

AGING & DISABILITY RESOURCE CENTER WEBSITE COMING SOON!

By Sara Voneida,
ADRC Coordinator

After several months of development, the Elderly Affairs Division is gearing up for the official launch of its new Aging and Disability Resource Center (ADRC) website. The website will help people learn about and plan for their long term care needs by offering an extensive library of articles, frequently asked questions, publications, a directory of local service providers, information about how to apply for assistance and determine eligibility for public programs and links to the latest news, local events and external websites.

Sponsored by the U.S. Administration on Aging and Centers for Medicare and Medicaid Services, the national Aging & Disability Resource Center program was initiated in 2003 to improve access to long term care information and services so that individuals



can learn about different care options and make informed decisions for themselves or loved ones. Since then, forty-five states and territories have been actively engaged in establishing ADRCs in their communities. Currently there are more than 200 ADRC programs nationwide, reaching approximately 40% of the US population.

In 2005, the ADRC project was awarded to the State of Hawai'i, Executive Office on Aging, in partnership with the Hawai'i County Office of Aging on the Big Island and the City and County of Honolulu, Elderly Affairs Division on O'ahu. The Honolulu ADRC is a virtual model that consists of the newly developed website. In addition to this online access, consumers can contact the Elderly Affairs Division by phone for further assistance (768-7700). The website will soon be available at our current website address, www.elderlyaffairs.com. Additional state funding expanded the ADRC website

INSIDE THIS ISSUE

- 1 NEW AGING & DISABILITY RESOURCE CENTER WEBSITE IS HERE!
- 2 MAHALO AND HAPPY RETIREMENT!
- 2 10 TIPS TO "AGE SMART"
- 3 CAREGIVER'S CORNER
- 3 UPDATED WARNING SIGNS HELP WITH EARLY DETECTION
- 4 BITS AND PIECES
- 6 USE IT OR LOSE IT
- 7 CALENDAR OF EVENTS

statewide, so you will also be able to access the ADRC by individual counties.



For more information about ADRC sites in other states, visit the national ADRC website at www.adrc-tae.org. For more information about Honolulu's ADRC, contact **Sara Voneida** at **808-768-7714** or svoneida@honolulu.gov.

MAHALO & HAPPY RETIREMENT!

Karen Miyake, County Executive on Aging, is about to embark on a new chapter in her life, retiring effective October 1, 2009. Best wishes, Karen, for a happy retirement and many thanks for all you have done and accomplished in support of our kupuna! 🍻

Aloha! As an employee of the Elderly Affairs Division, I have had the good fortune to work on behalf of seniors for 31 years. It's been a fulfilling career abundant in challenges and opportunities to make a difference in the quality of life for older adults and their families.

I would like to thank the many individuals and agencies that have been part of the effort to build a caring community for anyone who needs a little help as they age. My hope is that the incoming County Executive on Aging and hard working Elderly Affairs Division staff are fully supported in their efforts as the issues are complex and older adult population rapidly increasing. Together, with collective community wide endeavors, much more can be accomplished to continue building a good future for generations to come. 🍻

Karen U. Miyake

🍻 Karen Miyake
Retired County Executive on Aging



10 TIPS TO "AGE SMART"

1. **STAY ACTIVE**
Being physically fit adds years to life and life to years.
2. **EAT HEALTHY**
A variety of nutritious food nourishes your body. You'll feel and look better as well.
3. **TALK STORY**
Maintain social networks and make new friends regularly.
4. **FIX YOUR HOUSE**
Adjust your home to fit your needs: grab bars, better lighting, etc.
5. **THINK GREEN**
Walk when you can, carpool and use public transportation.
6. **BE SKEPTICAL**
Ask others about "too good to be true" offers. Many scammers target older adults.
7. **MAKE YOUR WISHES KNOWN**
Have an advanced directive (Living Will) in the event you can't communicate.
8. **VOLUNTEER**
Share your time and talents; you'll get more than you give.
9. **CHALLENGE YOUR MIND**
Keeping sharp adds quality to your life. Use your library or take a class from a community center.
10. **LAUGH EVERY DAY**
Humor is healthy. 🍻

CAREGIVER'S CORNER

By May Fujii Foo

Caregiver Series: The 2nd and 3rd workshop of helpful information for caregivers was held in June and most recently on August 15th. At the June session **Toni Hathaway**, Education Coordinator at Kapiolani Community College, provided hands-on training on “range of motion” techniques to build caregiving skills.

At the August session, **Michael Cheang**, DrPh, UH Department of Family and Consumer Sciences, provided an interactive workshop on the many ways past family dynamics enter into the decisions on how caregivers provide care for their elders.

The next workshop will be held on October 17th from 9:00-11:30am at City and County of Honolulu Mission Memorial Auditorium. Professor **James Pietsch**, JD, UH Elder

Law Project, will address legal issues caregivers need to deal with.

Our final workshop will be on options in home care on November 7th. **Dr. Ritabelle Fernandez**, a geriatric physician with Kokua Kalihi Valley Comprehensive Family Services, will address how caregivers can learn when and where to locate services and the cost of different levels of care.

Workshops are free, but registration is required. Call the Senior Helpline 768-7700 to register or for more information.

National Family Caregivers Month: November is nationally designated as Caregivers Month to acknowledge family caregivers, their challenges and contributions they provide in our community. It is an opportunity

also to raise public awareness about the need for support for caregiving issues.

Powerful Tools for Caregivers: **Tony Baccay** and **May Fujii Foo**, Elderly Affairs Division staff, were among several Aging Network staff who recently completed the Powerful Tools for Caregivers training for trainers hosted by Maui County Office on Aging. This program helps caregivers reduce the negative effects of caregiving and to practice self-care. Powerful Tools for Caregivers has already reached over 50,000 caregivers in 28 states. The Division anticipates launching this new program by the end of the year.

For more information about upcoming workshop schedules, contact the Senior Helpline 768-7700. 📞

UPDATED WARNING SIGNS HELP WITH EARLY DETECTION

By Arlene Ige, Education and Training Coordinator, Alzheimer's Association Aloha Chapter

It may be difficult to know the difference between normal aging and the first signs of Alzheimer's disease or related disorder. As part of its public education effort, the Alzheimer's Association has updated its 10 Warning Signs of Alzheimer's to make them more user-friendly.

The signs describe common changes that may help with early detection and diagnosis of Alzheimer's or another dementia. Early detection, diagnosis and intervention are vital because they provide the best opportunities for treatment, support and planning for the future.

The 10 Warning Signs include:

- Memory changes that disrupt daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment

- Withdrawal from work or social activities
- Changes in mood and personality

The Alzheimer's Association, Aloha Chapter is a key resource for information and referral, caregiver education, and support on Alzheimer's disease and related dementias. For more information about the updated 10 warning signs and early detection and diagnosis, contact the Alzheimer's Association, Aloha Chapter at 591-2771 or visit www.alz.org/hawaii. 📞



BITS & PIECES

By Tony Baccay

MIPPA grant: In June, the state of Hawai'i Executive Office on Aging was awarded a 2-year grant from the U.S. Department of Health and Human Services as part of the Medicare Improvements for Patients and Providers Act (MIPPA) of 2008. The Executive Office on Aging, Sage PLUS, the City and County of Honolulu Elderly Affairs Division and neighbor islands will be working together to expand statewide outreach efforts to enroll individuals eligible for the Low Income Subsidy Program, Medicare Savings Program and Medicare Part D.

Hospital discharge planning/Aging and Disability Resource Center expansion grant: The Administration on Aging and Centers for Medicare and Medicaid Services jointly awarded \$1,167,000 to the state of Hawai'i Executive Office on Aging to strengthen partnerships between the Aging Network, Aging & Disability Resource Centers (ADRC) and hospitals. The Executive Office on Aging, the City and County of Honolulu Elderly Affairs Division, Maui County Office on Aging, Kauai County Agency on Elderly Affairs and their hospital partners will be working together to enhance ADRCs statewide and develop person-centered hospital discharge planning models so that more people who are being discharged can receive care

at home rather than placement in a nursing home facility.

Funds for Persons in Need: Project Dana received a grant from Hawaii Community Foundation's Persons in Need program to provide assistance to financially needy seniors who need transportation to medical appointments or shopping, installation of home safety devices to prevent falls, and respite for family caregivers. Anyone 65 years and older on Oahu is encouraged to apply. For those needing respite, this one-time funding may help pay for adult day care or a private hire from an agency. Funds are also possible to pay for taxi service or persons who serve as drivers. Contact Project Dana at 945-3736 for further details.

Project Dana's Caring for the Caregiver Support Group: Family caregivers are the backbone of long term care. While care giving is not new, demographic and other changes are intensifying demands on families to provide more complex care for longer periods of time. Project Dana is pleased to introduce **Susan Miyamoto** MSW as the new Support Group Specialist, replacing **Eunice Sakai**, who retired after 15 years of devoted service. The Caring for the Caregiver support group provides education on aging and resources and techniques for problem solving and coping and give caregivers the opportunity to vent pent up emotions in a safe place. If you are providing care for a non-institutionalized individual 60 years

and older and are interested in joining the support group, call Project Dana at 945-3736.

n4a Conference: Minneapolis was the host site for the 2009 conference, Highlighting Innovations in Aging, sponsored by the National Association of Area Agencies on Aging (n4a). National aging organizations spoke about Project 2020 and the future of long-term care in the United States. **Marc Freedman**, author, founder of Civic Ventures, discussed *Encore*, his book on finding work that matters in the second half of life and the opportunities available to utilize the experience and expertise of retiring "Boomers". **Kathy Greenlee**, new Assistant Secretary for Aging, outlined the Obama Administration's vision and strategic directions for the Administration on Aging and "The Well-Being Index," a longitudinal survey conducted by Global Well-Being in Atlanta and Healthways in Nashville to measure and track the health behaviors, physical, mental and social well-being of people. **Pat Tompkins**, Elderly Affairs Division's Chief Planner, reported that it was energizing and inspiring to learn about new and enhanced methods of assisting older adults and their caregivers as well as ways to expand reach into the wider community. She looks forward to working with staff in developing strategies for helping to meet those needs. 🍷



Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.

Get vaccinated




Cover your cough or sneeze
Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket.

Wash your hands
Wash your hands often with soap and water or use an alcohol-based hand cleaner.

Wash your hands



Avoid touching your eyes, nose, and mouth
If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.



Stay home if you are sick
Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

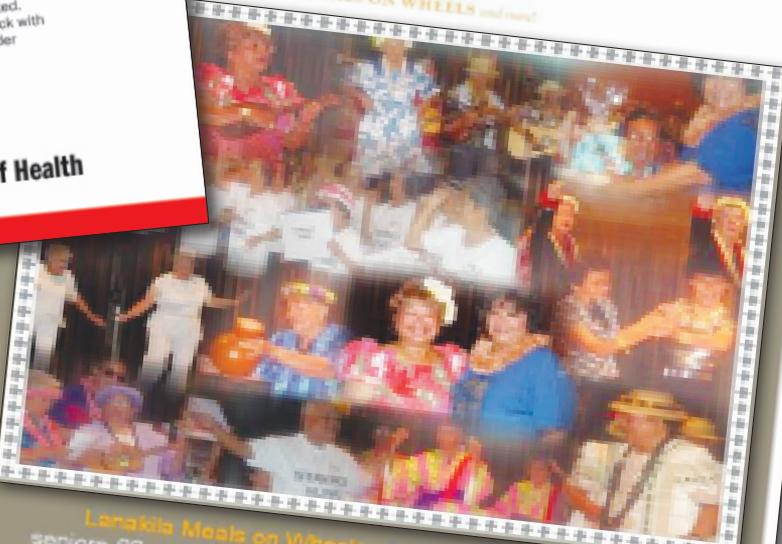


Fight the Flu
It starts with you



A message from your
Hawaii State Department of Health

LANAKILA
MEALS ON WHEELS and more!



Lanakila Meals on Wheels and more is currently accepting seniors 60 year old and above for our Kupuna Wellness Center program, to receive hot lunches through at least May 2010. The centers offer fellowship, recreation, physical activity, and nutrition education through our volunteers and center leaders in a fun and exciting atmosphere.

Enroll now to become part of our family!
Please call us at 531-0555.



USE IT OR LOSE IT

By May Fujii Foo

Twelve Elderly Affairs Division staff recently completed training to become trainers for the Chronic Disease Self-Management Program (CDSMP). Designed by Stanford University, and implemented on Oahu in 2006, CDSMP teaches individuals with chronic health conditions such as diabetes, arthritis, hypertension, high cholesterol, heart problems or other conditions to better manage their own health. Several assumptions underlie the CDSMP:

- People with chronic conditions have similar concerns and problems.
- People with chronic conditions must deal not only with their disease(s), but also with the impact these have on their lives and emotions.
- Lay people with chronic conditions, when given a detailed lead-

ers manual, can teach the CDSMP as effectively, if not more effectively, than health professionals.

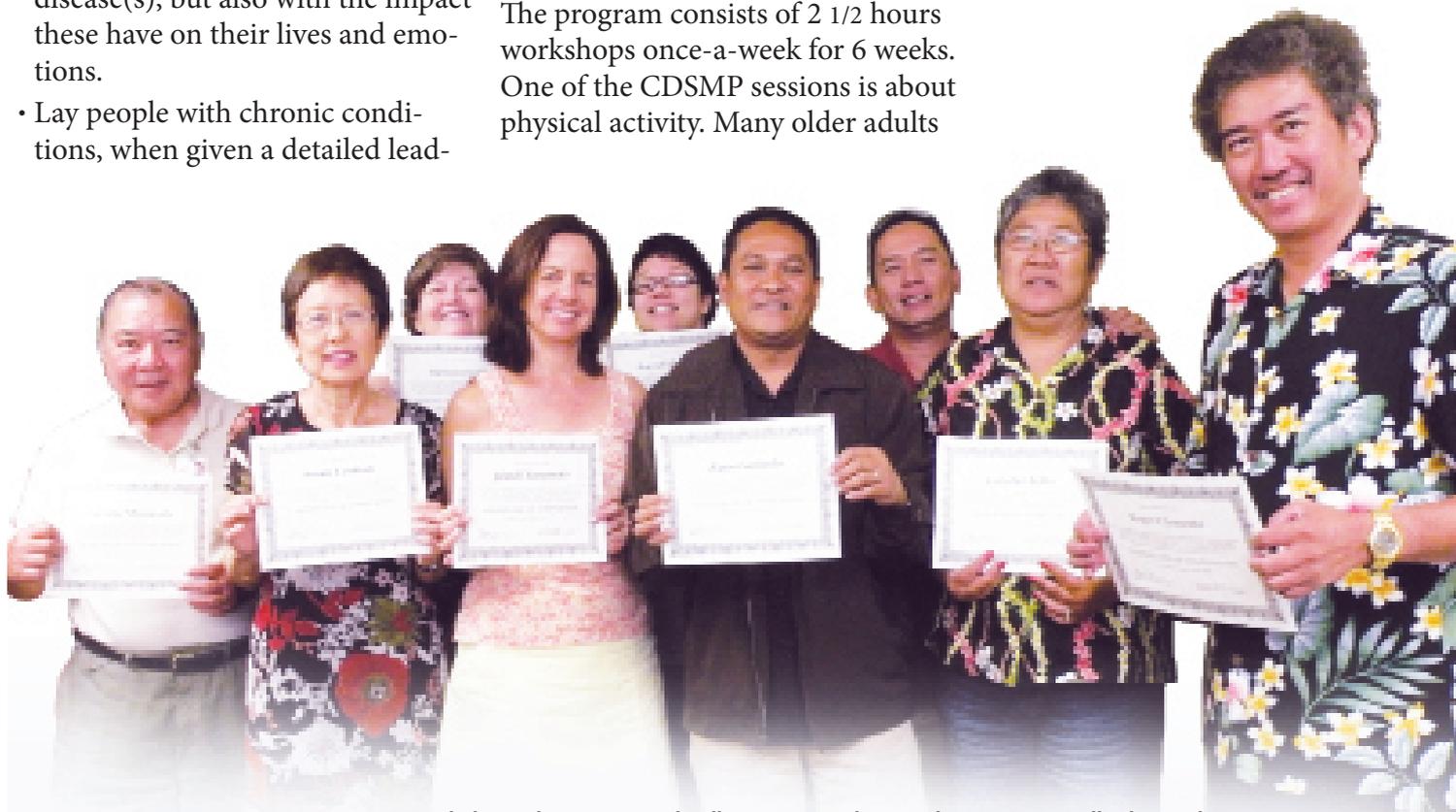
- The process or way the CDSMP is taught is as important, if not more important, than the subject matter that is taught.

People who have enrolled in CDSMP, when compared to those who did not participate, have improved healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians), improved their health status (self-reported health, fatigue, disability, social/role activities, and health distress), and decreased hospital days.

The program consists of 2 1/2 hours workshops once-a-week for 6 weeks. One of the CDSMP sessions is about physical activity. Many older adults

with chronic health problems have loss of strength, energy, balance and flexibility. The loss of function such as difficulty walking long distances or carrying groceries is in large part due to physical inactivity. When it comes to muscles, the saying “use it or lose it,” applies. It’s never too late for physical activity. Older adults have more to gain than younger people by becoming more active. Spending a small amount of time being more active can produce big dividends in better health.

For more information about the CDSMP or workshop schedules contact the Senior Helpline at 768-7700. ☎



LEFT TO RIGHT: George Miyamoto, Susan Tambalo, Barbara Evans, Johnell Yamamoto, Sharra Feliciano, Ryan Gallardo, Ariel De Jesus, Carolyn Tello, Roger Clemente. (Not pictured: Lei Shimizu, Tony Baccay, and Tauamatu Marrero)

CALENDAR OF EVENTS 2009

SEPTEMBER 2009

4 AARP Driver Safety Program: This is the first and most recognized comprehensive nationwide course designed especially for the older driver. This course is presented in a one-day, four-hour session. There is a \$14 fee for each attendee. A \$2 discount will be given to AARP members who bring their 10-digit membership card number. A valid driver's license is also required. A Certificate of Completion will be issued to each attendee at completion of the course. Registration is required.

- AARP INFORMATION CENTER, 843-1906 / Friday, Sep 4
- QUEEN'S MEDICAL CENTER, 537-7117 / Sunday, Sep 6
- NANAIKEOLA CLINIC, 432-2260 / Wednesday, Sep 9
- WAIKIKI COMMUNITY CENTER, 923-1802 / Wednesday, Sep 9
- LANAKILA SENIOR CENTER, 847-1322 / Friday, Sep 11
- KAISER HONOLULU, 432-2260 / Tuesday, Sep 22
- KAISER HONOLULU, 432-2260 / Tuesday, Sep 29

12 Memory Walk 2009, sponsored by the Alzheimer's Association Aloha Chapter, Saturday, Sep 12, 7:00 a.m., Fisherman's Wharf. For more information call 591-2771 ext 105.

17 Active Aging Dine & Lecture Program presents Guest Speaker Olympian Tommy Kono: "Use It or Lose It: Prescriptions for Mental & Physical Fitness," Thursday, Sep 17, 11:30 a.m. - 1:30 p.m., Kapiolani Community College, Tamarind Room, Ohelo Bldg. Learn why we must move to be "alive" and why his formula for Olympic weightlifting applies to the rest of our lives. Fee \$20 (includes healthy buffet luncheon, with drink and dessert). Seating is limited, registration required. For more information, call 734-9211.

25 25th Anniversary Hawaii Seniors' Fair - The Good Life Expo! Sep 25-27, Blaisdell Exhibition Hall, 8:30 a.m. - 4:30 p.m. daily. The Good Life Expo will showcase relevant and interesting products, services, facilities, programs and organizations in a major 3-day event designed especially for the 50-plus community. The expo will feature over 300 exhibits, along with educational seminars, lectures and workshops and continuous live musical and dance performances, exercise classes, cooking demonstrations and much more. Admission is free. For more information, call 832-7878.

OCTOBER 2009

2 Fall Prevention, Friday, Oct 2, 9:30 a.m. - 11:00 a.m. Are you or a loved one at risk for a fall? Falls can change the quality of an elder's life in an instant. Learn from a Registered Nurse some simple steps to prevent falls in the home and community. Sponsored by Attention Plus Care. Admission is free - space is limited. For reservations, call 440-9372.

OCTOBER 2009

3 AARP Driver Safety Program

- KAISER WAIPIO CLINIC, 432-2260 / Saturday, Oct 3
- NANAIKEOLA CLINIC, 432-2260 / Friday, Oct 9
- KAISER WAIPIO CLINIC, 432-2260 / Saturday, Oct 10

23 Medicare Part D Information Fair presented by Sage PLUS and Social Security Administration, Friday, Oct 23, 9 a.m. - 10:30 a.m. Open to the public. For more information, call 847-1322.

28 End-of-Life Care, Wednesday, Oct 28, 3:00 p.m. - 5 p.m. Learn to expect "Mindful Presence" in the home of a dying person. Become familiar with the final symptoms at end-of-life and how to work with pain medication. Sponsored by Attention Plus Care. Admission is free - space is limited. For reservations, call 440-9372.

NOVEMBER 2009

7 AARP Driver Safety Program

- KAWAIAHAO CHURCH, 522-1333 / Saturday, Nov 7
- NANAIKEOLA CLINIC, 432-2260 / Wednesday, Nov 11
- AARP INFORMATION CENTER, 843-1906 / Friday, Nov 13
- QUEEN'S MEDICAL CENTER, 537-7117 / Sunday, Nov 15
- KAISER HONOLULU, 432-2260 / Tuesday, Nov 17
- KAISER HONOLULU, 432-2260 / Tuesday, Nov 24

10 Medicare Part D Information Fair presented by Sage Show and Sell Bazaar - Crafts, Food, and White Elephant Bargains, Tuesday, Nov 10, 8 a.m. - 10:30 a.m. Open to the public. For more information, call Lanakila Multi-Purpose Senior Center at 847-1322.

18 Living with Parkinson's, Wednesday, Nov 18, 3:00 p.m. - 5:00 p.m. Learn from a Registered Nurse about the characteristics of Parkinson's Disease, the stages of Parkinson's and what can be done to improve the quality of life and safety for those afflicted. Sponsored by Attention Plus Care. Admission is free - space is limited. For reservations, call 440-9372.

21 Mayor's Craft and Country Fair, Saturday, Nov 21, Blaisdell Exhibition Hall, 8:30 a.m. - 3:00 p.m. Admission is free.



ALOHA PUMEHANA

ELDERLY AFFAIRS DIVISION

715 South King Street, Suite 200
Honolulu, Hawaii 96813
Phone: 768-7705

Elderly Affairs Division is the Area Agency on Aging for Oahu. Our mission is to develop and support opportunities that enable older adults to live their fullest capacity in their own homes and communities.

County Executive on Aging

Karen Miyake

- STAFF -

Aging & Disability Resource Center Coordinator

Sara Voneida

Budget Analyst

Caregiver Information Specialist

Joel Nakamura

Chief Planner

Pat Tompkins

Clerk Typists

Melanie Hite, Kelly Yoshimoto

Community Service Aides & Kupuna Care Intakers

Teresa Bright, Roger Clemente,
Donna DeBiasi, Ariel De Jesus,

Barbara Evans, Sharra Feliciano,
Tauamatu Marrero, George Miyamoto,
Lorraine Souza, Susan Tambalo,
Carolyn Tellio, Mona Yamada,
Johnell Yamamoto

Community Service Aide Supervisors

Tony Baccay, Ryan Gallardo

Data Coordinator

Carlton Sagara

Grants Managers

May Fujii Foo, Craig Yamaguchi

Information & Assistance Coordinator

Lei Shimizu

Secretary

Alex Blackwell

ALOHA PUMEHANA is published four times a year to provide the public with information on aging issues and programs. To be placed on the mailing list, please send us your e-mail address or call **768-7700**. Written contributions are welcomed.



MUFI HANNEMANN
Mayor of Honolulu