

SENATE DISTRICT 18 COMMUNITY REPORT

DECEMBER 2022 – *Serving Mililani Town, Waipi'o Gentry, Crestview, Waikele,
portion of Waipahu, Village Park & Royal Kunia*

MELE KALIKIMAKA

Aloha Friends and Neighbors,

Now in the final weeks of 2022 with Christmas fast approaching, I am reflecting upon the triumphs of the year. The holiday season often gives us time to pause and take note of all the joys and blessings in our lives, and I am relishing in these moments. 2022 was our chance to channel the hard lessons we learned throughout the pandemic into action and change, and I am so proud of the work we have accomplished. From honoring Patsy Mink and the 50th anniversary of Title IX to securing \$600M for the Department of Hawaiian Homelands, \$200M for pre-K classrooms, \$1M for the continuation of the womens work furlough program at Fernhurst YWCA, and more. Funds were appropriated for many well-needed causes and programs. I was also proud to have championed several important bills that were passed into law, including [Menstrual Equity](#), [Raising Minimum Wage](#) and [Teacher Compensation](#).

This month welcomed new beginnings for the state of Hawai'i as we welcomed Governor Green and Lieutenant Governor Sylvia Luke into office. The inauguration was a wonderful opportunity to gather with state officials to celebrate and honor our new Governor, Lieutenant Governor, as well as their families, as they step into their roles. It also served as a heartfelt reminder of the love we share for our community and the reason we have dedicated ourselves to the work that we do. I look forward to working together with this administration to address some of the challenges facing local families, and make well-deserved changes on behalf of our state.

As the year comes to a close, I have much aloha and mahalo for each and every one of you for allowing me the opportunity to continue representing Senate District 18. I am deeply proud of the work we accomplished since 2008 and look forward to celebrating the start of the 2023 legislative session which begins on January 18th.



Wishing you all a safe, healthy
and happy holiday season.

Merry Christmas and
Happy New Year!

*with aloha,
Senator Kidani*



SENATE VICE PRESIDENT

Chair:
Committee on Education

Vice Chair:
Committee on
Higher Education

Member:
Committee on
Ways and Means

Member:
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COVID-19

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Capitol Web Page](#)
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of my monthly
newsletters

MELE KALIKIMAKA

L-R: Senators Moriwaki, Fevella, Inouye and I waiting for the inauguration to begin; Lieutenant Governor Luke addressing the crowd with a humorous and heartfelt speech; sharing a laugh with fellow Senators before the inauguration.



OFFICE OF HAWAIIAN AFFAIRS INVESTITURE CEREMONY

I had the pleasure of attending the OHA Investiture Ceremony where all nine trustees were inducted together for the first time since the OHA board was established in 1981. It was a powerful celebration of culture and community, made all the more significant since the 2020 investiture ceremony was canceled due to the pandemic. I look forward to seeing the great work these dedicated trustees will undertake in the years to come on behalf of the Native Hawaiian community.



L-R: Celebrating the OHA investiture with chair Hulu Lindsey; myself, trustee Kalei Akaka and Kahu Kenneth Makuakane; newly elected at-large trustee Keoni Souza after the ceremony; Senator Inouye and I sharing our aloha with award-winning Hawaiian music artist Amy Hanaiali'i during the festivities; congratulating vice chair Mililani Trask






The REACH Community Dementia Caregiving Program is now available in Hawaii!

Resources for Enhancing Alzheimer's Caregiver Health



Are you a caregiver in the home for someone living with Alzheimer's disease, another related dementia or memory loss?

REACH Community is a highly successful evidence-based caregiver training & support program that has been proven to:

-  **Improve overall caregiver self-care, confidence, health, and emotional well-being**
-  **Reduce feelings of stress and burden from caregiving**
-  **Improve caregiver management of problem behaviors related to dementia**
-  **Empower the caregiver with self-care and self-efficacy techniques and strategies**
-  **Ensure the highest quality of care & safety possible for the person with memory loss**

The 4- session training is FREE and personalized to your needs.

Sessions are offered on a one-to-one basis by a Certified Hawaii REACH Community Coach in your home, by telephone, or using a telehealth virtual connection – whatever is agreed upon by you and your assigned Coach. You will receive a Caregiver Manual as part of the program. REACH increases caregivers' knowledge of dementia and the caregiving role and teaches them skills to help themselves and their loved one.

**For more information, call Catholic Charities Hawaii Senior Intake Line at 527-4777
Or email info@catholiccharitieshawaii.org**



CATHOLIC CHARITIES
HAWAII
CIRCLE OF CARE FOR DEMENTIA



Administration for Community Living

Announcing Zoom Dementia Series Workshop: for Caregivers, Friends, Providers and Advocates of Persons Living with Mild Cognitive Impairment or Dementia



Michelle Barclay received her Master's degree in Lifespan Developmental Psychology with a specialization in Gerontology from Louisiana State University. She has over 25 years of experience working with people with dementia and their care partners as a researcher, consultant, educator, and program planner. Her areas of expertise include timely detection, early intervention and improving health care quality for people with dementia. For nearly 20 years, Michelle developed and directed programs at the Alzheimer's Association California Southland and Minnesota-North Dakota chapters. In 2015-16, she served as the Executive Co-Lead of ACT on Alzheimer's, an award-winning, volunteer-driven statewide collaborative preparing Minnesota for the impacts of Alzheimer's disease. Michelle is the recipient of an Atlantic Philanthropies and Hartford Foundation Practice Change Leaders Award for Aging and Health. She is also a certified yoga instructor with advanced training in Mindfulness-Based Dementia Care. Michelle is currently the President and Co-Founder of The Barclay Group, LLC, which provides aging and dementia-related program planning, training and independent consulting to organizations, individuals and families. In her free time, she enjoys travel adventures with her husband, walking and biking on beautiful Twin Cities trails, movies, dining out with friends, yoga, meditation and reading a really good book.

Caring with Presence

A Mindful Approach to Caring for Someone Living with Dementia

Wednesday, January 25, 2023, 10-11:30am

When we ask people caring for someone with dementia what qualities they would like to cultivate as a care partner, patience and calm are common responses. But, how do we cultivate these qualities? How can we care with presence, with patience, with calm? In this presentation, we'll explore mindfulness as a skill and practice that helps care partners better cope with the stresses that caring brings, as well as notice and take pleasure in the moments of joy that also arise.

- Understand mindfulness and its benefits for dementia care partners
- Learn ways to bring awareness, connection, love and compassion into daily life
- Discover mindful habits that can lower stress and enhance well-being for the care partner and the person living with dementia
- Practice new skills that you can continue to use at home

Advance Registration is required at this link:

<https://www.eventbrite.com/e/caring-with-presence-mindful-approach-caring-for-someone-with-memory-loss-tickets-490816193447>

The Zoom link & handouts will be sent to registrants before the session.
Sorry, no CEs or certificates are available for this presentation.

For questions about the workshops please contact:
Jody Mishan, (808) 295-2624 or jmishan@hawaii.rr.com

Sponsored by:

