

# HB615 HD1

Measure Title: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

Report Title: Kupuna Caucus; Healthy Aging Partnership; Appropriation (\$)

Description: Appropriates funds for the Healthy Aging Partnership Program to further the program's important role in improving the health and well-being of Hawaii's kupuna. (HB615 HD1)

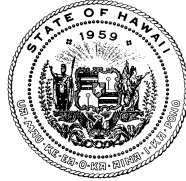
Companion: [SB531](#)

Package: Kupuna Caucus

Current Referral: HMS, CPH/WAM

Introducer(s): TAKAYAMA, AQUINO, BELATTI, CACHOLA, CREAGAN, DECOITE, EVANS, GATES, HAR, HASHEM, HOLT, ICHIYAMA, KEOHOKALOLE, LOPRESTI, MCKELVEY, MIZUNO, MORIKAWA, NISHIMOTO, OSHIRO, SAY, SOUKI, TAKUMI, THIELEN, San Buenaventura

DAVID Y. IGE  
GOVERNOR OF HAWAII



TERRI BYERS  
DIRECTOR

VIRGINIA PRESSLER, M.D.  
DIRECTOR OF HEALTH

**STATE OF HAWAII**  
**EXECUTIVE OFFICE ON AGING**  
NO. 1 CAPITOL DISTRICT  
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HONOLULU, HAWAII 96813-2831  
eoa@doh.hawaii.gov

**Testimony in SUPPORT of HB0615, HD1**  
**Relating to the Healthy Aging Partnership Program**

COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH  
SENATOR ROSALYN H. BAKER, CHAIR  
SENATOR CLARENCE K. NISHIHARA, VICE CHAIR

COMMITTEE ON WAYS AND MEANS  
SENATOR JILL N. TOKUDA, CHAIR  
SENATOR DONOVAN M. DELA CRUZ, VICE CHAIR

Testimony of Terri Byers  
Director, Executive Office on Aging  
Attached Agency to the Department of Health

Hearing Date: March 30, 2017, Room Number: 211  
9:30 a.m.

1 **EOA's Position:** The Executive Office on Aging (EOA), an attached agency to the Department  
2 of Health, supports this measure provided that its enactment does not reduce or replace priorities  
3 within the Administration's executive biennium budget.

4 **Fiscal Implications:** This measure appropriates funds for the Healthy Aging Partnership  
5 Program for fiscal years 2017-2018 and 2018-2019.

6 **Purpose and Justification:** Led by EOA and Department of Health Chronic Disease Branch,  
7 Hawaii's Healthy Aging Partnership (HHAP) implements two evidence-based intervention  
8 programs, Better Choices Better Health (BCBH) and EnhanceFitness®. Nationally, chronic  
9 diseases account for 86% of health care costs. In Hawaii, 82% of adults have at least one chronic

1 disease. Hawaii spends an estimated \$470 million dollars annually on obesity related medical  
2 costs.

3 The Better Choices Better Health (BCBH) is a 6-week self-management workshop developed  
4 and tested by Stanford University. The workshop does not replace prescribed treatment. Instead,  
5 the workshop augments and supports medical-professional-recommended treatment plans.

6 Participants learn skills to manage their health conditions and interact with their health care  
7 providers. In the State of Hawaii, an individual spends on average about \$20,477 per year on  
8 emergency room visits and hospitalizations. The National Council on Aging estimates that a  
9 BCBH participant saves an average of \$499.12 per year on health care costs.

10 EnhanceFitness® is the ongoing exercise program that meets 3 times a week and consist of  
11 cardio, strength, balance and flexibility exercises and led by nationally certified fitness  
12 instructors. Program results include increased upper and lower body strength, balance and  
13 mobility, increase exercising, and fewer falls. A national study found that an EnhanceFitness®  
14 participant spends on average about \$642 per year on health care compared to a non-participant  
15 who spends an average of \$1,175 per year on health care.

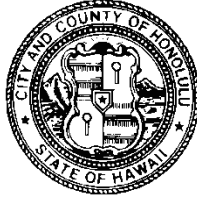
16 **Recommendation:** HHAP currently offers BCBH and EnhanceFitness® on a reduced budget.  
17 There are no funds to sustain the program in the upcoming State fiscal year beginning July 1,  
18 2017. Without additional funding, the HHAP will not be able to continue to offer the BCBH and  
19 EnhanceFitness® to older adults in the State.

20 HHAP is not part of the Administration's budget request. We support advancing this measure  
21 provided that its enactment does not reduce or replace priorities with the Administration's  
22 executive biennium budget. EOA is very supportive of this critical public health intervention as  
23 it is consistent with EOA's goals and objectives.

- 1 EOA respectfully requests your support of HB0615, HD1. Thank you for the opportunity to
- 2 testify.

DEPARTMENT OF COMMUNITY SERVICES  
CITY AND COUNTY OF HONOLULU

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KIRK CALDWELL  
MAYOR

GARY K. NAKATA  
DIRECTOR

SUSAN L. FERNANDEZ  
DEPUTY DIRECTOR

March 30, 2017

TO: THE HONORABLE ROSALYN H. BAKER, CHAIR  
THE HONORABLE CLARENCE K. NISHIHARA, VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON COMMERCE,  
CONSUMER PROTECTION, AND HEALTH

THE HONORABLE JILL N. TOKUDA, CHAIR  
THE HONORABLE DONOVAN M. DELA CRUZ, VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON WAYS AND MEANS

FROM: NALANI AKI, COUNTY EXECUTIVE ON AGING  
DEPARTMENT OF COMMUNITY SERVICES

SUBJECT: SUPPORT FOR HB 615, HD1 RELATING TO THE HEALTHY  
AGING PARTNERSHIP PROGRAM

The Elderly Affairs Division (EAD) is Honolulu's designated Area Agency on Aging and operates in accordance with the Older Americans Act of 1965 to coordinate, advocate, and improve services to assist older persons in leading independent, meaningful, and dignified lives in their own homes and communities for as long as possible.

This bill includes funding for important programs that support the needs of the increasing population of elderly residents in Hawaii. The funding included in this bill is essential to maintain the health and welfare of our most vulnerable seniors and their caregivers. We strongly support funding for HB 615, HD1.

Through the Healthy Aging Partnership, the State Executive Office on Aging (EOA) implements Stanford University's Chronic Disease Self-Management Program (CDSMP), an evidence-based program that provides education, training, and support groups to persons with chronic conditions to assist them in managing their own care. Also implemented is Enhance Fitness, an exercise program that focuses on maintaining strength, flexibility, and balance to maintain health and function of older adults. Since these programs are evidence-based, there are empirical data to support the effectiveness in maintaining and/or improving the health status of the elderly participants of these programs. In addition, other evidence-based self-management programs have been introduced for arthritis and diabetes. We would urge the committees to

THE HONORABLE ROSALYN H. BAKER, CHAIR  
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AND MEMBERS OF THE COMMITTEE ON COMMERCE,  
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THE HONORABLE JILL N. TOKUDA, CHAIR  
THE HONORABLE DONOVAN M. DELA CRUZ, VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON WAYS AND MEANS

March 30, 2017

Page 2

approve funding for this program in light of the rising healthcare costs associated with the rapidly growing elder population in Hawaii.

We ask the Committee on Commerce, Consumer Protection and Health and the Committee on Ways and Means to support funding of this vital program.

Thank you for the opportunity to provide this testimony.

**Bernard P. Carvalho, Jr.**  
Mayor



**Ludvina K. Takahashi**  
Executive on Aging



**Wallace G. Rezentes, Jr.**  
Managing Director

**AGENCY ON ELDERLY AFFAIRS**

**County of Kaua'i, State of Hawai'i**

4444 Rice Street, Suite 330, Līhu'e, Hawai'i 96766  
TEL (808) 241-4470 FAX (808) 241-5113

**TO:** Senator Rosalyn H. Baker, Chair  
Senator Clarence K. Nishihara, Vice Chair  
Committee on Commerce, Consumer Protection and Health

Senator Jill N. Tokuda, Chair  
Senator Donovan M. Dela Cruz, Vice Chair  
Committee on Ways and Means

**FROM:** Kealoha Takahashi  
Executive on Aging

**SUBJECT:** HB 615, HD1 Relating to the Health Aging Partnership Program

**HEARING:** Thursday, March 30, 2017, 9:30 AM  
Conference Room 211

**POSITION:** County of Kauai, Agency on Elderly Affairs strongly supports HB 615 which Appropriates funds for the Healthy Aging Partnership program to further the program's important role in improving the health and well-being of Hawaii's Kupuna.

We ask for your continued support of Hawaii's Healthy Aging Partnership Program so we can continue to provide the EnhanceFitness and Better Choices, Better Health workshops. The evidence is overwhelming that older adults who make healthier choices live longer and better lives. These evidence-based programs have helped participants make healthy behavioral changes that have shown improvements in their mental and physical status. We support these efforts as they help us to take care of people earlier, helping them maintain or improve their good health resulting in less risk of disease, disability and injury. See attached testimonial booklet.

We ask for your continued support in keeping our Kupuna Well and Healthy.

Ludvina K. Takahashi  
Executive on Aging

*An Equal Opportunity Employer*

# Hawaii Healthy Aging Partnership: Testimonial Booklet



## **HAWAII HEALTHY AGING PARTNERSHIP**

2017



# DEAR LEGISLATORS AND COMMUNITY SUPPORTERS:

Hawaii Healthy Aging Partnership offers two evidence-based health promotion programs for older adults and people with chronic conditions. We have served nearly 4,000 people!

## *EnhanceFitness*



An exercise program designed for older adults. The program improves cardiovascular fitness, strength, flexibility, and balance. The program helps build relationships among participating seniors, creating an exercise environment that is fun and friendly. Moreover, it has been scientifically-tested and has been shown to improve health and reduce health care costs among regular attendees.

## *Better Choices Better Health*

*(Stanford's chronic disease Self-Management Program)*



It is a 6-week self-management workshop that was developed and tested by Stanford University. The workshop does NOT replace prescribed treatment. Instead, the workshop augments and supports medical-professional-recommended treatment plans. People learn skills to help them manage their health conditions and interact with their health care providers.

# OUR REQUEST

We would like to serve many older adults and people who need help to live independently at home.

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*Funding is being requested to continue HAP to expand and embed the programs to help control and relieve the chronic disease burden in the State of Hawaii.*

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## **Why HAP is important?**

HAP is in direct alignment with the EOA's goal of "empowering older adults to stay healthy, active, and socially engaged, using prevention and disease self-management strategies".

BCBH and EF are both evidence based programs, proven effective for participants.

Preliminary Hawaii-specific data suggests that a health care cost-savings can be attributed to participation in these programs. More analysis to come.

BCBH teaches participants to manage their chronic conditions more effectively. Delay in onset of disease complications impacts health care and quality of life.

EnhanceFitness participants demonstrate improved upper body and lower body strength, improved balance and mobility, increased days spent exercising and fewer falls.

# IMPACT OF THE PROGRAMS

According to HAP evaluation team, led by University of Hawaii Office of Public Health Studies, participants who participated in HAP programs benefited.

## Evaluation Findings



*EnhanceFitness*

- ✓ Fewer falls
- ✓ Improving upper- & lower-body strength
- ✓ Improving mobility and balance



*Better Choices Better Health*

- ✓ Exercising more
- ✓ Experiencing fewer aversive symptoms
- ✓ Fewer number of visits to physicians' offices and ER

# TESTIMONIALS

County of Kauai .....

- EnhanceFitness .....
- Better Choices Better Health .....

City and County of Honolulu .....

- Better Choices Better Health .....

Maui County .....

- EnhanceFitness .....
- Better Choices Better Health .....

Hawaii County .....

- Better Choices Better Health .....



# COUNTY OF KAUAI

## EnhanceFitness

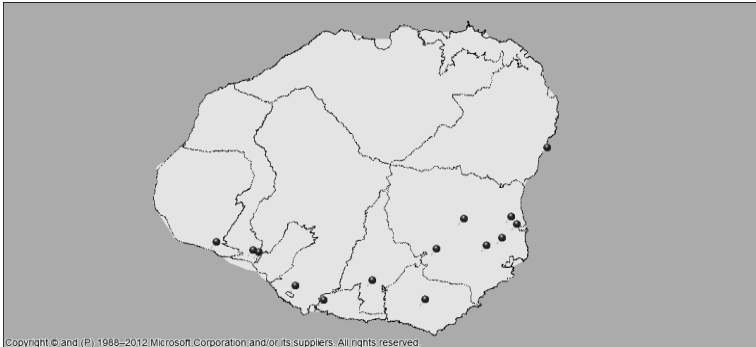
Offer 8 classes at 7 sites.



●: EnhanceFitness implementation site

## Better Choices Better Health

Conducted 27 workshops in 14 sites.



●: Better Choices Better Health implementation site

## EnhanceFitness Participants

Here are several short-comments from Kauai's EnhanceFitness participants.

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*I feel like I'm getting stronger.*

*I need the class. I would not do it on my own, especially weights.*

*Excellent program geared for the seniors. I'm very thankful to be in the class to help me to be as healthy as possible.*

*It's very good for seniors my age.*

*The camaraderie.*

*It's improved my health and improved my bone density.*

*The exercise makes me more energetic.*

*Great opportunity to exercise as a group no matter how old the members are they try to do their best.*

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Participants from  
Kilauea class

*This is my 4th day post laparoscopic hysterectomy and I'm feeling better and better as each day passes & I'll tell you why.....*

- *Being in EnhanceFitness paid off enormously after a surgery....I kid you not!*
- *Having an awesome instructor made a great deal of difference in recovery.*
- *The aerobics, stretches, weight exercises & occasional walking have improved my balance, flexibility, loosened my leg, foot, calf muscles, mobility, not to mention eased pain. The pharmacy gave me Oxycodone for pain but I don't need them.*

*I may be back to the class sooner than expected. I may do sit-down exercises at first & not use the weight bars. So be on a look-out for this loud mouthed ole lady.*

*Thank you for keeping me healthy.*

Hannah from Kauai

*Shortly after a third session of EnhanceFitness was opened, I signed up and began attending the exercise classes three times a week. For a person who had been physically or*



*socially inactive since 1997, any exercise program sounded very intimidating in many ways. Observing and then participating in this program has been rewarding. Now I am able to raise my right arm straight up without assistance from the left arm. This was the first improvement I noticed within a month or two of beginning EF. This realization made me so excited; it was such an ego booster for me since I was resigned to the fact that I would never be able to fully raise my right arm.*

*Through EF, I discovered that my balance was not what it should be. Since I had been told by the doctor to use a cane, it was something I really did not notice (and I did walk in a “funny” way). At present I am working on my balance and like to think it has improved.*

*The health benefits are encouraging me to keep attending the sessions. Better yet, it is possible for people like me who are on a fixed income, to improve and maintain our physical health with such programs which are offered through Elderly Affairs.*

Kauai Participant

*When I first started participating in the EnhanceFitness program, I really did not expect anything much, except to get me out of the house and enjoy seeing some old friends I had not seen for some time.*

*In the past, whenever I went anywhere, I would always have to rest before I could go any further. I was pleasantly surprised when only a couple of months in the program, I found I could walk without stopping to rest.*

*My grand-daughter, who is a physical therapist, is always encouraging and told me, “Grandma, motion is like lotion for the body!”*

*Three months ago, my doctor was concerned because my pulse rate was so low. Last week, my doctor was surprised and pleased to see that my pulse rate had increased by 18 points.*

*The EF program really works and I am an enthusiastic supporter of the program.*

Kauai Participant



97 years old participating  
the class!

## Better Choices Better Health Participants

Many participants enjoyed the program.



Trainers  
from Kauai

*Being only a six-week commitment made this workshop, “Better Choices, Better Health”, desirable to me. The location was excellent since it is in town and accessible. Once a week was good because it gave me time to do other things. This program was “do-able”. Facilitators of the Kauai Agency on Elderly Affairs did an excellent job going over the contents of the text and allowing the participants to come up with their own solutions, accepting all responses. It was refreshing to have ideas/responses received positively. The comradery of the other participants was helpful. We may not have had exactly the same problems, but it helped seeing and hearing others with similar problems, and being exposed to other possible solutions.*

*This course contained information that would have been excellent help for me after my operation. It helped solve everyday problems and kept us better coordinated with the exercises it presented. Most of us knew about a healthy diet but the reminder and the portion sizes are always good information to know. ...Pain and fatigue management was*

*new to me. There are areas to which we do not give much thought. The decision-making process method brought out many causes and solutions. The visualization method and body scan are relaxing methods which are helpful. They may be methods that physically exert a person, but they work.*

*The Action Plan was terrific! It took me a while to understand it. Facilitator gently kept telling me to limit the scope of my plan (to clean my desk). It took some prodding but finally I caught on and limited my week's plan to just the top of my desk. It seemed ridiculous at the time, but when I accomplished the task, it was a positive 10! Now I know why I was having difficulty doing household tasks.*

*Previous to this, I had thought of hiring someone to assist me with my housecleaning. Now, I feel more confident and will be able to help myself-just take one small task at a time.*

*This workshop could have lasted a little longer. It included a great deal of information and we could have spent a few days to collectively evaluate the subjects. At this point, I feel that the future is uncertain, although there are plans to learn to take photos on my phone and send them out, possibly volunteer or go to the Senior Center, and set up an exercise routine.*

*Needless to say, I enjoyed and learned a lot from the six-week workshop.*

Kauai Participant

*Thank you Lord for the Diabetes Management Class. This class really helped me get back on track. I walk every day now. I watch what I eat. I care about my life now. I am doing my glucose testing a little more. I believe it is very important to have an action plan every week and follow it.*

*I believe I will volunteer for the trainer class so I can continue to encourage folks to stay focused.*

Kauai participant

*To the developer of this program, the authors of the excellent book "Living a Healthy Life", and to the 2 energetic lady facilitators, kudos to all of you.*

*I can't find the exact words to express my thanks for all the people mentioned above but one thing I know I am so grateful for I am a part of this wonderful workshop.*

*I personally have educated myself on how to manage my diabetes through my Action Plan, healthy eating especially trained myself to look at nutrition facts, exercise and through interaction of the other people in class. I wish there will be some sort of training in the future again to keep absent of advance technology devices for diabetic people.*

*This is an awesome workshops. I also wish that more people who should have attended because we ourselves are our own managers who can delay the complication of diabetes. There's no cure of diabetes but I know now that even if we have our physicians and nutritionists out there we are still in charge of our own health. I reiterate to thank all the people in charge of this workshop.*

*Mahalo Nui Loa.*

Kauai participant

*I attended the class because of my health problems and I felt perhaps I would learn something to counteract the problems and live a healthier life. The class has helped me address these; I learned about the need to exercise more and now habitually exercise, fish once a week, and pick and smell*

*flowers every morning. The class brought out awareness that I need to do certain things and my diet has changed... "Life is good."*

A Lihue Senior

*This workshop on "living positively" with chronic conditions taught me to overcome any fears I had encountering further pain, and it encouraged me to again go back to exercising on my treadmill to strengthen my legs and knees as well as lower back.*

*Through the action plans I learned that by walking at the start for five minutes and eventually 10 minutes every other day, my condition would improve, and miraculously did to my great relief. My knees got stronger and I began to feel much better and my aches and pains began to disappear. I am now walking 30 minutes, three or more times a week and am still getting stronger.*

*Thanks to the instructors who made us feel at ease and welcomed, I developed confidence and strength enough to tackle any health problems. I now feel I can go ahead and travel a bit. I'm looking forward now to each day with my spouse, filled with full life of hope and vitality.*

A Kauai Senior



Trainers at Lihue site

*Here are just a few things I learned at the Living Healthy with Chronic Conditions workshop:*

- *Do chores and projects with realistic goals and not set them too high so I can reach them and continue. I can also choose alternatives if changes are necessary and it's okay to reward myself for a job well-done.*
- *Mental activity is just as important as physical activity for my well-being.*
- *Ways to relieve my stress and fatigue in different ways like social contacts, hobbies, exercising for fun and fitness, and meditation.*
- *Able to participate in a group with similar concerns that helped each other with our conditions.*

A Kauai Senior

*As participants of the "Better Choices, Staying Healthy" class, we have enjoyed the subject matter. We find the book most enlightening, helpful, easy to read, and a wonderful resource. I'm especially thankful that I'm taking this course with my 90-year old husband who has chronic back pain – I'm 86 and have chronic leg pain. We are able to share the reading and class discussions and can encourage each other.*

*A few days ago, I went to a Health Pass session my HMSA and was pleasantly surprised to learn that I had improved my health screening summary in my weight, body fat, and blood pressure. My overall rating was in the "doing well" range. I could not be happier and want to thank all those responsible and also to the Kauai County Office on Aging for making all this possible.*

Kauai County Seniors

*I learned that I was not the only person with chronic conditions. The workshop provided me with insights on dealing positively with my health problems which includes high blood pressure, cholesterol, nerve problems in my lower back that causes me to walk with a limp, and numbness in legs and feet, and arthritis, plus battling colon cancer.*

*The instructors encouraged me to undertake an action plan on routine chores I've always wanted to do, but through procrastination have always dismissed it for "later on" which never came. The action plan and the sharing with the class participants' accomplishments and failures was in itself the motivation I needed to "get the job done." The course taught me that "no matter what, I'm going to try to get it done." Thanks to the instructors for teaching me how to live a better life in spite of my chronic illnesses.*

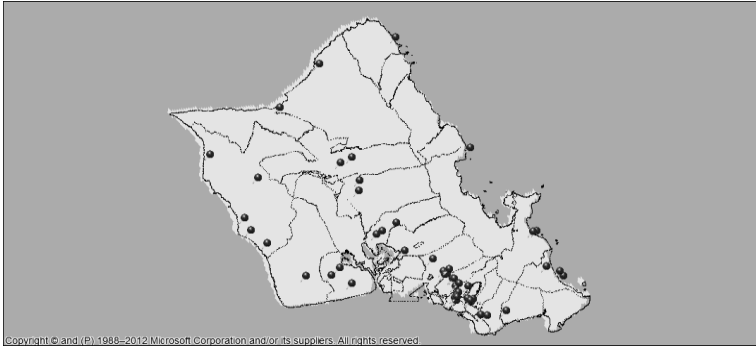
A Kauai County Senior





# CITY & COUNTY OF HONOLULU

Better Choices Better Health  
Conducted 100 workshops in 50 sites.



● : Better Choices Better Health implementation site

## Better Choices Better Health Participants

Here are several short-comments from Honolulu's Better Choices Better Health participants.

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*"I took the chronic disease management program. It taught me to recognize my chronic illness, find healthy ways to cope and become a better self-manager for my health."*

*"Action Plan was very good to do. It made focus on an activities that I like to do. It gave me incentive, purpose of things to accomplish"*

*"This workshop gave me confidence and awareness to better my health management"*

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*Thank you for helping me understands that a person with a chronic illness can still live a meaningful and happy life. With its tips, helpful hints, and strategies I learned from BCBH workshop, I am able to better manage my emotions, medications, and everyday tasks.*

Kokua Kalihi Valley Participant

*I have been blessed to be a participant in the 6-weeks CDSMP workshop. I have learned precious life skills, which I've already implemented into my daily living. I am aware of my nutritional intake and the need to include more fruits. In managing my movement(s) I have learned to stretch, do strengthening exercises (very doable as shown in our textbook, with pictures that illustrates movements.) On my busy days, I deliberately include 10 minute relaxation exercises, while waiting at appointments and in my car.*

*I enjoyed every facet of our lessons, especially our weekly brainstorm sessions of challenges, then selecting solution(s) from peers that could relate to similar challenges.*

*I am wiser and bolder to ask questions and not be intimidated to what I considered my doctor's over prescribing medication for my diabetic condition. With the knowledge I received from the workshop, I know the success of my health is in my hands. I can continue to discipline myself in my new found healthier lifestyle.*

Waimanalo Participant

*Thanks to my attending the chronic disease self-management workshop, aka Ke Ola Pono Healthy Living by Alu Like these past 6 weeks, I have become seriously aware of how to better take care of my body and health needs for longer, hopefully, and certainly healthier lifestyle.*

*Each class featured student inter-action with open discussions and best of all an "action plan" segment. To me, this was one of the hi-lights of the program because it required a personal driven commitment made in class, orally, that required acknowledgement at the next class that the commitment was*

*fulfilled. I thought this exercise/homework was challenging and quite creative.*

*Another interesting class assignment was to list my food intake for a few days which enlightened me because I realized how my diet lacked fruits and vegetables. Now I include more fruits and vegetables in my daily diet. I've also made a major change to my exercise regime by hiring a personal trainer to guide me to strengthen my muscles and bones and to maintain good balance.*

Alu Like Participant



*I learned many things about living a healthy life that has given me a lot of knowledge. To be a good self-manager regarding one's own life has helped me to be more motivated and control my emotions and helped me accomplish my action plan. I am sleeping better and exercising with a regular schedule. Thank you so much to KKV Senior Program.*

A Kalihi Valley Senior; Age 84

*I just completed the six-week Better Choices Better Health workshop. The leaders were always prompt, well-prepared with the agenda, topic charts and led discussions in a non-threatening environment.*

*The subjects covered were not especially new since you read bits and pieces in the paper, AARP magazine and publications, but to have it all together in one book and be able to discuss and to elaborate on the topics were invaluable. The discussion on action plans and reporting back to keep us on track and the reading assignments were very helpful. Sharing*

*our experiences made us realize we are not alone in our pain and health condition – that was comforting. Listening to others made me realize how blessed I am with my health at present and my positive friend with whom I can discuss any anxiety about the future.*

*This is an excellent workshop and I recommend it to other seniors and their caretakers. Many thanks – the funds are well spent!*

Jean, Kailua

*I learned to control my balance by changing the type of foot wear I use. I've had a few falls which contributed to my wearing slippers all the time. The other seniors in the group encouraged me to wear shoes and my balance is much improved. I'm happy I took the workshop.*

A Pohulani Senior; Age 84

*The Better Choices Better Health workshop helped me with my depression. I learned how to cope with being lonely and sad since my husband's passing.*

*I'm happy I enrolled in the program. I now volunteer for the senior meals program and it helps to focus on other things.*

A Pohulani Senior; Age 73

*The Better Choices Better Health workshop helped me to stop smoking. I feel much better and don't think about smoking because I don't talk about it. I used to go out of the building to smoke and even in the rain and cold weather I would smoke.*

*I've gained 12 pounds since quitting which my doctor says is good, but I'm working real hard to lose the weight by walking three miles a day instead of one mile like I used to.*

A Pohulani Senior; Age 74



Trainers at Alu Like site

*Thank you for the Self-Management Program, which was tutored by two dedicated patient ladies. It taught us how to manage difficult situations in life.*

*Goals that I thought were difficult seems not that impossible with "I can do," attitude. I have more confidence that my life will be less stressful with the knowledge that I gained.*

*Once again, thank you.*

A Waiialua Senior

*I participated in the Ke Ola Pono –Better Choices Better Health- Chronic Disease Management Program. We learned appropriate exercises for maintaining strength, flexibility and endurance, proper use of medications and knowing the side effects, ways of overcoming depression, anxiety or stress such as thinking of positive effects rather than negative effects.*

*Although we only had 2 ½ hours a week for six weeks, the leaders really imparted to us much help in how to maintain good health. We may not remember everything that was*

*discussed but we were given the book, "Living a Healthy Life with Chronic Conditions" where we can refer to in case we want to find out about certain topics or conditions and what to do.*

*Thank you for giving us the opportunity to have classes about health. Looking forward to another health class.*

A Waiialua Senior

*A participant was undergoing chemotherapy and radiation during the six week workshop. She had lost a noticeable amount of weight and most of her hair. There were days when she didn't feel well, but she attended each session. At the six month reunion, she spoke and shared that during her recovery she relied on the weekly action plans and set weekly goals to regain her health and strength.*

*She has regained most of the weight she lost, and proudly displayed a near full head of hair at the reunion. She was told by her doctors that her cancer appears to be in remission. She said she was grateful she attended the Better Choices Better Health workshop even though it was difficult some weeks. And she said what she learned each week proved to be invaluable in her continued recovery.*

Wailua Facilitator

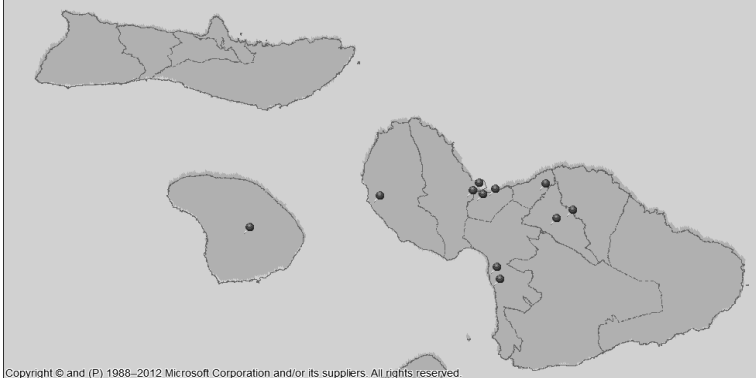




# COUNTY OF MAUI

## EnhanceFitness

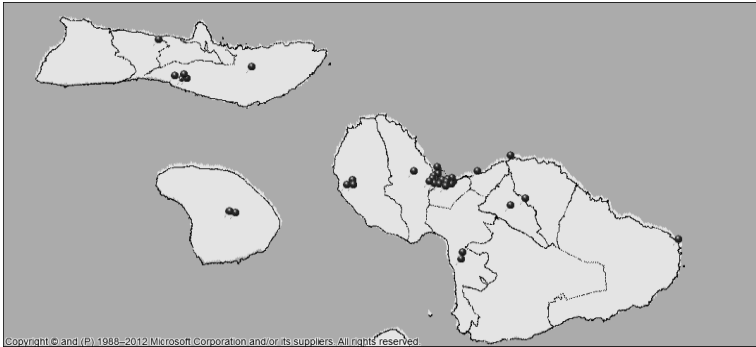
Offer 13 classes at 11 sites.



●: EnhanceFitness implementation site

## Better Choices Better Health

Conducted 76 workshops in 36 sites.



●: Better Choices Better Health implementation site

## EnhanceFitness Participants

Here are several short-comments from Maui's EnhanceFitness participants.

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*Good stuff for us Seniors.*

*As a caregiver to the elderly, this class has been very beneficial.*

*These classes help me so much. I hope they can stay in place with proper funding.*

*Please keep this class going! It's so very needed for all of us Seniors.*

*Please continue to support and fund this program which is very beneficial!*

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Maui  
EnhanceFitness  
Team

*About 4 months ago, I found myself huffing and puffing as I walked up the incline in my back yard. Despite regular walking and twice a week senior yoga classes, it was obvious I needed a little more of a cardio challenge. Having arthritis and tendinitis in both hands, feet, and hips, I needed something low impact, with guidance, that I could afford. A friend told me about EnhanceFitness.*

*I must admit, I was skeptical at first, but in no time, our wonderful instructor had us laughing, smiling, and even dancing a few of our steps! It has become one of the things I look forward to each week. Since beginning the class, I have gained strength, put on muscle mass in my arms, legs, abdomen and back, and increased my stamina.*

*This is a wonderful program that, if supported, could keep the participants mobile, more stable and physically active for a longer period of time. I have to believe that this would translate to fewer falls and thereby, fewer ER visits and hospitalizations.*

*Please continue to fully fund this amazing program!*

Kathryn from Makawao

*Since January 2015, I have been attending EnhanceFitness classes at Power House Gym in Kihei. I attend three days a week and also attend some yoga classes. I am in my 70's and cannot express enough how much these classes have improved my quality of life and energy levels.*

*I am sure that these programs have been beneficial to many elderly citizens such as myself. Before attending I had serious back issues, which I no longer suffer from, and am eternally grateful! I have more energy, and look forward to the classes every week.*

*Please do all you possibly can to increase the funding of these programs so that older adults like myself can enjoy living a stronger, healthy lifestyle.*

*Thank you in advance for all of your efforts. Good Bless, and good health!*

A senior from Maui County

*EnhanceFitness is a blessing. It is time well spent – doing stretching weight bearing exercises and movement routines in a fun and positive enjoyment I feel better, have more strength and stamina since starting six months ago. I can do more and hope to do more in my yard. Awareness of good health is important but doing something about it is better. The returns from this program are definite pluses. EnhanceFitness is a wonderful program and opportunity to keep fit.*

A Wailuku senior

*About a year ago, I fell while playing tennis and fractured my knee cap. I had excellent care by my doctor and physical therapist, but that was not enough. An excellent EnhanceFitness instructor accepted me into the program. It has been about 2 months and I have progressed from depending on a cane to no cane. I can do more activities and be independent, which I cherish at my old age. I do hope that this program will continue to fund because it has done so much good for me and so many other seniors.*

Ruth from Wailuku

*About 3 years ago, I worked with Maui County Office on Aging to bring EnhanceFitness to Kahului Union Church. .. I did not join EnhanceFitness initially because I felt I was going enough exercise activities to be healthy and besides I felt I would look*

*too silly... I was starting to have issues with balancing which I never had before and many of the participants of EnhanceFitness mentioned they had similar problems and how EnhanceFitness really helps them. Reluctantly, I put my name on the waiting list and although I was still skeptical, it turned out to be the best decision I ever made.*

*After months on the waiting list, I was able to join the program at Kahului Union Church in May of 2013. My balancing issues quickly improved as the training portion with weights really made a difference on my legs. Perhaps the best benefits for me was making more friends and the discipline of exercising 3 time a week – I try not to miss any sessions and if I did, I would do exercise regardless of where I'm at. I now know why the EnhanceFitness participants had smiley faces – my face is smiling, too.*

*I really appreciate the funding support you have given and hopefully will continue to give to Maui County Office on Aging and EnhanceFitness and I'm certain all of the EnhanceFitness participants feel the same way. Without this support, we would not have this program that has become such an essential part of our quality of life.*

*MUCH MAHALO!*

Allen from Kahului

*I am writing you in regards to the EnhanceFitness I am a participant of here in Wailuku, Maui. I have been in this program since January 2015, and I enjoy as well as benefit from this program.*

*This past June, I went for my six month health checkup and my doctor was very happy with the improvement I made in my numbers regarding my cholesterol and triglyceride, which*

*went from 175 and 127, respectively, in December to 160 and 103 in June. At first I couldn't remember any changes in my routine to affect these changes but then I remembered the exercise classes I attended 3 times a week and my doctor told me to continue the classes if it's going to affect my numbers in such as positive way.*

*A major concern of many Seniors is balance, or the lack of it, as we age. This program concentrates on balance and has made a positive improvement in my balance as well as a agility in my knees, I can get up from a squatting position much easier now.*

*I respectfully request funding for this EnhanceFitness be continued for the next fiscal year. We have participants from 55 to 90 years in age and everyone lives in their own homes and drives to the classes every week. It's programs such as this that keep us healthy and living in our own homes.*

Janice from Wailuku

*EnhanceFitness has provided an excellent source of relieving pain in my right hip due to a broken knee that occurred about two years ago. I had an unfortunate knee fracture that needed orthopedic surgery plus eight weeks of physical therapy.*

*I began my walking regime after the therapy but I had difficult with pain in my right hip. I decided to attend EnhanceFitness which is held at my temple, Makawao Hongwanji. With the aerobics, strength-training, and stretching exercises, my hip pain has relieved. In addition, much more flexibility in my knee.*

*In addition to have had a fractured knee, I also had two broken ankles which happened about six years ago. I had*

*surgery done on my right ankle. I had casts on both legs for about three months. My ankles were not as flexible as before and balancing was at times an issue. EnhanceFitness have provided exercises that helped me with my balancing.*

*I do hope EnhanceFitness will continue because it has given me the strength and energy that is needed as I age healthfully.*

A senior from Pukalani

*EnhanceFitness has been most valuable to me on the obvious physical level, but also much to my surprise, on the mental/ emotional/ social aspects of life. Friends suggested I attend this exercise group following the death of my husband. I didn't feel the need nor was I interested but finally agreed to 'get friends off my back'.*

*In a short time, I realized that I was looking forward to attending the class. The physical activity and social interaction were assets that moved me into the 'real world' once again. The genuine friendliness & encouragement of the instructor and classmates soon resulted in my positive growth on many levels.*

*Even though I have been avid daily walker, I soon realized the benefits of the stretching exercises, the value of the weights which were a new concept and a surprising advancement in my balance.*

*Without the EnhanceFitness, I would not have made these personal discoveries that are a major factor in my present attitude. Attitudes that are guiding me now and will carry on into the future.*



*Please don't allow this opportunity for future senior citizens to fade away. Please support.. provide... arrange for continued funding for EnhanceFitnees and related programs.*

*Mahalo.*

Gloria from Kihei

*The EnhanceFitness, sponsored through the Department of Health Executive Office on Aging, has been extremely beneficial.*

*This program has helped us physically, mentally, and also provided us with the opportunity to meet and interact with other people; many of which live alone. An important factor in anyone's life.*

*I, for one, have become physically stronger and have retained more balance and coordination since joining the class in October 2014. This has become apparent in my everyday activities and lifestyle.*

*Amazingly, Maui has wonderful senior programs and I would like to see them continued and enhanced. After all, someday, everyone will get there.*

*Mahalo,*

Kathleen from Pukalani

*I am participating in the EnhanceFitness on Maui and it has made a world of difference in my life, both in my physical and mental health. I went from not doing any sort of organized exercise to taking 2-4 classes a week!*

*The social benefits are also huge which I believe add to ones mental wellbeing.*

*My doctor had me on Effexor for depression and to raise my blood pressure. Effexor has debilitating side effects.*

*I would be unable to get out of bed for a few days every month due to the nausea and dizziness.*

*With the benefits of the EnhanceFitness, I was able to decrease the dose and now am completely off the anti-depressants. I feel 1000 times better. I truly believe that this program allowed me to accomplish this.*

*I also feel that my balance is better and I am physical stronger.*

*Thank you very much for your time.*

Robin from Kula

*I am 77 years old, and have had long term structural back problems and lung disease, both of which have prevented me from much physical activity. I also have osteoporosis.*

*My activities have been limited to swimming and somatic class. I have participated in EnhanceFitness class since it started here in 2012. This class has provided much needed weight bearing exercise. Due to back pain and lung problems, there have been periods when I was unable to attend. The physical conditioning which EnhanceFitness has provided contributed to my recovery from the above age related problems. What I have noticed over these years is my increased ability to tolerate the half hour of aerobic exercise, increased overall strength, the ability to reach to the top cupboard in my kitchen, and my ability to catch myself from falling. I have also noticed that I can climb the fourteen stairs leading to our home more easily. I've also noticed I am able to stand longer when I am cooking, and I notice that common*

*household chores are much easier than they were, such as making our bed.*

*I am advocating for the continuance of this program which has been so helpful for me and so many others.*

Harriet from Maui County

*I have been in the EnhanceFitness for 16 months and have benefited in many ways.*

*I have eliminated the Plantar Fasciitis, lowered blood pressure to the point that I have been able to reduce my medication for my high blood pressure.*

*I have lost 10 lbs.*

*My overall health has improved to where I highly recommended the program to any senior I talk to.*

*I hope you will continue this wonderful program.*

*Thank you very much.*

Roger from Maui County

*These EnhanceFitness classes have greatly improved my balance and strength.*

*I have stopped falling.*

*The class will reduce expenditure made by the state.*

Sandra from Kihei

*As a regular participant in Enhance Fitness, I have observed the positive changes in my strength and balance a main factor in preventing falls.*

*Additionally, the socialization and encouragement from other class members and the instructor keeps people coming back.*

Carolyn from Maui County

*I have participated regularly in EnhanceFitness for almost four years. It has helped regain strength and flexibility often knee and shoulder replacement. The group activity provides encouragement and improvement in social contact that enables continued independence and the ability to live in my own home.*

*I urge Governor to continue support for this program*

*Mahalo.*

Jane from Maui County

*I go to Enhance Fitness exercise classes three times a week so I can move better and keep my balance. I am 93 years old, and I am happy to keep my health ok.*

Marion from Pukalani

*I have just had my 80th birthday, and would like to enumerate some of the benefits of EnhanceFitness classes I have been attending since September 2014:*

- *I have lost 12 pounds.*
- *No "gravel" in my neck when turning as before, and have full range of motion.*
- *My balance is much better. I recovered my balance from an imminent fall twice. In both cases, I feel without the strength and balance I have gained from these classes, I would have fallen onto the street and driveway.*

*My husband and I would like to commend the EnhanceFitness for their choice of the finest instructors we have encountered in our many years of attending different exercise classes. This class is the best we've ever attended. We encourage Governor and his staff to visit one or more classes to observe the vitality and sense of well-being these classes offer our seniors, not to mention the sociability that is so valuable to us all. We get a total workout in EnhanceFitness, and leave the class each day wet with perspiration, knowing that we've done something wonderful for our health, bodies and our psyche. This is a happy, healthy atmosphere, and we look forward to our classes three days a week. We pray that Governor will exert his considerable influence to fund EnhanceFitness and the other Healthy Aging Partnership programs. To your good health,*

Kathy from Wailuku

*I am 87 years old, and a retired Fire Captain for the county of Los Angeles, California. Since moving to Hawaii in 2002, I have had a triple bypass, right hip replacement surgery, prostate cancer, and numerous other dings along the way.*

*My wife and I began the EnhanceFitness in September 2014. Since then, I have lost ten pounds, and can put my socks on now without help. I had been falling on a regular basis, and have not fallen for several months now. My balance and awareness have greatly improved.*

*This class is one of the finest I have ever attended, and look forward to going three times a week. My outlook and attitude have had a positive makeover.*

*Please encourage the Legislature to fund EnhanceFitness to the fullest. This is a very valuable program to our Hawaii seniors.*

*Thank you for your consideration.*

Kenneth from Wailuku

*I have attended EnhanceFitness three times a week since January 2015.*

*My neurologist is impressed with the improvements in my gait, strength, balance and stamina.*

*This class has been invaluable to me It has also improved my anxiety and apathy.*

*My mind is clearer.*

Edwin from Lahaina

*I have attended EnhanceFitness three times a week since January 2015.*

*It has put me on a regular program of aerobics, strength training, stretching and balance.*

*My stamina and health have improved.*

*I have lost weight and my cholesterol has improved by 30 points.*

Mary Jane from Lahaina

*EnhanceFitness has helped me get into a good routine of exercise, something I wanted to do for a long time. I like how it's self-paced and fun and that it meets three times a week near my home Our instructor is well-trained but more importantly is encouraging and very respectful and patient.*

*Physically, I am most pleased with how my strength has improved. When I started a year ago, I used 1.5 pound weights on each wrist. Now, I'm at 7.5 pounds per wrist. When I travel, now I can lift my carry-on luggage into the airplane overhead compartment with ease.*

A senior from Kahului

*As an Instructor/Master Trainer/T-Trainer and Co-coordinator of the EnhanceFitness (EF) on Maui I have seen firsthand the improvements made by the over 160 individuals currently enrolled in EF classes on Maui. I am not exaggerating when I say at every class I attend I receive comments from participants on how much they appreciate this program. They tell me how they feel better, have more energy, and can now do simple activities of daily living they were unable to do before starting the program.*

*A few examples include things such as being able to walk without a cane now, being able to put pants on without holding on to something, being able to step over things without falling, being able to reach up to shelves in their kitchen, being able to carry a large carton of milk and unload groceries without help, being able to fly again and walk the tarmacs at airports, being able to walk on uneven ground, being able to reach down and tie their shoes, catching themselves when they start to fall, and being able to go for a walk without pain.*

*I have taught fitness classes to seniors for over 30 years and I am "sold" on the EF because of its ability to not only increase and maintain the stamina, strength, balance & flexibility of older adults, but because it also provides a safe, fun environment to get together with peers working towards a*

*common goal. Overtime classes become not just something to go to a few times a week, but rather a loving, caring ohana.*

Paula, Enhance Fitness Trainer, Maui



EnhanceFitnes class  
in Lahaina.



## Better Choices Better Health Participants

Here are several short-comments from Maui's Better Choices Better Health participants.

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*"Thanks to the leaders for bringing healthy snacks and for modeling positive, healthy behaviors."*

*"After my accident, I knew I needed help and my doctor suggested I try something new. This course is what I needed to help me get back on track mentally and also physically. I am improving I think every day in small ways..."*

*"As a volunteer for the program, I've seen and heard people share about the small victories in their lives. Makes me think that I should be taking the class. I am strongly considering it."*

*"I'm surprised more people aren't taking these types of classes....I'm glad I did. It has helped me and my wife do problem solving with not just health issues but overall*

*problems. I am improving my communication with my doctor and even my adult son."*

*"Taking this class showed me that I am not alone in my challenges to live a healthy life. It's hard...but I found so much support in the class and I have made new friends. Whenever I see them in public, it brings a smile to my face to know that we did this class together."*

*"I believe in the program so much that I am making a voluntary contribution so that others can benefit from taking these programs."*

*"I took the basic BCBH course and it's helped me as a care home operator to make small action plans. I think other caregivers would be interested in similar type programs. I want to take the Arthritis one next."*

*"My husband and I are fairly healthy but the action plans have helped me even reduce something as eating less butter in my diet."*

*It's something small but makes a big impact. I don't even really miss butter."*

*"I became a facilitator myself because I think the program is great. It has given me much more confidence in helping me deal with my arthritis. It's not a cure-all but I can manage day-to-day."*

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*Better Choices Better Health has helped me to take responsibility for my health, develop better coping skills, be more sensitive to my elderly parent, and just be more engaged in life.*

*One helpful session was learning relaxation techniques, so important in our hectic and complicated lives. The workshop was more than a class; it was a very real support group where I learned tangible, transferrable life skills.*

A senior from Kahului

*I want to thank you for the opportunity to attend the Better Choices Better Health workshop. I enjoyed the positive attitude you presented to the class. The class was casual yet well planned and affordable to everyone. Although the timing of my cataract surgery caused me to miss some classes, I benefited greatly from the very first class and the book. I was lucky to have my friend in the class with me; she read to me and went over the lessons I missed. I encourage taking the class with a friend. I also realized sharing my issues with others helped me say it out loud and fact it. The benefits that I*

*gained from the class will defiantly improve my coping skills and health.*

- *I was able to use the relaxing technics and tapes during and after my cataract surgeries.*
- *I learned how to stress affects my overall health and how to meditate deep breath and release those feeling of overwhelming hopelessness. "Depression"*
- *Self-management "Creating an Action plan" that works or me.*
- *Sharing as a group was like therapy "Acknowledgement"*
- *Making connections with others, Importance of healthy eating, and Asking for help.*

*Thank you for caring.*

**Donna from Maui County**

*I have just completed one of your workshops called Better Choices Better Health.*

*I would lie to thank you for providing this educational and helpful workshop.*

*Among the many things I have learned is the importance to set goals and then follow through with an action plan. Whenever there was class participation involved, the instructors took the lead in the discussion. This helped us attending to be at ease and willing to participate as well.*

*The workshop was presented in a simplified and signified manner.*

*Thank you once again for caring for our needs.*

**Stephanie, Wailuku, Maui**

*I have been attending your Chronic Disease Self-Management workshop for the past several weeks and today, I completed your workshop. I have learned a tremendous knowledge that I can apply daily in my activities of discipline myself to commit to my plans of recovery.*

*I plan to use my daily "Problem Solving Steps" that will help me to deal with my everyday situations and learning how to solve it on my own. I will put these steps up where I can see it daily until I have mastered it automatically, another process of handling my chronic pain is to stick to my "2 week Action Plan" that will force me to discipline myself to have the confidence to complete my weekly mission. Your "Communication Skills" will aide me to use the "I " messages and to listen then to clarify, this method have been a success for me, when I had to deal with negative thoughts and when I had to approach people, communicate and use these useful skills.*

*Thank you. The book have been a guide for me, like a bible to my health, since I will be on my own to continue the usage and knowledge of applying what I have been thought for the past several weeks. I will read more and I know I will have more information under my belt to conquer my pains and knowing how to handle my medications.*

*The staff should be commended for being there for us to understand more clearly of our chronic pain and disease. I personally have gained by this workshop, I only ask that your researchers continue to bring more knowledge to our communities. Maururu (thank you in Tahitian).*

Valerie from Maui County

*I have just completed the Better Choices Better Health workshop, and want to express the appreciation and even gratitude that I feel.*

*I have deliberately lived a very healthy lifestyle for many years, have a bit of medical background, and have studies health issues consistently over the years. And I still learned so much from this workshop. And even more, I felt we were guided, supported, and encouraged with this education to make the best possible case of it. The leaders that ran this workshop had so much skill and used strength and race, in keeping all on track, and keeping each of us actively engaged and thinking. And did it all with so much “aloha”; specifically, good will, respect, kindness and moreover, conspicuously wanting the best for each of us.*

*For me, among other things, it gave me the clarity to face an important medical issue, research it, bring in other resources, and do everything I could/can to have the best possible outcome, and for the rest of my remaining years.*

*With much aloha and appreciation,*

Elaine, Maui County

*Efficiency accompanied by courtesy is a rare combination in today’s work world. The courtesy extended to me by your staff at Maui County Office on Aging – Ke Ola Pono during the last six weeks of meetings, brainstorming, and problems solving was impressive because of it’s rarity.*

*The “Action Plans” has already helped lead me into a healthier life style changes. Although I do not have any chronic condition at this time, these sessions were very helpful to me in preventing future chronic conditions and medical expenses.*

*I am on my way to a healthier life style. Thanks to Helen, Beverly and Robin. I enjoyed the classes and meeting new friends. Also thank you to Stanford University for providing this wonderful and informing program to Maui County.  
Mahalo Nui Loa,*

Barbara from Maui County

*God bless you all for doing this class of Chronic Disease Self-Management, a six week class, to Kaunoa Senior Center in Paia. I have learned so much on how to take better care of my health. Before all I heard was help of true story of health taking of my help. Your two teachers were the best if there was a grade I would give them A+ for both of them. I called Jo Reyes to tell her what a wonderful job you both did in six weeks class. I wish you would make it longer by one more week they both did a job well done. God bless you both in everything you do in life. Thank you from the bottom of my heart.*

Colette, Wailuku, Maui County



Maui & Lanai  
trainers.

*In this workshop called “Better Choices Better Health,” I have learned to make things easy and accomplishable for my life including eating healthy, taking the right medication that suits me, and taking time out for myself, doing exercise and waling, and even some quiet time, reading my bible and helping friends. I have also leaned to be a more positive person in saying and doing things.*

Roselani Participant, Maui

*The class “Better Choices, Better Health” – Arthritis was comprehensive as the facilitators had clear presentations relating to the “Help Book.” The class brainstormed the factors that explain the aches and pains of our condition. Visual aid that was helpful was the PAIN CYCLE. The class was assigned to have an action plan of some kind of physical activity during the week at home and rate their confidence level which ranged from 1 to 10 and repeat on it at the next class. This action plan proved to me that we had to be forced, consistent and disciplined. Because of daily distractions I found myself redirecting ... in order to apply myself to what was learned; I needed to truly dedicate myself for better health. With the help of the hand book at hand, I can review the information at any time. Also, the CD on meditation is a big help in relaxing the mind. I am glad I attended the class.*

Anne, Wailuku, Maui County

*We have attended the BCBH class sponsored by the Maui County Office on Aging. We highly recommend this class for more reasons than we can mention! We obtained specific information regarding the maintenance and improvement of health – even when our present health may be impaired.*

A Wailuku Resident



*I am writing this short acknowledgement to thank you for the presentation of this class to better prepare us seniors and caregivers in the methods of self-management for various health conditions that are likely to challenge us as we continue to age.*

*I am especially pleased with the materials provided and the presentation by our instructors in the areas of making action plans to accomplish our individual goals in fitness & exercise, nutrition, handling medications and working with our health care professionals.*

*I plan to continue using these methods and concepts to sustain a healthy life style throughout my future years whatever health conditions come my way.*

Thomas, Kihei, Maui

*I recently attended a six week class on arthritis based on the "Arthritis Help Book." I would recommend this class to all arthritis patients. It is very helpful to all stages of the various types of arthritis. This class gave me the motivation to deal with ongoing conditions and know that I would apply solutions myself. It was helpful to communicate with others students and know you are not alone in this condition. Often other people might have a solution that you would like to try yourself. I think sharing experiences was most helpful.*

*Many topics were discussed and that could be from exercises, problem solving and or to adjusting to limitations. It is very helpful to recognize there are many stages and types of arthritis. So many people have arthritis they should be aware there are classes that can help.*

Dixie, Lanai City

*We have attended the Better Choices Better Health class sponsored by the Maui County Office on Aging. We highly recommend this class for more reasons than we can mention! We obtained specific information regarding the maintenance and improvement of health – even when our present health may be impaired.*

*The presenters were knowledgeable and skillful. They created a trusting and open environment inviting all of the participants to bond as an ohana. We supported and challenged one another to set goals for realistically achieving our personal and health oriented goals. Each week we held one another accountable for our progress and learned ways to modify our action plans.*

*We leave the class equipped with tested and sound knowledge, and a fresh, enthusiastic and confident outlook – knowing that we will continue to grow healthy minds and bodies; knowing that we have a fun, loving and trustworthy health ohana cheering us on.*

Russ and Cathy, Wailuku, Maui

*I just attended a six week Better Choices Better Health class conducted on Lanai and would like to offer my congratulations on your excellent program and presentation. The information was both informative and practical. Facilitators were knowledgeable and extremely helpful, even while having to adhere to the class format and timing, not an easy job with so many interesting stories in one class!*

*The “Living a Healthy Life with Chronic Condition,” answers questions I didn’t even know I needed to ask. The “tools” in my tool box will be useful to me as I continue my action plans into a healthier future. I’ve recommended the book as a*

*reference to my RN sister in Arizona, as well as the class to my mother and sister on Maui. Will also send out a recommendation to all those on my email/facebook lists.*

*Again, thank you for providing such a commonsense workshop.*

Susan, Lanai City

*My sister and I decided to sign up for these classes and I thank God for answering my prayers. She is a diabetic and for years have not seriously managed her illness and I have prayed for something or someone to make her realize the seriousness of her condition and to learn and take better care of herself.*

*Nancy cared enough about the people in her community and informed my sister of the classes through and email and the rest is history. I truly believe she saved my sister's life.*

*I believe all individuals with chronic conditions can truly benefit from these classes and I will spread the word to my friends to enroll, so they can benefit. I pray the program will continue to be available for residents of Lanai to participate in. My accomplishments from the class are many, plus I've met fellow Lanians that I occasionally saw on the street that I can now call by name and claim as friends.*

A participant from Lanai City

*Thank you for having this very informative program available. The program covered a wide range of information that I honestly did not realize or think of.*

*Upon completion of the class, I am now aware and can positively manage my chronic illness. I am definitely more knowledgeable about exercise, medication, communicating*

*effectively, nutrition and am able to deal with the emotional barriers of what an individual is faced with.*

*To put it in a nutshell, the program and the very informative “Living a Healthy Life with Chronic Conditions” book has given me a kick in the pants and has taught me how to manage my life in a more meaningful and rewarding manner. I feel better, am happier and healthier.*

A participant from Lanai City



Workshop in  
Wailuku.

*This workshop has helped me to see that there's more to just meds for the chronically ill. I won't get rid of the illnesses totally, but this class has shown a very positive way to live with a chronic illness. I'm sure the "calm" way will make me a better person also.*

*The friends I've met helped me to realize that there are people worse off than me but are willing to try and do more for themselves. The book offers so many ideas and exercise to cope with an illness even some to prevent one. The buddy system taught me to have and show concern for strangers. At*

*almost 60, I wish I had this class and book years ago. Thank you so much.*

Jose, Wailuku, Maui

*Thanks to Maui Electric for providing this service to its employees, more specifically myself. I have learned much about myself; how I can not only help myself but others as well. By participating in this class with fellow co-workers it not only gave us an opportunity to support each other outside of our work environment but also helped with creating a comfortable and friendly class atmosphere.*

*Our facilitators offered education, support and commitment far beyond my expectations. In fact their commitment to our group, I believe, was the reason why we individually found strength to continue with the weekly exercises and teachings.*

*I highly recommend this class to fellow colleagues and hope this will continue to be something provided to MECO employees.*

Samantha, Maui County

*How I came to attend the class was through a friend who won a certificate to attend but had other commitments, so asked if I was interested. It was a wonderful opportunity for me to learn how to express myself and share my experiences with others. The brainstorming was awesome. Keeping track of daily activities, food intake and learning to be disciplined which is hard for me. It was nice to meet new people, make new friends, and the buddy phone calls were very good.*

*Kudos to the leaders and the class. It has really motivated me to go walking while my son and grandson are busy playing*

*basketball, and at the same time keep an eye on me. I'm happy that my family takes an interest in my health.*

Arlene, Wailuku, Maui

*Last Wednesday, I completed the final class of the Arthritis self-management workshop. I wasn't sure exactly what I expected, but hoped that I might learn new ways to cope with my ongoing osteoarthritis/tendonitis/carpal tunnel pain. I was extremely pleased to find the lesson plans, the book and guided relaxation CD to be excellent tools. I learned so much more from the program than I could ever have anticipated, also enjoying the short tai chi sessions just prior to the class.*

*The classes and book covered a wealth of information about pain management including the importance of regular exercise – my new mantra is “move it or lose it!” I now regularly do water aerobics, plus flexibility and strength work. At first, I could barely swim six breast strokes, but gradually worked up to 64 strokes – the length of the pool.*

Pam, Kihei, Maui

*A thank you greeting to Ms. Yvonne, Ms. Linda, Ms. Judy, Ms. Robin who enthusiastically share their knowledge with us. Have been gladly looking forward to like-minded study buddies and interesting exchanges – b-day is the final lecture: “Better Choices, Living a Healthy Life.” Am missing you all already – will apply and share the learnings – a positive experience.*

*Again, thanks for your generous sharing – our planet needs more of you.*

Eva, Wailuku, Maui

*It was a privilege to attend a six-week session regarding "Living a Healthy Life with Chronic Conditions." We enjoyed reading the text as it was very informative and well written. It gave a clear and comprehensive description of various health conditions. We now understand how to better cope with the physical and mental problems related to them.*

*The action plans helped us to apply what was discussed. As we followed through with the plans during the week, we became more aware of how specific action plans contribute to our wellbeing.*

*The highlight for Mary, who has problems hearing the TV, was the group discussion. The group recommended "TV Ears." She bought the ears, is using it and enjoys listening to TV again. We enjoyed the workshop very much.*

Harry and Mary, Maui County

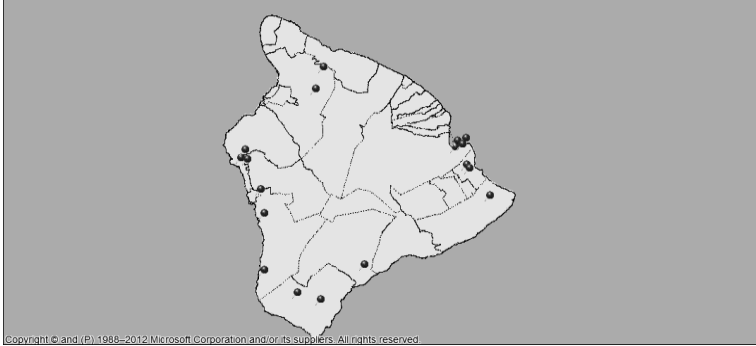
*I would like to express my appreciation to the University and the Dept. of Aging for the fantastic program on "How to Manage Chronic Conditions." Six weeks is an ideal time – so is two hours per session. It was easy to make the commitment. I am 84 years old and a habitual workshop participant -over 30 years! But I can't remember to ever had such a well-planned and well run versatile program.*

*The facilitators did an excellent job. The team approach is very good - you can't fall asleep! Clear instructions as how to participate, also the well-written papers on the wall – a great help. The thinking process was greatly stimulating and it was a wonderful challenge to participate. Nothing could be done any better! I am more aware! Mahalo!*

Ellen, Lahaina, Maui

# HAWAII COUNTY

Better Choices Better Health  
Conducted 48 workshops in 18 sites.



● : Better Choices Better Health implementation site



## Better Choices Better Health Participants

Here are several short-comments from Hawaii County's Better Choices Better Health participants.

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*“Balanced combination of learning from book, workshop activities that were at our level and interests. “*

*“Each person shared his/her experiences to stay health. I’ve found it within myself to make better change in my daily life.”*

*“The workshop gave me options to solve my health problems.”*

*“Now, I have a better insight on my husband’s diabetes and learned about health issues that I should be aware and concerned about.”*

*“Save me a lot of incentives and motivations to continue on my path of health management”*

---

*It was really satisfying to have enrolled in the BCBH workshop sponsored by the ADRC. My five friends that joined the group were also grateful to be part of the group. Pauline and Wes*

*were superb leaders who headed the classes and encouraged participation from us.*

*All of us have many “aches & pains”, (not serious) since we are all Super Seniors. In class, sharing our chronic problems, we became aware that others have similar problems. Our action plan for each week helped us improve our thinking as well as our physical activity. We had to:*

- 1. Chose activities which are do-able*
- 2. Choose activities that are achievable*
- 3. Make decision on our exercise (when to do it, how much, improvement)*
- 4. Rate achievement level*

*I always had problems with my cholesterol. Even though I take Simvastatin daily. My level doesn't change much. I do not eat much meat stuff, but through this class I found out that I need more exercise to bring about changes. I learned about activities that can improve my quality of sleep, also.*

*If I follow my action plan and carry on the achievable activities, I should be able to cope with my problems. Selecting better choice of food and reading food values should help me too. Having positive thinking will also make me a healthier person.*

*Keeping in mind all the suggestions and ideas offered in this class, my “quality of life” should improve. Reading the book, “Living A Healthy Life” will further offer me many ideas to stay healthy and be self-sufficient.*

Fumiko From Hawaii County

*The workshop goal was to improve the quality of life by learning new skills and talking with others. We participated*

*in discussion, shared experiences, brainstormed, made action plans, and read the text Living a Healthy Life with Chronic Conditions.*

*Listening to others made me aware that there are so many different kinds of concerns. The group were very supportive and sympathetic, and encouraged each other. A number of topics were covered in this workshop including exercising, healthy eating, communicating, and managing medicines. We had to focus on these topics and examine our own habits and choices and learn how to improve our lives.*

*They key word was “self-management.” I can definitely say that the workshop helped me. I benefited most from exercises I did as part of my action plan to increase strength, flexibility, and endurance. Over the short span of time, my walking improved noticeably!*

*I can now walk with greater ease and more evenly with less discomfort in the right hip area. I can walk up 22-24 steps with greater ease than before. Also because this is measurable, I will mention that I can now hit longer golf shorts (due to greater strength and flexibility). Overall, I came to realize that we don’t need to resign ourselves to “just aging.” We can make conscious efforts to improve our lives. I would recommend this program to anyone interested in improving his/her quality of life. It is well worth the time and effort.*

Lillian from Hawaii County

*Better Choices Better Health workshop in Miloli’i on Big Island was an excellent opportunity to look at ourselves and assess personally our physical and mental health. We shared and reflected on how our nutrition, diet, exercise and webbing is vital to a healthy and happy life.*

*We discussed our meals, and learned a lot more about the foods we eat and beverages we drink, which opened up discussions on some food being starchy or sweet, and that certain foods actually give us a lift of energy, and others will make us less energetic and sleepy. The importance of diabetes and understanding it and what we can do to manage it, encouraged to share with others; family members, friends and acquaintances.*

*Dr. visits, blood pressure, eye and hearing tests, and general check-up also was a good reminder not only to us, the participants, but empowered us individually to go back to our families and circle of friends and share. Thank you again, for a most enjoyable and educational experience. Our community, along with the many others that are being served are most appreciative and grateful.*

Lupuna from Miloli'i on Hawaii County



Hawaii  
County  
HAP Team  
Members

*Thank you for your time and dedication! We enjoyed your self-management class very much, and we will continue to thrive for good decision making in our lives.*

*This class is good. It is a good education. It was very well organized and presented. I hope some more people come to this class. I learned a lot. Thank you for creating a wonderful welcoming learning atmosphere.*

A senior from Hawaii County

*The Better Choice Better Health Workshop is an excellent means to improve one's health and lifestyle. It should be continued in order to allow more people to participate and reap its long term benefits.*

*Although I attended as a companion to my husband who has a chronic condition, I personally benefited tremendously as well. I learned what choices are better to improve my nutritional, physical and emotional health. More significantly, I have developed two new, specific and healthier habits thanks to the workshop's six-week action planning component.*

*After learning the importance of what I can do, I chose from these learnings and developed weekly Action Plans to carry out my choices. Sharing our chosen Action Plans and results each week moved out group of 11 to develop a very comfortable level of trust and respect for each other.*

*As a retired teacher and administrator, I found the workshop's content and process to be well-organized, well-developed and helpful. The two workshop leaders were effective facilitators. They acknowledged and supported each individual's needs while also implementing the workshop curriculum. Their genuine warmth and aloha spirit cultivated the group's camaraderie and support for each other.*

Katherine from Hawaii County

*This class on “Living a Healthy Life with Chronic Conditions” taught me how to manage my own health in various situations. Class participation on “brainstorming” brought awareness to cause and effects of symptoms and remedies.*

*There is a purpose in shopping too now for reading food labels makes me more responsible of my long term health. That I really liked most and will definitely take away from this class is the “Action Plan.” It’s something you really want to accomplish but never got around to doing. You tell the class you will do it by a certain time. You commit yourself, be responsible about it became accountable for it.*

*Thank you for this helpful opportunity.*

Violet from Hawaii County



Leader Training  
in Hilo.

*I entered this class not knowing what to expect. The facilitators were very friendly and informative.*

*Class had good participation by all attended.*

*I haven't really done action plan before but with the helpful guidance and assignments I have come to use the tools that*

*were taught and this lowered my stress level which is a major reason why I couldn't accomplish my tasks.*

*I thank my facilitators for giving me the tools to go forward and breakdown future obstacles.*

*Much Mahalo and Aloha.*

Engie from Hawaii County

*Aloha, this letter is written to express our gratitude and appreciation for being active participants of Better Choices Better Health in Kamuela, Hawaii County.*

*Our presenters have done an excellent job in assisting us to self-manage our chronic conditions, weight management, healthy eating, exercise, communication and many more. However, we were not able to discuss other matters of great concern, such as Planning for the Future which included Advance Directives, Power of Attorney, etc.*

*But all in all, every moment spent in class was very productive and very informative. Their charts galore were excellent learning tools for us to learn from. Our peers in class were great also as we shared our lives and experiences with each other. Mahalo for the Book that we had used in class. It was readable and friendly to us. We were able to use it in class, and to read it at home for next week's prep for class and able to have a healthy discussion while in class.*

*Action Plans were the motivating tool for us to move forward in our lives and to manage our lives more fully for a satisfied one. Problem Solving really helped us .... Mahalo for giving us these tools to use. We are now comfortable with our lives .... We know how to solve problems and manage our lives to the fullest.*

*Aloha and mahalo for your support and for a very meaningful experience in Better Choices Better Health.*

Robert and Diana, Kamuela

*I feel that I have learned so much about how to manage my arthritis, medication, healthy eating and exercise program from taking this class and I will continue to follow a daily action plan in my life with the skills and knowledge I learned from this class and I recommend this class as a good way for people with arthritis or someone taking care of a person with arthritis.*

A Hilo Resident

*Some very good techniques have been presented and ones I especially like are 1) making an action plan, 2) using your mind to manage symptoms, and 3) using muscle relaxation and imagery to relieve stress and encourage a sense of calmness. These techniques have helped me feel like I am in control, not my chronic conditions, and that I should be able to do whatever I feel like I am able to do! I highly recommend this program!*

A Hilo Resident

*Got Diabetes?*

*No, I do not have diabetes but I do have a chronic disease which is rheumatoid arthritis. I took this course because I knew that I could learn how to improve my quality of life by making healthy choices and by improving my health. What? It's 2 ½ hours long per session for six weeks with weekly homework and weekly action plans? Yes, but I was really surprised to find how fast the time flew by.*



*How can you forget what you have learned when you have group sharing, partner sharing and self-monitoring action plans to accomplish what you want to do in a specified time frame. It is amazing how you finally get things done. You get group support, emotional and mental support and learn new skills to manage your life for a healthier you.*

*Just remember to eat a “RAINBOW” (colorful fruits and vegetables), exercise to be flexible, build endurance to keep your heart healthy, and build muscle mass to help you be more nimble. Exercising can help prevent fatal falls and keep your organs functioning properly. I surely learned a lot and can now understand the needs of people with chronic diseases. I am a satisfied participant.*

Jane, Hilo participant



Statewide  
Leader  
Appreciation  
event.

*This class has made me aware of my personal life and how I will need to make changes in my daily living and lifestyle to become a healthier person. I will recommend this class to my*

*seniors and other community persons and share the positive benefits that I have received from this class.*

A Pahala Resident, Hawaii County

*As a result of the class I have been walking at least three times a week (sometimes more often.) I try not to overdo it – I walk only as much as I think I can handle. I check my blood pressure daily and the readings are definitely down from the readings during the doctor visits. I've noticed that my back and hip pains are less bothersome and I hope that my fatty liver and trig problems will also show improvements.*

*I highly recommend this workshop to anyone who is suffering from ongoing chronic diseases. Having the right tools to manage one's own health can help lead a person to a more positive and enjoyable life.*

A Hilo Resident

# WHO WE ARE

The Hawaii Healthy Aging Partnership (HAP) is a statewide coalition with 60+ partners dedicated to embedding evidence-based health promotion programs into the Hawaii's Aging Network. HAP believes that making health promotion programs widely available to older adults will help prevent and delay the onset of chronic diseases and control the burden of chronic diseases in Hawaii. Our goals are:

- Significantly increase the number of older adults and adults with disabilities to participate in evidenced based programs
- Implement innovative funding arrangements for sustainability while embedding into an integrate evidenced based program network.

## Contact Us

Caroline Cadirao, Grants Chief

### Executive Office on Aging

250 South Hotel St. 406, Honolulu, HI 96813

Phone: (808) 586-7297

Email: [Caroline.Cadirao@doh.hawaii.gov](mailto:Caroline.Cadirao@doh.hawaii.gov)

Website: <http://health.hawaii.gov/eoa/home/healthy-aging-partnership/>

Michiyo Tomioka, HAP Statewide co-coordinator/Evaluator

Phone: (808) 728-0570

Email: [mtomioka@hawaii.edu](mailto:mtomioka@hawaii.edu)



Hawaii Healthy Aging Partnership



THE SENATE  
COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH  
COMMITTEE ON WAYS AND MEANS  
DATE: Thursday, March 30, 2017  
TIME: 9:30 a.m.  
Conference Room 211

TO: Senator Rosalyn H. Baker, Chair  
Senator Jill N. Tokuda, Chair

**RE: HB 615, HD1 HEALTHY AGING PARTNERSHIP**

AARP is a membership organization of people age fifty and over with nearly 150,000 members in Hawaii. AARP advocates and provides information on issues that matter to our kupuna and their families, including affordable, accessible, quality healthcare, financial resiliency, and livable communities.

HB 615 HD 1 appropriates funding for the Healthy Aging Partnership. This Partnership offers evidenced based health promotion and disease prevention programs.

AARP Hawaii **strongly supports** HB 615, HD1.

In the 2015 and 2016 legislative sessions, the Healthy Aging Partnership (HAP) was unfortunately cut despite its success in helping older adults manage their chronic diseases such as diabetes, hypertension and arthritis, and maintain their health and fitness. HAP includes EnhancedFitness, a low impact aerobics class and the chronic disease self-management workshop. According to the University of Hawaii's research evaluation, HAP program participants have reduced hospital stays, emergency room use, and falls and increased their overall physical functioning.

We support that this valuable program be fully funded and restored.

Thank you for the opportunity to testify.

**TO :** SENATE COMMITTEE ON COMMERCE, CONSUMER PROTECTION  
AND HEALTH

Senator Rosalyn H. Baker, Chair  
Senator Clarence K. Nishihara, Vice Chair

SENATE COMMITTEE ON WAYS AND MEANS

Senator Jill N. Tokuda, Chair  
Senator Dnavan M. Dela Cruz, Vice-Chair

**FROM:** Eldon L. Wegner, Ph.D.,  
Hawaii Family Caregiver Coalition (HFCC)

**SUBJECT:** **HB 615 HD1 Relating to the Healthy Aging Partnership Program**

**HEARING:** Thursday, March 30, 2017 at 9:30 am  
Conference Room 211, Hawaii State Capitol

**POSITION:** The Hawaii Family Caregiver Coalition **strongly supports HB 615 HD1** which proposes an appropriation of \$550,000 to the Executive Office on Aging for supporting the Healthy Aging Partnership Program. This program is offered through the County Offices on Aging and contracts with non-profit services agencies and the University of Hawaii.

**RATIONALE:**

I am offering testimony on behalf of the Hawaii Family Caregiver Coalition (HFCC), which is a coalition of agencies and individuals committed to addressing the needs of family caregivers and improving the ability of family caregivers to provide quality care for their frail and disabled loved ones.

The Healthy Aging Partnership (HAP), established in 2003, aims to implement evidence-based prevention and disease self-management strategies to empower older adults to stay healthy, active, and socially engaged.

The HAP offers two programs:

- EnhanceFitness®, a low-cost, highly adaptable exercise program that has proven to be effective for older adults who are active as well as unfit or near frail. These one-hour group classes are designed to work the cardiovascular system and improve participants' balance, flexibility, and muscle strength.
- Chronic Disease Self-Management (CDSMP), a six-week workshop series in which a small group of participants meet once a week for 2.5 hours to learn how to better manage their chronic conditions, improve their quality of life, and lower health care costs.
  - General Chronic Disease Management—The *Ke Ola Pono: Healthy Living* focuses on all types or combinations of chronic conditions, including high blood pressure, cancer, being overweight, diabetes, stroke, asthma, and heart disease.
  - Diabetes Self-Management—*Living Well with Diabetes* is designed for individuals with Type 2 Diabetes or Pre-diabetes and their caregivers.

- Evaluation research conducted by the University of Hawai'i Center on Aging shows that these programs reduced hospital stays, emergency room use, and falls among the frail elderly and increased physical functioning, thus resulting in substantial reductions in health care costs. Furthermore, national studies conclude that the annual total health cost of these participants was \$642 compared to non-participants at \$1,175. Those who attend the EnhanceFitness class once a week show a health care costs savings of 6%. Those who attend more than once a week show a cost savings of 21%.
- However, the state didn't fund this program in either FY16 or FY17. In FY16, the program was supported by carry over funds, which are depleting rapidly. Some of the programs were terminated this year due to lack of funding, while some counties enabled others to continue due to County funding.
- HB 615 HD1 requests \$550K for FY18 to fund the Health Aging Partnership. The requested budget will allow the state to serve 220 participants statewide through 22 Chronic Disease Self-Management Program (CDSMP) workshops (\$92,400) and 575 participants through classes for EnhanceFitness (\$344,600).
- Preventing disease and disability is far less expensive than the resulting health and social services for persons needing treatment. The requested appropriation merely restores the program to the level of a few years ago. We should be thinking of how to expand this program for to cover many more eligible participants. The HAP program is very cost effective for the state and we urge your approval of this appropriation.

Thank you for allowing me to offer testimony.

# HAPTA



**HAWAII CHAPTER - AMERICAN PHYSICAL THERAPY ASSOCIATION**

(800) 554-5569 x13 • [www.hapta.org](http://www.hapta.org) • [info@hapta.org](mailto:info@hapta.org)

**HB 615hd1, Relating to the Healthy Aging Partnership Program  
Sen CPH/WAM Decision Making Hearing  
Thursday, March 30, 2017 – 9:30am  
Room 211  
Position: Support**

Chairs Baker and Tokuda, and Members of the Senate CPH/WAM Committees:

I am Gregg Pacilio, PT and Board President of the Hawaii Chapter of the American Physical Therapy Association (HAPTA), a non-profit professional organization serving more than 300 member Physical Therapists and Physical Therapist Assistants. Our members are employed in hospitals and health care facilities, the Department of Education school system, and private practice. We are movement specialists and are part of the spectrum of care for Hawaii, and provide rehabilitative services for infants and children, youth, adults and the elderly. Rehabilitative services are a vital part of restoring optimum functioning from neuromusculoskeletal injuries and impairments.

HAPTA supports the request for funding for the Healthy Aging Partnership program which has successfully adapted evidence-based health promotion programs and disease prevention programs for the multicultural population in Hawaii. It provides accurate information to our kupuna. It provides classes about healthy living, chronic disease management, arthritis management, and diabetes management to empower kupuna and their caregivers.

For example, the Enhanced Fitness program on Kauai allows kupuna to exercise in a safe manner, allowing for increased physical activity which has been shown to improve overall health factors and balance.

The Healthy Aging Partnership program is a valuable resource for the community as well as for physical therapists and other health professionals to refer people for both prevention and post-injury/medical complication for education and improved health.

Your support of HB615hd1 is appreciated. Thank you for the opportunity to testify. Please feel free to contact Abi Leddy, HAPTA's Elder Care Chair at (214) 883-8329 for further information.

Carol E. Seielstad  
3676 Kaweonui Rd.  
Princeville, HI 96722  
March 25, 2017

Testimony in Support of Elder Fitness, Kaua'i: Pls support HB 615, HD1: Relating to the Healthy Aging Program

Aloha Nadine,

My husband and I have resided on the Northshore on Kaua'i for many years. I worked for over 25 years as a public school teacher and now at age 74, I am retired. I have participated in Elder Fitness three times per week since 2010. When I retired, my doctor told me that my blood pressure was "too high", my cholesterol was "too high", and my weight also (sadly) "too high". She recommended that I exercise more and suggested Elder Fitness. Today I am happy to report that my health and fitness are better and I have now bonded with a very nice group of seniors my age. We sometimes meet outside of class for support, friendship, and even community service.

Enhance Fitness has had a very positive impact on my life. The most significant outcome has been lowered blood pressure, lowered cholesterol, and less risk of disease as I age. Staying healthy is important to me.

Please support Elder Fitness by appropriating needed funds to assist us in our efforts toward healthy aging.

Me ke aloha,

Carol E. Seielstad



**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Saturday, March 25, 2017 10:35 AM  
**To:** CPH Testimony  
**Cc:** tjdavies@juno.com  
**Subject:** \*Submitted testimony for HB615 on Mar 30, 2017 09:30AM\*

**HB615**

Submitted on: 3/25/2017

Testimony for CPH/WAM on Mar 30, 2017 09:30AM in Conference Room 211

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
T.J. Davies	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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Senate Commerce, Consumer Protection and Health, and  
Committee on Ways and means

Senators Rosalyn Baker and Jill Tokuda

Date: Mar 30, 2017

Time: 9:30 a.m.

Room 211

**RE: HB 615 HD1 Relating to the Healthy Aging Partnership**

Senators Baker and Tokuda, and Committee members:

Thank you for the opportunity to submit written testimony in  
**STRONG SUPPORT** of HB 615 HD1 Relating to The Healthy  
Aging Partnership.

My name is Geoffrey Casburn and I am a retired Civil Engineer.  
My wife and I live in Hilo and we are former in-home caregivers.

The passage of this bill would fund older adult participation in  
programs addressing personal fitness, control of high blood  
pressure, cancer, diabetes, stroke, arthritis, etc.

This proactive approach to health improves the participant's  
quality of life and reduces the cost of health care.

Thank you,

Geoffrey Casburn  
District of Hilo

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Pamela Jarden. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my balance and strength.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Jarden*

(808) 652-1147

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Gladys Fujiuchi. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improved mobility & health.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Gladys M. Fujiuchi*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Alice Tsuda. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been More strength in my knees.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Alice Tsuda*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is TERRY MARSHMAN. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2015. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been STRENGTH.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely, Terry Marshman

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

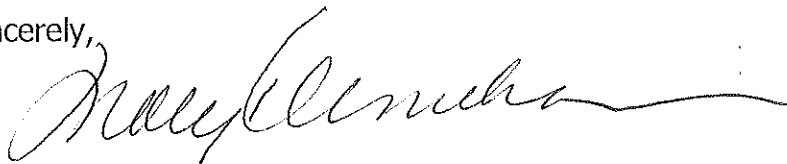
My name is Mary K. Umehara. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been still active.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,



March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Helen Fujimoto. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been \_\_\_\_\_.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,





March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Grace K. Fujii. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 3/2017. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been \_\_\_\_\_.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Grace K. Fujii*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is HARRIET MORIETA I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 10/1/16. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Good for me - my doctor is happy

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely, Harriet Morieta

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Joyce M. Takahashi. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2013. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improved health & fitness.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Joyce M. Takahashi*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Leatrice Y. Toueka. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 10/11. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been bone density improvement.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Leatrice Y. Toueka

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Maria Y. Ozaka. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2008. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Social Fitness.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Maria Y. Ozaka

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Matsuko Uyeda. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2008. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Good medical results.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*M. Uyeda*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Diane Horita. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

following directions

EnhanceFitness has had a positive impact on my life. The most significant outcome has been muscle strength, endurance (physical), mental stimulation, balance, and increased cardiac strength. It helps my blood tests, social interactions. Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Many seniors who are in these classes volunteer in state and county facilities, schools, libraries, food pantries etc. Keep them healthy so they can continue to serve. Thank you so much !!  
Diane E. Horita  
😊

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Janet Reis. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Started. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been I feel fine.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,  
Janet



March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Naoko Ho. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since it began in 2007. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been getting me to exercise regularly

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely, Naoko Ho

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Leatrice Igawa. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2008. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my fairly good health.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Leatrice Igawa*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is CARMEN YASIS. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improving my fitness for my other activities like my tennis + golf.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,  
Carmen Yasis

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is JAMES REID. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2014. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my doctor is pleased with test reports which result

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*James K. Reid*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Cecelia Mahoe. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Jan. 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been increased flexibility, endurance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Cecelia Mahoe

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Cheri "Curtis" Schibye. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been get out of house and exercise.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,  
CC Schibye

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Theresa Waters. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 6/10/16. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my balance is

much improved as evidenced

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

by no falls

Theresa Waters

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM


Hearing date: March 17, 2017

My name is Marie H. Gerardo. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2013. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been beneficial to good health.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

  
Sincerely,



March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Jennifer Cullen. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 3 months. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Outlook on life! Balance, flexibility, strength comraderie!

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Jennifer Cullen

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Deborah Jacintho live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since MAY 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Stamina improved and my joints ARE  
most more stronger and more flexible  
muscle tone improved and balance  
Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Deborah Jacintho

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Susan Castilyn. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2013. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improvement in all medical tests

Lower BP, ~~A1C~~ A1C went from 6.9 to 5.9

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Susan Castilyn

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Aiane Chait. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since June 2011. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been encourages me to keep a healthier lifestyle over all. I rarely miss a class and look forward to it.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Aiane H Chait

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Jade Haunani Padredo. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2010. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been keeping me physically fit as I age. My balance has improved and I have lost 40 lb. It is a very important part of my life.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Jade Haunani Padredo*

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Linda Warriner. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2017. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been balance + weight training.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,



March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Margaret Degan I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2009. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Margaret J. Degan*

March 24, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

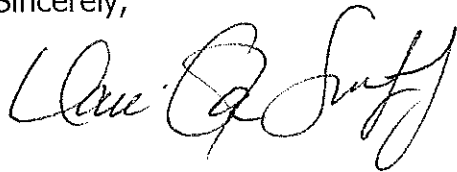
My name is VALLI CELAYA SMITRY I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been added Strength & Balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,





March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

My name is Janice Oyama and I live on the island of Kauai. I am writing to you regarding HB 615, HD1: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.


I have been involved with the Kauai County Office on Aging's EnhanceFitness Program since January of 2017. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held three times a week for an hour each session at my neighborhood center.

Though I have been participating in this program for only 3 months, I can already see its positive impact on my life. The instructor led classes has motivated me to do the exercises with regularity that my physician says will assist with my medical diagnosis. Since starting, I can see a great improvement in my pain management and overall health.

It is also enjoyable to be with other seniors whom I would not see nor socialize with regularly had I not enrolled in the program. The senior participants range from their 60s to 80 years of age and I think it is wonderful to see everyone leaving each session happy and sharing their aloha of "see you next time."

Research says that a healthy and active lifestyle is a great contributor to longevity. In observing the participants in their 80's, I truly can agree and hope that you will continue to provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

A handwritten signature in black ink, appearing to read "Janice Oyama". The signature is fluid and cursive, with the first name being more prominent.

Janice Oyama

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is ELAINE OMAKANIM. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2012. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been KEEP ME ACTIVE & MOBILE & ALSO FROM DEMENTIA.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Mrs. Elaine Omakani*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Jane Seto. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been getting my body back into shape since my injury + having fun w/ all the others.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Jane Seto

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Katherine Crowell. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Sept. 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been feel great after our excise class and feeling good about my health.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Katherine Crowell

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is BERYL Y. AYABE. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since January 2009. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been keeping active and strong. The 3 days a week regiment is appealing and a regular part of my routine. I have also gotten stronger and increased my endurance with weight-lifting, stretching, aerobics, balancing which is covered in  
Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me. this program!

Sincerely, Mahalo nui loa -

Beryl Y. Ayabe

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Nancy Y. Matsuda. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my over-all health and mobility have increased significantly.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Nancy Y. Matsuda

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Yukie Okino. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2011. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been It helps to keep my limbs flexible,

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Yukie Okino*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Lois Kobashigawa I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2018. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been that exercise is greatly needed for strength and flexibility.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Lois H. Kobashigawa*



March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Edna Kawamura. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2011. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been less aches + pains due to old age. It is also helpful for my diabetes which requires regular exercises.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Edna Kawamura

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is JoAnn Robinson. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2013 or 2014. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been very helpful with strengthening my arms + legs.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*JoAnn Robinson*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Linda Matsuda I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since \_\_\_\_\_. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been losing weight + toning my body.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Linda Matsuda*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Kathleen Uyeda. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2006. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been the improvement in the condition

of my bones. They have been strengthened through the exercise program.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely, Kathleen Uyeda

March 23, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Lanice Pullano I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2013. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been better health & keeping strong

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Lanice Pullano*

March 23, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is LUCY B WORKS. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since ~~1998~~ 2017. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been to help keep me to continue to get myself healthier -

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Lucy B Works*

March 23, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Marjorie works, I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Jan 2017. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been better balance.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Marjorie Works*

March 23, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Edna Holdeman I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Approx 2012. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Flexibility & feelings of well being as I'm nearing the age of 80

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Edna Holdeman*



March 23, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Joyce Koga. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since beginning. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been to keep me fit and healthy.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Joyce

March 23, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING  
PARTNERSHIP PROGRAM

My name is Susan Remoaldo. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Oct. 2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

*Having fulfilled my eldercare responsibilities, now I can concentrate on caring for myself.*

EnhanceFitness has had a positive impact on my life. The most significant outcome has been the opportunity to participate in a program hopefully to avoid adult-onset diabetes as other relatives have experienced.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

*The program is conveniently located & scheduled & I'm glad to be able to take advantage of it.*

Sincerely,

*S Remoaldo*

March 17, 2017

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB 615, HD1: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 17, 2017

My name is Marjorie Magaway. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2011. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been I now live an active + happy <sup>social</sup> life (Previously my hobbies were sewing, crocheting & reading - all sedentary activities) see below

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

*Marjorie Magaway*

*Because of EF I recovered <sup>so well + quickly</sup> from hip replacement surgery in 2013 that my surgeon was happy + pleased. My PCP is also pleased at my wt loss (20 lbs) + the lowering of my A1C at each blood test.*

*EF motivated + inspired me to eat healthy, exercise + socialize w/ the group. I'm very grateful for EF! 😊 also my cardiologist, who I see every 6 months for a heart condition says my heart is very strong, so he →*

Overall,  
needs to see me once a year! I feel very strong &  
healthy. EF is wonderful! The exercise leaders  
are all great! They know their stuff & are  
friendly & make the exercises fun!