

HCOA Vision: Age with Honor. HCOA Mission: Help older individuals live independently with dignity.

## Hawai'i County Office of Aging Report April 2019

### Hawai'i Island "No Wrong Door" In Action

Janus Garramone and Ravi, her son with severe disabilities, were living a life filled with love as Kapoho residents for over thirty years until the Kilauea eruption in 2018. Their home was five streets away from infamous fissure eight, and on May 30<sup>th</sup> another 40 residents were evacuated. Janus, and Ravi, who must be transported by ambulance, moved in with a friend in Hawaiian Paradise Park. Janus stated this was a blessing; and it turned out to be the first of many critical and compassionate connections. However, the air quality exacerbated Ravi's condition over time.

A rental property with a ramp and wide doorway necessary for Ravi to pass through with his legs outstretched was generously provided as a temporary shelter where they stayed for over eight weeks.

**Aloha Independent Living Hawai'i (AILH)** East Hawai'i Specialist Emily Bartlett-Henry reached out to Janus. Janus explained her son's 24x7 care team of nurses, CNAs and habilitation technicians dissolved because they also lost their homes or were otherwise impacted by the Kilauea eruption disaster. With great tenacity repeatedly demonstrated, Janus began rebuilding the team. Then, cost-prohibitive monthly rent loomed in April. Emily contacted AILH Executive Director Roxanne Bolden, a domino effect of cascading open doors spread as all community partners took action with great due diligence, taken to a higher level given government shutdown blockades into January 2019.

**Catholic Charities Hawai'i** Community Director Elizabeth "Beth" Naholowaa Murph opened the door stating: 'We can do this.' Janus au-

thorized access to financial records for funding and referral purposes and blissfully stated she now started to feel her mojo come back. Super.

Janus used her home insurance to buy a home in Hawaiian Paradise Park Kaloi area. The house had no ramp and Emily promptly contacted **HPM**, and Safety and Internal Control Manager Darrell Olivera immediately replied.

Olivera opened the door to HPM manufacturing team's labor to build the ramp and provide a forklift to lift Ravi's 500-pound wheelchair. A materials list was created in collaboration with **Gilbert Alquinaldo**. The \$10,000 list was vetted by HPM and Catholic Charities; Catholic Charities partially funded the need. Superb.

**Habitat for Humanity** joined in and initiated building the ramp. First-rate.

The **Salvation Army Hawaiian & Pacific Islands** Divisional Director of Emergency Services & Safety Victor Leonardi announced they would fund the full \$10,000. Outstanding.

The **Shriner's** partnered with HCOA ADRC in Hilo providing labor and space, respectively, to repair wheelchairs for Kilauea disaster victims and Ravi. Door to door. Excellent.

This ten-month, super-awesome success story of a mom and her boy with severe disabilities finding a home and a circle of support through the "No Wrong Door" Aging Network is a distinctive tribute to the Hawai'i County community and individuals collaborating as one. Ravi's unwavering, joyous spirit continues to infuse everyone he meets with heartwarming awareness of its utmost significance and its service.



HCOA programs are funded by the County of Hawai'i, the State Executive Office of Aging, and through Older Americans Act Title III funds.  
Silver Bulletin Editor: Mary McLaughlin



# Dr. Kimo's Did You Know?

## Pain Killers Beware

# A

Ioha Kupuna,

Did you know that the opioid (pain killer pills) epidemic is an issue of growing concern in Hawai'i County? All ages, including older adults, are feeling its impact. According to recent reports, over the past 20 years the hospitalization rate for kupuna misuse of opioids has skyrocketed. Each year there are about 70 opioid-related overdose deaths in Hawai'i. While it's common to have pain as we age, seniors need to be careful.

Overdose deaths account for nearly a quarter of all fatal injuries, which include deaths from prescription opioids. We all know a relative or friend who has been affected by drug misuse or addiction, including those who were taking a prescribed opioid as directed for pain relief.

Addiction isn't limited to young adults using illegal opioids, like heroin. Misuse of prescription opioids is a huge part of the problem. Misuse includes people with a prescription not taking it as prescribed and taking too many pills at once for example, or people without a prescription taking pills they get from a family medicine cabinet, friends, random strangers at a party or drug dealers selling pills illegally.

There is good news. In 2016, Act 68 (SLH-2016) was signed into law by Governor David Ige which provides immunity for healthcare providers who prescribe, dispense or administer Naloxone (which is an evidenced-based anti-opioid drug that can save a life for someone who has overdosed accidentally or purposely on pain medication.) Also, to reduce the negative outcomes of opioid use and misuse (e.g. overdose, hepatitis C/HIV infection) the State Department of Health and community partners will utilize public education messages and materials. These messages and ma-



terials will inform and educate patients, family members, and healthcare practitioners of the dangers of prescription drug misuse, and the use of Naloxone as an antidote for opioid overdose.

These public education efforts and materials will help individuals understand the risks associated with long-term use or misuse of opioids, and find appropriate treatment options that include pharmacotherapy approaches like the use of methadone, behavior therapy, and 12 steps narcotic anonymous (NA) programs.

If you or a loved one is affected by opioid addiction please call one of these help centers.

If you want therapy call **Big Island Substance Abuse Council (BISAC):** East Hawai'i - 935-4927, West Hawai'i - 322-3100, North Hawai'i - 887-2175.

If you want a 12 step program call **Narcotics Anonymous: East Hawai'i - 769-6016, West Hawai'i - 769-6016.**

If you want help with methadone call **Kū Aloha Ola Mau: Hilo - 961-6822 or Puna - 982-9555.**

Mahalo and Stay Safe,

C. Kimo Alameda, Ph.D.  
Executive  
Office of Aging

# Community Activities

## Are You a Caregiver for a Loved One with a Chronic Condition?

FOR IMMEDIATE RELEASE

BY CONTACT: Roberta Wong Murray (808) 557-8027

### RESPIRE CARE FOR FAMILY CAREGIVERS HCCN RECEIVES GRANT FOR PILOT PROGRAM



Hawai'i Community Caregivers Network (HCCN) has received a grant from West Hawai'i Healthcare Council to conduct a pilot program offering one family caregiver respite care for their loved one at no cost to the recipient.

HCCN has partnered with Regency Hualalai to provide a one week stay for the care receiver at the assisted living facility.

"Family caregivers taking care of a loved one with a chronic medical condition often find themselves overwhelmed and exhausted," said Heloise Lochman, HCCN President. "This pilot program is designed to give a family caregiver a break to take better care of oneself and avoid burnout."

To be eligible for consideration, the family caregiver must submit detailed information about their situation. For more information about the program, please call Kathy Weidner at (848) 459-3673 or email [kaweidner2012@gmail.com](mailto:kaweidner2012@gmail.com).

Formed in 1995, HCCN ([www.hawaiicaregivers.org](http://www.hawaiicaregivers.org)) is a 501(c) (3) nonprofit volunteer organization in West Hawai'i. Its mission is to promote, enhance and support caregivers through the sponsorship of educational and networking activities.

###



**Location:** Kona Community Hospital Kealakekua Conference Room  
**Dates:** Saturdays from April 6th to May 11th.  
**Time:** 9:00 a.m. to 11 a.m.

Powerful Tools for Caregivers (PTC) is a free series of six two-hour classes, led by a pair of certified community volunteers and designed to help family caregivers take better care of themselves. For full information, see [www.hawaiicaregivers.org](http://www.hawaiicaregivers.org).

This program helps family caregivers:

- ◆ Reduce stress
- ◆ Improve self-confidence
- ◆ Communicate feelings better
- ◆ Balance their lives
- ◆ Increase their ability to make tough decisions
- ◆ Learn about resources



Six PTC sessions are held once a week, with a limit of ten participants. Light snacks will be available. Pre-registration is required. To register, please call Kathy Weidner at 848-459-3673.

PTC is presented in West Hawai'i by Hawai'i Community Caregiver Network, which organizes the program and, in collaboration with University of Hawai'i Extension Maui, funds the project and provides class leader training and program evaluation.

# Community Health

## FREE Lā'au Lapa'au Workshops Across Hawai'i Island

### Hui Mālama Ola Nā 'Ōiwi

*Hawai'i Island Health Care System*



FOR IMMEDIATE RELEASE

BY CONTACT: Jasmine LeFever, Director of Community Relations & Special Projects  
(808) 969-9220; [jasmine@hmono.org](mailto:jasmine@hmono.org)

HILO, HI – March 4, 2019 – Hui Mālama Ola Nā 'Ōiwi (Hui Mālama) announces the 2019 series of Lā'au Lapa'au Workshops for Hawai'i island. The "Ho'omana Ke Ola Nā Kānaka 'Ōiwi" (*empowering the health of the Hawaiian people*) workshops provide the opportunity to learn about the ancient Hawaiian healing practices of Lā'au Lapa'au, Ho'oponopono, Lomilomi Ha Ha, and Lā'au Kahea. The workshops are led by Po'okela Ikaika Dombrigues who emphasizes the importance of empowering people to learn to improve their health with a focus on mind, body, and spirit, "Illnesses stem from stress, depression, cultural conflict, and lifestyle choices. The goal is to remind us of resources all around us that can help people take better care of themselves."

Workshop participants will learn about lā'au lapa'au, the ancient Hawaiian practice of using herbs and plants to heal the body. There

are over 3,500 different types of lā'au that can be used to treat a multitude of health conditions, including hypertension, diabetes, cancer, arthritis, and stress.

The practice of lā'au lapa'au has existed for thousands of years, but in modern day, the ancient knowledge is quickly disappearing. Without a commitment to sharing the 'ike (knowledge), lā'au lapa'au is at risk of being lost forever. Po'okela Ikaika began learning about the healing powers of lā'au lapa'au from a young age, with knowledge passed on from his kahuna and ancestors. He explains, "Lā'au lapa'au is a practice that's been in the Hawaiian islands for thousands of years. It has to do with natural herbs from the land, plants, animals, and minerals from the ocean. Through the power of pule (prayer), we apply it to our bodies. It's a very spiritual connection that falls upon the person who needs help." (continued next page)

Lā'au Lapa'au  
Workshop, Hilo,  
March 2017



# Community Health

## FREE Lā'au Lapa'au Workshops Across Hawai'i Island

Lā'au Lapa'au  
Workshop,  
Ka'ū, 2018



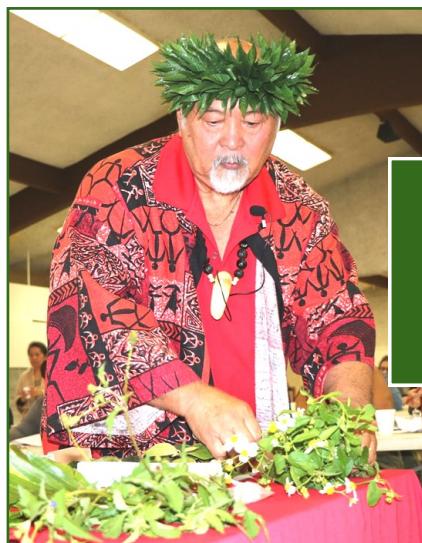
While learning to use lā'au for healing is a life-long lesson, starting with basic concepts and common lā'au with the community will increase the chance of preserving the important cultural health practice. The free workshops are open to the public and are offered March through July 2019 in Hilo, Waimea, Kona, Ka'ū, and Puna.

The lā'au lapa'au workshops are part of Hui Mālama Ola Nā 'Ōiwi efforts to preserve and share traditional Hawaiian health practices. The Traditional Health Program is dedicated to sharing the knowledge of Hawaiian cultural values, beliefs, history, and the practice of traditional kanaka maoli lapa'au (Hawaiian medicine). To learn more about upcoming workshops and classes, please contact the Hui Mālama Traditional Health team at (808) 969-9220.

### About Hui Mālama Ola Nā 'Ōiwi

Hui Mālama Ola Nā 'Ōiwi (Hui Mālama) is a 501(c)(3) nonprofit organization dedicated to improving the wellness & well-being of Hawai'i island so that all residents can Live Longer & Feel Better, Together.

Incorporated in 1991, Hui Mālama serves as the Native Hawaiian Health Care System for Hawai'i island, providing medical, behavioral health, and community education services with the sole objective of improving access to quality healthcare, education, and services for the people of Hawai'i.



Po'okela  
Ikaika  
Dombrigues

Hilo - Saturday, March 9, Aunty Sally's Luau Hale • 9am - 3pm  
Waimea - Saturday, April 6, Waimea Park Community Center • 10am - 3pm  
Kona - Saturday, May 4, Old Kona Airport Special Events Pavilion • 10am - 3pm  
Ka'ū - Saturday June 1, 2019, Ka'ū District Gym • 10am - 3pm  
Puna - Saturday, June 13, 2019, Pahoa Gym Patio Area • 9am - 3pm  
Light refreshments are provided. Participants are encouraged to bring their lunch.

Laukahi



Noni



# Community Activities

## 2019 Merrie Monarch Festival

### Hoʻolauleʻa (celebration)

Sunday, April 21st 9:00 a.m. at Afook-Chinen Civic Auditorium. Free admission to watch performances by our local hālau.

### Free Mid-day Entertainment

Daily Monday, April 22nd through Friday, April 26th.

Entertainment at the Grand Naniloa Hotel at 12 p.m., and the Hilo Hawaiian Hotel at 1 p.m.

### Hōʻike Performances

Wednesday, April 24th, 6:00 p.m. at the Edith Kanakaʻole Stadium. An exhibition night of hula and folk dance from around the Pacific. Performances free to the public.

### Group Hula Kahiko

Friday, April 26th, 6:00 p.m. at Edith Kanakaʻole Stadium. Hālau hula perform ancient style dances.

For more information please contact the Merrie Monarch Festival Office at 865 Piʻilani Street, Hilo, or call 935-9168, or visit: <https://www.merriemonarch.com/2019-festival-2/>



### Miss Aloha Hula

Thursday, April 25th, 6:00 p.m. at the Edith Kanakaʻole Stadium. Individual competition for the title of Miss Aloha Hula with contestants performing hula kahiko, hula ʻauana and oli (chant).

### Group Hula ʻAuana & Awards

Saturday, April 27th, 6:00 p.m. at the Edith Kanakaʻole Stadium. Hālau hula perform modern style dances, followed by an awards presentation for all group winners.

### Merrie Monarch Royal Parade

Saturday, April 27th, 10:30 a.m. One of the festival's most entertaining and fun events for the entire family. The Hilo parade begins and ends at Pauahi Street via Kilauea Avenue — Keawe Street — Waiānuenue Avenue — Kamehameha Avenue.

## Merrie Monarch Invitational Hawaiian Arts Fair

### Dates and Times:

April 24th through April 26th: 9:00 a.m. to 5:00 p.m.

April 27th: 9:00 a.m. to 5:00 p.m.

### Locations: Afook-Chinen Civic Auditorium & Butler Building

Annual favorite featuring local artists, crafters, cultural performances, entertainment.

Website: <https://www.merriemonarch.com/art-fair/>



## April 2019 CSE Senior ID Card Schedule

Date	Day	Time	District	Location
3	Wednesday	1 p.m. to 3 p.m.	Puna	Keaʻau Community Center
5	Friday	9 a.m. to 12 p.m.	Kona	Kona Commons McDonald's
8	Monday	9 a.m. to 11 a.m.	Hōne	St. Jude's Church
8	Monday	10 a.m. to 12:00 p.m.	Kohala	Kohala CSE "Old Bank of Hawai'i Building"
9	Tuesday	9 a.m. to 11 a.m.	Waimea	Lily Yoshimatsu Senior Center
9	Tuesday	9 a.m. to 12 p.m.	Kona	Walmart, Kailua-Kona
10	Wednesday	1 p.m. to 3 p.m.	Honokaʻa	Hale Hauʻoli Senior Center
24	Wednesday	9 a.m. to 12 p.m.	Kona	West Hawai'i Civic Center - Building B



# Community Activities

## Explore Your Hawai'i Public Libraries and Events!

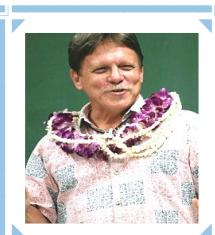
### ➤ Writer's Voices <



Date: April 3rd  
 Time: 6:00 p.m. to 7:30 p.m.  
 Location: Thelma Parker Memorial, 67-1209 Mamalahoa Highway, Waimea  
 Phone: 808-887-6067

Hawai'i Writers Guild presents an evening of stories and poetry by members & public..

### ➤ Hawaiian History Lecture with Boyd Bond: "Kapu and the Kupa System, Then & Now" <



Date: April 8th  
 Time: 6:30 p.m. to 8:00 p.m.  
 Location: North Kohala Public Library, 54-3645 Akoni Pule Highway, Kapaau  
 Phone: 808-889-6655

The final installment of a three-part series on Hawaiian history. Boyd Bond will talk about the word Kapu and the Kapu System and its ancient and modern implications.

### ➤ Hāmākua Friends of the Library Book Club: Choose Any Title By Poet Mary Oliver <



Date: April 11th  
 Time: 5:00 p.m. to 6:00 p.m.  
 Location: Honoka'a Public Library, 45-3380 Mamane Street, Building #3, Honoka'a  
 Phone: 808-775-8881

Second Thursday of every month. This meeting will discuss poetry by Mary Oliver.

## National Healthcare Decisions Day Set for April 16th



Community First, along with other national, state and community organizations, will be leading Hilo's effort to highlight the importance of advance healthcare decision-making. An Advance Health Care Directive workshop will be held on Tuesday April 16, the date that has been designated as National Healthcare Decisions Day, from 9 a.m. to 10:30 a.m. at Hawai'i County Office of Aging's Aging and Disability Resource Center, 1055 Kino'ole St., Hilo. Participants will be able to complete their Advance Health Care Directive, a legal document that expresses your end-of-life wishes. It is an important gift to your loved ones so that they won't have to guess what medical care you would want if you can no longer speak for yourself. Register online at <http://www.CommunityFirstHawaii.org/registration> or by calling Tony Kent at 292-4559 or Amy Hamane at 935-1500. Article submitted by Amy Hamane.

### One Visit, All Your Prescriptions

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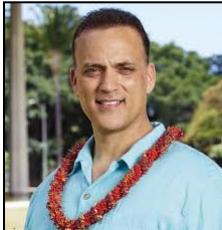
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**HCOA ADRC**  
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HCOA Phone: 808 961-8600  
ADRC Phone: 808 961-8626

**C. Kimo Alameda, Ph.D.**  
**Executive on Aging**

Statewide ADRC Phone: 808-643-2372

HCOA ADRC West Hawai'i  
74-5044 Ane Keohokalole Highway  
Building B  
Kailua-Kona, HI 96740  
HCOA Phone: 808 323-4390  
ADRC Phone: 808 323-4392



**Mayor Harry Kim**

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**William Farr, III** Information Systems Analyst IV  
**Kelli A. Figueira** Clerk III  
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**Clayton Honma** Aging Program Planner III  
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To receive a black and white printed newsletter, please call 961-8600. Welcome aboard!