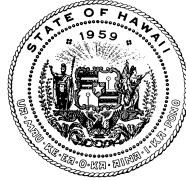


DAVID Y. IGE  
GOVERNOR OF HAWAII



TERRI BYERS  
DIRECTOR

VIRGINIA PRESSLER, M.D.  
DIRECTOR OF HEALTH

**STATE OF HAWAII**  
**EXECUTIVE OFFICE ON AGING**  
NO. 1 CAPITOL DISTRICT  
250 SOUTH HOTEL STREET, SUITE 406  
HONOLULU, HAWAII 96813-2831  
eoa@doh.hawaii.gov

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

COMMITTEE ON FINANCE  
REPRESENTATIVE SYLVIA LUKE, CHAIR  
REPRESENTATIVE TY J.K. CULLEN, VICE CHAIR

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

Hearing Date: February 23, 2017, Room Number: 308  
12:00 p.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 in the
- 5 amount of \$550,000 for fiscal year 2017 -2018 and the same sum as may be necessary for fiscal
- 6 year 2017-2018.
- 7 **Purpose and Justification:** Led by the Executive Office on Aging (EOA) and Department of
- 8 Health Chronic Disease Branch, Hawaii's Healthy Aging Partnership (HHAP) implements two
- 9 evidence-based intervention programs, Better Choices Better Health (BCBH) and
- 10 EnhanceFitness®. Nationally, chronic diseases account for 86% of health care costs. In Hawaii,

1 82% of adults have at least one chronic disease. Hawaii spends an estimated \$470 million  
2 dollars annually on obesity related medical 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

- 1 executive biennium budget. EOA is very supportive of this critical public health intervention as
- 2 it is consistent with EOA's goals and objectives.
- 3 EOA respectfully requests your support of HB0615, HD1.
- 4 Thank you for the opportunity to testify.



ALAN ARAKAWA  
Mayor

DEBORAH STONE-WALLS  
Executive on Aging

CAROL K. REIMANN  
Director  
Housing & Human Concerns

PHONE (808) 270-7755

FAX (808) 270-7935

JAN SHISHIDO  
Deputy Director  
Housing & Human Concerns

E-MAIL: [mcoa.adrc@mauicounty.gov](mailto:mcoa.adrc@mauicounty.gov)

**COUNTY OF MAUI**  
DEPARTMENT OF HOUSING AND HUMAN CONCERNS  
**MAUI COUNTY OFFICE ON AGING**  
AN AREA AGENCY ON AGING

J. WALTER CAMERON CENTER  
95 MAHALANI STREET, ROOM 20  
WAILUKU, HAWAII 96793

**House Committee on Finance**

Rep. Sylvia Luke, Chair

Rep. Ty J.K. Cullen, Vice Chair

**HB 615, HD1 RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

Testimony of Deborah Stone-Walls  
Executive on Aging, Maui County Office on Aging (MCOA)

**Hearing Date: Thursday, February 23, 2017, 12:00 p.m.**  
**Room Number: Conf. Room 308**

**MCOA's Position:** Maui County Office on Aging (MCOA) is in **strong support** of HB 615, HD1 that appropriates funds for the Healthy Aging Partnership (HAP) Program.

**Purpose and Justification:** Census projections indicate that the senior population in Hawaii will almost double between the period between 2010 and 2020 with the highest percentage increase occurring in those over the age of 85. In order to minimize the potential **financial strain** of the burgeoning aging population on the State, **proactive** efforts are required now. ***Keeping seniors healthy and at home is the most cost-effective manner*** to address the needs of one of our most valuable societal resources, and HB 615, HD1 will ensure that evidence based health and fitness programs for seniors and their caregivers are made available across the state.

MCOA supports appropriation for the statewide HAP in the amount of at least \$550,000. MCOA assists seniors and individuals over the age of 55 to improve overall health through two evidence-based programs—Better Choices, Better Health (using Stanford's

Chronic Disease Self-Management—CDSMP— Diabetes Self-Management—DSMP— and Cancer Thriving and Surviving –CTS Programs) and EnhanceFitness™ (EF).

Because our population is aging rapidly and funding amounts for home and community-based services cannot keep pace with this increase, MCOA believes that efforts to improve overall health of seniors and their family caregivers is paramount to ensuring independence and dignity. In Maui County, Better Choices, Better Health (BCBH) and EF assisted over 400 seniors and individuals over the age of 55 to improve overall health in FY16.

**What is the justification for funding Evidence-Based programs throughout Hawaii rather than referring individuals to existing recreation activities that operate in all four counties? At first glance, one might believe that this is a duplication of services.** The following is a list detailing the benefits of Evidence-Based programs for Hawaii's frail seniors:

- EnhanceFitness™ (EF) requires that participants obtain a physician's clearance prior to participation. This clearance helps to reduce the potential for injury and ensures the senior is safe to participate. Parks and Recreation Softball leagues, for instance, do not require this level of clearance that serves to protect frail seniors from injury.
- EF services in Maui are provided at existing senior places of gathering such as churches and senior centers where the frail elders feel comfortable. Whereas individuals of all ages feel intimidated to join gyms or brand new programs, MCOA takes EF to existing groups in which the seniors already feel comfortable and have a sense of belonging.
- Utilizing the natural social grouping in this manner drastically increases long-term participation in the exercise program and minimizes drop-outs. A majority of EF program participants have remained actively engaged for almost four years! Not only do they benefit from the actual exercise, but they also benefit from enriching their connection to their social network.

- Evidence-Based programs delivered according to fidelity provide measures that directly correlate to proven outcomes such as increased strength, better balance, lower health costs, fewer instances of hospitalizations, and increased stamina.
- Many recreation activities provided by the Parks Departments of the various counties vary according to geographical location and, therefore, provide limited access to individuals in more isolated parts of the state. Conversely, the Evidence-Based programs offered by MCOA can be provided without the need for seniors to travel long distances to participate.

Successful implementation of these Healthy Aging programs will eventually lead to MCOA's ability to directly bill Medicare for each participant, thereby lessening the State and County burden to provide these important interventions. Funding for the HAP appropriated by this bill will support direct services statewide that have been proven to improve health, increase self-management of chronic illness, increase strength and flexibility, and generally assist seniors in living at home in a more healthy manner. While we cannot ignore those who need assistance with the basic functions of daily living, we must also work diligently to assist our aging citizens and their family caregivers to live as healthily as possible for as long as possible in the most cost effective manner as possible.

Maui County EF participants have exhibited **sustained** longevity in program participation with **78%** demonstrating consistent **improvement** or **maintenance of physical well-being** as evidenced by the mandatory routine fitness measurement tests. However, due to the lack of funding for two consecutive years coupled with participant longevity in EF enrollment, MCOA remains unable to clear waitlists and allow even more eager seniors to enjoy the benefit of this evidence-based exercise program. Resumption of funding would allow these seniors to join EF and improve fitness.

Thank you for the opportunity to provide testimony regarding this matter.

To: House Committee on Finance  
Representative Sylvia Luke, Chair

Date: Feb 23, 2017

RE: HB615, HD1 RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

Thank you for the opportunity to submit written testimony in STRONG SUPPORT of HB615,HD1 Relating to the Healthy Aging Partnership Program. My name is Linda Dorset and I am a concerned aging resident and live in the Wailuku area. Maui already has this program and it has been very successful. Statistics have shown that many seniors who participate have been able to avoid nursing facilities. This program is also very popular, so popular in fact that there are many more seniors who would like to participate but there is no room. The program exists now because the County of Maui supports it, but as I said the program needs to be expanded; and also the other neighbor islands have not been able to implement this program for lack of funds. The passage of this bill is important to me because I would like to participate but cannot get a spot.

Please allow this bill to move forward out of committee with the appropriation intact.

Mahalo



The House  
Committee on Finance  
Thursday, Feb. 23, 2017  
12 noon  
Conference Room 308

**RE: HB 615, HD1 - MAKING AN APPROPRIATION FOR THE HEALTHY AGING PARTNERSHIP**

To: Rep. Sylvia Luke, Chair  
Rep. Ty Cullen, Vice Chair

AARP is a membership organization of people age fifty and over with more than 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 :** HOUSE COMMITTEE ON FINANCE  
Rep. Sylvia Lake, Chair  
Rep. Ty J.K. Cullen, 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:** 12:00 PM Thursday, February 23, 2017  
Conference Room 308, 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 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.



National Kidney Foundation™

of Hawaii

**Chronic Disease Self-Management Program:**

Subject: Comments on Living a Healthy Life with Chronic Conditions Seminar held at Kidney Foundation of Hawaii National, 1314 S King St., Suite 1555, held on Oct. 17, 24, and 31, 2014 and Nov. 7, 14, and 21, 2014.

Dear Sir or Madame,

Herewith are my thoughts on the subject course for consideration of your research efforts:

At the time of enrollment in the Kidney Foundation's "Living a Healthy Life with Chronic Conditions" I really didn't consider myself as having a chronic condition that required much attention to its management, but I was interested in Living a Healthy Life. To this end, I did learn a lot about Living a healthier life during the six 2-1/2 hour sessions and I would highly recommend it to everyone with a chronic condition and even those without a chronic condition, especially seniors so they can better manage their health.

Although the course did not go into depth on each subject, it did provide a very good overview of the subjects so that the participants could go further into the subject by more thoroughly studying and reviewing the course's text book and referenced materials. Chapter 9 was quite appropriate to me as I felt a need to improve in better communication with others. I plan to review this chapter several times so I can better communicate with others, especially my primary care physician.

I enjoyed the team pair instructor approach in presentation of the course material as it made the presentation of the course material proceed faster and more vividly as when the two instructors were mimicking discussions on how to use "I instead of you" to better communicate with others and avoid confrontations. The brainstorming sessions made the participants think more about the subject matter, however it did take a lot of class time. The number of sessions where participants report on the progress of their plans to do self-chosen activities did take a lot of class time and I believe the object of these sessions was achieved in about half of the number that were held and could have been shortened accordingly. Some time spent in participants sharing of experiences that could help others in managing their health could be very beneficial.

Ms. Dawn Pasikala and Tony were well prepared for each session and did a great job in presenting this course. The Kidney Foundation's sponsoring this seminar was generously and is much appreciated.

Yours sincerely,

Raymond Chun

MHMC NKFH conference room Oct/Nov 2014



National Kidney Foundation™

of Hawaii

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**Chronic Disease Self-Management Program:**

EVELYN AND DAWN,  
YOU BOTH DID AN EXCELLENT JOB IN CONDUCTING THE "LIVING A HEALTHY LIFE" WORKSHOP. YOU BOTH KEPT THE SESSIONS MOVING IN THE DIRECTION THAT THE WORKSHOP WAS INTENDED TO BE, IE: KEEPING A POSITIVE ATMOSPHERE, WORKING WITHIN THE TIMEFRAMES, AND MOST IMPORTANTLY, KEEPING TO THE GUIDELINES IN ACCORDING TO WHAT THE PROGRAM WAS DESIGNED TO DO.

I GAINED A LOT A LOT BY ATTENDING THE SESSIONS AS IT REINFORCED ME TO BETTER SELF MANAGE MYSELF IN A REGEMENTED ORDER SUCH AS DEVELOPING THE ACTION PLANS, AND STICKING TO IT. THIS PROGRAM HAS DEFINITELY MOTIVATED ME TO LIVE A HEALTHIER LIFE, AND IT'S NOT THAT I WASN'T LIVING MY LIFE TO ITS FULLEST IN THE PAST, BUT IT HAS MADE ME REALIZE THAT THERE ARE MORE MEANINGFUL WAYS TO LIVE AND ENJOY LIFE TO ITS MAXIMUM. I'VE ALWAYS LIVED EACH DAY LIKE IT'S THE LAST DAY OF MY LIFE, HOWEVER THIS PROGRAM HAS ADDED AN EXTRA BOOST.

I STRONGLY RECOMMEND THIS PROGRAM TO ANYONE WHO HAS DOUBT AS TO "AM I LIVING MY LIFE TO ITS FULLEST".

SINCERELY,  
LES HIGASHI

MHMC DSI Pearlridge Feb/Mar 2015



National Kidney Foundation™

of Hawaii

**Diabetes Self-Management Program:**

Dear Dawn,

Thank you for taking this Job! As the National Council on Aging has stated on the front of our study guide "An indispensable guide for people of All ages who are LIVING with a chronic physical or mental health condition" this could of been for me another hand out but through the six week program you brought the pages of the written word to life

Thank you so much

Regards Priscilla Sidney



National Kidney Foundation™

of Hawaii

**Diabetes Self-Management Program:**

My name is Kitty Souza and I live in Hawaii. I will complete the Diabetes Self-Management Program on Friday, November 6, 2015. The six-week series of Interactive workshops has been quite a learning experience. The program is very well organized and structured, covering a lot of essential information which are very helpful in gaining better health. I especially learned a lot from chapter 2, Becoming an Active Self-Manager, and chapter 11, Healthy Eating. The weekly action plan is such a great motivator and allowed me to challenge myself and be committed to the plan. And chapter 11, learning to properly read and understand food labels helps me in the direction of getting healthier

The two competent instructors were Dawn Pasikala and Evelyn Hua. They are very knowledgeable in the materials covered, organized and well prepared for each class. They are a asset to your organization!

And the dietitian, Tabitha Zamarripa was wonderful too. We had a great meeting and she took her time to explain the food



**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Tuesday, February 21, 2017 2:04 PM  
**To:** FINTestimony  
**Cc:** chalintornburian@yahoo.com  
**Subject:** Submitted testimony for HB615 on Feb 23, 2017 12:00PM

**HB615**

Submitted on: 2/21/2017

Testimony for FIN on Feb 23, 2017 12:00PM in Conference Room 308

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Chalintorn N. Burian	Individual	Support	No

Comments: To the House Finance Committee: I strongly support HB 615 Relating to Healthy Aging Partnership. Look forward to your support of the bill as well. Mahalo, Chalintorn N. Burian, Ph.D. 44-4766 Waikaalulu Road, Paauilo, HI 96776 Phone: (808) 775-1064

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TO: Rep. Sylvia Luke, Chair  
Rep. Ty J.K. Cullen, Vice Chair  
Committee on Finance

FROM: Sarah Yuan  
Policy Advisory Board for Elder Affairs

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

HEARING: Thursday, February 23, 2017, 12:00 PM  
Conference Room 308

POSITION: PABEA **strongly supports** HB 615 which appropriates \$550,000 for fiscal year 2017-2018 and the same amount or fiscal year 2018-2019 for the Healthy Aging Partnership program to further the program's important role in improving the health and well-being of Hawaii's kupuna.

The PABEA (Policy Advisory Board for Elder Affairs) has a statutory obligation to advocate on behalf of the senior citizens of Hawaii. While we advise the Executive Office on Aging, we do not speak on its behalf.

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. It is a joint effort by the EOA, County Offices on Aging, non-profit senior services providers, and the University of Hawai'i.

The HAP offers two programs:

- EnhanceFitness<sup>®</sup>, 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<sup>®</sup> 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. Unless the counties find other funding, these programs simply will vanish.

With the appropriation of \$550K for FY18, the Health Aging Partnership program will be able to serve 220 participants through 22 Chronic Disease Self-Management Program (CDSMP) workshops (\$92,400) and 575 participants through classes for EnhanceFitness® (\$344,600).

Thank you for the opportunity to testify.

**From:** mailinglist@capitol.hawaii.gov  
**Sent:** Wednesday, February 22, 2017 11:23 AM  
**To:** FINTestimony  
**Cc:** dovebarbara@hotmail.com  
**Subject:** Submitted testimony for HB615 on Feb 23, 2017 12:00PM

**HB615**

Submitted on: 2/22/2017

Testimony for FIN on Feb 23, 2017 12:00PM in Conference Room 308

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Barbara Dove	Individual	Support	No

Comments: 808-282-7207

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Committee on Finance, Rep. Sylvia Luke, Chair

Date: Feb 23, 2017

Time: 12:00 p.m.

Room 308

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

Chair Luke 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

Aloha Chair Luke, Vice Chair Cullen and committee members

I am a senior citizen and a resident of House District 19 and Senate District 9. I am a member of AARP, Kokua Council, the Hawaii Alliance for Retired Americans and serve on the PABEA Legislative Committee.

I'm testifying in strong support of HB615, SD1, an appropriation relating to the Healthy Aging Partnership program which improves the health and well-being of kupuna.

The program provides health promoting programs such as Better Choices, Better Health and EnhanceFitness, which have been shown to improve lives as well as to reduce medical costs.

For the past two years, the Healthy Aging Partnership program has not been funded by the state. Because of the program's success and the desire to continue, the agencies involved have been forced to cut other important services.

Please approve HB615, HD1, a modest request to fund the Healthy Aging Partnership program.

Thank you for the opportunity to testify.

Barbara J. Service

**LATE**

From: mailinglist@capitol.hawaii.gov  
Sent: Thursday, February 23, 2017 10:52 AM  
To: FINTestimony  
Cc: bkdl@hotmail.com  
Subject: \*Submitted testimony for HB615 on Feb 23, 2017 12:00PM\*

**HB615**

Submitted on: 2/23/2017

Testimony for FIN on Feb 23, 2017 12:00PM in Conference Room 308

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Present at Hearing</b>
Brian Lehmann	Individual	Support	No

Comments:

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**LATE**

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Henry Z. Nakamura I live on the island of Maui.

I have been involved and exercising at the Maui 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 Im healthier and stronger.

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,

Henry Z. Nakamura

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Jeanette Nakamura I live on the island of Maui.

I have been involved and exercising at the Maui 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 healthier and stronger.

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,

*Jeanette Nakamura*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Pamela Hicks. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 06/2015. 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 feeling stronger and 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,

Pamela Hicks



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Janet Higa. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since SEPT 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 I am stronger & have better Balance. I have not fallen.

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,

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Pearl Higa. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since May 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 I am stronger & my muscles are more toned. I also improved my 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,

*Pearl A. Higa*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is CLIFFORD SAITO. I live on the island of Maui.

I have been involved and exercising at the Maui 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 SPACES & 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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Sange Saito. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Sep 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 a great program to help 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,

*Sange Saito*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Kathy Tokumoto. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 08/30/2013. 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 feeling healthier + stronger.

I am also slowing down the aging process and keeping myself young!

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,

Kathy Tokumoto

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Jeanne Abe. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 6/2015. 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 overall happier, strengthening my muscles, increased endurance  
increased improved 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,

*Jeanne Abe*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Jean H. Kuwaka. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 9/2012 Charter Member. 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, greater mobility, don't fall as much, many new friends

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,

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Ruth C. Mukai I live on the island of Maui.

I have been involved and exercising at the Maui 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 that I am healthier + stronger

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,

Ruth C. Mukai



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Mabel Todd. I live on the island of Maui.

I have been involved and exercising at the Maui 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.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been strengthening my 82 yr old 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,

*Mrs. Mabel Todd*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is VIVIANE RICHTER. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 09/16. 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 BEING BACK IN GOOD SHAPE - STRONGER.

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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is \_\_\_\_\_ . I live on the island of Maui.

I have been involved and exercising at the Maui 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 Increase strength & balance - breaking

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,

*Mary Lee Ingham*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Dolly Gushiken. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 9/12. 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 am healthier & stronger - I am more confident when I move around

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, Dolly Gushiken

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Kazuko Takiguchi. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Sept. 12 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 I am able to be more independent / stronger and 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, Kazuko Takiguchi

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Allen Shishido. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since May 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 I am stronger and better balance and I have made many friends through EnhanceFitness.

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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Yasuo Kobayashi. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 11/13. 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 more confident because I am improving through Enhance 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,

Yasuo Kobayashi

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Diane Orikasa. I live on the island of Maui.

I have been involved and exercising at the Maui 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 I notice that my balance has really  
improved!

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,

*Diane Orikasa*



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Evelyn Gaperio. I live on the island of Maui.

I have been involved and exercising at the Maui 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.

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

*I feel so happy after my workout*

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,

*Evelyn Gaperio*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Vera DeMello I live on the island of Maui.

I have been involved and exercising at the Maui 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 my health has improve @ whole lot

I'm 90 years old.

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, Vera DeMello

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Dalie Sugrivan I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since June 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 greatly helpful.

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,

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Bertha Chung. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Sept 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 balancing and working at ~~activities~~

aerobics. The workout builds my stamina, rhythm, and endurance. Weekly classes help me indeed.

\* 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.

\* Earlier in the season, I wrote a letter asking for funding and why us seniors will benefit by. Please, we need your help.

Sincerely,

Bertha Chung

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Dusant Sakonji. I live on the island of Maui.

I have been involved and exercising at the Maui 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 a wider circle of friends & added exercise for me

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,

Dusant Sakonji

February 22, 2017

Dear Finance Committee Members:

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

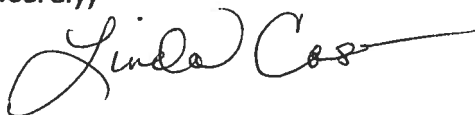
Hearing date: February 23, 2017

My name is LINDA CASE. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 08/2016. 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 I am Diabetic & it is essential I exercise at least 3 times a week.  
Also, much needed muscle toning + 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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Hiedi Elizares I live on the island of Maui.

I have been involved and exercising at the Maui 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 keeping me moving / my exercise for the week

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,

*Hiedi Elizares*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Lorene Gayero. I live on the island of Maui.

I have been involved and exercising at the Maui 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.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improved physical endurance, improved balance, improved mental health, a new circle of friends. We have a really great time together in class and out of class!!!  
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,

Lorene Gayero



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Jennifer Mangum. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 8/18/16. 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 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, Jennifer Mangum

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Vangie Sumabat. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 8/18/16. 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 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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Thomas Kishida. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 7-16. 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 Healthier & 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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

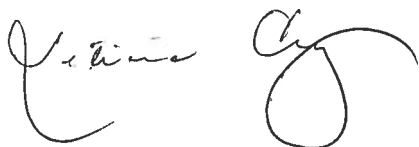
My name is LETICIA CRUZ. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 7-16. 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 I am healthier & stronger.

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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Katy Maberrey. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Sept 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 better mobility, strength, stamina.

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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Paul Santoro. I live on the island of Maui.

I have been involved and exercising at the Maui 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 maintaining flexibility & 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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Pamela Jayne. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Oct. 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 increased energy, better mood and feeling good, fit & 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,

Pamela Jayne

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Joanne Shibuya. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since July 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 healthy lifestyle with regular exercise after surgery, my physician highly recommended weekly exercise for cancer prevention. 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,

Joanne Shibuya

Mahalo for your support to all  
healthy + prevention aging programs



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

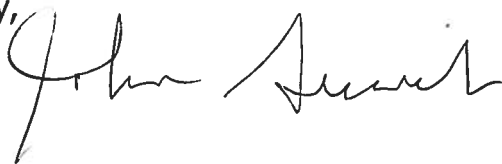
My name is John Sulich. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 10/14. 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 all over improved health mobility, etc.

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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Eve Harris. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Spring 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 increasing my 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,

Eve Harris

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

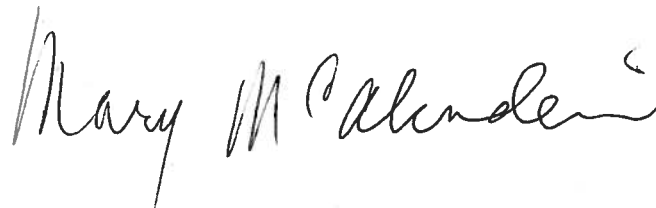
My name is MARY McALINDEN. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 2/16. 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 Strength, Friendship, Better Sleep.

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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Vicki Hawron. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since March, 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 endurance & health along w/ 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,

Vicki Hawron

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Kathleen Biros. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since October 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 increased endurance & improved 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,

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

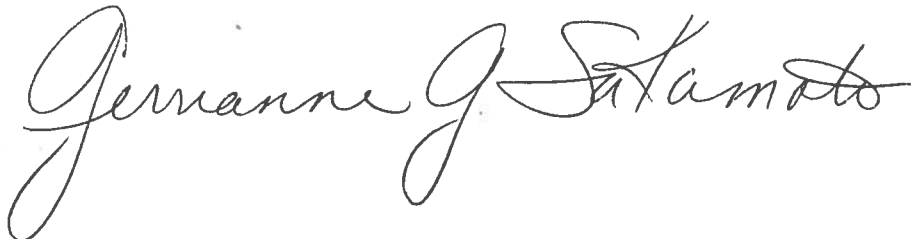
My name is Gerrianna Satamoto. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 3 years. 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 overall balance + 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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Carole Fernandez. I live on the island of Maui.

I have been involved and exercising at the Maui 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 balance, energy, confidence

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,

Carole Fernandez

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Marion Morikawa. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since 2 yrs. 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 can move around walk better.

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,

*Marion Morikawa*



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Janice Lau Hee. I live on the island of Maui.

I have been involved and exercising at the Maui 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 physical well-being, flexibility, 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,

*Janice Lau Hee*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Hedy T. SENTANI! I live on the island of Maui.

I have been involved and exercising at the Maui 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 increase strength + 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,



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Patti Gildersleeve. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since June 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 strength 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, Patti Gildersleeve

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Marie Tehero. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Aug. 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 good for my health pls. continue this program for senior excellent for 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, Marie Tehero

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Eleanor Schultz I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Nov 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 increased balance & strength & endurance & lost weight

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,

I'm 76 years old

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Ma'ima Buzgamin live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Aug. 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 very good, excellent Please continue this program it helps for 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,

Ma'ima Buzgamin

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is CORAZON MATSUMOTO. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since AUGUST 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 very good for my health and my whole well being.  
*Hope it continues for us seniors. It is a very good 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,

*Corazon Matsumoto*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Zosima Lacuesta. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Aug. 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 so good of 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,

Zosima Lacuesta



February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Cyrilla Pascual. I live on the island of Maui.

I have been involved and exercising at the Maui 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 very, very helpful for my lifestyle.  
Awesome program for seniors

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,

*Cyrilla Pascual*

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Sei Freitas. I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Nov. 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 strength, balance, flexibility & being with other people  
also having fun, I'm enjoying this Enhance Fitness 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, Sei Freitas

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is MARY Solibeta I live on the island of Maui.

I have been involved and exercising at the Maui County Office on Aging's EnhanceFitness program since Sept. 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 good for my stroke I had in August 2014. It build my strength up.

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,

February 22, 2017

Dear Finance Committee Members:

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

Hearing date: February 23, 2017

My name is Evelyn Pencer I live on the island of Maui.

I have been involved and exercising at the Maui 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 "I can move better - I feel 'loosened up'"  
offer class - I have arthritis  
I love the community too!  
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,

Evelyn Pencer



## HAWAII CHAPTER - AMERICAN PHYSICAL THERAPY ASSOCIATION

(800) 554-5569 x13 • www.hapta.org • info@hapta.org

**HB 615hd1, Relating to the Healthy Aging Partnership Program**  
**House FIN Committee Hearing – Agenda 2**  
**Thursday, Feb. 23, 2017 – 12:00pm**  
**Room 308**  
**Position: Support**

**LATE**

Chair Luke and Members of the House FIN Committee:

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.

**LATE**

TO: House Committee on Finance, Representative Sylvia Luke, Chair  
Date: Thursday, February 23, 2017, State Capitol Conference Room 308, 12 p.m.  
RE: HB615 HD1 RELATING TO HEALTHY AGING PARTNERSHIP PROGRAM

To Chair Luke and Members of the Committee,

I strongly support HB 615 HD1, Relating to Healthy Aging Partnership Program because it will help older adults live a fuller, healthier life as life spans increase. My name is Paul Nishimura and I am a 59 year old resident of Waipahu. Studies show that programs such as the Healthy Aging Partnership reduce hospital stays, emergency room visits, and falls among the elderly. This results in reduced health care costs for those who participate in the program which is important since those costs increase as a person ages. We want our kupuna to enjoy doing the things they like to do for as long as possible.

I can tell you from experience that life is better after starting a program to get in shape both physically and mentally. You feel energized and more willing to get involved socially. So this bill is not only about physical health it is about mental health, too.

Thank you for this opportunity to submit testimony.

Paul Nishimura  
Waipahu

The Twenty-Ninth Legislature  
Regular Session of 2017



HOUSE OF REPRESENTATIVES

Committee on Finance

Rep. Sylvia Luke, Chair

Rep. Ty J.K. Cullen, Vice Chair

State Capitol, Conference Room 308

Thursday, February 23, 2017; 12:00 p.m.

**STATEMENT OF THE ILWU LOCAL 142 ON H.B. 615, HD1  
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 **supports** H.B. 615, HD1, 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.

The Healthy Aging Partnership is a program that facilitates chronic disease management and exercise and fitness programs for the elderly to maintain their health. An evidence-based health promotion program, the Healthy Aging Partnership helps seniors to become more aware of their health and provides them with education and tools to help them eat right, adjust their lifestyles, exercise, and use medication and doctor visits appropriately. The program is nationally recognized. Hawaii's program received an award from the American Society on Aging in 2013.

A significant component of this program is that it is evidence-based and adds to the data that demonstrates what happens when chronic disease is properly managed and exercise and fitness are components of an elderly person's routine and lifestyle. Kupuna participating in the Healthy Aging Partnership are more active, healthier, and enjoy life.

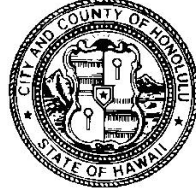
The only drawback is that the Healthy Aging Partnership only serves a limited number of kupuna. But if the appropriation called for in H.B. 615, HD1 is not provided, even fewer kupuna, and possibly none, will benefit from this program that has been able to keep seniors healthy and active. Replication of the program with a "train the trainer" component using volunteers may be an option to increase the numbers who could benefit from the Healthy Aging Partnership.

The ILWU urges passage of H.B. 615, HD1. Thank you for the opportunity to provide testimony on this measure.

**LATE**

DEPARTMENT OF COMMUNITY SERVICES  
CITY AND COUNTY OF HONOLULU

715 SOUTH KING STREET, SUITE 311 • HONOLULU, HAWAII 96813  
PHONE: (808) 768-7762 • FAX: (808) 768-7792



KIRK CALDWELL  
MAYOR

GARY K. NAKATA  
DIRECTOR

SUSAN L. FERNANDEZ  
DEPUTY DIRECTOR

February 23, 2017

TO: THE HONORABLE SYLVIA LUKE , CHAIR  
THE HONORABLE TY J. K. CULLEN , VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON FINANCE

FROM: NALANI AKI, COUNTY EXECUTIVE ON AGING  
ELDERLY AFFAIRS DIVISION  
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. We also serve as the designated Aging and Disability Resource Center (ADRC) for Honolulu.

This bill includes funding for programs that support the needs of the increasing population of elderly residents in Hawai'i. 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 implements Stanford University's Chronic Disease Self-Management Program, 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 both of these programs are evidence-based, there are empirical data to support the effectiveness of both of these programs in maintaining and/or improving the health status of the elderly participants of these programs. If we do not prevent illness and encourage the longevity of the lives of our seniors, we will incur additional medical costs that could have been deterred.

Two years ago, Honolulu was forced to discontinue the provision of healthy aging services due to the lack of funding. As a result seniors were left to find their own alternative



TO: THE HONORABLE SYLVIA LUKE , CHAIR  
THE HONORABLE TY J. K. CULLEN , VICE CHAIR  
AND MEMBERS OF THE COMMITTEE ON FINANCE

February 23, 2017

Page 2

programs, while effective agencies have had to struggle in finding alternate methods to continue what little they could.

In addition to the two programs highlighted, there are several other evidence-based programs that have been designate by the Federal Administration on Aging. [https://aoa.acl.gov/AoA\\_Programs/HPW/Title\\_IIID/index.aspx](https://aoa.acl.gov/AoA_Programs/HPW/Title_IIID/index.aspx). The criteria used to determine whether a program is evidence-based, includes:

- Demonstrated through evaluation to be effective for improving the health and wellbeing or reducing disease, disability and/or injury among older adults;
- Proven effective with older adult population, using Experimental or Quasi-Experimental Design;
- Research results published in a peer-review journal;
- Fully translated in one or more community site(s); and
- Includes developed dissemination products that are available to the public.

We would urge the committee to approve funding for this program in light of the rising healthcare costs associated with the rapidly growing elder population in Hawai'i.

We urge the Committee on Finance to support funding of this vital program. Thank you for the opportunity to provide this testimony.