



ALOHA PUMEHANA

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Department of Community Services • Jeremy Harris, Mayor • City & County of Honolulu

EAD WELCOMES NEW CAREGIVER AGENCIES

By May Fujii Foo

In November 2000, the United States Congress authorized a new section of the Older Americans Act. The National Family Caregivers Support Program recognizes the need to support caregivers of elder family members who are 60 and older and grandparents/older individuals who are caring for relatives 18 years and younger. Under this program, three additional agencies were awarded contracts by The Elderly Affairs Division (EAD) that began on July 1, 2004.

Hawaii Family Services provides individual and group counseling and respite to caregivers 60 years and older caring for grandchildren 18 years and younger. In addition, their Na Tutu Assessment project will conduct six focus groups in the Waianae and surrounding areas to determine the needs of grandparents in their caregiving roles. Phone: **696-3482**.

The Institute for Family Enrichment provides caregiver support services to grandparents raising grandchildren in the Waipahu and surrounding areas. Phone: **235-0258**.



provides respite services by extending their adult day care hours in Waianae and Honolulu to early evenings for caregivers caring for elders 60 years and older. Phone: **696-4944**.

The University of Hawaii Elder Law Project will offer group and individual counseling to caregivers of elderly individuals 60 years and older. In addition, a supplement to the "*Deciding What If*" handbook, specifically designed to assist caregivers with legal issues affecting their caregiving responsibilities, will be published. Phone: **956-6544**.

Services that are continuing for FY 2005 include:



Aloha Chapter offers educational/training sessions to help caregivers increase their skills when dealing with individuals at various stages of the disease. Phone: **591-2771**.

The Sister Maureen Intergenerational Learning Environment's **Franciscan Adult Day Care** program offers a "C.A.R.E. Club,"



which includes a wide range of caregiver support, education and training services. Phone: **988-5678**.

Child and Family Service - Honolulu Gerontology Program's **Ohana Care** provides case management, counseling, education and training in an all-inclusive family unit. It includes supplemental services - services provided on a limited basis to complement the care given by caregivers. Phone: **543-8468**.

Kokua Kalihi Valley's Elderly Program (KKV) provides respite and caregiver support services. Subsidies to purchase additional hours of respite are available. Phone: **848-0977**.

The Moiliili Hongwanji Mission **Project Dana** "Caring for the Caregiver" services nurture family caregivers by providing relaxation, therapeutic and informational sessions in group settings. Included are periodic social outings and other activities. Trained volunteers provide respite and transportation services. Individual counseling is also available. Phone: **945-3736**.

For more information about these and other contracted agencies, call the Senior Hotline at **523-4545**.

IN THIS ISSUE . . .

EAD WELCOMES NEW CAREGIVER AGENCIES	1
ONE FAMILY'S STORY	2
HEALTH MAINTENANCE PROGRAM	2
THE ECONOMICS OF AGING: FINANCING THE GOLDEN YEARS	3

CAREGIVER'S CORNER	4
SPRINT LAUNCHES INNOVATIVE CAPTEL RELAY SERVICE FOR HARD OF HEARING COMMUNITY IN HAWAII	5
AARP TAX-AIDE	6
BITS & PIECES	6
CALENDAR OF EVENTS	7

(This article presents information on a new service provider in the EAD family caregiver support network. The Adult Day Program of Waianae Coast Comprehensive Health Center began its contract services on July 1, 2004. Editor)

ONE FAMILY'S STORY

By Rosanna Evers

How did this happen?

We used to be such a close, happy family. Dad was the center of our lives. My favorite childhood memory was hearing the front door open when he came home from work and his voice calling out for me, "where's my princess."

Mom and Dad have been married for 32 years. They were always such a loving couple, the envy of all their friends.

Now our home is a battlefield. Dad is always angry, out of control and impossible to live with. My God, he even needs diapers! I don't know how Mom and I will continue to cope with this. I work full time and have a family of my own. My baby is only 6 months old. I can only help once in a while so Mom is his full time caregiver.



She can't go on this way. It is beginning to affect her health. She is with him day and night. She can barely get out of the house to go to church on Sunday. She can only go because I relieve her for a few hours.

It even got to the point where the family was talking about placing Dad in a nursing home. This couldn't be right. He worked hard all of his life and should have the right to continue to live in his home.

That was six months ago. Now life has become a little easier. Dad has begun to attend the Adult Day Care program of the Waianae Coast Comprehensive Health Center, Hale Kako'o Monday to Friday and Maili Ola on some weekends and holi-

Now Mom can take care of the house, do the shopping, and still get the rest she needs. Dad comes home each day full of stories about his day. He has dementia and other age related conditions, so life will continue to be a challenge but at least, for the time being, we are able to keep him at home.

The Waianae Coast Comprehensive Health Center manages five Adult Day Programs:

1. **Maili Ola - Waianae**
7 days per week and all Holidays
7:30 a.m. to 7:00 p.m.
2. **Hale Kako'o - Honolulu**
Monday to Friday
7:00 a.m. to 7:00 p.m.
3. **Pekelo Hale - Wahiawa**
Monday to Friday
8:00 a.m. to 4:00 p.m.
4. **North Shore Hale - Waialua**
Monday to Friday
8:00 a.m. to 5:00 p.m.
5. **Pearl City Hale - Pearl City**
Monday to Friday
6:30 a.m. to 5:00 pm

For more information, call **Rosanna Evers** at **227-2178**.

HEALTH MAINTENANCE PROGRAM

By Reg Foster, Group Member

Last November my neighbor Fusa begged me to take her to an exercise class. She had heard about the Honolulu Gerontology Program's class from her sister who goes to a one-hour, two-mornings a week class at a nearby senior center. I said okay, figuring I'd just watch for a bit, do some shopping, and pick her up when class was pau. Didn't happen. The group and exercise leaders were so welcoming that I did the exercises and stayed for the half-hour program afterward.

Maybe I didn't need the finger-flexing exercises or turning my head

from side to side (but when I had a stiff neck one class day, that exercise made it go away). After all, a few in the class are in wheelchairs or sport canes and I can navigate normally. But, oh boy, some of the standing exercises were challenging because of my arthritis and a herniated disc in my spine! Of course, I'm supposed to do those kinds of exercises at home, but with no motivation... The exercise leader addresses all parts of our bodies, gets us moving, and gives us weights, sticks and balls to improve our strength and flexibility. And she makes it fun. We talk about food, American Idol, all kinds of things and count in several languages while we follow and exercise to music from a boombox. At some point, Harold tells a joke and spouts snippets of wisdom. He has some

good ones! So we don't get dehydrated (from exercise or yakking?), we are given water after the first half hour.

We're a good group. We are a melting pot of ethnicity: local-born Japanese, Chinese, Portuguese; European-mixed Caucasians from the mainland; and a lady from Indonesia. Some are quiet and reserved, others are gregarious, and most are somewhere in between. The important thing is that we all enjoy the class and each other.

Judy and class members bring articles, photos, keepsakes, ceramics and other crafts they have made, flowers and fruit, souvenirs and best of all, goodies to share. Madge brings lovely flower arrangements for the month's birthday people. Our best kickers are Isao and Lucia. But one day, Harriet, Fusa's sister

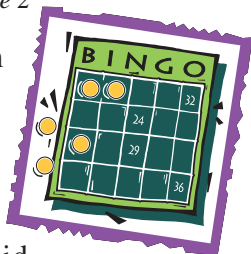
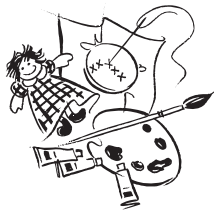
Continued on page 3

visiting from Florida, enticed John (who must be helped to get up and sit down) to dance with her and did they cut a rug with the jitterbug!

Each month we have a social (a delicious lunch) and play bingo. So far the highlight was a Christmas luncheon with spouses/guests at PahKe's Chinese restaurant, complete with entertainment and wonderful prizes (some beautifully handmade). People offer to bring dishes, or just bring them. All are great cooks.

We are all expected to bring a prize for bingo. These usually range from chips and candy to canned soup, meats or vegetables to kleenex and paper towels. I'm amazed how Judy can fit bingo into a half hour. We start with the usual five-letter bingo. Each person bingos eventually and picks a prize. Then it's a blackout, and the first to bingo with the entire card gets a grand prize that Judy has brought or put together.

Our other programs run the gamut from word and thinking stints, ball games, discussions on specific subjects and talk story to health issues with student nurses, a natural-apple juice maker, a hydroponics how to resulting in gorgeous leaf lettuce and other greens, electronic response mechanisms for fragile seniors, the Steptaculars, retirement and assisted living arrangements. Personally, I find all our programs entertaining, interesting, helpful and worthwhile.



The Economics of Aging: Financing the Golden Years

By Deborah A. Jackson, Eldercare Hawaii, HPGS Publicity Committee

The senior population is exploding around the world. Hawaii has the most rapidly increasing population of kupuna in the U.S. and the longest average life span. By 2011, the first Baby Boomers will reach 65, a significant demographic shift. Now many more are experiencing life spans closer to 80, 90 and even 100 years! How will people meet the challenges of maintaining financial security, good health and happiness during their extended golden years? How do life investments in healthy behaviors and disease prevention efforts, financial management and retirement planning, and balancing life's pleasures and priorities pay dividends toward long-term health and well-being in these years? What are the economic implications of the aging population for government, community programs, and businesses?

The national political and economic climate is challenging and changing many of the assumptions under which both the business community and those providing aging and adult services are operating, compelling both to find innovative new approaches to confront the challenges of caregiving, the aging workforce, and an aging society.

The Hawaii Pacific Gerontological Society will address these questions and more at their 13th Biennial Conference on the "Economics of Aging: Financing the Golden Years," October 7 and 8 at the Radisson Waikiki Prince Kuhio Hotel.

John Rother will present the keynote address "New Challenges

for a New Generation" on Thursday, October 7. Mr. Rother is the Director of Policy and Strategy for the AARP, responsible for the federal and state public policies, international initiatives, and for formulating AARP's overall strategic direction. He is an authority on Medicare, managed care, long-term care, Social Security, pensions and the challenges facing this newest generation of seniors.

John Migliaccio, Ph.D. presents Friday, October 8th on "Ebenezer Scrooge Meets Snow White: Innovation and the Aging Network." Dr. Migliaccio is President of the American Institute of Financial Gerontology and has consulted for many of the nation's leading financial services and public sector organizations as President of Maturity Mark Services of New York. He has also served on the Board of Directors of the American Society on Aging and was a founding member of ASA's innovative Business Forum on Aging.

A third keynote speaker, **Paul Pearsall**, Ph.D., will close the event on Thursday, October 8 with "Glowing Old—Savoring Our Senior Years." Dr. Pearsall is an author, lecturer, clinical neuropsychologist and a specialist in the study of the healing mind.

The conference features workshops and panels featuring many of Hawaii's leading experts in aging issues, to include:

- *Drug wars: Helping Consumers Obtain the Drugs They Need at a Price They Can Afford*
- *Aging Boomers and Future Workforce Issues*
- *Elder Abuse, Neglect and Financial Exploitation*

For updated information, call Conference Chair **Mernie Miyasato-Crawford**, LSW, at 433-2771 or HPGS President **Lei Shimizu**, MSW, at 832-0340 or visit www.hpgs.org.



CAREGIVER'S CORNER

By Lorraine Fay

Some adult children become a caregiver overnight; others only gradually become more involved with their older relatives. However you become a caregiver, your greatest asset is knowledge. When you first start helping family members, you may only need to know about resources in the community, like transportation services and group dining sites. As you do more hands-on care, you may need to know more about personal hygiene or how to move someone without hurting either of you. There are little things we do for ourselves everyday that we don't even think about...until we try to do them for another person. How do you help them brush their teeth or get up from a soft chair? And if they have memory loss, how do you cope with all those issues?

Where do you begin to learn how to give care to your loved one? There are many options in addition to one day events like the recent caregiver conference. The American Red Cross, Alzheimer's Association, some adult day centers, hospitals and community colleges offer courses especially designed for caregivers and at times that are convenient.

Another option is to attend one of the many support groups on the island. Some groups offer information and tips to people dealing with specific diseases and conditions. Other groups focus on general caregiving, and their members offer each other support and advice that has worked for them. Many groups bring in experts to talk about the latest advances or newest services for helping patients.



We also invite you to use our lending library of books and videos. We have videos that show the proper way to provide hands-on care, like how to give a bedbath or communicate with a person who has dementia, aphasia or hearing loss. Others cover fall prevention and medication management. The great thing is that you can view these at home as many times as you like. You can take two at a time for 10 days, with a \$5.00 deposit on each. You can also borrow one of our new books, such as *The Complete Eldercare Planner*, *The Comfort of Home*, and *The Fearless Caregiver*.

If you go online, there are many websites you can explore. Some of these are listed in our new *Family Caregiving Guide*, now available in our office for pickup or downloaded online at www.elderlyaffairs.com. The publication includes educational opportunities, support groups, and other information for caregivers.

When you don't know where to start, call us. As the Area Agency on Aging, we are aware of the resources on Oahu. You don't even have to know what to ask for. Just

tell us the situation and we will suggest services and programs that can help you. There is a wealth of information out there available in many formats. Don't wait too long to take advantage of it, thinking, "I just don't have time" or "I don't need it yet." Take a few minutes now to learn more about your role as caregiver: it will save you time, money and health in the long run.

IN OTHER NEWS...

By May Fujii Foo

A capacity crowd of over 800 caregivers and community members recently gathered at the Sheraton Waikiki Resort to attend the 3rd *Caring for Family, Caring for Yourself: A Caregivers Conference*, where they learned about available resources and information to help ease their caregiving roles.

The Saturday conference afforded caregivers a chance to participate in 21 concurrent sessions that not only

Continued on page 5

The Honolulu Advertiser
presents the
20th ANNIVERSARY
HAWAII Seniors' FAIR
The Good Life Expo

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Blaisdell Exhibition Hall

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Danny Kaleikini

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provided essential knowledge and hands-on skills on how to make a home caregiver friendly or how to monitor prescription drugs but also techniques on how to deal with stress and coping, how to handle difficult behaviors, and how to avoid burnout through music therapy. Caregivers also learned about money management resources and the latest information about tax deductions and credits associated with caregiving.

Guest speaker, **Leland White**, National Director of State Operations for AARP, gave an inspiring account of his own caregiving experience. In his keynote address *Keeping Things Together Without Falling Apart: A Caregiver's Story*, he spoke of how his family modified their lifestyles and how his wife's affliction with Multiple Sclerosis affected each family member's relationship with her and with each other.

Caregivers networked with 49 exhibitors featuring a variety of informational resources such as home care options and meals programs to day care centers and health insurance. Participants also indulged in an assortment of self-care activities including aromatherapy, lomi-lomi and shiatsu massages, bio-magnetic and healing touch techniques, plus best practices of foot care.

Sponsored by AARP, ALU LIKE, Inc., HMSA, Hospice Hawaii, and the Elderly Affairs Division, the conference was focused on supporting



Pictures, Left to Right:

- KCC Health Sciences student gives a caregiver a much needed massage.
- May Fujii Foo receives a Certificate of Appreciation from Guest Speaker, Leland White.

Bottom: Carina Gallardo and Eric Saunders explain the Lanakila Meals on Wheels Program to conference attendees.

caregivers by providing them tools that have a positive impact on the caregivers and their family members. The health and well-being of caregivers are more important than ever because of the large number of family members taking care of older persons. Support enables them to be effective and allows them to continue providing care. It's a sound investment in people with compassionate and caring hearts.

SPRINT LAUNCHES INNOVATIVE CAPTEL RELAY SERVICE FOR HARD OF HEARING COMMUNITY IN HAWAII

By Jane Knox, TRS Account Manager

Sprint, the leading provider of telecommunications relay services (TRS), recently launched CapTel Relay Services for those who are hard of hearing, have experienced hearing loss later in life or deaf individuals with good vocalization skills. CapTel (Captioned Telephone) essentially provides live captioning of phone conversations, allowing users to ensure they receive and understand the full context of any call. Hawaii was the first state to launch CapTel to their hard-of-hearing community. Today, CapTel is also available in 13 other states and for federal government employees.

CapTel Relay Service is a leading-edge technology that allows people to receive both voice and text captioning, nearly simultaneously. A special CapTel-equipped phone is required in order to place a call through the CapTel Relay Service. The CapTel phone works like any traditional phone with callers talking and listening to each other, but with one very significant difference—captions are provided live for every call. The captions are displayed on the CapTel phone's built-in screen so the user can read the words while listening to the voice of the other party. The conversation can flow naturally, allowing for normal interruptions and expressed emotions. CapTel service is free and available 24 hours a day, seven days a week, 365 days a year.

As the user dials the phone number of the person they wish to call, the CapTel phone automatically routes their call through the CapTel call center and connects them to their called party. At the call center, a specially trained operator (a captionist) uses a customized voice-recognition computer and re-voices whatever is said by the called party. The voice-recognition software transcribes the operator's voice into captions that appear on the CapTel's bright display screen for the user to read. The user also hears the other party's voice on the phone to the best of their ability, just like any other amplified phone.

For more information, log on to www.sprintrelay.com or www.relayhawaii.com or contact **Jane Knox** at jane Knox@mail.sprint.com or TTY 808-847-9012.



Are you one of those rare individuals who is fearless when confronted with numbers? AARP Tax-Aide is looking for you to join its team of tax counselor volunteers.

QUESTIONS MOST COMMONLY ASKED ABOUT AARP TAX-AIDE

1. What is AARP Tax-Aide?
AARP Tax-Aide program is the nation's largest, free income tax counseling service operated by volunteers for moderate and low income persons with special attention to those 60 years and older. Volunteer Tax Counselors prepare basic state and federal income tax returns, including

itemized deductions and income from interest, dividends and sale of stock. Taxpayers with more complex returns are asked to seek other assistance.

2. Can anyone be a Tax-Aide Counselor? What experience do I need? Anyone can be a tax counselor and no accounting or tax preparation experience is required. Comfort in working with numbers is important. Free and in-depth training is given in January and an IRS exam is taken at the end of the training. In addition to training in basic tax preparation, free training in use of computers to prepare and electronically file tax returns is also available. Experienced volunteers will work with and provide

support and help to new counselors.

- 3. Are the volunteers trained?** Every Tax-Aide counselor must successfully complete a course prepared by the Internal Revenue Service and pass a test. Counselors are also given instruction in State of Hawaii tax preparation.
- 4. Is there any charge for this service?** None whatsoever.
- 5. Whom should I call for information if I am interested in joining the AARP Tax-Aide program?** Please call **Bankole Idowu (836-3439), Pat Henderson (955-5776), or Toll Free (1-888-227-7669)** and leave your name and phone number. One of our volunteers will return your call.



By Tony Baccay

HOUSING GUIDE AVAILABLE ON INTERNET

Do you, a family member or friend need affordable rental housing but don't know where to look?

The Oahu Housing Guide was developed by the City's Elderly Affairs Division (EAD) to help elders and their families find housing that meets their needs. The guide is a continuously updated database of over 140 affordable rental housing projects, emergency and transitional shelters, retirement communities and assisted living facilities.

Information is available regarding ownership (public vs. private), management, who to contact for an application, residential mix (elderly only, family and retirement), number of units, rental rates, rental assistance programs,

eligibility, on-site services, ability to continue living in unit if one partner should die, and medical resources.

Rents vary from 30% of a tenant's income to a fixed rent that may increase if the tenant has a higher income. Call or visit the project to verify the rent you might pay, get other current information, or complete an application. The guide is for informational purposes only and is not a guarantee of availability.

For additional information or questions, call Catholic Charities Hawaii Housing Assistance Program at **595-0077 ext 104** or **Pat Tompkins**, Chief Planner at EAD, at **523-4546**. The Oahu Housing Guide is available at www.elderlyaffairs.com

NEW MEAL DELIVERY ROUTE TO OPEN IN EWA

The Hawaii Meals on Wheels Program will be opening a new delivery route in the Ewa area. Tentative start date is September or October. Applications are currently being accepted from potential clients and volunteers. Meals are delivered hot, ready to eat. There is no age restriction to receive meals. Clients must be frail elders or individuals

with disabilities who are homebound, unable to cook or shop and have limited social support to assist with cooking or shopping. For more information, call **988-6747**.

ADMINISTRATION ON AGING VISIT

Anna Cwirko-Godycki and **Fong Yee**, Program Specialists from the Administration on Aging (AoA) Region IX office in San Francisco, recently visited three EAD programs on July 9th. Accompanied by **Wes Lum** of the State Executive Office on Aging and EAD staff, **May Fujii Foo**, they visited the Waianae Coast

Continued on page 7

NEED HELP WITH HOUSING?
(For Seniors 60+)

**Catholic Charities Hawaii
Housing Assistance Program
595-0077 Ext 104 - Intake**

WE CAN HELP:

- Counsel re: Affordable Options
- Create a plan to obtain housing
- Help to weigh pros & cons of projects
- Help with housing applications/ follow-up
- Inform you re: Current waitlists for projects

Comprehensive Health Center and Hawaii Family Services. The AoA staff was impressed with the variety of programs and services that are available in the Waianae/Leeward area.

Seniors from the Lanakila Meals on Wheels group dining site at the Waianae District Park greeted the visitors with beautiful handmade leis. Throughout the luncheon, they were entertained with songs.

HAPPY RETIREMENT!

Estelle Punley, a Kupuna Care Intaker, retired on August 1, 2004 after 12 years of service with EAD. She started with the Department as a Community Service Aide who concentrated on serving the



Estelle Punley

frail and homebound in the Central Oahu and North Shore areas. In this capacity, she conducted door-to-door outreach providing information to seniors and their families of services available in their communities. Born in Lanai City and raised in Whitmore Village in Wahiawa, she and husband Kenneth have been married for 44 years and have 7 children, 16 grandchildren and 14 great-grandchildren. Asked what she would like to do now that she retired, she stated, "I am really a homebody. I enjoy cooking, cleaning, gardening, singing and dancing. My goal in life now is to seek the spiritual side of me and how I can help and serve others by being a better person." Good Luck and enjoy your well-deserved retirement!

EXERCISE YOUR RIGHTS—VOTE!

Make your votes count! Dates to Remember: Saturday, September 18, 2004 is the Primary Election; Monday, October 4, 2004 is the last day to register to vote for the General Election. Tuesday, November 2, 2004 is the General Election. For more information, visit www.hawaii.gov/elections or call the Voting Information office at **523-4293**.

Calendar of Events 2004

September

- 18 AARP Driver Safety Program.** Kaiser Health Center - Hawaii Kai, **432-2260**, Sep 18, 8 a.m.-12 p.m. ■ St. Francis Medical Center - West, **547-6410**, Sep 18 & 25, 9 a.m.-1 p.m. ■ Queen's Medical Center, **547-4823**, Sep 19 & 26, 9 a.m.-1 p.m. ■ Honolulu Kaiser Clinic, **432-2260**, Sep 21 & 28, 12 p.m.-4 p.m. ■ Waianae Methodist Church, **668-7160**, Sep 22 & 23, 8:30 a.m.-12:30 p.m.
- 24 20th Annual Hawaii Seniors' Fair: The Good Life**, Friday-Sunday, 24-26 Sep 2004, 8:30 a.m.-4:30 p.m., Blaisdell Exhibition Hall. Showcase of products, services, facilities, and programs designed for the 50-plus community. Features exhibits, seminars, entertainment, exercise classes, cooking demonstrations, and much more. Free. For more information, call Production Hawaii at **832-7878**.

October

- 2 AARP Driver Safety Program.** St Francis Hospital (Liliha), 547-6410, Oct 2 & 9, 8:30 a.m.-12:30 p.m.; Mililani Kaiser Clinic, 432-2260, Oct 2 & 9, 9 a.m.-1 p.m. ■ Lanakila Multipurpose Senior Center, **847-1322**, Oct 13 & 15, 8 a.m.-12 p.m.
- 5 Re-Discover Waikiki**, Monday-Wednesday, 11-13 Oct 2004, Ocean Resort Hotel. Renew friendships, create new friends and rediscover the many secrets of Waikiki. For more information, please call **973-7258**.
- 7 Economics of Aging: Financing the Golden Years**, HPGS 13th Biennial Conference, Thursday and Friday, 7-8 Oct 2004, Radisson Waikiki Prince Kuhio Hotel. For more information, call Mernie Miyasato-Crawford at **433-2771** or Lei Shimizu at **832-0340**.
- 9 9th Annual Discover Moiliili Festival**, Saturday, 9 Oct 2004, 9 a.m. - 2 p.m., Stadium Park in Moiliili. Enjoy crafts, food, entertainment, children's activities, and storytelling. For more information, call **955-1555**.

November 2004

- 1 AARP Driver Safety Program.** Hawaiian Eye Center-Wahiawa, **621-6369**, Nov 1 & 8, 8 a.m.-12 p.m. ■ Kapahulu Senior Center, **737-1748**, Nov 6 & 13, 8:30 a.m.-12:30 p.m. ■ St Francis Hospital-Liliha, **547-6410**, Nov 6 & 13, 8:30 a.m.-12:30 p.m. ■ Mililani Kaiser Clinic, **432-2260**, Nov 6 & 13, 9 a.m.-1 p.m. ■ AARP Information Office, **843-1906**, Nov 12 & 19, 12 p.m.-4 p.m. ■ Kaiser Health Center-Hawaii Kai, **432-2260**, Nov 13 & 20, 8 a.m.-12 p.m. ■ Hawaii Public Radio, **955-8821**, Nov 13 & 20, 9 a.m. -1 p.m. ■ Queens Medical Center, **547-4823**, Nov 14 & 21, 9 a.m.-1 p.m. ■ Waianae Methodist Church, **668-7160**, Nov 17 & 18, 8:30 a.m.-12:30 p.m. ■ St Francis Medical Center-West, **547-6410**, Nov 20 & 27, 9 a.m.-1 p.m. ■ Honolulu Kaiser Clinic, **432-2260**, Nov 23 & 30, 12 p.m.-4 p.m.
 - 9 Show and Sell (Mini Bazaar)**, Tuesday, 9 Nov 2004, 8 a.m.-11 a.m., Lanakila Multipurpose Senior Center. For information, call **847-1322**.
 - 13 Mayor's Cultural Festival**, Saturday, 13 Nov 2004, 9 a.m.-1 p.m., Blaisdell Exhibition Hall. Food, Arts & Crafts, Christmas tree and wreath display contest. Free admission. For more information, call **973-7258**.
 - 18 LMPSC 35th Anniversary Celebration and Thanksgiving Program**, Thursday, Nov 18, 9:30 a.m.-11 a.m. Royal Hawaiian Band, bento lunches, parade of ethnic clubs. Reservations required. For more information, call Lanakila Multipurpose Senior Center at **847-1322**.
- ## December
- 4 19th Annual Honolulu City Lights**, Saturday, 4 Dec 2004. Food, Entertainment, Electric Light Parade, Christmas Tree Lighting Ceremony, Outdoor Concert, Santa Claus. Free admission.
 - 14 LMPSC Christmas Program**, Tuesday, 14 December 2004, Pacific Beach Hotel. Doors open at 9 a.m. Club members only. Reservations required. For more information, call Lanakila Multipurpose Senior Center at **847-1322**.

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

- Kauai Agency on Aging** 1-808-241-4470
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** 1-808-565-6282

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

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JEREMY HARRIS, Mayor
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