



Kupuna Connections

Kapiolani Community College's TV Series Dedicated to Hawaii's Seniors and Their Families!

Hosted by Cullen Hayashida & David Nakamaejo

**May 27-August 14, 2008
Every Tuesday & Thursdays
2 PM on Channel 55 (1 hr)*
Oahu, Kauai, Maui and Hawaii**

Sample of Topics

- How Seniors Can be Hi-Tech
- Adult Day Care
- Residential Options for Seniors
- The Illuminated Life: Plans for A Productive Retirement
- City's Information and Referral Service for Seniors
- Keeping our Brains Healthy
- Update on Retirement and Assisted Living Facilities
- Why Volunteer? Volunteer Opportunities
- Home Care
- Meals on Wheels Program
- What Are Type II Care Homes?
- Respiratory Do's and Don'ts for Seniors

Call to suggest topics or issues that you would like to see on

Kupuna Connections

Oahu – Call (808) 734-9469

Email: cullen@hawaii.edu

* Schedule valid from May 27-August 14, 2008

This program is produced by Kapiolani Community College's
Center for Excellence in Learning, Teaching and Technology (CELTT)

Kupuna Connections
Summer 2008 – Cable Channel 55

Tuesdays 2:00 PM to 3:00 PM – O’ahu, Kaua’i, Maui, Hawai’i

(rebroadcast) Thursdays 2:00 PM to 3:00 PM – O’ahu, Kaua’i, Maui, Hawai’i

Month	Date	Session
May	5/27, 29	301: Physical Therapy
		304: Managing Your Medication
June	6/3, 5	302: Occupational Therapy on Home Modification
		303: Affordable Home Repair Loan Program
	6/10, 12	305: Walkers: What's Available? How to Select?
		306: Managing Arthritis Pain
	6/17, 19	209: End of Life Hospice Care
		210: Helping Seniors Prepare for Medical Emergencies
	6/24, 26	303: Affordable Home Repair Loan Program
		216: Respiratory Problems for Seniors
July	7/1, 3	301: Physical Therapy
		304: Managing Your Medication
	7/8, 10	302: Occupational Therapy on Home Modification
		303: Affordable Home Repair Loan Program
	7/15, 17	305: Walkers: What's Available? How to Select?
		306: Managing Arthritis Pain
	7/22, 24	209: End of Life Hospice Care
		210: Helping Seniors Prepare for Medical Emergencies
	7/29, 31	305: Walkers: What's Available? How to Select?
		216: Respiratory Problems for Seniors
Aug.	8/5, 7	301: Physical Therapy
		304: Managing Your Medication
	8/12, 14	302: Occupational Therapy on Home Modification
		303: Affordable Home Repair Loan Program