

## INTRODUCING...AGENCIES THAT CARE ABOUT GROWING OLDER: Part 1

*In the next two issues of the Aloha Pumehana, we dedicate the newsletters to our contracted agencies who provide a wide range of services and programs for older adults and their caregivers. Editor.*



*By Rose Nakamura, Administrator*

**P**roject Dana is an interfaith volunteer caregivers program that provides a variety of support services through a corps of trained volunteers, guided by the universal principle of 'Dana,' which combines selfless giving and compassion in contributing towards the well-being of the frail elderly, disabled persons and family caregivers. A member of the National Volunteer Caregiving Network and sponsored by the Moiliili Hongwanji Mission, Project

Dana was founded in 1989 and is in its 23rd year. The Project is particularly mindful of elders who desire to live at home – many of whom are isolated and lonely. With the ever-increasing older adult population and greater demands on existing services, Project Dana fills important social gaps in providing much-needed assistance for friendly visits, respite, transportation, fall prevention and a caregiver support group. It serves as a referral and linkage agency working closely with many community agencies, both public and private, to ensure a continuum of services to the elderly. It is firmly dedicated to supporting Hawaii's older adults and family caregivers through a holistic and best practice approach.

Headquartered in Moiliili, the Project's small and capable staff works closely with its coalition of over 20 church and community groups to recruit and train

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volunteers who are members of various faith-based organizations, community centers and schools or institutions, or they may be just individuals who are interested in serving the elder community. The majority of the volunteers are healthy and devoted seniors, and in some instances, families volunteer together and provide an all-important inter-generational service of compassion and love spanning the generations. Volunteers are sensitive to diverse cultures and traditions. Each is provided with initial, as well as on-going, education and training prior to being matched with an elder. The process of matching an

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elder and volunteer is done carefully, as the site coordinators and staff meet the needs of the recipients through the gifts, talents, and abilities of the volunteers.

On any given day, volunteers may take recipients shopping, to doctor's appointments or to religious services. Others may visit a recipient's home to talk and share the day's or week's events. Light housework, yard work, simple home repairs may also fill the volunteers' time. Some may volunteer from their own home as they phone and chat with a homebound elder. Though each volunteer activity is different, each has the same goal in mind – that of allowing the elder to live at home among family and friends and share in the life of their community.

Project Dana sponsors "Caring for the Caregiver," a support group that meets three times a month throughout the year. 'Education sessions' help caregivers keep up-to-date with information on various topics integral to their role as a caregiver and on the aging process. 'Rap sessions' provide an opportunity to share with others the journey of caregiving, and outings are planned for relaxation and respite.

Project Dana's home safety and fall prevention assessment is provided to make the seniors and their families aware of how they can prevent accidental injury and create a safe home environment. Approximately 1 in 3 seniors 65 years and older will fall each year. In Hawaii approximately 51% of deaths among seniors are due to falls.

With the support of Federal and State funds, grants, and donations from organizations and individuals, Project Dana has been able to maintain its services. Project Dana's services are offered without fees, and donations are welcome to support the project's operations.

One volunteer aptly said, "As a Project Dana volunteer, I feel that I am a contributing member of society." A recipient said, "Life would not be as nice without your help!"

For additional information, please contact Project Dana at **(808) 945-3736** or by email at [projdana@hawaiiintel.net](mailto:projdana@hawaiiintel.net), or visit Project Dana's web site at [www.projectdana.org](http://www.projectdana.org). 📧



# CHILD & FAMILY SERVICES



By Valorie Taylor, CFS Gerontology Program Director

Since 1899, Child and Family Service has dedicated its efforts to its mission of *Strengthening families and fostering the healthy development of children*. Offices are located across all islands and the individuals we serve range from the youngest Keiki to the oldest Kupuna. Our Vision is *Healthy, thriving individuals and families building strong, multi-cultural communities across the generations*.

Child and Family Service began its services to the elderly in 1985. The CFS Gerontology Programs combined now serve more than 1,600 elderly individuals on Oahu per year.

## GERONTOLOGY GOAL

To strengthen connections with family and community enabling seniors continued quality life in their homes. We do this through Wellness, Case Management and Caregiver programs.

## WELLNESS PROGRAMS

### Health Maintenance Program

- Health Support holds bi-weekly groups utilizing the Arthritis Foundation Exercise Program. Mostly seated exercises. Half hour of socialization, education and fun.
- No Fear of Falling meets three times a week and utilizes the EnhanceFitness Program. Mostly standing exercises. Half hour of education related to falls and risk factors, outside speakers and socialization.
- Chronic Disease Self-Management Program (CDSMP) is a 6 week class held for 2-1/2 hours to help people manage their chronic illness. We are a part of the Ke Ola Pono Project.

**Eligibility:** Must be able to participate in program, follow exercises and socialization. No Fear of Falling should have 2 risk factors for falls. CDSMP – must have a chronic illness or close to someone who does.

**Evidence Based Programs** – The Gerontology Program offers many evidence based programs. In addition to the Wellness programs which are all evidence based, we offer:

- Healthy Ideas – Identifying Depression, Empowering Activities for Seniors – This program is a component of all the Case Management Programs.
- Powerful Tools for Caregivers – This 6-week workshop gives family caregivers the tools to care for themselves as they care for others.

## CASE MANAGEMENT PROGRAMS

- Senior Case Management (SCM) part of the state's Kupuna Care Programs - provides case management services to clients that promote maximum independence and functioning, and enable clients to continue to live in their homes. Starting in FY 2010 we will be offering Chore Services to seniors through the case management process.

**Eligibility:** Must have a deficit in 2 or more ADLs/IADLs and an unmet need in one.

- REACH provides case

management, counseling, and referral to services for elderly persons who are at risk of being physically, emotionally, sexually, or financially abused, being neglected, or of self-neglect.

**Eligibility:** Must be at risk for abuse, neglect or self neglect.

## CAREGIVING SUPPORT SERVICES

- 'Ohana Care (OC) provides case management and counseling services for unpaid family caregivers and their care receivers. OC also provides Caregiver Support Groups and Caregiver Training in both a group and individual setting. Financial assistance for specific needs such as: Assistive technologies, incontinence supplies.

**Eligibility:** Must be an unpaid caregiver. Supplemental services are only for frail care recipients (need help with least 2 ADLs). Funds must be the dollar of last resort.

- Caregiver Respite (CR) provides pre-screened respite worker referrals to family caregivers, as well as information, counseling and support to assist in the process of hiring and retaining workers.

**Eligibility:** Care recipient is unable to perform at least two activities of daily living without substantial human assistance. ☺



# METRO-CARE HAWAII

By Portia Fields  
EAD Program Coordinator

**M**etro-Care Hawaii, LLC, is a privately owned and operated company which began in 2001 in Hilo, Hawaii. A home health service provider and serving East Hawaii - Hilo, West Hawaii - Kona, and the island of Oahu, Metro-Care assists the aging and disabled population with essential activities of daily living that relate to their general physical, emotional and cognitive well-being. Services offered include private duty nursing, CNA/HHA, home-maker, travel companion, nursing services, and pre/post hospital care. There is also specialty care such as Alzheimer's care, Parkinson's care, Stroke care and Cancer recovery. Metro-Care is contracted with the City and County of Honolulu Elderly Affairs Division to provide Kupuna Care to Oahu's seniors.

All service inquiries are handled by an experienced, compassionate intake staff member. Once all information is gathered, an assessment will follow. Contingent on the desired service, a staffing coordinator will select the best caregiver to match the needs of the participant based on demographic location to avoid unforeseen obstacles, such as traffic or road closure. To set itself apart, Metro-Care understands the demands of daily lives between doctor's appointments and family; therefore, service scheduling is flexible, based on the availability of the participant.

Metro-Care Hawaii caregivers are thoroughly screened to determine their level of qualification based

on honesty, experience and skills. Employment is contingent on clear criminal and driving abstracts, as well as clearances such as those with Adult Protective Services and Child Welfare Services. They must have proof of employment eligibility to work in the United States. A clinical nurse supervisor is employed to oversee that the best care is carried out through routine and random supervision.

It is important that Metro-Care continuously grow and adapt to the aging population and the ever-changing health care services and insurance policies. Health care service education and routine in-service workshops such as lifting/transporting/body mechanism and medical documentation, to name a few, are required of Metro-Care staff to maintain good employment status. Metro-Care Hawaii strives to maintain good quality service with compassion and care and to uphold our mission: "To provide the community in which we are so privileged to serve with top quality client-centered care providers who are full of **"ALOHA"**, promoting **Wellness and Independence**, while preserving their clients' **Dignity** in the comfort and safety of their familiar surroundings...in their homes and at the most cost-effective way possible." ☺



By Johnell Yamamoto  
RSVP Volunteer Services Coordinator

**R**SVP Advisory Council: The first meeting of the RSVP Advisory Council was held on June 28, 2012. Advisory Council Members **Kathy Kamo, Lei Shimizu, Patrick Sonoda, and Steven Yim** come from diverse backgrounds bringing with them knowledge of the human and social needs of the community and understanding of older adults, along with their interest in community service and volunteerism. The first meeting was an opportunity for Council members and RSVP staff to meet each other and to discuss an overview of the RSVP program, along with its needs and the role of the Advisory Council.

The purpose of the Advisory Council is to establish a formal structure for community participation in the RSVP program. Council members have the responsibility to plan, make decisions and act according to their roles as advisors to and supporters of the program. As the council members develop their roles, they will be able to offer help in fund-raising, publicity,

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programming for impact, volunteer recruitment and other RSVP efforts.

We are very excited about our relationship with the Council and look forward to developing this partnership to best serve our community and enhance our volunteers' experience. Stay tuned for updates and to learn more about our council members.

### **September 11th National Day of Service and Remembrance:**

This year, on the days leading up to and on September 11, 2012, Americans of all ages and backgrounds will participate in activities to pay tribute to 9/11 victims and heroes. We will honor their memories by joining together in service projects to meet community needs.

The Oahu Senior Corps programs, including RSVP, Senior Companion and Foster Grandparent, will be joining forces to participate in the Mayor's 9/11 Walk. The walk will take place on Sunday, September 9th, starting from the Honolulu Police Building, making stops along the way to the Fire Department, and ending at Honolulu Hale. Our volunteers can participate by offering assistance to, or walking in, the event. Please call 768-7700 to learn more details about this activity. ☎

# UNIVERSITY OF HAWAII ELDER LAW PROGRAM (UHELP)

*By Professor James H. Pietsch, UHELP Director  
Lenora Lee, PhD, UHELP Assistant Director*

**C**elebrating nearly 20 years of service to the university and to the community, UHELP is an integral part of the William S. Richardson School of Law at the University of Hawaii at Manoa and plays a vital role in educating students and in serving the community. Its goal is to enhance, protect and preserve the autonomy and independence of older persons through education, training and direct legal services. UHELP places particular emphasis on assisting socially and economically needy older persons and their caregivers.

UHELP has an attorney/professor, a program administrator/legal assistant and several student law clerks. It operates throughout the calendar year and provides basic legal assistance, advice and information. UHELP is not permitted to assist with business or criminal law matters or with personal injury or other fee-generating cases. You may qualify for services if you are 60 years or older and are socially or economically needy, or if you are a caregiver of an older person and need legal assistance on behalf of the older person. (Each case is evaluated according to its own merits and in accordance with staff capabilities)

As our population ages, the legal issues concerning caregiving have become very important. Older people are not only the recipients of caregiving; they are often caregivers themselves. One of our goals is to provide legal advice, referrals and brief services to caregivers and to their care receivers. Clients and families often contact UHELP for legal assistance on how best to avoid possible legal problems, access resources and put into place legal documents related to their health, wealth and personal independence.

This past Spring, UHELP received fund-

ing from EAD to launch a Veteran's Focus component to address the legal concerns of veterans' family members and caregivers. Its goal is to complement and help veterans and their caregivers address and improve their healthcare and social needs.

UHELP services include the following:

- Advance Healthcare Directives
- Simple wills-restricted to certain estate values
- Limited durable powers of attorney
- Planning for incapacity and death
- Counseling on end-of-life decision-making
- Information about public benefits
- Counseling on legal issues relating to elder abuse, caregiving and guardianship/conservatorship
- General legal information and referrals

Some types of cases we DO NOT handle are:

- Criminal Law (including traffic violations)
- Commercial or Income Producing Matters
- Personal Injury Matters

There are no fees charged for UHELP services; however, donations are welcome. Because of limited staff and resources, priority is given to the most needy of clients.

Visit our website at [www.hawaii.edu/uhelp](http://www.hawaii.edu/uhelp). There you will find Advance Health Care Directive forms, a copy of our booklet, *Deciding What's Next?*, and soon to be fillable application forms for legal services, simple wills, and limited durable powers of attorney.

To find out if we can help you, please call **956-6544 (FAX 956-9439)** or write us:

University of Hawai'i Elder Law Program  
2515 Dole Street, Honolulu, HI 96822 ☎



# HAWAI'I FAMILY SERVICES, INC.

By T. Kau'i Teixeira  
Associate Administrative Director



**H**awai'i Family Services, Inc. is a private non-profit agency formed in 1984 in response to a community based effort to provide programs for the prevention of family violence and child abuse. Hawai'i Family Services has since expanded into other family strengthening programs.

Our mission is to provide family centered services that promote safety and well being of children and their families.

**Ho'omohala Ikaika o ke Kaiaulu** (*Uncovering the Strength of the Community*) is the motto we stand by. Our agency consists of a community based board of directors that represents businesses, social services providers, and consumers.

Our main project is our **Tutu Support Services** which the group has named "**Tutus In Control.**" It is a support group for grandparents who are raising their grandchildren and is intended to empower families and grandparents as caregivers. The group meets every Thursdays at 9:30 a.m. for about two and a half hours. There is no cost to attend the group and free childcare is also provided.

The group consists of two parts. The first is the support sessions, and the other is the educational/informational part. Grandparents have the opportunity to attend the weekly groups to

share knowledge & strengths and learn about possible resources that will assist with the challenges of caring for children again.

Some of the activities, projects, and topics that the group has covered are as follows:

- Developed the Grandparents Bill of Rights
- Medicare/ Medicaid Coverage
- Hawaiian Language/Culture
- Children with Special Needs
- Lending Library & Resource Center
- Parenting Techniques
- Healthy Cooking Classes
- Potting & Planting
- Budget Management
- Arts & Crafts

Some of our sessions consist of "talk story" days where the tutu pick a topic and share their mana'o (feelings). They learn from each other's experience, as well as support those who are going through similar situations. To be able to sit in a group of peers that know and understand what you are going through (in having to raise children all over again) makes it easier to share and relate to.

Although this contract is for grandparents who are over 55 years of age or older, our group is open to any grandparent no matter what their age, who are raising their grandchildren. We do not have a waitlist for services. We try to meet the material needs of the grandparents through the donations received for the Thrift Store we manage. Two of the grandparents in our tutu support group continue

## Our tutu who are raising their grandchildren, as well as their great grandchildren.

Two of the three grandchildren that have been raised by their grandparents for the last ten years. One of our tutu with her great-grandson who she helps care for.

to volunteer their time one morning a week in the Thrift Store.

**Other projects that our agency oversees are:**

### Na Keiki O Ka Mo'i Canoe Club:

Na Keiki O Ka Mo'i Canoe Club is a multi-generational ocean activity that involves both family and community. Participants learn about the Hawaiian culture, respect for each other and the environment, team building, and they develop a sense of unity and cultural pride. Entire families are seen interacting and working together as a team.

### St. Philip's Thrift Shop:

Hawai'i Family Services assists in the operation and management of the thrift shop located on the grounds of St. Philip's Episcopal Church and is staffed by our volunteer program. Volunteers will gain working skills which may include retail sales, customer relations, and store management. Hours of operation vary due to volunteer help.

**Projects are funded by:** City & County of Honolulu-Elderly Affairs Division & Executive Office on Aging, Kamehameha Schools, Queen Lili'uokalani Children's Center, AARP, St. Philip's Church, and individual donations. ☺

## Hawai'i Family Services, Inc.

### Ho'omohala Ikaika o ke Kaiaulu

*"Uncovering the Strength of the Community"*

87-227 St. John's Road • Wai'anae,  
Hawai'i 96792

Phone: 808 696-3482

Email: hawaiifamily@hotmail.com



# CALENDAR OF EVENTS 2012

## SEPTEMBER 2012

**5 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 in their 10-digit membership card number. A valid driver's license is also required. A Certificate of Completion will be issued to each attendee at completion of the course. Registration is required.

Waikiki Community Center, **923-1802**, Wed, Sep 5, 9 a.m. - 1 p.m.

Lanakila Multipurpose Senior Center, **847-1322**, Fri, Sep 7, 9 a.m. - 1 p.m.

Queen's Medical Center, **537-7117**, Sun, Sep 16, 9 a.m. - 1 p.m.

Kaiser Honolulu Clinic, **628-9438**, Tue, Sep 25, 12 noon - 4 p.m.

**13 DPR Bowling Tournament**, Thu, Sep 13. Call **973-7258** for more information and registration.

**21 Prevent Falls**, Fri, Sep 21, 9 a.m. - 11 a.m. Attention Plus Care, Hawaii Kai Retirement Community. Are you or a loved one at risk for a fall? Falls can change the quality of an elder's life in an instant. A registered nurse will provide some simple steps to prevent falls in the home and community. "Aging in Hawaii" is an educational outreach program sponsored by Attention Plus Care with the mission to provide resources for seniors and their families. Classes are free, but space is limited. Call **440-9372** for reservations.

**28 28th Annual Hawaii Seniors' Fair ~ The Good Life Expo!**, Fri - Sun, Sep 28-30, 8:30 a.m. - 4:30 p.m., Blaisdell Exhibition Hall. Over 275 exhibits; educational seminars, lectures and workshops; entertainment; exercise classes; cooking demonstrations; and much more. Free admission.

## OCTOBER 2012

**1 AARP Driver Safety Program**  
Waipio Kaiser Clinic, **628-9438**, Mon, Oct 1, 8:30 a.m. - 1 p.m.

**19 DPR Bowling Tournament**, Fri, Oct 19. Call **973-7258** for more information and registration.

**23 Safety for Seniors**, Tue, Oct 23, 9 a.m. - 11 a.m., Attention Plus Care, 1580 Makaloa St., Suite 1060. Don't be a victim of crime and conquer your fears. Learn to keep yourself safe in your home and community. Find out about ways to protect yourself from crime, financial exploitation, and con artists. Classes are free, but space is limited. Call **440-9372** for reservations.

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## NOVEMBER 2012

**3 4th Annual Central Oahu Health Fair**, Sat, Nov 3, 9 a.m. - 12 noon. Wahiawa Hongwanji Mission, 1067 California Ave. Exhibits and health monitoring. Free admission. Call Annette Kakazu at **622-4320** from 8 a.m. - 12 noon weekdays for more information.

**6 AARP Driver Safety Program**  
Kaiser Hawaii Kai, **628-9438**, Tue, Nov 6, 8:30 a.m. - 12:30 p.m.  
Waikiki Community Center, **923-1802**, Wed, Nov 7, 9 a.m. - 1 p.m.  
Kawaiahao Church, **522-1333**, Sat, Nov 17, 8:30 a.m. - 1 p.m.  
Queen's Medical Center, **537-7117**, Sun Nov 18, 9 a.m. - 1 p.m.  
Kaiser Honolulu Clinic, **628-9438**, Tue, Nov 20, 12 noon - 4 p.m.

**8 DPR Bowling Tournament**, Thu, Nov 8. Call **973-7258** for more information and registration.

**13 Diabetes Care**, Tue, Nov 13, 9 a.m. - 11 a.m., Attention Plus Care, 1580 Makaloa St. Suite 1060. Familiarize yourself with the risks, causes, symptoms, and treatments for this increasingly common disease. Learn from a registered nurse about blood glucose levels, the symptoms of hypo- and hyperglycemia, and discover how to prevent diabetic emergencies. Classes are free, but space is limited. Call **440-9372** for reservations.

**17 Mayor's Craft and Country Fair**, Sat, Nov 17, 9 a.m. - 2 p.m. Blaisdell Exhibition Hall. Free admission. For information, call **973-7258**.

## DECEMBER 2012

**3 AARP Driver Safety Program**  
Waipio Kaiser Clinic, **628-9438**, Mon, Dec 3, 8:30 a.m. - 1 p.m.  
Lanakila Senior Center, **847-1322**, Fri, Dec 7, 9 a.m. - 1 p.m. ☺

**ELDERLY AFFAIRS DIVISION**  
715 South King Street, Suite 211  
Honolulu, Hawaii 96813  
Phone: 768-7705

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

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Elizabeth Bethea

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



**Peter B. Carlisle**  
Mayor of Honolulu