver Education Resource Guide**

Family caregiving is often a role we are thrust into unexpectedly and without any preparation. As the population ages, more adult children and family members are coming face-to-face with this role. To help caregivers find resources, the Elderly Affairs Division published the Caregiver Education Resource Guide. The guide contains helpful tips and websites designed to help caregivers with the skills, support and the information they need to cope with the situation. To obtain a free copy, please call the Senior Hotline at **523-4545** or stop at the office at 715 S. King Street, Suite 205 or down-load it from our website at [www.elderlyaffairs.com](http://www.elderlyaffairs.com).

**LRC Gift Fair**

Lanakila Rehabilitation Center's annual Gift Fair will be held from 3 p.m. to 9 p.m. on Friday, November 9; from 8 a.m. to 5 p.m. on Saturday, November 10; and from 9 a.m. to 4 p.m. on

Continued on page 8



Sunday, November 11, 2001. The Gift Fair, located at 1809 Bachelot St., is a fundraiser for Lanakila.

Funds raised will also support the Lanakila Meals on Wheels program, currently providing meals to over 1,750 seniors through its Group Dining and Home Delivered Meal services. Don't miss your chance to pick up valuable bargains at this once-a-year event. Gift Fair shoppers will scoop up the savings on quality handcrafted gift items such as Hawaiian print pillows, lauhala items, kitchen accessories, Christmas ornaments, dolls, Hawaiian souvenirs and much more! Delicious food and prize drawings will also be featured. For more information, call the Lanakila office at **531-0555**.

### Holiday Meals on Wheels Delivery

The holidays are just around the corner and once again Lanakila



Rehabilitation Center's Meals on Wheels program will provide special holiday meals to over 1000 island-wide homebound seniors. Although Lanakila Meals on Wheels receives state and federal funding for its regular weekday deliveries, it must rely on donations from individuals and organizations for the non-funded holiday deliveries. Just \$4.75 provides a nutritious holiday meal with all the "fixings" for a frail or recuperating senior, many who live alone and have no family or friends. Help by donating dollars to our "Adopt a Senior" program. You can "adopt" as many seniors as you like.

### MEALS ON WHEELS PROGRAMS RECEIVE GRANTS AND FUNDINGS

The Lanakila Rehabilitation Center's Meals on Wheels program was recently awarded a \$45,000 grant by the Philip Morris Companies, Inc. The money will be used to purchase a delivery vehicle and help with the cost of delivering weekend meals to needy seniors. Michael Carpenter, a representative of Philip Morris Company, presented the check to Lanakila's president, Laura Colbert, this past July.

The Hawaii Meals on Wheels, Inc. (HMOW) was the recipient of \$6,890 from the Harry & Jeannette Weinberg Foundation, Inc. HMOW is a private, nonprofit organization dedicated to providing hot, nutritious food and caring human contact for homebound elderly and disabled individuals. Volunteers deliver over 3,500 meals each month on 21 delivery routes extending from Kalihi to Hawaii Kai and Kaneohe. HMOW is planning to open two routes soon, one in Kailua and the other in Kalihi. Businesses and community groups are needed to sponsor a route one day a week. For more information on volunteering or to find out how someone can receive hot meal delivery, call HMOW at **988-6747**.

### AARP Tax Aide

Wanted: Your Tax Help! AARP Tax Aide is the nation's largest, free, volunteer-run tax counseling and preparation service for middle and low income taxpayers, with special attention to those age 60 and older. The AARP organization is seeking volunteers to become a Tax Aide. You will receive IRS-certified training to learn how to

prepare tax returns for yourself and others. To join the team of volunteers, please call **1-888-227-7669** or use the online registration form found on the AARP Tax-Aide website at **www.aarp.org/taxaide**.

Compared to the 1999 returns, there was an increase in Federal returns of 10% in clients served (e.g. from 5,241 in 1999 to 5,765 for the year 2000). Of significant interest is the increase in the total of Federal electronic filing of 1,045 in 1999 to 2,079 in 2000. On the other hand, the number of State returns filed in 1999 was 7,786 compared to 8,273 in 2000. The total State electronic filing was 1,743, representing 21% returns e-filed in 2000. There was no e-filing in 1999.

### National Grandparents Day

*"When Grandparents enter the door, discipline flies out the window!"*  
... Ogden Nash



In 1973, West Virginia began a statewide campaign to set aside a special day just for grandparents. That same year, Senator Jennings Randolph introduced a resolution in the United States Senate and in 1978, five years after its inception, Congress passed legislation and President Jimmy Carter proclaimed that National Grandparents Day would be celebrated the first Sunday after Labor Day. September was chosen, signifying the "autumn years" of life, and today, this event is observed by thousands throughout the United States. This year, National Grandparents Day will be celebrated on September 9, 2001. ■



## AGING NETWORK.COM

By Tony Baccay

**www.preventblindness.org**  
The nation's leading volunteer eye health and safety organization dedicated to fighting blindness and saving sight. Serves millions of people each year through public and professional education, community and patient services programs and research.

**www.navh.org**  
To order a 34-page large-print booklet on Age-Related Macular Degeneration. Written by retina specialists, it provides a thorough overview of the common disorder. Topics include forms and symptoms of macular degeneration, as well as evaluation and treatment procedures.

**www.ncoa.org/press/bcu**  
The first of its kind, web-based service designed to help seniors, their families and caregivers find the right benefits programs to meet their needs. The site contains a fast, free and confidential screening tool to determine eligibility for nearly 1,000 unique state and federal programs and provide detailed instructions on how to apply for them.

**www.hawaii.gov/doh/resource/diabetes/index.html**  
Local statistics on and recommendations for diabetes. Contains links to resources such as the Hawaii Chapter of the Juvenile Diabetes Foundation.



## Calendar of Events 2001

### September

**2 Kupuna Connections Radio Show, KHVH Talk Radio, AM 830,** every Sunday 3:30 p.m.-4 p.m. Topics: September 2, Tips for Preventing & Treating Strokes  September 9, Home Renovation Ideas for the Physically Impaired Family Member  September 16, Its Flu Season: Time for your Pneumonia and Flu Shots  September 23, Funeral Planning—Facing Reality & Helping your Family  September 30, Medicare Today: Congress and the Bush Administration Plans?

**8 55-Alive Mature Driving Course.** Classes consist of two 4-hour sessions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook. Kaiser Medical Clinic Hawaii Kai Clinic, 597-2260, Sep 8 & 15, 8 a.m.-12 noon  St. Francis Medical Center Liliha, 547-6410, Sep 8 & 15, 8:30 a.m.-12:30 p.m.  Kapahulu Senior Center, 737-1748, Sep 8 & 15, 8:30 a.m.-12:30 p.m.  Queens Medical Center, 547-4823, Sep 9 & 16, 9 a.m.-1 p.m.  Hawaiian Eye Center Wahiawa, 621-3137, Sep 17 & 24, 8:30 a.m.-12:30 p.m.  Kaiser Medical Clinic Honolulu, 597-2260, Sep 18 & 25, 12 noon-4 p.m.  Sacred Hearts Church Waianae, 695-8196, Sep 26 & 27, 8:30 a.m.-12:30 p.m.

**8 AARP's Grandparent's Day Celebration, Saturday, September 8, 2001, 11 a.m.-2 p.m.,** Kapiolani Park. A FREE public event for grandparents, grandchildren and the whole family. Bring your own picnic lunch. Featuring: entertainment by local keiki and Kokua Halau; free shave ice and popcorn; a toy swap area where kids can exchange their old toys for something new; face painting; crafts table; games, balloon toss, wooden slipper race, and many more; door prizes; inflatable jumps. For more information, contact AARP at 843-1906.

**21 17th Annual Hawaii Senior Fair, September 21-23, 2001, 8:30 a.m.-4:30 p.m.,** Blaisdell Exhibition Hall. Sponsored by The Honolulu Advertiser and AARP. Over 200 exhibit booths, Rehab

Art exhibit, Flu/Pneumonia Vaccinations, Seminars, Entertainment, Miniature Golf Course, Games, Giveaways. Osteoporosis testing, and much more. FREE admission. Attendance is estimated at over 20,000 visitors! Produced by Production Hawaii, Inc. For more information, please call 832-7878.

**24 "Take Charge of Your Money!"** a special series of educational sessions that will help you make informed decisions about your finances regardless of how much money you make. September 24, 25 and 28: Getting Organized, Oceanic Cable Channel 55 and GTE Americast 21, 8 p.m.-9 p.m., rebroadcast on Friday 3:30 p.m.- 4:30 p.m.

### October

**1 "Take Charge of Your Money!"** October 1, 2, and 5, How Do Your Cash Flow  October 8, 9 and 12, Banking and Credit  October 15, 16 and 19, Managing Risks  October 22, 23, and 26, Deciding "What If's"  October 29, 30 and November 2, Investing For Retirement. Oceanic Cable Channel 55 and GTE Americast 21, 8 p.m.-9 p.m., rebroadcast on Friday 3:30 p.m.- 4:30 p.m.

**5 55-Alive Mature Driving Course.** Classes consist of two 4-hour sessions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook. AARP Information Center, 843-1906, Oct 5 & 12, 12 noon-4 p.m.  St. Francis Medical Center Liliha, 547-6410, Oct 6 & 13, 8:30 a.m.-12:30 p.m.  Kaiser Medical Center Mililani, 594-2260, Oct 20 & 27, 8 a.m.-12 noon  Lanakila Multi-purpose Senior Center, 847-1322, Oct 24 & 26, 8 a.m.- 12 noon.

**5 Talk Story Festival, McCoy Pavilion, 6 p.m.-10 p.m.** October 5, Spooky Stories  October 6: Kid's Kine Stories  October 7, Adventure Tales. FREE to the public. For more information, contact Jeff Gere at 973-7262.

**7 Kupuna Connections Radio Show, KHVH Talk Radio, AM 830,**

Continued on back page

Every Sunday 3:30 p.m.-4 p.m. Topics: October 7, Safety Tips for the Older Drivers  October 14, Post-War Baby Boomers Explosion-What This Means to Hawaii in 10 Years  October 2, Financing Long-Term-Care - Government vs. Private Responsibilities  October 28, Staying Active and Healthy.

**November**

**3 55-Alive Mature Driving Course.** Classes consist of two 4-hour sessions. Participants must be 50 years or older to receive certificate for insurance purposes. \$10 fee for the workbook. St. Francis Medical Center Liliha, 547-6410, Nov 3 & 10, 8:30 a.m.-12:30 p.m.  Kapahulu Senior Center, 737-1748, Nov 3 & 10, 8:30 a.m.-12:30 p.m.  Queens Medical Center, 547-4823, Nov 4 & 11, 9 a.m.-1 p.m.  Sacred Hearts Church Waianae, 695-8196, Nov 14 & 15, 8:30 a.m.-12:30 p.m.  Kaiser Medical Center Honolulu, 597-2260, Nov 20 & 27, 12 noon-4 p.m.  Kaiser Medical Center Milliani, 597-2260, Nov 20 & 27, 8 a.m.-12 noon  St Francis Medical Center West, 678-7208, Nov 28 & 29, 8:30 a.m.-12:30 p.m.

**4 Kupuna Connections Radio Show,** KHVH Talk Radio, AM 830, Every Sunday 3:30 p.m.-4 p.m. Topics: November 4, Urinary Incontinence-What Can I Do About This Embarrassing Problem?  November 11, Elderly & Senior Care in the Far East-Does Filial Piety Exist?  November 18, Looking and Feeling Young with Cosmetic Surgery  November 25, Understanding Grief, Loneliness and Depression.

**5 "Take Charge of Your Money!"** November 5, 6 and 9, Profession Help: Where and How to Get It. Oceanic Cable Channel 55 and GTE Americast 21, 8 p.m.-9 p.m.; rebroadcast on Friday 3:30 p.m.- 4:30 p.m.

**10 Mayor's Annual Seniors' Crafts Fair,** Saturday, November 10, 2001, 9 a.m.-1 p.m., Blaisdell Exhibition Hall. Plant sales, crafts, make and take tables, holiday displays and more! Donate canned goods for the Food Drive. For more information, call the Department of Parks and Recreation at 973-7258.

**Department of Community Services  
ELDERLY AFFAIRS DIVISION**

The Area Agency on Aging for the City and County of Honolulu  
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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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