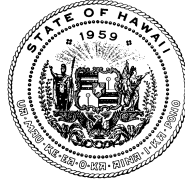


HB468 HD1

Measure Title:	RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.
Report Title:	Kupuna Caucus; Healthy Aging Partnership; Executive Office on Aging; Appropriation (\$)
Description:	Appropriates funds for the healthy aging partnership program to further the program's role in improving the health and well-being of Hawaii's kupuna. (HB468 HD1)
Companion:	SB1026
Package:	Kupuna Caucus
Current Referral:	CPH/HMS, WAM
Introducer(s):	TAKAYAMA, AQUINO, BROWER, CACHOLA, CREAGAN, DECOITE, ELI, HAR, HASHEM, HASHIMOTO, HOLT, ICHIYAMA, KITAGAWA, C. LEE, LOWEN, MATAYOSHI, MATSUMOTO, MCKELVEY, MIZUNO, MORIKAWA, NAKAMURA, NISHIMOTO, OKIMOTO, PERRUSO, SAY, TARNAS, THIELEN, WARD, WILDBERGER, WOODSON, YAMASHITA

DAVID Y. IGE
GOVERNOR OF HAWAII



CAROLINE CADIRAO
PSM MANAGER

BRUCE ANDERSON
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 HB0468 HD1
Relating to the Healthy Aging Partnership Program

COMMITTEE ON HUMAN SERVICES
SENATOR RUSSELL E. RUDERMAN, CHAIR
SENATOR KARL RHOADS, VICE CHAIR

COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH
SENATOR ROSALYN H. BAKER, CHAIR
SENATOR STANLEY CHANG, VICE CHAIR

Testimony of Caroline Cadirao
PSM Manager, Executive Office on Aging
Attached Agency to the Department of Health

Hearing Date: March 13, 2019
2:45 PM

Room Number: 016

- 1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of
- 2 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 an unspecified amount for the Healthy Aging
- 5 Partnership for SFY 2020 and SFY2021.
- 6 **Purpose and Justification:** Led by the Executive Office on Aging and Department of Health
- 7 Chronic Disease Branch, Hawaii's Healthy Aging Partnership (HHAP) was convened in 2003 to
- 8 improve health of older adults through two evidence-based intervention programs, Better
- 9 Choices Better Health (BCBH) and Enhance®Fitness.

1 BCBH is a six-week self-management workshop developed by Stanford University that teaches
2 participants skills to manage their health conditions and interact with their health care providers.
3 The workshop does not replace prescribed treatment but supports medical-professional treatment
4 plans. In the State of Hawaii, an individual spends on average about \$20,477 per year on
5 emergency room visits and hospitalizations. The National Council on Aging estimates that a
6 BCBH participant saves an average of \$499.12 per year on health care costs. The State of
7 Hawaii BCBH program operates in collaboration with the Hawaii State Department of Health
8 Diabetes Prevention Program. Since its inception, 2,785 individuals across the State participated
9 in BCBH. Pre-and post-test data showed fewer visits to physicians' offices and emergency
10 rooms. In SFY 2018, 92 participants engaged in 10 workshops statewide.

11 Enhance®Fitness is an evidence-based exercise program designed to improve the health of older
12 adults and reduce health care costs by improving cardiovascular fitness, strength, flexibility, and
13 balance. In SFY 2018, Enhance®Fitness was available in the counties of Kauai and Maui. The
14 programs drew a total of 575 participants. Both the BCBH and the Enhance®Fitness programs
15 have shown that older adults with chronic conditions benefit by a focus on self-management
16 techniques and exercises to avoid long term complications of chronic conditions.

17 HHAP received \$550,000 in SFY2017 from the Hawaii State Legislature through ACT 103.
18 HHAP was unsuccessful in its competitive bids for federal funds in 2017. Without additional
19 funding, the HHAP may not be able to continue to offer the BCBH and Enhance®Fitness
20 programs to older adults in the State of Hawaii at its current level.

1 **Recommendation:** HHAP is not part of the Administration's budget request. We support
2 funding this important and effective public health intervention provided that its enactment does
3 not reduce or replace priorities with the Administration's budget request.

4

5 Thank you for the opportunity to testify.

MICHAEL P. VICTORINO
Mayor

WILLIAM R. SPENCE
Interim Director
Housing & Human Concerns

LORI TSUHAKO
Deputy Director
Housing & Human Concerns



DEBORAH STONE-WALLS
Executive on Aging

PHONE (808) 270-7755

FAX (808) 270-7935

E-MAIL: 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

SENATE COMMITTEE ON COMMERCE, CONSUMER PROTECTION, AND HEALTH

The Honorable Rosalyn H. Baker, Chair
The Honorable Stanley Chang, Vice Chair

SENATE COMMITTEE ON HUMAN SERVICES

The Honorable Russell E. Ruderman, Chair
The Honorable Karl Rhoads, Vice Chair

HB 468 HD1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Testimony of Kevin J. Dusenbury, Jr.
Acting Wellness Coordinator, Maui County Office on Aging (MCOA)

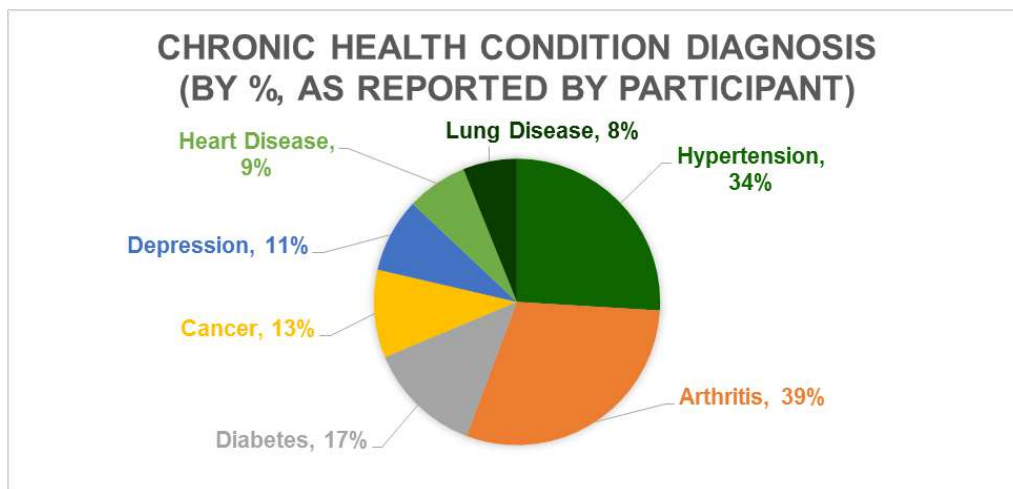
Hearing Date: Wednesday, March 13, 2019 at 2:45 p.m.
Room Number: Conference Room 16

MCOA's Position: The Maui County Office on Aging (MCOA) is in **strong support** of **HB 468 HD1**, the Executive Office on Aging (EOA), and the Hawaii Healthy Aging Partnership (HHAP). The Healthy Aging Partnership, through the Executive Office on Aging, received funding for fiscal year 2017-2018 through Act 103, Session Laws of Hawaii 2017; but the program did not receive funding for fiscal year 2018-2019. MCOA supports the funding request of the Hawaii Healthy Aging Partnership in the amount of **\$605,000**.

Purpose and Justification: Census projections indicate that the senior population in Hawaii will almost double during the period between 2010 and 2020 with the highest percentage increase occurring in those over the age of 85. Even though falling is not considered a normal part of the aging process, the incidence of falls increases dramatically as we age. To increase the overall wellness of our community members, **proactive** efforts are required now. ***Keeping seniors healthy and in their home is the most cost-effective manner*** to address the needs of one of our most valuable societal resources.

At the Area Agency on Aging level, MCOA has developed a core of dedicated trainers and participants that have allowed our Enhance®Fitness program to thrive within our culturally diverse community. Among respondents to our program surveys, Enhance®Fitness participants reported that they are extremely satisfied with the evidence-based exercise program, rating it an average 9.5 out of 10; and 100 percent of respondents informed us that they would take the class again after being enrolled with the program for 16 weeks.

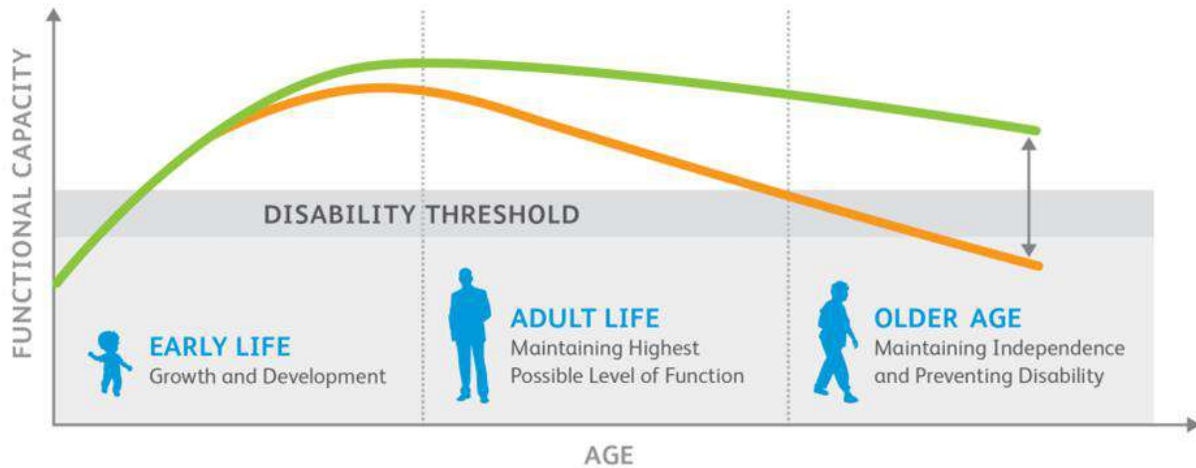
Unfortunately without funding, MCOA will be unable to continue to expand this evidence-based program to additional community members, who are often afflicted by various chronic health conditions such as diabetes, heart disease, and hypertension. According to Hawaii Healthy Aging Partnership data, health care savings are estimated to be \$1,373 per participant¹, and our agency believes that Enhance®Fitness can positively impact our healthcare system further while increasing the quality of life of our aging community members if we are able to further grow and develop our class offerings.



Since its inception, our program has provided 852 participants with the opportunity to improve their overall health and maintain their independence as they age. Of those 852 participants, 73 percent is aged 70 and older, and **74 percent of our total participants have improved or maintained at average or above on the Rikli-Jones norms.** Furthermore, **71 percent of our total participants improved in their ability to complete the “up and go” exercise, which measures transfer ability and is a key indicator of risk for falls.** HB 468 HD1 will help further the efforts to expand the Hawaii Healthy Aging Partnership and the Maui County Office on Aging; which will further create a sustainable, integrated evidence-based healthy aging program network in Hawaii.

¹ University of Memphis School of Public Health (2017) Healthcare Cost Savings Estimator Tool; CDSMP. <http://www.ebp-savings.info/>

Aging in better health across the life course can reduce disease and disability in older age.



Source: Adapted from Kalache, A., Kickbush, I. A Global Strategy for Healthy Ageing. World Health, 1997 50(4)-5.

We are fully committed to this initiative and working with the Hawaii Healthy Aging Partnership, the Executive Office on Aging, our community, and sustainability partners in order to better serve our community. If funding is appropriated, the Maui County Office on Aging will secure additional Enhance®Fitness and instructors especially for underserved areas of Maui County; expand our class offerings once additional sites and instructors are secured; and continue to maintain our current offerings of Enhance®Fitness classes already serving our community.

Thank you for your time and consideration with proposed bill, HB 468 HD1.

Date: March 11, 2019
TO: State Legislators
FROM: Hiedi Elizares of St Anthony Waialuku

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at St Anthony Sch CofC in Waialuku.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

Making friends; good for my health & posture

Thank you for your time, consideration, and support for our kupuna,

Hiedi Elizares

Date: Mar. 11, 2019
TO: State Legislators
FROM: Regina Aganos of Waialua

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

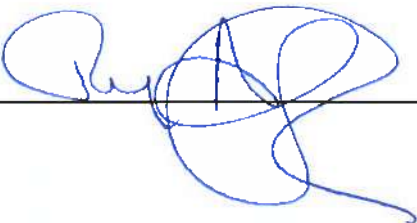
As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at St. Anthony's Church in Waialua, HI.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: my balance is stronger
my posture is stronger and more correct
I feel healthier after every class.

Thank you for your time, consideration, and support for our kupuna,



Date: 3-11-2019
TO: State Legislators
FROM: Maie Suguitan
Enhanced Fitness
SUBJECT: Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and maintain my independence. I participate in a class held at Saint Anthony in WAILUKU.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

improved a lot, good for my posture, my cholesterol is good, my

Thank you for your time, consideration, and support for our kupuna,

Maie Suguitan

Date: 3-11-18

TO: State Legislators

FROM: Vicki Havron of Pukalani, HI

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at Pukalani Community Center
Pukalani HI.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

Balance
Strength
Overall Health

Thank you for your time, consideration, and support for our kupuna,

Vicki Havron

Date: 3-12-19

TO: State Legislators

FROM: THOMAS NISHIDA of PUKULANI

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at Pukulani Community Center in Pukulan.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

Good Balance

Thank you for your time, consideration, and support for our kupuna,

Thomas Nishida

Date: 3-12-19

TO: State Legislators

FROM: LETICIA CRUZ of PUKULANI

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at Pukulani Community Center in Pukulanu.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance®Fitness is important for my overall health because:

Balance & stretch Health

Thank you for your time, consideration, and support for our kupuna,

Leticia Cruz

Date: 03/11/2019

TO: State Legislators

FROM: Linda Decker of St. Anthony

SUBJECT: Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at St Anthony in Wailuku.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance®Fitness is important for my overall health because:

I strengthen my body
Helps me with my balance, loss of weight and
Challenges my memory.

Thank you for your time, consideration, and support for our kupuna,

Linda T. Decker

Date: 3/11/19

TO: State Legislators

FROM: MaryAnn Ludquist of Enhance@Fitness St. Anthony

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at St. Anthony in Wailuku, HI.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

*my balance is improved,
I feel healthier. My blood pressure
has gone down without meds.*

Thank you for your time, consideration, and support for our kupuna,

Mary Ann Ludquist

Date: 3-2-19
TO: State Legislators
FROM: JOHN ANGLIST of WAILUKU

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at ST ANTHONY'S in IN WAILUKU.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: TO KEEP FIT

Thank you for your time, consideration, and support for our kupuna,

John Anquist

Date: 03/11/2019

TO: State Legislators

FROM: Carmen Gabin of St. Anthony

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at St. Anthony in Wailuku, Maui

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

1. It has improved my strengthening (with weights, too) balance, cardio and emotional/physical well-being.
2. It also provides me with social-interaction with those in my similar age-bracket.
3. The program is targeted for our specific age groups which is very important!

Thank you for your time, consideration, and support for our kupuna.

Carmen Gabin

Date: 3/11/15

TO: State Legislators

FROM: Joy Yamamoto of Lahaina, HI

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and maintain my independence. I participate in a class held at Kaunoa Senior Center in Lahaina, Maui, HI.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

It improves my balance, and keeps me active. The weight bearing exercises helps with my osteoporosis. The social aspect is also wonderful.

Thank you for your time, consideration, and support for our kupuna,

Joy Yamamoto

Date: 3/11/19
TO: State Legislators
FROM: Sherri Curry of Lahaina

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1 ~

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at Kaunoa Senior Center in Maui.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: I need to work on my balance and strength.

Thank you for your time, consideration, and support for our kupuna,

Sherri Curry

Date:

3/11/19

TO:

State Legislators

FROM:

Mama Stevens of Lahuia HBT

SUBJECT: Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I participate in a class held at the Lahuia Senior Center.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

I love these classes and how they help me maintain mobility.

Thank you for your time, consideration, and support for our kupuna.

Mama Stevens

Date: 3/11/15

TO: State Legislators

FROM: Joy Yamamoto of Lahaina, HI

SUBJECT: **Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills**

- HB 468 HD1
- SB 1026 SD1

As one of almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and maintain my independence. I participate in a class held at Kaunoa Senior Center in Lahaina, Maui, HI.

Please support the Healthy Aging Partnership program by providing funding in the sum of \$605,000 to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

It improves my balance, and keeps me active. The weight bearing exercises helps with my osteoporosis. The social aspect is also wonderful.

Thank you for your time, consideration, and support for our kupuna,

Joy Yamamoto

Date: Feb 21, 2019
TO: State Legislators
FROM: ELLA LEE of MAKAWAO HONG WAN

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at TUES, THURS + SAT in MAKAWAO HONG WANji

Because of my participation in this program, I have:

1. Being healthier, I've become stronger and made lots of friends.
2. Having some when 3x's a week to meet good fun people.
3. Our instructor is most gracious. She's funny & she makes me come every day.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Ella Lee

Date: 2/21/19

TO: State Legislators

FROM: Michele Boggs of Haiku, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

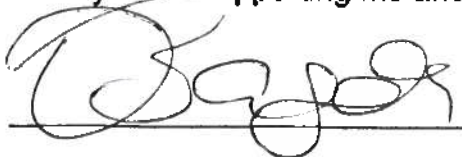
Makawao Hongwanui in Pukalani.

Because of my participation in this program, I have:

1. Better Balance - I no longer fall
2. Lost weight - better health.
3. I feel better mentally. It helps me feel like I can do everything.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!



Date: 2-21-19

TO: State Legislators

FROM: _____ of _____

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at _____ in _____.

Because of my participation in this program, I have:

1. *Loss of weight*

2. *Balance*

3. *Better Heart*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Maryanne [Signature]

Date: Feb. 20, 2019
TO: State Legislators
FROM: Iora Sasaki of Wailuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Unicef Church in Kahului, Maui.

Because of my participation in this program, I have:

1. maintained my mobility
2. maintained the ornamentals grown around my home
3. made new friends

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Iora Y. Sasaki

Date: 2/20/19
TO: State Legislators
FROM: Amy Miyamoto of Enhance Fitness@Kah. Union

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahuki Union Church in Kahului Maui.

Because of my participation in this program, I have:

1. Been able to relax more
2. concentrate better,
3. feel better overall

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Amy Miyamoto

Date: 8-20-19
TO: State Legislators
FROM: Lynette Shiroma of Enhance Fitness @ Kahi Union

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului.

Because of my participation in this program, I have:

1. Good physical reports
2. Balance is better
3. Just feel better, overall.
Always I'm glad I came.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Lynette Shiroma

Date: 2/20/19
TO: State Legislators
FROM: KU. C of _____

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at _____ in _____.

Because of my participation in this program, I have:

1. *enjoy*
2. *need good health*
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Chieko Nagata

Date: 2/19/19
TO: State Legislators
FROM: Marion Hagamine of Kahului Union Church

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului.

Because of my participation in this program, I have:

1. Improved ^{my} Balance
2. improved my well being
3. improve my coordination

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Marion Hagamine

Date: 2/20/19
TO: State Legislators
FROM: Yacko Kobayashi of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Union Church in Kahului.

Because of my participation in this program, I have:

1. *I can live comfortably and independently.*
2. *More energy and more life.*
3. *Made more friends and socialize.*
Live a happy life. Thank you!

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Yacko Kobayashi

Date: 2/20/19
TO: State Legislators
FROM: Susan Hokama of Wailuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Union Church in Kahului.

Because of my participation in this program, I have:

1. more balance
2. ^{more} stamina
3. ability to breath better

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Susan Hokama

Date: 2/20/2019
TO: State Legislators
FROM: LEONA CRAVALHO of KAHULUI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at KAHULUI UNION CHURCH in KAHULUI.

Because of my participation in this program, I have:

1. *maintained weight*
2. *reduced arthritis pain*
3. *feel better!*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Leona Cravalho

Date: Feb. 20, 2019
TO: State Legislators
FROM: Allen Shishido of _____

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului, Maui.

Because of my participation in this program, I have:

1. better balance
2. better health overall
3. more friends

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Allen Shishido

Date: Feb 20/19

TO: State Legislators

FROM: TWILA FOLDEN of HAIKU, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kohala Union Church in Kohala.

Because of my participation in this program, I have:

1. NOT HAD RECENT FALLS ^{room} } = NO emergency
2. ↓ PAIN IN JOINTS = NO STITCHES
3. ↑ BALANCE + R.O.M Range of Motion

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Twila Folden

Date: 2/20/2019

TO: State Legislators

FROM: Kathy Tokumoto of Kahului, Maui
KUC Enhanced Fitness

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Union Church in Maui, HI.

Because of my participation in this program, I have:

1. strengthen my body
2. gotten better balance
3. am learning more & more about being a healthier elder.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Kathy Tokumoto

Date: 2/20/19
TO: State Legislators
FROM: Yemiko Amy Nako of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at _____ in _____.

Because of my participation in this program, I have:

1. Improved balancing
2. Learned to keep oneself alert & well
3. Skills to help oneself.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Yemiko Amy Nako

Date: 2/22/19

TO: State Legislators

FROM: Beryl Mator of _____

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

KUC in Kahului, Maui.

Because of my participation in this program, I have:

1. been able to lift laundry tub (w clothes & towels) where as before I'd put it down to unlock the door to the yard
2. I'm able to squat & pick up objects on the floor & get up
3. I'm able to handle bath tub with ease

& I shall see age 93 this year!

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Beryl Mator

Date: 2/20/19
TO: State Legislators
FROM: Michie Chee of Waiuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Union Church in Kahului, Maui.

Because of my participation in this program, I have:

1. *lost weight*
2. *more stamina*
3. *made many friends and learned about many things*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Michie K. Chee

Date: 2/20/19
TO: State Legislators
FROM: Edith Matsunoto of KUC Enhance Fitness

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului, Maui.

Because of my participation in this program, I have:

1. lost weight
2. Feel more vigorous
3. Do not fall anymore

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Edith Matsunoto

Date: 2/20/19
TO: State Legislators
FROM: Bernice Sasaki of Kahului HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului HI.

Because of my participation in this program, I have:

1. better balance
2. regular aerobic exercise
3. stronger (with weight training)

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Bernice Sasaki

Date: 2/20/19
TO: State Legislators
FROM: Nancy Yamashita of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului, Maui!

Because of my participation in this program, I have:

1. been able to stay healthy
2. have improved my independence by being ~~able~~ able to take care of myself physically & mentally
3. have learned to be more aware of my surroundings -

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Nancy Yamashita

Date: 2-20-19
TO: State Legislators
FROM: VERONICA GOMES of KAHULUWU

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

KAHULUWU UNION CHURCH in KAHULUWU, MAUI

Because of my participation in this program, I have:

1. MY LEGS HAVE GOTTEN STRONGER, SO I CAN KNEEL IN CHURCH AND CAN WALK BETTER.
2. HAVE LOST A FEW POUNDS SINCE I STARTED 3 YRS AGO.
3. HAVE FOUND A LOT OF FRIENDS

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

VGomes

Date: Feb. 20, 2019
TO: State Legislators
FROM: Karen Tanaka of Wailuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Union Church in Kahului, Maui.

Because of my participation in this program, I have:

1. increased my ability to walk longer distances
2. maintained my body weight.
3. become more sociable + gained friends.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Karen Tanaka

Date: Feb. 20, 2019
TO: State Legislators
FROM: Lillian Chun of _____

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Union Church in _____.

Because of my participation in this program, I have:

1. better balance
2. more friends
3. more energy

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Lillian Chun

Date: 2-20-19
TO: State Legislators
FROM: Ethel Kawamura of Kahului, Maui, Hi

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Union Church in Kahului, HI.

Because of my participation in this program, I have:

1. healthier each day to start & carry on for the day. Strengthens me.
2. improving in my balance skill.
3. helps to keep my memory ability.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Ethel K. Kawamura

Date: 2/21/19
TO: State Legislators
FROM: Noboru Hironaka of Maui, HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

MAKAWAO HONGWANJI MISSION in MAKAWAO.

Because of my participation in this program, I have:

1. I have ~~become~~ increased my stamina
2. I have improve my balance and prevent fall.
When you do fall the class have improved my quickness and break falls to prevent damage
3. Loosened my muscled and prevent muscle aches

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Noboru Hironaka

Date: 2/21/19

TO: State Legislators

FROM: Joanne Antonio of Makawao Hongwanji
Enhance Fitness Class

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Makawao Hongwanji Church in Makawao, Maui.
Social Hall

Because of my participation in this program, I have:

1. Become stronger with weight ~~and~~ strength training
2. Am able to balance better
3. More flexible with stretching exercises.
4. Our instructor is a very effective and knowledgeable person.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Joanne Antonio

Date: 21-2-19 19

TO: State Legislators

FROM: Blanche D. Jr of Makawao Hongwanji
Enhanced Fitness Program

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Makawao Hongwanji, Enhanced in Makawao, Maui, HI
Fitness Program

Because of my participation in this program, I have:

1. Become a more healthy person. When I started 5 years ago, I had a fracture on my lower back & was in a back/body/neck brace. I am now able to function well.
2. Become aware of how exercise helps my body & brain since we have those exercises as well.
3. Our instructor Marie White is a very effective and knowledgeable leader/~~the~~ ^{trainer} attending class is a very good experience 3x a week.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

This is an excellent program for us seniors @ a very affordable price.

Thank you for supporting me and other kupuna!

Blanche D. Jr

Date: 2/21/19
TO: State Legislators
FROM: Janice Lau Hee of _____

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Makawao Hongwanji Mission in Makawao, Maui

Because of my participation in this program, I have:

1. Increased balance, flexibility, strength
2. Maintained overall good health
3. Developed a ^{personal} regular fitness program with wonderful friends!

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Janice Lau Hee

Date: Feb. 21, 2019
TO: State Legislators
FROM: Betty Hirose of Makawao Hongwanji

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Makawao Hong. in Makawao.

Because of my participation in this program, I have:

1. Travel & walk
2. Better balance & fitness to do housework
3. Living at home

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Betty Hirose

Date: Feb 21-2019
TO: State Legislators
FROM: Joyce Madden of _____

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Makawao Hono in Makawao.

Because of my participation in this program, I have:

1. Made many new friends
2. met Marie, my neighbor who is a great instructor
3. Working on balance and memory

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Joyce Madden

Date: 2/21/2019

TO: State Legislators

FROM: Makawao Hongwanji of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Makawao Hongwanji in Maui.

Because of my participation in this program, I have:

1. more mobility, had frozen shoulder
2. exercise more
3. ~~to~~ concentrate on balance, to prevent or help from falling

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

J. Ann Wong

Date: 2/21/2019

TO: State Legislators

FROM: Nalani Archibeque *MH enhanced fitness class*

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Makawao Hongwanji in Makawao Maui

Because of my participation in this program, I have:

1. *Better Balance, strength, flexibility, energy, stamina*
2. *Not fallen once, control of body*
3. *Improved happiness, joy, and new friends*
4. *We have great teachers — skill and attitude*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Nalani Archibeque

Date: FEBRUARY 21, 2019
TO: State Legislators
FROM: ANDY HIROSE of MAKAWAO HONGWANII

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

MAKAWAO HONGWANII in MAKAWAO, MAUI, HI

Because of my participation in this program, I have:

1. Ability to walk 32 miles in 8 days at Disney World
2. Ability to work in my yard 3 hours a day at age 83
3. Enjoy EVERYDAY ACTIVITIES WITH MINIMUM PAIN

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Andy Hirose

Date: 2/21/2019
TO: State Legislators
FROM: Cora of Makawao

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Makawao Hongwanji in Makawao.

Because of my participation in this program, I have:

1. good balance
2. stronger arms + legs
3. good posture

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Date: 2/20/2019

TO: State Legislators

FROM: BOB HIRLEY of ENHANCED FITNESS

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

POWERHOUSE GYM in KIHEI MAUI.

Because of my participation in this program, I have:

1. LOSS WEIGHT
2. GAINED STRENGTH
3. FOUND A GREAT SUPPORTIVE GROUP

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Bob Hirley

Date: July 20, 2019
TO: State Legislators
FROM: Liz Dawson of Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at _____ in _____.

Because of my participation in this program, I have:

1. *regained strength after
Rx for cancer.*
- 2.
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Liz Dawson

Date: 2-20-19
TO: State Legislators
FROM: Stell Coughlin of Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Power House in Kihei, HI.

Because of my participation in this program, I have:

1. Made many new friends
2. Enjoyed every week here.
3. Strengthened body

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Stell Coughlin

Date: 2/20/2019
TO: State Legislators
FROM: Clara Felip of Kihai

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Maui Power House in Kihai.

Because of my participation in this program, I have:

1. Keeps me going - I age gracefully due to this class
2. Keeps me out of taking a lot of medicines for being active
3. Gives me better balance & strengthen my body

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Clara Felip

Date: 21 Feb 2019
TO: State Legislators
FROM: Susan Arnold of Kahe

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Power Horse gym in Kahe.

Because of my participation in this program, I have:

1. increased my strength
2. gotten better balance
3. lost some weight + feel more energized

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!



Date: 2/20/19
TO: State Legislators
FROM: SUSAN HANSEN of ENHANCED FITNESS
KIHEI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at POWEROUSE in KIHEI.

Because of my participation in this program, I have:

1. ~~keep~~ ^{keep} strong enough to stay in a 4th story walk-up hotel for a week
2. Carrying my own luggage. I was also able to run across ~~the~~ busy streets when they're were no traffic lights or crosswalks in Myanmar (Burma)
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Date: 2-20-2019
TO: State Legislators
FROM: MARVIN COHEN of KIHEI, HI

72 y.o.

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at MAUI POWERHOUSE GYM in KIHEI.

Because of my participation in this program, I have:

1. INCREASED STRENGTH AND FLEXIBILITY
2. MORE STAMINA!
3. BETTER BALANCE... CAN EASILY PUT ON AND TAKE OFF PANTS & SOCKS WHILE STANDING

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!



Date: 2/20/19

TO: State Legislators

FROM: Pamela Palencia of Powershouse Gym

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Powershouse in Kihei.

Because of my participation in this program, I have:

1. Improved balance
2. exercise
3. new friends

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Pamela Palencia

Date: Feb 20, 2019
TO: State Legislators
FROM: Jane H. Hipley of Kihai Powerhouse Gym

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kihai Powerhouse Gym in _____.

Because of my participation in this program, I have:

1. lost weight
2. more energy
3. better balance
stronger muscles

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Jane H. Hipley

Date: 2/20/2019
TO: State Legislators
FROM: Kathleen Cuciz of Kihei, HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Maui Powerhouse Gym in Kihei.

Because of my participation in this program, I have:

1. *Increased my strength*
2. *Improved my balance*
3. *Improved my blood pressure and lowered my cholesterol through vigorous exercise*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Kathleen J. Cuciz

Date: Feb 20, 2015
TO: State Legislators
FROM: Jodene Hawkins of Kihei HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at _____ in _____.

Because of my participation in this program, I have:

1. Strengthened my standing capacity
2. Improved my balance
3. Improved my mobility after being homebound

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Date: 2-20-2019
TO: State Legislators
FROM: Stanley Hall of Kihai Xhavi

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Power House Gym in Kihai.

Because of my participation in this program, I have:

1. Lost weight
2. Blood Pressure down 40 pts. in the Normal Rate
3. Over ALL Fitness For the 1st Time in Adult Life.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Stanley Hall

Date: 02-20-2019
TO: State Legislators
FROM: Charlesta Snyder of Kihai

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Powerhouse Gym in Kihai.

Because of my participation in this program, I have:

1. Gained strength in my arms & legs
2. Increased my aerobic capacity
3. working on balance

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Charlesta Snyder

Date: 2/20/19
TO: State Legislators
FROM: Judy Sauterman of Kahe

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

PowerHouse Gym in Kahe.

Because of my participation in this program, I have:

1. Become Stronger
Have Better Balance
2. Better Range of Motion
More Energy
3. And most of all I feel more confident
because I can do more!

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Judy Sauterman

Date: 2-20-19

TO: State Legislators

FROM: Janet Higa of KAHULUI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at _____ in KAHULUI UNION CHURCH

Because of my participation in this program, I have:

1. NOT FALLEN DOWN SINCE I JOINED IN 2012
- 2.
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Janet Higa

Date: 2/20/19
TO: State Legislators
FROM: Linda Kawachi of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului.

Because of my participation in this program, I have:

1. Improved my balance
2. " " strength
3. " my coordination + flexibility

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Linda Kawachi

Date: 01/20/2019
TO: State Legislators
FROM: Jean Kuwada of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului, Maui, HI.

Because of my participation in this program, I have:

1. Been successful in living independently with a great quality of life.
2. Am presently having great fun in socializing and sharing experiences with others of my age bracket. We learn a lot from each other.
3. Not fallen down for the last two years. I may trip, but do not fall completely, warding off various possible injuries.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Jean A. Kuwada

Date: Feb 20, 2019
TO: State Legislators
FROM: Jeanne Abe of Waialeale HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kahului Union Church in Kahului.

Because of my participation in this program, I have:

1. *Maintained my mobility*
2. *Shared socially with friends - which is so important for me as I was recently widowed.*
3. *Improved on my cholesterol levels by exercising 3x/week vigorously.*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Jeanne Abe

Date: 2-20-19
TO: State Legislators
FROM: Diane Orikasa of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Maui.

Because of my participation in this program, I have:

1. Improved my balance
2. Improved my overall health
3. Improved my stamina

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Diane Orikasa

Date: 2-22-19
TO: State Legislators
FROM: Jennifer Brumbaugh of Kihai

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Maui Forehouse gym in Kihai.

Because of my participation in this program, I have:

1. increased overall body strength
2. increased cardio level
3. used the inspiration of the classmates
be committed

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

JRhas

Date: 2-22-19
TO: State Legislators
FROM: James Braumbaugh of Kehei

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

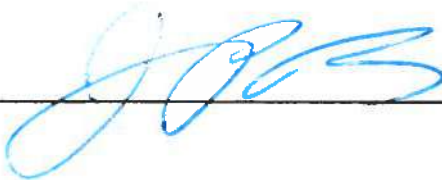
Maui Powerhouse Gym in Kehei.

Because of my participation in this program, I have:

1. an improved outlook on life
2. greater overall strength
3. left/right brain activities

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!



Date: 2/22/19
TO: State Legislators
FROM: PATRICIA JOHNSON KIHEI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

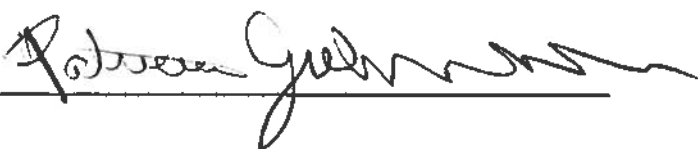
POWERHOUSE GYM in KIHEI.

Because of my participation in this program, I have:

1. STRENGTH
2. BRAIN
3. BALANCE

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!



Date: 2.22.19

TO: State Legislators

FROM: Barbara Samuels of Kihui, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Maui Powerhouse Gym in Kihui, Maui.

Because of my participation in this program, I have:

1. improved balance
2. improved strength
3. feel better about myself

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Barbara Samuels

Date: 2/21/19
TO: State Legislators
FROM: Didi Okada of Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Power House Gym in Kihei, HI.

Because of my participation in this program, I have:

1. Much better balance
2. Increased endurance
Increased strength and stamina
3. So much healthier and able to walk better and more. It has helped me in every way including the brain.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Didi Okada

Date: Feb 22, 2019
TO: State Legislators
FROM: Steve Parabicolli of Honolulu

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Busekani Place in Kahului.

Because of my participation in this program, I have:

1. Improved my balance
2. Improved my flexibility
3. Improved my hip movement
4. Improved my upper ^{lower} body strength

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Steve Parabicolli

Date: Feb 20, 2019
TO: State Legislators
FROM: Gail Yoshida of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Roselani Place in Kahului.

Because of my participation in this program, I have:

1. *been able to relieve stress from working and have a better sleeping pattern.*
2. *Learn about the risks of falls and what exercises will help.*
3. *Jane's class is very informative, helpful, and enjoyable.*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Gail M Yoshida

Date: February 20, 2019
TO: State Legislators
FROM: Louise Ishii of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Roseani Place in Kahului Maui

Because of my participation in this program, I have:

1. Physically became stronger and can move around more easily.
2. I like the instructor for he emphasize on ways to strengthen our muscles.
3. I enjoy the class and have fun talking to my friends.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Louise K. Ishii

Date: 2-22-19
TO: State Legislators
FROM: Margaret Honda of Waikuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Roselani in Waikuku.

Because of my participation in this program, I have:

1. *Better Balance*
2. *Feeling better, strength*
3. *Fun, enjoyable w/friends.
mentally focused.*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Margaret Honda

Date: 02/21/2019
TO: State Legislators
FROM: Zosima Lacuesta of Paia

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Holy Rosary Parish in Paia

Because of my participation in this program, I have:

1. Better health.
2. My blood pressure has come down.
3. Also my diabetes went back to normal.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Zosima Lacuesta

Date: 2-21-19

TO: State Legislators

FROM: VALENIE RICHTER of PAIA

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

HOLT ROSARY in PAIA

Because of my participation in this program, I have:

1. GAINED MUSCLES - AND FEEL STRONGER
2. DON'T GET HURT AS OFTEN. NO MORE LOWER BACK PROBLEMS
3. MORE BALANCED. AND FLEXIBLE
GREAT PROGRAM.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!



Date: 02/21/2019

TO: State Legislators

FROM: MABEL TODD of PAIA, HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

HOLY ROSARY CHURCH in PAIA

Because of my participation in this program, I have:

1. *More mobility ∞*
2. *~~Less~~ Fewer problems with my knees.*
3. *Less pain from arthritis.*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Mrs. Mabel Todd

Date: 2/20/2019
TO: State Legislators
FROM: Cherry Harrison of Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kalena Heights in Kihei

Because of my participation in this program, I have:

1. Energy
2. Coordination
3. Fitness

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Cherry Harrison

Date: 2-20-
TO: State Legislators
FROM: Mugrid Finch of Kipahoi

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Palama Heights in Kipahoi

Because of my participation in this program, I have: been

1. able to work without help
- 2.
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Mugrid Finch

Date: 2/20/19

TO: State Legislators

FROM: Betty Brooks of Keolu

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Mauiama Heights in Keolu

Because of my participation in this program, I have:

1. able to go up stairs
2. without help
3. Having Better Balance

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Betty Brooks

Date: 2-20-19

TO: State Legislators

FROM: JYTTE S. HANSON of KALAMA HEIGHTS

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at 'KALAMA HEIGHTS' in KIHEI.

Because of my participation in this program, I have:

1. *Been able to get up from a chair without holding on.*
2. *Lifting more weights*
3. *Having more Balance & being more flexible.*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Jytte S. Hanson

Date: 2-20-19

TO: State Legislators

FROM: Jean Terhorst of Kalama Htg

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

_____ in _____.

Because of my participation in this program, I have:

1. Walk steadier
2. Better Balance
3. Can stand better

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

-Jean Terhorst

Date: 2-20-19
TO: State Legislators
FROM: Carmen Amadio of Kalama Hts.

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kalama Heights in Kihei, Maui.

Because of my participation in this program, I have:

1. I can walk
2. Regaining my balance
3. Went from wheel chair to cane (if necessary) in 4 mos. Rythem + weights are excellent. Instructor is great (Jacob).

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Carmen Rego Amadio

Date: 2/20/19
TO: State Legislators
FROM: Francis Alby of Kalama Heights, Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kalama Heights in Kihei.

Because of my participation in this program, I have:

1. more Balance
2. Look forward to the exercise
3. All ones feel good

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Francis Alby

Date: 2-20-19

TO: State Legislators

FROM: Bobbie North of Kihui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at:

Kalama Heights in Kihui

Because of my participation in this program, I have:

1. Better balance
2. Fun getting strangers
3. Love moving to the music and I'm happier!

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Thank you Jacob!

Bobbie (Roberta) North

Date:

2/20/19

TO:

State Legislators

FROM:

Jane Yatsunoff of KALAMA HTS OF KIHEE

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kalama HTS in KIHEE

Because of my participation in this program, I have:

1. improved my balance
2. improved my cholesterol
3. can breath better & improved my strength

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Jane Yatsunoff

Date: 02/00/2019
TO: State Legislators
FROM: Violet Martinez of Kohei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026


Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kalamo Hergate in Kohei.

Because of my participation in this program, I have:

1. Lost weight!
2. Keeps me Active.
3. Greatly enjoyed being with other people in class!

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!



Date: Feb. 20, 2019

TO: State Legislators

FROM: George M. Lobo of 2510C Omikougl. Kihai, Hi

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kamona Heights Retirement in Kihai, Maui

Because of my participation in this program, I have:

1. As per my doctor I need aerobic/ cardiovascular exercise
2. To reduce my Cholesterol which is bit higher than normal at the moment
3. All the exercise I am provided are helping and hoping to be 100% fit again

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

George M. Lobo

Date: 2/22/19
TO: State Legislators
FROM: Lillian Chun of 572 Pohai St Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at _____ in _____.

Because of my participation in this program, I have:

1. been able to maintain my weight
2. I feel stronger
3. I have more energy

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Lillian Chun

Date: Feb 21, 2019
TO: State Legislators
FROM: Grace K. Shimabukuro of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

KUC (Kahului Union Church) in Kahului, Maui
Puaki Hall

Because of my participation in this program, I have:

1. flexible
2. balanced
3. feeling connected

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Grace K. Shimabukuro

Date: 2/25/19

TO: State Legislators

FROM:

Alice Ferguson of 706 Kales #56732

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

706 Kales Senior Center in Jahamae, HI.

Because of my participation in this program, I have:

1. Been very healthy
2. Soaking up the class
3. Keeps my enjoyment of health
has been from my instructor

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Alice Ferguson

Date: 2/22/19
TO: State Legislators
FROM: Pamela Ikeda of Waialua, Maui, HI 96793

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Kahului Union Church in Kahului.

Because of my participation in this program, I have:

1. Improved my balance and agility to move more quickly. There have been several instances when I have been able to prevent a fall because I could move my legs quickly and engage my core muscles.
2. Been more diligent and consistent in exercising which is so important to maintain our skills, flexibility and stamina.
3. Challenged my memory skills because we have to memorize sequence of steps.
4. Improved my general well being with blood tests now falling within the normal range.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Pamela Ikeda

Date: 2/20/19
TO: State Legislators
FROM: Sanae Saito of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

KUC in Kahului.

Because of my participation in this program, I have:

1. More energy to do thing around my house.
2. Better balance... keep me from falling!
3. Stronger from doing our weights...lift thing better!
4. One of the best thing about the program is we all get to the class early and socialize with friends!!

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

We make sure we share good hugs. Its something we look forward to each exercise day. If we know some one is hurting, we make sure to give them a hug to say "we care!!"

Date: 2/22/2019

TO: State Legislators

FROM: Elaine Zamasaki of Kah. Union Church

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kah. Union Church in Kahului.

Because of my participation in this program, I have:

1. increased physical strength (especially in arms)
2. lost weight and able to maintain (was one of my goals)
3. mental acuity (I think it did ^{help})

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Elaine Zamasaki

Date: 2/22/19
TO: State Legislators
FROM: Merte Momita of Waialeale, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- **HB 468**
- **SB 1026**

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Kehulani Union Church in Kehulani.

Because of my participation in this program, I have:

1. *Better balance*
2. *More strength.*
3. *Keeping healthy*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Merte Momita

Date: 02-22-2019
TO: State Legislators
FROM: Kazuko Takiguchi of Wailuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

KUC Fitness Center in Kahului.

Because of my participation in this program, I have:

1. Fun
2. Strong all body
3. Core each atter.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Kazuko Takiguchi

Date: " 2-20-19 .

TO: State Legislators

FROM: Yasuo Taguchi of _____

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Rosalani Place in Kahului Hi

Because of my participation in this program, I have:

1. Feel Good
2. Fellowship with everybody
3. Keep going

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Y. Taguchi

Date: 02/20/2019
TO: State Legislators
FROM: Sylvia Ishikawa of Enhance Fitness
Rosebani Place

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Rosebani Assisted Living Center in Kahului Maui.

Because of my participation in this program, I have:

1. ~~can~~ become more flexible, have more energy.
2. Especially the comrades ^{(?) spelling} of our group strangers became friends!
3. Instructor Jacob is compassionate, spiritual - an excellent instructor - explaining the "why" of what we do.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Sylvia Ishikawa

Date: 2-20-19

TO: State Legislators

FROM: Charlotte Wilkinson of Kahului Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Roselani Place in Kahului.

Because of my participation in this program, I have:

1. gained weight
2. Strengthened muscles; more stamina
3. made new friends

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Charlotte Wilkinson

Date: 02/20/2019
TO: State Legislators
FROM: Dr. Fumio Tsoji of Maui County

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Roselani in Rahului.

Because of my participation in this program, I have:

1. Been able to live past 100 years old.
2. Met many new friends!
3. Get up from my chair and walk around.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Fumio Tsoji M.D.

Date: 2-20-19
TO: State Legislators
FROM: THELMA SHIMABAKU of WAILUKU
(93 years old!)

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at ROSE LANE in KAHULUI.

Because of my participation in this program, I have:

1. *Helps me walk*
2. *Make strong*
3. *Makes me happy!*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Thelma Shimabaku

Date:

2-20-2019

TO:

State Legislators

FROM:

Okiko Kibukawa of Wailuku, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Roselani Place in Kahului.

Because of my participation in this program, I have:

1. been feeling good
2. am stronger - more stamina
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Okiko Kibukawa

Date: 2-20-19

TO: State Legislators

FROM: Masako Cabanilla of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Roselani Place in Kahului.

Because of my participation in this program, I have:

1. been feeling better
2. my doctor says the cancer is not growing -
is better
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Masako Cabanilla

Date: 2/20/19
TO: State Legislators
FROM: Helen Ohigashi of Wailuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Roselei Place in Kahului Maui.

Because of my participation in this program, I have:

1. Better Health
2. met new friends
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Helen Ohigashi

Date: 3/20/19
TO: State Legislators
FROM: Toshiko Sugiki of Waialua

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Roselanii Place in Kahului.

Because of my participation in this program, I have:

1. Better health
2. More energy & interaction w/ everyone
- 3.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Toshiko Sugiki

Date: 2/20/19

TO: State Legislators

FROM: Suzie Aki of Enhanced Fitness (Roselani Place)

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Roselani Place in Kahului, HI.

Because of my participation in this program, I have:

1. *Become much stronger and flexible*
2. *My mind is more alert! Love the social aspect.*
3. *It helped me tremendously recover from my hip replacement last year!*

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Date: 5/20/19
TO: State Legislators
FROM: Frances Teshima of Wailuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Roselani Assisted Living in Kahului.

Because of my participation in this program, I have:

1. My legs are stronger
2. In general, my health is better
3. I get to socialize with others.

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Frances Teshima

Date: 2-20-19
TO: State Legislators
FROM: Winnie Wagstaff of Maui County

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Roselawi in Kahului

Because of my participation in this program, I have:

1. strengthened my balance
2. strengthened my body
3. become more flexible

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Winnie Wagstaff

Date: 2-20-2019
TO: State Legislators
FROM: Momoyo Shimada of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 468
- SB 1026

Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance@Fitness program. Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at

Roselani in Kahului

Because of my participation in this program, I have:

1. Feels good after exercise
2. Improve mind & body
3. Socialize

Please support the Healthy Aging Partnership program by providing funding (\$605,000) to keep this invaluable program and other health and wellness programs available for kupuna like me. We have worked hard for our entire lives, and we want to live the rest of our lives with good health and dignity. This program is great for my health, but also allows me to socialize with others in a supportive environment. I wish that more classes were available so that many other senior citizens could participate.

Thank you for supporting me and other kupuna!

Momoyo Shimada

TO : **SENATE COMMITTEE ON HUMAN SERVICES**
Senator Russell E. Ruderman, Chair
Senator Karl Rhoads, Vice Chair

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

Senator Rosalyn H. Baker, Chair
Senator Stanley Chang, Vice-Chair

FROM: Eldon L. Wegner, Ph.D.
Board, Hawaii Family Caregiver Coalition

SUBJECT: HB 468 HD1 Relating to Health Aging Partnership Program

HEARING: Wednesday, March 13, 2019, 2:45 pm
Conference Room 016, Hawaii State Capitol

POSITION: The Hawaii Family Caregiver Coalition **strongly supports** HB 468 HD1 which appropriates \$605,000 for each year of the biennium of 2019-20 and 2020-21 to the Healthy Aging Partnership Program.

RATIONALE:

The Hawaii Family Caregiver Coalition (HFCC) 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.

Healthy Aging Partnership Program

The Healthy Aging Partnership Program was founded in 2003 to improve the health status of older adults by empowering residents to make healthy decisions and engage in healthier lifestyles. The Partnership has received support from multiple funding streams, including grants and state and country budgets. The partnership entails a public-private partnership, with largely public funding of private providers offering the programs to the public. The University of Hawaii Public Health Program successfully adapted evidence-based health promotion programs and disease prevention programs for the multicultural population in Hawaii and has conducted continuous evaluation of the outcomes of the programs until last year.

The Partnership offers two evidence-based programs: 1) Better Choices, Better Health, a 6-week program on the self-management of chronic disease, and 2) EnhanceFitness, a three-times a week ongoing exercise program designed for older adults.

Better Choices, Better Health, has had a total of 1349 participants. The evaluation research found that participants had a decreased number of visits to physician offices and emergency rooms, and a cost-saving analysis estimated a net saving of \$640.91 per participant.

The EnhancedFitness Program served 1494 participants. After 16 weeks, participants reported fewer falls and increased number of days of being physically active.

Improvements occurred in measures of physical function such as arm curls, chair stands, and up and go exercise. Funding for kupuna and caregivers statewide would save \$141,000 and funding for EnhanceFitness for 575 kupuna would save \$789,000 in health care costs. Prevention programs are always cost-effective in regard to chronic disease.

The Health Aging Partnership Program in Hawaii has received several national awards, including the 2013 multicultural aging award from the American Society on Aging.

Inconsistent Support from the Legislature

Despite the achievements of the Healthy Aging Partnership Program, the Legislature has been sporadic in its support of the program and has not provided resources to allow the program to expand. The program has received numerous national awards, and is one of the few state programs which implements evident-based interventions, has conducted systematic evaluations of the program outcomes, and offers documented evidence of cost-savings to the state

The Legislature failed to pass any appropriation for this program in the 2018-19 budget year. As a consequence, the City and County of Honolulu had to close its sites for the EnhancedFitness program. Kauai and Maui received some county funds to keep some of their programs open. Due to budget restrictions, a number of the trainers have lost their jobs. The Executive Office of Aging had to suspend the program evaluation contract with the Public Health Program at the University of Hawaii.

If the appropriation proposed in HB 468 and SB 1026 fails to pass this session, the entire Healthy Aging Partnership may be ended. The consequence would be dire for the health of our citizens and also negative in driving up health care costs for the state. Thus far, both bills have cleared their subject matter committees as well as the House Finance Committee and Senate Ways and Means Committee. The appropriation also proposes a modest increase from \$550,000 in 2017 to \$605,000 per year in fiscal years 2019 and 2020. Perhaps this portends a renewed commitment to the importance of this program and a better understanding of how everyone in the state benefits from the Health Aging Partnership.

I implore you to provide the modest appropriation for this very valuable program and hope you will consider expanding its reach to our population in the future.

Thank you
Eldon L. Wegner, Ph.D
Professor Emeritus in Sociology
University of Hawaii at Manoa

HB-468-HD-1

Submitted on: 3/8/2019 4:16:23 PM

Testimony for CPH on 3/13/2019 2:45:00 PM

Submitted By	Organization	Testifier Position	Present at Hearing
GARY SIMON	Testifying for Policy Advisory Board for Elder Affairs	Support	Yes

Comments:

Dear Chair Ruderman, Chair Baker, Honorable Members of the Senate Committee on Human Services, and Honorable Members of the Senate Committee on Commerce, Consumer Protection, and Health:

I am Gary Simon, Chairperson of the Policy Advisory Board for Elder Affairs (PABEA), which is an appointed board tasked with advising the Executive Office on Aging (EOA).

I am offering testimony on behalf of PABEA.

My testimony does not represent the views of the EOA but of PABEA.

PABEA wholeheartedly supports HB 468 HD 1.

The Hawaii Healthy Aging Partnership (HAP) serves seniors and those with chronic health conditions through Better Choice Better Health (BCBH) and EnhanceFitness® programs.

The return on investment is 1.7 times: every dollar spent on HAP was estimated to save \$1.70 in healthcare costs.

We support the Kupuna Caucus funding request of \$605,000 for FY 2019 – 2020.

The requested funding is acutely needed for sustaining and expanding this highly effective program which improves the health and well-being of our seniors.

We urge you to support HB 468 HD 1 and to recommend its passage.

We thank you for seriously considering the Bill.

Very sincerely,

Gary Simon

Chairperson, Policy Advisory Board for Elder Affairs (PABEA)

Testimony in Support by Zonta Club Of Hilo for HB 468, HD1, Healthy Aging Partnership

Hearings Before the Committee On Human Services and Committee on Commerce,
Consumer Protection, and Health

March 13, 2019, 2:45 p.m; State Capitol Conference Room 16

Senator Russell Ruderman, Chair, and Senator Karl Rhoads, Vice Chair for CHS, and Senator Rosalyn Baker, Senator Stanley Chang Vice-Chair for CCPH, and Committee Members

The Zonta Club of Hilo supports the requested appropriation to fund fully the Healthy Aging Partnerships under HB 468, HD 1. Additionally, please fund the Kupuna Care, Aging and Disability Resource Centers Network, Kupuna Caregivers without the daily cap, and the Alzheimer's Disease and Related Dementias Coordinator, under **Kupuna Caucus Bills (HB 465, HD 1; HB 466, HD1; HB 467, HD 1.** Zonta is an international organization of business and professional women whose mission is to advance the status of women and girls worldwide.

The Zonta Club **voted recently to support Kupuna Caucus bills relating to Aging**, including Kupuna Care, a "one-stop resource center" for aging and disability services (ADRC), Kupuna Caregivers Support, Alzheimer and Dementia Coordinator, and Healthy Aging. As an organization, we realize that aging issues disproportionately impact women for two main reasons; 1) greater social, medical and economic costs associated with longer life-expectancies for women; and 2) women still bear most of the responsibilities of elder caregiving. Many Zontians are "Baby Boomers" who understand the challenges of being an "elder."

To reduce economic and social costs facing the elders, disabled, and their care-givers, we need collaborative, comprehensive implementation of "best practices." The practices must include a government and community "support net" through adequate funding and user-friendly access.

The Kupuna Caucus funding proposals would reduce the overall societal and economic costs by allowing the elders to age-in-place, surrounded by social supports, and avoiding costly institutional care and caregivers' burnout.

The funding will be helpful for Hawaii County, which has the challenge of being the largest county with strained infrastructure. Our super-rurality makes any delivery of services for elders and disabled more challenging. We continue to have the unfortunate status of being the county with the most "challenging" economic and social negative social indicators, including inadequate public transportation and insufficient primary health care services. Hawaii County's growing elder and disabled population is outpacing the current resources. Over 21% of the population is over 60. The Kupuna Caucus funding bills give us hope.

Thank you for your expected support and opportunity to testify. Charlene Iboshi



HAWAII CHAPTER - AMERICAN PHYSICAL THERAPY
ASSOCIATION

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

HB468hd1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Sen CPH/HMS Hearing

Wednesday, March 13, 2019 – 2:45pm

Room 16

Position: Support

Chairs Baker and Ruderman, Vice Chairs Chang and Rhoads, and Members of the Sen CPH/HMS 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 HB468hd1 is appreciated. Thank you for the opportunity to testify. Please feel free to contact Nick Bronowski, HAPTA's Elder Care Chair at (808)546-0937 for further information.

The Thirtieth Legislature
Regular Session of 2019

THE SENATE

Committee on Commerce, Consumer Protection, and Health

Senator Rosalyn H. Baker, Chair

Senator Stanley Chang, Vice Chair

Committee on Human Services

Senator Russell E. Ruderman, Chair

Senator Karl Rhoads, Vice Chair

State Capitol, Conference Room 016
Wednesday, March 13, 2019; 2:45 p.m.

**STATEMENT OF THE ILWU LOCAL 142 ON H.B. 468, HD1
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 **supports** H.B. 468, HD1, which appropriates funds for the Healthy Aging Partnership program to further the program's 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 elderly individuals 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. Hawaii's program received an award from the American Society on Aging in 2013.

The program 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 serves a limited number of kupuna. But if the appropriation called for in H.B. 468, 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 something to consider to increase the numbers who could benefit from the Healthy Aging Partnership.

The ILWU urges passage of H.B. 468, HD1. Thank you for the opportunity to provide testimony on this measure.

Committee on Human Services:
Chair Senator Russell Ruderman, Vice Chair- Senator Karl Rhoads
Committee on Commerce, Consumer Protect and Health:
Chair Senator Rosalyn Baker, Vice Chair Senator Stanley Chang

HB 468 HD1 Relating to the Healthy Aging Partnership Program

Chair Ruderman, Vice Chair Rhoads,
Chair Baker, Vice Chair Chang and members of the Committees,

My name is Beverly Gotelli and I'm writing to express my support of HB 468 HD1 Relating to the Healthy Aging Partnership Program. This bill appropriates funds for the health aging partnership (HAP) program to further the program's role in improving the health and well-being of Hawaii's Kupuna.

I know this bill refers to Healthy Aging Partnership and refers to two programs Better Choice Better Health and Enhance Fitness. I'm not familiar with Better Choices Better Health and will focus on the Enhanced Fitness program that I participate in.

As mentioned I'm participant of the Enhanced Fitness Program I can tell you it is a very worthwhile program. The sessions are three times a week and an hour long. There are sessions throughout Kauai island at various Neighborhood Centers or other facilities.

Healthy Aging Partnership was nationally recognized and has provided evidence – based programs statewide. We are routinely evaluated to monitor improvement while participating in the program.

In order to participate in the Enhanced Fitness Program you must have your physicians consent. My physician was very happy to sign the consent as he felt it was a proactive measure to keep me physically fit and ensure I was getting some type of physical activity.

As a participant of the Enhance Fitness Program I can testify that it not only keeps me fit, but it also stimulates the mind at the same time. The routines vary and it keeps all members engaged. For those who are not able to stand due to aches they participate by sitting down. I will say the program provides for a better quality of life and physical performance.

As a goal of the Hawaii State Plan on Aging to: *Maximize opportunities for older adults to age well, remain active and enjoy quality lives while engaging in their communities.*

As Hawaii is considered to be amongst healthiest place to live I believe programs such as this are beneficial to our kupuna who are living longer and staying fit.

Funding is needed in order to provide our kupuna with a healthy living program. I'm confident that the Hawaii legislature has shown leadership by supporting our kupuna will support this legislation.

Thank you for considering my testimony.

Beverly A. Gotelli
6286 Opaekaa Road
Kapaa, HI 96746

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Gloria Kenney. I live on the island of Kauai.
I wanted to thank you for passing HB468 through committee.

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

a constant reminder (3 x per week!) to
continue to strive at being physically and
socially 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,

Gloria Kenney

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Marina Ogata I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

Commitment to schedule. Group
Communication. Better health.
Breath 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,

Marina Ogata

[Handwritten mark]

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is *Joysa Sakahashi*. I live on the island of Kauai. I wanted to thank you for passing HB468 through committee.

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

keeping healthy and moving

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,

Joysa Sakahashi

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

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

I wanted to thank you for passing HB468 through committee.

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

my balance and my doctor's check-ups.

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 Horita

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Robert Marshman I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

BETTER 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, Robert Marshman

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Sandy Magnussen. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

that I'm not a couch potato. My knees has
felt better as I've been moving, my weight has
gone down and most of all my family
history of diabetes has been put off.

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 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Akiyo Matsuyama. I live on the island of Kauai. I wanted to thank you for passing HB468 through committee.

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

my balance & staying in touch with 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,

Akiyo Matsuyama

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Jan Thompson. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

I feel healthier, & happier

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,

Jan Thompson

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Laraine Sugibayashi. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

I feel healthier due to the
variety of exercises. I move
better and have more 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,

Laraine Sugibayashi

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Jorna N. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

to help me w/ my health problem

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,

Jorna N.

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Amorosa DeGracia. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

I am doing regular strength cardio vascular, and fun!
Exercising that I would not be doing on my own,
HAVING a commitment to this class really benefits
my health and the social contact with other
people is beneficial as well!

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.

Thank you!

Sincerely,

Amorosa DeGracia ♥

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Gale S Masukawa-Kashuba. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

excellent exercise for overall body strengthening, balance, chronic disease management, Super instructors that are specifically trained for this 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,

Gale S Masukawa-Kashuba

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Elia Lagoe. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

Be 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,

Elia Lagoe

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Eve Neibel. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

good health Looking FORWARD to FUTURE

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 Neibel

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Yvonne Hokushin. I live on the island of Kauai.

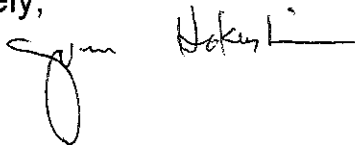
I wanted to thank you for passing HB468 through committee.

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

improved health - mental and physical!

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 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM


Hearing date: March 13, 2019

My name is Ainda Kitabagalli. I live on the island of Kauai. I wanted to thank you for passing HB468 through committee.

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

my balance is less or no falls.

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 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Gladys Fujishiro. I live on the island of Kauai.
I wanted to thank you for passing HB468 through committee.

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

an improved healthy lifestyle,
feeling better & moving 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,

Gladys Fujishiro

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is LINDA T. MAFIRAM I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

VERY VERY GOOD

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 T. Mafiram

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Juanita Abao. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

*My health has improved alot. Not
much pain as before. Knees are
better. Good friends, good company.*

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 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Carol Saiki. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

my improvement with my balance - had foot
surgery 9/18 + classes has been awesome
for my recovery - mahalo

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,

Carol Saiki

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

My name is Kay Naito. I live on the island of Kauai.

I wanted to thank you for passing HB468 through committee.

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

keeping me healthy. Also helps me
with my balance, without exercise I cannot
walk.

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, Kay Naito

March 11, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: March 13, 2019

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

I wanted to thank you for passing HB468 through committee.

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

health improving.

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 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Joyce Nagata. 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 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 improved stamina and, attested by medical physical exams, improved blood pressure and lower cholesterol levels. (Even improved my golf handicap by 7 strokes!)
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 Nagata
P.O. Box 237
Kilauea, HI 96754

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Carol Francis. 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 strength + 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,

Carol Francis

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Jade H Pacheco. 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 an avenue for regular exercise that is cost effective for those on a fixed income. I have lost 40 lb. and my blood pressure has improved and I am stronger physically
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 H Pacheco

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is SALLY WALDSTEIN. 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 to keep on working at my age.

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,

Sally H. Waldstein

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is PATRICIA M. Griffith. 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 group support, regular exercise, increased flexibility + energy

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,

Patricia M. Griffith

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Barbara C. Smith-Huronaka. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2/27/19. 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 happiness in doing something good for my body & mind.

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,

Barbara C. Smith-Huronaka

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Lily Yamamoto. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since Nov. 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 balance & better ability to climb steps

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,

Lily Yamamoto

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Nancy Jane Conley 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 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, Nancy Jane Conley

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Susan Blyler. 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 great on 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,

Susan Blyler

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Barbara Goodman I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since March 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 look forward to my class. Its
Im doing my body & mind good,

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, Barbara Goodman

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

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 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.

With a family history of adult-onset diabetes, this exercise program has definitely contributed to my "good" lab reports
EnhanceFitness has had a positive impact on my life. The most significant outcome has been

shared during my semi-annual wellness visits with my primary care physician. So far — so good!
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,

S Remoaldo

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

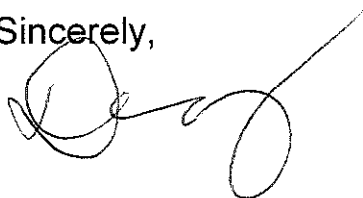
My name is Douglas Feuf. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 1/1/2019. 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~~ me active 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,



March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Janece Oyama. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2019. 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 and conditioning.

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 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Stella Shunyata. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 3/4/19. 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.

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,

Stella Shunyata

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Vivian Kunselmann. 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 2019. 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 regaining 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,

Vivian Kunselmann

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Carol Kanna. 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 Stronger legs + arms. No falls.

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 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is MAGGIE CHRISP. 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 INCREASED FLEXIBILITY AND ENERGY,
AND RANGE OF MOTION, AND I LOVE THE FELLOWSHIP

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 Chrisp
(Maggie)

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is MARCIA AGENA. 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 bone density, weight loss,
overall better 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, Marcia Agena

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/19

My name is ROBERT TRIPP. 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 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, R.S. Tripp

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Leticia B. Pasion. 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 Progressived.

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.

Leticia B. Pasion
Sincerely,

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Naoako 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 the 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 Keeping healthy and fit.

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,

Naoako H. Ho

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Winona Steed. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 2004. 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 good and energetic.

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 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/19
~~3/6/19~~

My name is Beverly C. Johnston I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since the 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 better balance / 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, Beverly C. Johnston

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is hiz Thompson. 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 more energy, friendships, more fun

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,

hiz Thompson

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Alice Baptista. 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. 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 improved balance, increased 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,

Alice E. Baptista

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

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 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 the strengthening of my bones.

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 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Lyndel Erdmann. 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 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 great balance, encouraged good health and encourage socialization.

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,

Lyndel A. Erdmann

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Thelma Dai. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 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 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,

Thelma Dai

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

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 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 helping with my balance + weight loss

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 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Shirley Kakuda. 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, 2019. 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,



March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Jane Niitani. 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 very good.

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 Niitani

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: HB0468 HD 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Hearing date: 3/13/2019

My name is Maryloue Work. 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 help my balance and to make 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,

Maryloue Work