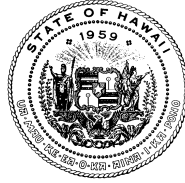


DAVID Y. IGE
GOVERNOR OF HAWAII



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 SD1
Relating to the Healthy Aging Partnership Program

COMMITTEE ON WAYS AND MEANS
SENATOR DONOVAN DELA CRUZ, CHAIR
SENATOR GILBERT S.C. KEITH-AGARAN, VICE CHAIR

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

Date of hearing: April 3, 2019
10:20 AM

Room Number: 211

- 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 \$605,000 for the Healthy Aging Partnership for
- 5 SFY 2020 and the same sum for 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.
- 10 BCBH is a six-week self-management workshop developed by Stanford University that teaches
- 11 participants skills to manage their health conditions and interact with their health care providers.

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

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

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

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

22 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 WAYS AND MEANS
The Honorable Donovan M. Dela Cruz, Chair
The Honorable Gilbert S.C. Keith-Agaran, Vice Chair

HB 468 HD1 SD1 SD1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

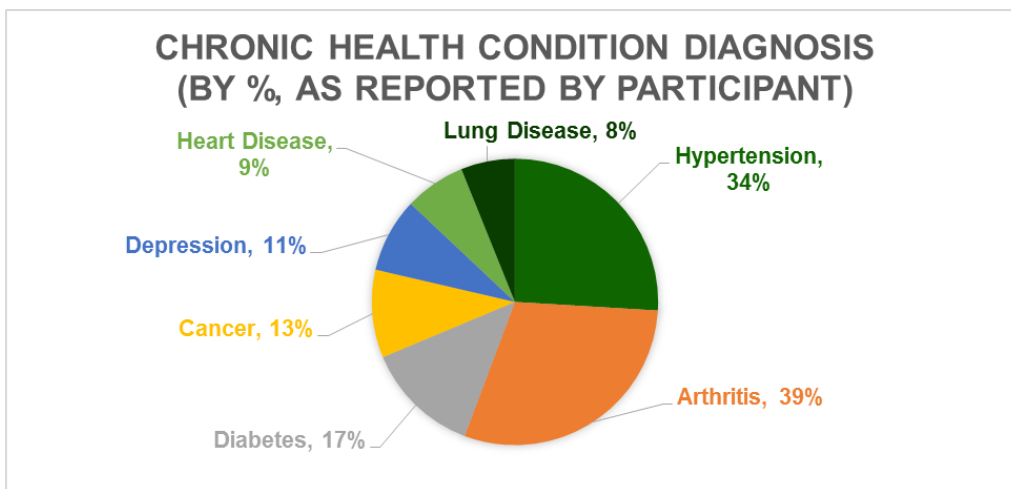
Hearing Date: Wednesday, April 3, 2019 at 10:20 a.m.
Room Number: Conference Room 211

MCOA's Position: The Maui County Office on Aging (MCOA) is in **strong support** of **HB 468 HD1 SD1**, 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.

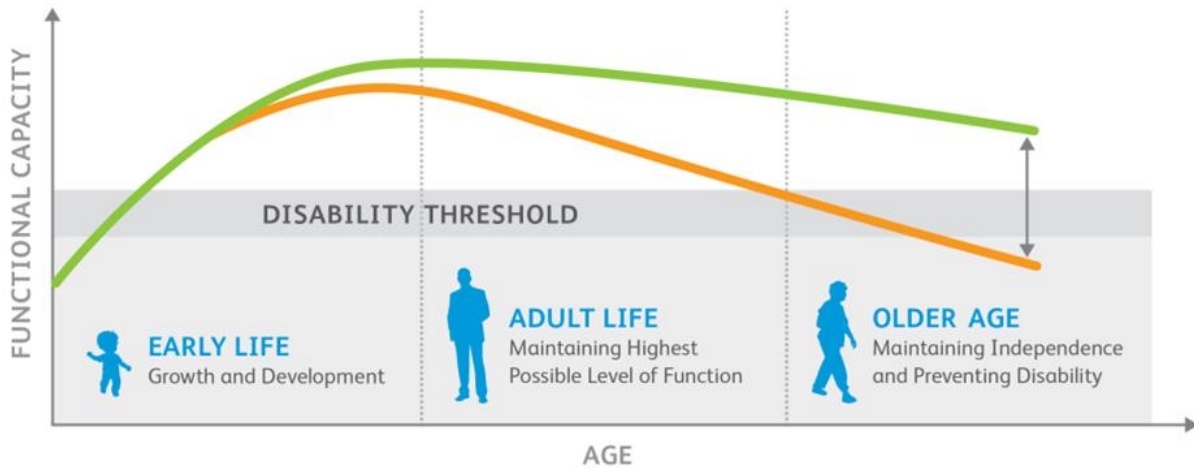
Unfortunately without funding, MCOA will be unable to continue to expand this evidence-based program to additional community members, who are often afflicted by various chronic health conditions such as diabetes, heart disease, and hypertension. According to Hawaii Healthy Aging Partnership data, health 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 SD1 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 SD1.

Date: 03/18/2019

TO: State Legislators

FROM: Carmen J. Gabriel Wailuku, Maui

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. I have the assurance that because the Program with exercises is designed specifically for my Age Group, I am therefore, ~~doing~~ doing the correct exercises for me. This is important to me - Specific Program for my age.
2. The classes are taught by trained instructors for this Specific Fitness →

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

Carmen J. Gabriel

Program for our Age Group.

3. Along with these very important reasons for my personal participation my overall ^{physical} strength, balance, heart (Lower B.P.) has improved and b/c of this Program w/ Specific exercises + trained instructors, I know (and my doctors know) this is the best Fitness Program for me

and for Seniors on Maui!

Thank you for funding ~~this~~ this Program, again.

We need it for we Seniors who desire excellent health in our Retirement !!
😊

Date: 3/18/19
TO: State Legislators
FROM: Banda Marlei of KUC
Beryl Matoi
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 Kahului Union Church in Kahului.

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:

How in the world did I exist before the enhancement program?! I'm able to climb into the bathtub without effort now. This exercise program is fun & so helpful - I'm 92 - able to walk w/o cane or help. Thank you so much for persistence & please

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

continue to help our elderly. Mahalo

Beryl Matoi

Date: March 18, 2019
TO: State Legislators
FROM: Grace of Kahului, Maui

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 Kahului Union Church hall in Kahului, Maui, Hawaii

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:

*more independent, balanced, healthier,
more aware of the things around,
less visits to doctors ...*

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

Grace K. Shimbukuro

Date: 3-18-19

TO: State Legislators

FROM: Yoko Endo of Wailuku, Maui

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 Kahului Union Church in Kahului.

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 would like to continue being able to walk without a cane or walker into my old age. I am currently 80 years old and feel healthy and feel it is due to my coming to this class for the past 5 years.

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

Yoko Endo

Date: 3/18/2019

TO: State Legislators

FROM: Ruth C. Muka 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 Kahului Union Church in Kahului, 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: *Mentally more alert, physically stronger, emotionally - happy because of supportive classmates - breakfast after class - fun!!!*

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

Ruth C. Muka

Date: 3/18/19

TO: State Legislators

FROM: Bernice Seiki of Kahului, Maui

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 Kahului Union Church in Kahului 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 & strength have improved a lot!
I never knew how to go about learning how to do this, & the regular instruction over a period of time has been key for me. Plus, it's fun!

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

Bernice Seiki

Date: March 18, 2019
TO: State Legislators
FROM: Lillian Chun of Kahului

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 Kahului Union Church in Kahului.

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 feel good and the exercise keeps me healthy.

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

Lillian Chun

Date: March 18, 2019
TO: State Legislators
FROM: Jeanne Abe 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 Kahului Union Church in Kahului.

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 has improved my balance, improved my strength, made me feel better when socializing w/ friends.

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

Jeanne K Abe

Date: 2-18-19

TO: State Legislators

FROM: Ethel Kawamura of Kahului, Maui, 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 Kahului Union Church in Kahului.

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:

Keeps me physically & mentally fit throughout.

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

Ethel Kawamura

Date: 3/18/19
TO: State Legislators
FROM: Yuko Kobayashi of Kahului

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 Kahului Union Church in Lahaina.

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'd like to stay healthy & energetic and to live longer.

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

Yuko Kobayashi

Date: 3/19/2019

TO: State Legislators

FROM: Jean of Kahului

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 Kahului Union Church in Kahului, HI 96732.

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 makes me so happy to attend classes. I have friends who can share our hard-sought wisdom with each other, and more importantly, laugh with and at each other. I credit this program with keeping me well, and happy, and out of the doctors' office.

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

Jean Kluwab

Date: 3/18/19

TO: State Legislators

FROM: Yemiko Nako of Rahului, 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 Rahului Union Church - Hall in Rahului, HI 96732.

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 helps me to be physically fit.*

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

Yemiko Nako

Date: 3/18/19

TO: State Legislators

FROM: Pamela Ikeda of Waikuku

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

- HB 468 HD1
- SB 1026 SD1

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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 Kahului Union Church in Kahului, 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: *I have definitely improved in my overall health and stamina to maintain my daily activities. It provides me with the opportunity to maintain my balancing skills which was a significant weakness prior to my participation in this program.*

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

Pamela M. Ikeda

Date: March 18, 2019
TO: State Legislators
FROM: Jan Shishido of Kahului, Maui

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

- HB 468 HD1
- SB 1026 SD1

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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 Kahului Union Church in Kahului.

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:

EF has improved my balance and energy! All seniors need the time to take care of themselves and keep socially active in their building of relationships.
Thank you for your time, consideration, and support for our kupuna,

Jan Shishido

Date: 9-18-19

TO: State Legislators

FROM: Mildred Tashiro of Kahului

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 Kahului Union Church in Kahului.

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:

a most wonderful opportunity 3X a week to keep our bodies ^{& minds} healthy & moving.

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

Mildred Tashiro

Date: March 18 / 2019

TO: State Legislators

FROM: JWILA FOLDEN of HAIKU

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

- HB 468 HD1
- SB 1026 SD1

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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 Kahului Union Church in Kahului.

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:

improvid BALANCE required.
I had a SERIOUS FALL - Ambulance
FACIAL STITCHES UNCONSCIOUS CONCUSSION
SHOULDER + back injuries.
Enhance Fitness PREVENTS INJURY!

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

Jwila Folden

Date: 3/18/19

TO: State Legislators

FROM: Michie Chee - of Kahului
Enhanced Fitness

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

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- 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 Kahului Senior Church in Kahului.

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 doctor is very pleased with my health and fitness because of my attendance in this class. Blood pressure is back to normal.

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

Michie Chee

Date: 3/18/19

TO: State Legislators

FROM: Kazuko Takiguchi of Wai'ikee Maui
~~Kuc. Kahului~~

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

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- SB 1026 SD1

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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 Kuc. Kahului Paula in Kahului.

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 dance, fun, stretch, I have been 6 years.

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

Kazuko Takiguchi

Date: 3/15/19

TO: State Legislators

FROM: Alice Suganuma of Maui County 96732

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 Maui County Senior Center in Maui County, 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 keeps me moving and motivated and to top it all keeps me healthy.

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

Alice Suganuma

Date: 3/18/19
TO: State Legislators
FROM: ~~Nancy~~ Nancy of Kahului
~~Pukalani~~

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 Kahului Union Church in Kahului.

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 helps me to stay healthy and independent

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

Nancy Yamoshta

Date: Mar 18, 2019

TO: State Legislators

FROM: Karen Tanaka of Kahului

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 Kahului Union Church in Kahului, 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 allows me to; maintain + improve my physical fitness; grow friendships; make me more mentally alert; build my bones; maintain my weight. etc.

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

Karen Tanaka

Date: 3/18/2019
TO: State Legislators
FROM: Pearl Higa 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 Kahului Union Church in Kahului.

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 feel stronger and think it helped me recover more quickly after surgery.*

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

Pearl A. Higa

Date: Mar. 18, 2019

TO: State Legislators

FROM: Allen Shishido of Kahului ~~KUC Enhance 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 K.U.C. Enhance Fitness in Kahului.

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 have more friends
 Better balance
 overall health improvement
 I enjoy life more because of Enhance Fitness!!!
 😊

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

Date: 3-18-19

TO: State Legislators

FROM: VERONICA GOMES OF KAHULUUA

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 KAHULUUA UNION CHURCH in KAHULUUA.

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 ALLOWS ME TO BE MORE FLEXIBLE & WALK BETTER

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

VGomes

Date: 3/18/2019

TO: State Legislators

FROM: Kathy Tokumoto of Kahului

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 Kahului Union Church in Kahului.

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:

- help w/ my arthritis
- gives me better balance & focus
- socialize with other seniors
- strengthen my body

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

Kathy Tokumoto

Date: 3/18/19

TO: State Legislators

FROM: Merte Momi-fo of Wailuku, Maui

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 Rakului Union Church in Rakului, 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:

of strength & balance & overall fitness

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

Merte Momi-fo

Date: Mar. 18, 2019

TO: State Legislators

FROM: Sanae Saito of Kahului Union Church

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 Kahului Union Church in Kahului.

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: *Please come to visit our program, we can all live better because of the program. We keep from falling because of all our exercises.*

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



HAWAII CHAPTER - AMERICAN PHYSICAL THERAPY
ASSOCIATION

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

HB468hd1,sd1 RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

**Sen WAM Decision Making Hearing
Wednesday, April 3, 2019 – 10:20 am
Room 211
Position: Support**

Chair Dela Cruz, Vice Chair Keith-Agaran and Members of the Sen WAM 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,sd1 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 Ways and Means

Senator Donovan M. Dela Cruz, Chair

Senator Gilbert S.C. Keith-Agaran, Vice Chair

State Capitol, Conference Room 211

Wednesday, April 3, 2019; 10:20 a.m.

**STATEMENT OF THE ILWU LOCAL 142 ON H.B. 468, HD1, SD1
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 **supports** H.B. 468, HD1, SD1, 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, SD1 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, SD1. Thank you for the opportunity to provide testimony on this measure.



1132 Bishop Street, #1920 | Honolulu, HI 96813
1-866-295-7282 | Fax: 808-537-2288 | TTY: 1-877-434-7598
aarp.org/hi | hiaarp@aarp.org | twitter: @AARPHawaii
facebook.com/AARPHawaii

Senate
Committee on Ways and Means
Wednesday, April 3, 2019
10:20 a.m.
Conference Room 211

To: Senator Dela Cruz; Chair

RE: Support for HB468, HD1, SD1, Relating to the Healthy Aging Partnership Program

Aloha Chair Dela Cruz and Members of the Committee:

My name is Jessica Wooley and I am the Advocacy Director for AARP Hawaii. AARP is a membership-based organization of people age fifty and over with about 150,000 members in Hawaii. AARP advocates for issues that matter to Hawaii families, including the high cost of long-term care, access to affordable, quality health care for all generations and serving as a reliable information source on issues critical to people over the age of fifty.

AARP Hawaii strongly supports HB468, HD1, SD1, to fully fund the healthy aging partnership program to improve the health and well-being of *kupuna* in Hawai`i. This program is the only evidence-based health promotion and disease prevention program for the multicultural population in Hawai`i. The better choices better health – *ke ola pono* and EnhanceFitness are intervention programs to reach *kupuna* with ongoing health challenges, to maximize the ability of our diverse, aging population to age well, remain active and enjoy life in their communities.

This program has been serving our *kupuna* in communities throughout the islands since 2003 – please don't end it now, when so many are in need.

Mahalo for the opportunity to support HB468 HD1, SD1.

HB-468-SD-1

Submitted on: 3/29/2019 6:50:01 PM

Testimony for WAM on 4/3/2019 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
GARY SIMON	Testifying for Policy Advisory Board for Elder Affairs (PABEA)	Support	No

Comments:

Dear Chair Dela Cruz, Vice Chair Keith-Agaran, and Honorable Members of the Senate Committee on Ways and Means:

I am Gary Simon, Chair 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 testifying as an individual who has worked in healthcare for over thirty years, and 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 SD 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 SD 1 and to recommend its passage.

Thank you for seriously considering the bill.

Very sincerely,

Gary Simon

Chair, Policy Advisory Board for Elder Affairs (PABEA)

TO : SENATE COMMITTEE ON WAYS AND MEANS
Senator Donovan M. Dela Cruz, Chair
Senator Gilbert S.C. Keith-Agaran , Vice Chair

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

SUBJECT: HB 468 HD1 SD1 Relating to Health Aging Partnership Program

HEARING: Wednesday, April 3, 2019, 10:20 am
Conference Room 211, Hawaii State Capitol

POSITION: The Hawaii Family Caregiver Coalition **strongly supports** HB 468 HD1 SD 1 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 HD1 and SD 1 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.. 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

Testimony in Support by Zonta Club Of Hilo for Kupuna Caucus Bills (HB 465, HD 1, SD 1; HB 467, HD 1, SD 1; HB 468, HD1, SD 1
Hearings Before the Ways and Means Committee

April 3, 2019; Wed; 10:20 a.m; State Capitol Conference Room 211

Senator Donovan Dela Cruz; Senator Gilbert Keith-Agaran Vice-Chair, and Committee Members

The Zonta Club of Hilo supports the requested appropriation to fund fully the Kupuna Care, Kupuna Caregivers without the daily cap, Healthy Aging, which bills are being heard together on April 3, 2019. We support the Aging and Disability Resource Centers Network HB 466, HD1; and the Alzheimer's Disease and Related Dementias Coordinator bills, as well. Zonta is an international organization of business and professional women whose mission advances the status of women and girls worldwide.

The Zonta Club **voted recently to support Kupuna Caucus bills relating to Aging**, including Kupuna Care, Kupuna Caregivers Support, Healthy Aging, Alzheimer and Dementia Coordinator, and a "one-stop resource center" for aging and disability services (ADRC),). 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

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Kathy Sheffeld. I live on the island of Kauai.

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my flexibility, general well being and motivation to exercise outside class, the best benefit is an exceptional Ohana! Great group & social outlet. Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me.

Sincerely,

Kathy Sheffeld

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

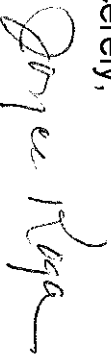
My name is Joyce Koga. I live on the island of Kauai.

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

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



March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

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

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

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

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 Nakota

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

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

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



March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Florence Yoshida. I live on the island of Kauai.

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

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

 Florence Yoshida

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Moreen L. Chinn. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 11/2015. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Increased balance & 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, Moreen L. Chinn

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Marilyn AxteLL. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 10-2016. EnhanceFitness is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

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

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

Sincerely,

Marilyn AxteLL

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

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: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Steven Bayless. 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 wonderful. For my 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,



March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

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 starting my

day with exercises. And report in doing
my body and 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: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

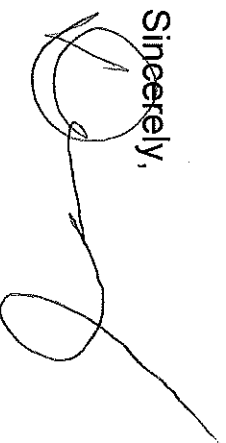
My name is Dusheney Feil. I live on the island of Kauai.

I have been involved and exercising at the Kauai County Office on Aging's EnhanceFitness program since 1/1/2017. 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 keeping me active & 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: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Saivee Dyanna. I live on the island of Kauai.

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

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

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

Sincerely,



March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Stella Shumatsu. 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 Shumatsu

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Vivian Kunselman. 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 Kunselman

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Care Kahan. 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 Legtarms, 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: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is MAYSSIE EITZELSB. 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 EXERCISING AND STRENGTH,
AND ENJOYMENT OF MACHINERY. AND I CAN BE FITTER AND STRIP

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 Chung

(Mayssie)

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is MARCIA AGENDA. 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 overall better health, weight loss
bone density, weight

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

Sincerely,

Marcia Agenda

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Narelle 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,

Narelle H. Ho

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Letitia B. Pavin. 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 progressed.

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.

Letitia B. Pavin
Sincerely,

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Winnal 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 & 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: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: 3/6/17

My name is Beverly A. 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 A. Johnston

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

My name is Ms 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 laughter.

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,

Ms Thompson

March 05, 2019

Dear House Leaders, Committee Chairs and Vice Chairs:

RE: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

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: SB1026, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

Hearing date: _____

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

April 1, 2019

To : Senate Committee on Ways and Means
Senator Donovan M. Dela Cruz, Chair
Senator Gilbert S.C. Keith-Agaran, Vice Chair

RE: HD 468 HD1 SD1: Relating to Healthy Aging Partnership Program
Hearing: April 3, 2019 – 10:20AM, Conference Room 211

Most Honorable Chair Dela Cruz, Vice-Chair Keith-Agaran and Members of the Senate Committee on Ways and Means:

Testimony in SUPPORT of HB468 HD1 SD1, Healthy Aging Partnership Program

Evidenced-based health programs for seniors work.

- ✓ “Ke Ola Pono” helps seniors manage & improve their health conditions.
- ✓ “EnhanceFitness” teaches seniors how to improve their overall fitness.

Both programs improve the quality of life for Kupuna and provide positive—(measured)--results of better physical and mental well-being.

To live independently (as most Kupuna desire) one has to be in good physical and mental health. This proactive program gives seniors what they need when they most need it.

- ✓ Please Vote to support the full funding request (\$605000) to continue this successful program for seniors in the next fiscal year.

Thank you for allowing me to submit testimony in full support of this bill.

Respectfully submitted,
Christine Olah
Honolulu Resident

LATE

HB-468-SD-1

Submitted on: 4/2/2019 10:22:04 AM

Testimony for WAM on 4/3/2019 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Colby Takeda	Individual	Support	No

Comments:

This is important for both our kupuna and their families! Mahalo for supporting.

COMMITTEE ON WAYS AND MEANS
Senator Donovan M. Dela Cruz, Chair
Senator Gilbert S.C. Keith-Agaran, Vice Chair

Wednesday, April 3, 2019
10:20AM
Conference Room 211

TESTIMONY IN SUPPORT OF:
HB467, HD1, SD1, RELATING TO THE KUPUNA CAREGIVERS PROGRAM
HB465, HD1, SD1, RELATING THE KUPUNA CARE PROGRAM
HB468,HD1, SD1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

Dear Chair Dela Cruz, Vice Chair Keith-Agaran, and Members of the Committee on Ways and Means,

My name is Linda Dorset, and I am writing to express my support all of the above-mentioned bills. I'm sure you've already heard ad nauseum everything I would say at this point. This is just to show that those in favor are still watching hopefully.

The Kupuna Caregivers program needs you to support the language of #350.00 per week so that the Executive Office on Aging is able to negotiate more freely with vendors and be able to provide more services.

Kupuna Care needs funding to continue to take of our parents and grandparents.

Healthy Aging Partnership is needed to help Seniors remain healthy and off public assistance as long as possible.

Just think, at some point most of us will either be caregivers or need care.

LATE

HB-468-SD-1

Submitted on: 4/3/2019 9:33:12 AM
Testimony for WAM on 4/3/2019 10:20:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Barbara J. Service	Individual	Support	No

Comments:

Please support this bill, to fund healthy aging partnerships, which provides nutritional information and fitness. These evidence-based programs have been very successful but seem to be funded every other year, forcing the AAA's to scramble for funding in the off-years.

Please fund HB468.

Barbara J. Service MSW (ret)