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facebook.com/AARPHawaii

HOUSE OF REPRESENTATIVES
Committee on Human Services and Homelessness
Committee on Health
Friday, March 13, 2020
10:00 a.m.
Conference Room 329

To: Representative Joy San Buenaventura, Chair
Representative John Mizuno, Chair

Re: S.B.2335 SD1 Relating to Healthy Aging Partnership

Dear Chairs San Buenaventura and Mizuno, Vice-Chairs Nakamura and Kobayashi, and Members of the Committee,

My name is Keali'i Lopez and I am the State Director for AARP Hawai'i. AARP is a membership organization of people age fifty and over, with nearly 145,000 members in Hawai'i. AARP advocates for issues that matter to Hawai'i 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 S.B.2335 SD1, which appropriates funds to the Healthy Aging Partnership. The Healthy Aging Partnership (HAP) has continued to demonstrate its success as an evidenced-based health promotion and disease prevention program. HAP includes EnhancedFitness, a low impact aerobics class and the chronic disease self-management workshop. According to the University of Hawaii's research evaluation, HAP program participants have reduced hospital stays, emergency room use, falls, and increased their overall physical functioning. Thereby the program provides a cost savings to our health care delivery system.

Thank you for the opportunity to testify in support for S.B. 2335 SD1.



Representative Joy San Buenaventura
Representative Nadine Nakamura

Representative John Mizuno,
Representative Bertrand Kobayashi

SB 2335 SD 1
Relating to Healthy Aging Partnership Program

Chair Buenaventura, Mizuno, Vice Chair Nakamura, Kobayashi and members of the Committee:

My name is Beverly Gotelli and I'm writing to express my support of SB 2335 Relating to the Healthy Aging Partnership Program. This bill is requesting 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 a 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 to more than 4,000 individuals statewide. We are routinely monitored to see how our health has improved since starting 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.

I will say the program does provide me with a better quality of life and physical performance.

It is also 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 committees.*

As Hawai'i is considered to be the 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 continue to provide our Kupuna with a healthy living program. I'm confident that the Hawaii legislature has shown leadership by supporting our Kupuna through this legislation.

As a member of the Hawaii State Teachers Association-Retired the Policy Advisory Board of Elderly Affairs, Hawaii Alliance for Retired Americans, this is one of our issues that we are supporting during this Legislative Session.

Thank you for considering my testimony.

Beverly A. Gotelli
6286 Opaekaa Road
Kapaa, HI 96746



**Testimony to the House Joint Committee on Human Services and Homelessness, and
Health**

**Friday, March 13, 2020; 10:00 a.m.
State Capitol, Conference Room 329**

**RE: SENATE BILL NO. 2335, SENATE DRAFT 1, RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM.**

Chair San Buenaventura, Chair Mizuno, and Members of the Committee:

The Hawaii Primary Care Association (HPCA) is a 501(c)(3) organization established to advocate for, expand access to, and sustain high quality care through the statewide network of Community Health Centers throughout the State of Hawaii. The HPCA **SUPPORTS** Senate Bill No. 2335, Senate Draft 1, RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM.

The bill, as received by your Committee, would appropriate an unspecified amount of general funds for fiscal year 2020-2021, for the Healthy Aging Partnership (HAP) Program to improve the health and well-being of Hawaii's kupuna. It was introduced as part of the Kupuna Caucus legislative package.

The bill would also take effect on July 1, 2020.

By way of background, the HPCA represents Hawaii Federally-Qualified Health Centers (FQHCs). FQHCs provide desperately needed medical services at the frontlines in rural and underserved communities. Long considered champions for creating a more sustainable, integrated, and wellness-oriented system of health, FQHCs provide a more efficient, more effective and more comprehensive system of healthcare.

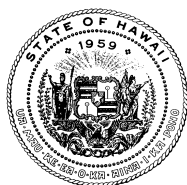
Established in 2003, the HAP Program consists of two evidenced-based, scientifically proven initiatives to serve an important linkage between the clinical support for patients and the community resources available for lifestyle change. As a member of this partnership with the Executive Office on Aging, and the Chronic Disease Branch of the Hawaii State Department of Health, the HPCA stands committed with the HAP Program in serving the needs of our elderly populations. Enactment of this bill will ensure that the HAP Program will have the necessary resources to continue its worthwhile services for our kupuna.

Testimony on Senate Bill No. 2335, Senate Draft 1
Friday, March 13, 2020; 10:00 a.m.
Page 2

For these reasons, the HPCA respectfully urges your support for Senate Bill No. 2335, Senate Draft 1.

Thank you for the opportunity to testify. Should you have any questions, please do not hesitate to contact Public Affairs and Policy Director Erik K. Abe at 536-8442, or eabe@hawaiiipca.net.

DAVID Y. IGE
GOVERNOR OF HAWAII



CAROLINE CADIRAO
Director

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

Telephone
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(808) 586-0185

**Testimony in SUPPORT of SB2335 SD1
Relating to the Healthy Aging Partnership Program**

COMMITTEE ON HUMAN SERVICES & HOMELESSNESS
REPRESENTATIVE JOY A. SAN BUENAVENTURA, CHAIR
REPRESENTATIVE NADINE K. NAKAMURA, VICE CHAIR

COMMITTEE ON HEALTH
REPRESENTATIVE JOHN M. MIZUNO, CHAIR
REPRESENTATIVE BERTRAND KOBAYASHI, VICE CHAIR

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

Hearing Date: March 13, 2020
10:00 A.M.

Room Number: 329

- 1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of
- 2 Health, supports SB2335 SD1 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 (HAP) for FY 2020-2021. HAP is not part of the Administration's budget request.
- 6 **Purpose and Justification:** Led by the Executive Office on Aging and Department of Health
- 7 Chronic Disease Branch, HAP was convened in 2003 to improve the health of older adults
- 8 through two evidence-based intervention programs, Better Choices Better Health (BCBH) and
- 9 Enhance®Fitness.

1 Chronic diseases account for 86% of the money our nation spends on health care. The direct
2 medical cost of falls was \$34 billion. In Hawaii, 82% of adults have at least one chronic disease
3 and over half (53%) have two or more chronic diseases. Hawaii spends an estimated \$470
4 million dollars annually on obesity-related medical costs and about \$770 million on diabetes-
5 related prevention and management.

6 BCBH is a six-week self-management workshop developed by Stanford University that teaches
7 participants skills to manage their health conditions and interact with their health care providers.
8 The workshop does not replace prescribed treatment but supports medical-professional treatment
9 plans. In the State of Hawaii, an individual spends on average about \$20,477 per year on
10 emergency room visits and hospitalizations. The National Council on Aging estimates that a
11 BCBH participant saves an average of \$499.12 per year on health care costs. BCBH program
12 operates in collaboration with the Hawaii State Department of Health Diabetes Prevention
13 Program. Since its inception, 2,785 individuals across the State participated in BCBH. Pre- and
14 post-test data showed fewer visits to physicians' offices and emergency rooms. In SFY 2018, 92
15 participants engaged in 10 workshops statewide. In addition, HAP has added an additional
16 intervention called Cancer Thrive to Survive to help cancer patients manage their condition.
17 Enhance®Fitness is an evidence-based exercise program designed to improve the health of older
18 adults and reduce health care costs by improving cardiovascular fitness, strength, flexibility, and
19 balance. In SFY 2018, Enhance®Fitness was available in the counties of Kauai and Maui. The
20 programs drew a total of 575 participants. Both the BCBH and the Enhance®Fitness programs
21 have shown that older adults with chronic conditions benefit by a focus on self-management
22 techniques and exercises to avoid long term complications of chronic conditions.

1 We received an allocation of \$550,000 from the 2019 Legislature for SFY2020. Even though
2 funding has been sporadic, we have continued to sustain the program. With additional funding,
3 EOA will be able to support and expand BCBH and Enhance®Fitness programs to older adults
4 in the State of Hawaii.

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

8 Thank you for the opportunity to testify.

Date: 3-11-20

TO: State Legislators

FROM: James Brambaugh of Kihei

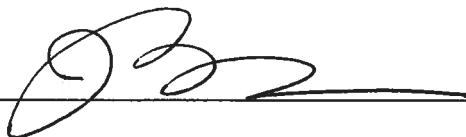
SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!



Date: 2-11-20

TO: State Legislators

FROM: Enaite Bromberg of Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills


- HB 1866
- SB 2335

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.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!



Date: 11 MAR. 2020

TO: State Legislators

FROM: MARYANNA CARLSEN of KIHEI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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, Maui.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

Maryanna Carlse

Date: March 10, 2020
TO: State Legislators
FROM: Jane Clarke of Waiuku

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

- HB 1866
- SB 2335

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 Powerhouse gym in Waiuku.

Please support the Healthy Aging Partnership program by providing funding 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 now can get off a chair without holding on. My endurance has increased.
I feel better and stronger*

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

Jane Clarke

W

Date: 3-11-2020

TO: State Legislators,

FROM: MARVIN COLTON of KIHEI

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

- HB 1866
- SB 2335

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 POWERHOUSE GYM in KIHEI.

Please support the Healthy Aging Partnership program by providing funding 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 STRENGTH, STAMINA, BALANCE,
AND IT'S FUN!

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

APC

Date: 3/11/2020

TO: State Legislators

FROM: Kathleen Cucuz of Kihui, Maui

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

- HB 1866
- SB 2335

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 PowerHouse Gym in Kihui, Maui.

Please support the Healthy Aging Partnership program by providing funding 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 increased my strength, my Stamina, and my balance. I feel stronger and fit. Importantly, It has expanded my social circle

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

Kathleen Cucuz

Date: 3/11/2024

TO: State Legislators

FROM: Clara S. Felix of Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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 Kihei.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

Clara S. Felix

Date: 2-11-2020

TO: State Legislators

FROM: Stanley E. Hall of Kihikihi

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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 Gym in Kihikihi.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

Stanley E. Hall

Date: 3-11-20

TO: State Legislators

FROM: Nancy Hubbell of Kihui

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

- HB 1866
- SB 2335

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 Powerhouse Gym in Kihui.

Please support the Healthy Aging Partnership program by providing funding 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:

socialization

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

Nancy Hubbell

Date: 3/11/20

TO: State Legislators

FROM: Doris Skola of Wailuku

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

Doris Skola

Date: 3/11/20

TO: State Legislators

FROM: Patricia Marino Johnson of Kihei

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

- HB 1866
- SB 2335

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 House House Gym in Kihei.

Please support the Healthy Aging Partnership program by providing funding 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 am much stronger than when I started!

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

Patricia Marino Johnson

Date: 3-11-2020
TO: State Legislators
FROM: Karen Sue King Kihel

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

- HB 1866
- SB 2335

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 Ekahu in Kihel.

Please support the Healthy Aging Partnership program by providing funding 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:

Keeping in shape
staying in contact with friends

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

Karen Sue King

Date: 3-11-20

TO: State Legislators

FROM: ROSE KOTLAR of KIHEE

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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 KIHEE.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

R. Kotlar

Date: 3/11/20

TO: State Legislators

FROM: Rudith Lauterman Kikei

SUBJECT: **Healthy Aging Partnership Proposed Bills**

- HB 1866
- SB 2335

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

Donna's Fitness Center in Maui.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

Rudith Lauterman

Date: 4/11/2020
TO: State Legislators
FROM: Josianne McDonald of Kihui

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

- HB 1866
- SB 2335

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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 Maui Power House Gym in KIHEI.

Please support the Healthy Aging Partnership program by providing funding 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 Community participation
- ② Flexibility + Strength Improvement
- ③ Overall functional fitness

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

Josianne McDonald

Date: Mar 11, 2020

TO: State Legislators

FROM: Marlene Manges-Foss of Kehei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

11:15 in Powerhouse Gym.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

Marlene M. Manges-Foss

Date: 3-11-20

TO: State Legislators

FROM: Leona Medeiros of Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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Thank you for supporting me and other kupuna!

Leona Medeiros

Date: 3-11-2020

TO: State Legislators

FROM: Rodger Mellen of Kihei

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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Thank you for supporting me and other kupuna!

Rodger E. Mellen

Date: 5/12/2020
TO: State Legislators
FROM: Mimi Meyer

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

- HB 1866
- SB 2335

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 Pikei Maui Powerhouse Health Club in Club

Please support the Healthy Aging Partnership program by providing funding 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 has improved
I have had spinal fusion & a knee replacement
so regular classes don't accommodate my needs
Exercising w/ other people is more motivating*

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

M. Meyer

Date: 3-11-20

TO: State Legislators

FROM: Terry Murphy of Kihui HI 96753

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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 HI.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!



Date: 3-11-20

TO: State Legislators

FROM: LANI ORR of KIHEI, HI

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

- HB 1866
- SB 2335

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 EKAHU in KIHEI.

Please support the Healthy Aging Partnership program by providing funding 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:

PROVIDES BETTER BALANCE/
STRENGTH

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

Lani Orr

Date: 3/10/20

TO: State Legislators

FROM: Joan Pfeifer of Kihei, HI

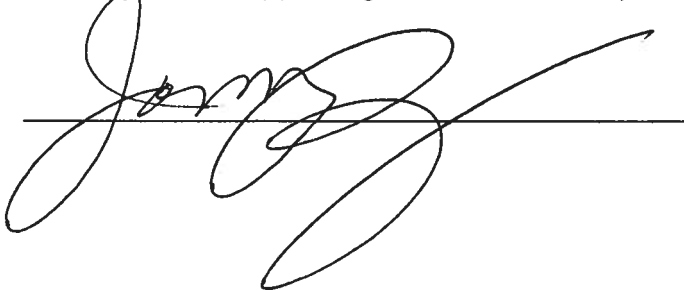
SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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, HI.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!



Date: March 11, 2020

TO: State Legislators

FROM: Roland Heif of Kihei, HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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 HI.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

Roland Heif

Date: 03 - 11 - 2020

TO: State Legislators

FROM: Charlotta Snyder *Enhanced Fitness*
Powerhouse Gym

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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 Kula.

Please support the Healthy Aging Partnership program by providing funding 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 seniors could participate.

Thank you for supporting me and other kupuna!

Charlotta D Snyder

Date: 3/11/20

TO: State Legislators

FROM: Holly Zebzda of Kihei, Maui

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

- **HB 1866**
- **SB 2335**

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 Powerhouse Gym in Kihei.

Please support the Healthy Aging Partnership program by providing funding 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:

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

Holly Zebzda

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Mayra Wolske. I live on the island
of Kauai.

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since 2017. EnhanceFitness is
an evidence-based program that improves my 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 get 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 and to other senior citizens.

Sincerely,

Mayra Wolske

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

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

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

EnhanceFitness has had a positive impact on my life. The most significant
outcome has been strengthening my heart & lungs & helping me
avoid adult-onset diabetes, an unfortunate genetic trait that
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 and to other senior citizens.

Sincerely,

S Remoaldo

*has affected numerous
members of my family.*

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since Oct. 2018. EnhanceFitness is
an evidence-based program that improves my 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 flexibility, strengthening muscles, 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 and to other senior citizens.

Sincerely,



3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Loris Kakuda. I live on the island
of Kauai.

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since 2020. EnhanceFitness is
an evidence-based program that improves my cardiovascular fitness,
strength, flexibility and balance. Classes are held 3 times per week for an
hour each session. I exercise and also socialize with others in a fun
environment.

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

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 and to other senior citizens.

Sincerely,

Loris K. Kakuda

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since 2014. EnhanceFitness is
an evidence-based program that improves my 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 my weight in check.

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 and to other senior citizens.

Sincerely,

Lucy B. Works

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Lyndel Erdmann. I live on the island
of Kauai.

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since 2018. EnhanceFitness is
an evidence-based program that improves my 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 given me flexibility and good
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 and to other senior citizens.

Sincerely,

Lyndel S. Erdmann

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since 2008. EnhanceFitness is
an evidence-based program that improves my 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 health & strong.

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

Sincerely,

Joyce Kopa

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Shirley Kakuda. I live on the island
of Kauai.

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since Jan 2018. EnhanceFitness is
an evidence-based program that improves my 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 ~~2 years~~ more strength in legs,
weight control.

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 and to other senior citizens.

Sincerely,

Shirley Kakuda

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Irene Mitani. I live on the island
of Kauai.

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since over 10 yrs. EnhanceFitness is
an evidence-based program that improves my 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 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 and to other senior citizens.

Sincerely,

Irene Mitani

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since 2007. EnhanceFitness is
an evidence-based program that improves my 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 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 and to other senior citizens.

Sincerely,

Thelma Doi

3/11/2020

Dear Members of the House Committee

RE: SB2335 SD1: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

My name is Sachiko Mori. I live on the island
of Kauai.

I have been involved and exercising at the County of Kauai Agency on
Elderly Affairs EnhanceFitness Program since 2008. EnhanceFitness is
an evidence-based program that improves my 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 fit & seeing my 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 and to other senior citizens.

Sincerely,

Sachi Mori

3/11/2020

TO: Committee on Human Services
Senator Joy A. San Buenaventura, Chair
Senator Nadine K. Nakamura, Vice Chair

Committee on Health
Senator John M. Mizuno, Chair
Senator Bertrand Kobayashi, Vice Chair

FROM: Johnny Yago

SUBJECT: SB2335 SD1

HEARING: Friday, March 13, 2020
10:00 a.m.

I have included more testimonials from participants for HB1866 which also relates to Healthy Aging Partnership.

Thank you
Johnny

1/30/2020

Dear Members of the House Committee

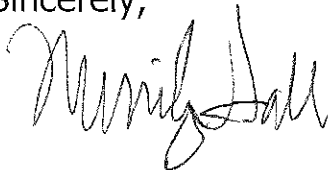
RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Merrily Hall. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2017. EnhanceFitness is an evidence-based program that improves my 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, stamina, focus & concentration, balance? improvements, abdomen strengthening, leg muscles straightening. 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 and to other senior citizens.

Sincerely,



1/30/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 1995. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been strengthening muscles, limberness of joints.

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 and to other senior citizens.

Sincerely,

Cecelia M. Mahoe

1/30/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Hannah Kawamata. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2007. EnhanceFitness is an evidence-based program that improves my 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 ability to move comfortable at my advanced ages!

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 and to other senior citizens.

Sincerely,
Hannah Kawamata

1/30/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Anne Davies^{don't}. I live on the island of Kauai, but am a visiting Geriatrician and was very impressed with the evidence based programme.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since _____. EnhanceFitness is an evidence-based program that improves my 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 _____^{friend's mother}.

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 and to other senior citizens.

Sincerely,

It's my observation that my friend's mom has remained free of falls, and has maintained her outdoor activities as well as her ability to have me confidence to travel to see family in Europe. She also benefits from the social and emotional aspects. Please keep up the great work!

1/30/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 5/2019. EnhanceFitness is an evidence-based program that improves my 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 ability to engage in more strenuous activities with confidence.

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

Sincerely, Ausan Thompson

In addition:

I wish I had started the classes years ago with Jody who is excellent. I am also grateful to have made many new friends. Please keep funding this important program!

1/30/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is JOAN CONTIVAL. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2018. EnhanceFitness is an evidence-based program that improves my 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 + strenghting ~~excess~~ exercised due to breaking my leg last year.

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 and to other senior citizens.

Sincerely,

Joan Contival

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

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

Sincerely,

Lily Yamamoto

I was sent to two physical therapist by my doctor to prevent from falling. I found that both therapist required certain exercise that we were doing in our Enhance Fitness Class. Therefore I quit both therapist and concentrated on my Enhance Fitness Class + have found that it has strengthen my balance & fitness.

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2015. EnhanceFitness is an evidence-based program that improves my 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've got better balance and there is a camaraderie among participants. The program not only helps the body but also the brain. 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 and to other senior citizens.

The program is also a good social network for
Sincerely, Beverly

Beverly Gotelli

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since about 4 years. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been less shoulder stiffness, ~~more~~ less knee stiffness and better feelings for the back.

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 and to other senior citizens.

Sincerely,

Beverly Newbury

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is ANN HANAMURA. I live on the island of Kauai.

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my balance is very good now - am able to be in good balance when I am a little unbalanced. I have not fallen since I started Enhance Fitness in 2010. 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 and to other senior citizens.

Sincerely,

Ann Hanamura

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Doris Sugahara. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2019. EnhanceFitness is an evidence-based program that improves my 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 mobility and good 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 and to other senior citizens.

Sincerely, Doris Sugahara

This is a great, great program. Continuing well enhance and benefit the older citizens. Please please fund this program.

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is STEVE HAROLD. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2019. EnhanceFitness is an evidence-based program that improves my 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.

Enhance Fitness has had a positive impact on my life. The most significant outcome has been INCREASED ENERGY, STRENGTH & BALANCE.

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

Sincerely,

Steve Harold

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Prakash Singh. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2017. EnhanceFitness is an evidence-based program that improves my 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 health and strength.
It has helped me a lot

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 and to other senior citizens.

Sincerely,

Prakash Singh

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since Oct 2019. EnhanceFitness is an evidence-based program that improves my 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 mobility is much better. I have had both hips replaced.

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 and to other senior citizens.

Sincerely,

Kathleen Kinch

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is DOROTHY DUTRA. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since AUG. 2019. EnhanceFitness is an evidence-based program that improves my 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 FRIENDSHIPS I HAVE MADE, & OF COURSE THE WORKOUTS, WHICH HAVE HELPED ME WITH HAVING PRE-DIABETES.
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 and to other senior citizens.

Sincerely,

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been IMPROVEMENT IN MY OVERALL HEALTH
AN EXCELLENT PROGRAM FOR US KUPUNAS
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 and to other senior citizens.

Sincerely,

Florence Yoshida

PLEASE CONTINUE
TO SUPPORT US
THANK-YOU

1/28/2020

Dear Members of the House Committee

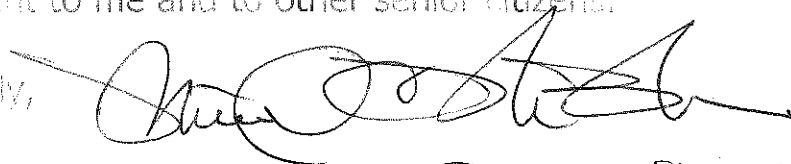
RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Minuel Nishi. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2011. EnhanceFitness is an evidence-based program that improves my 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 exercise regularly because of this organized program and do stretches that keep my
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 and to other senior citizens.

Sincerely,



body from stiffening. So far I've avoided any major advances of arthritis or aches & pains and feel the program helps keep my body well-oiled.

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Elizabeth K.O. Duarte. I live on the island of Kauai.

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been losing 20 LBS!!! Now I know how weight can impact diseases!
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 and to other senior citizens.

Sincerely,



1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Judith Chovanec-Toy. I live on the island of Kauai.

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

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

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

Sincerely,

Judith Chovanec-Toy

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Thomas Chaudten. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been A lot more 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 and to other senior citizens.

Sincerely,

1/29/2020

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Melma Chandler. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2019. EnhanceFitness is an evidence-based program that improves my 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 doing cardio and having my husband commit to an exercise program.

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

Sincerely,

Melma Chandler

Please consider funding HB 1866 it certainly helps the kupuna and myself -

RECEIVED

1/30/2020

20 FEB -5 P2:02

COUNTY OF KAUAI
AGENCY ON
ELDERLY AFFAIRS

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since Aug 2009. EnhanceFitness is an evidence-based program that improves my 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 when I fall, I am light on my feet and don't get hurt badly. Exercise makes muscles strong. Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Leatrice Igawa

1/30/2020

RECEIVED

20 FEB -5 P2 02

COUNTY OF KAUAI
AGENCY ON
ELDERLY AFFAIRS

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Patricia Joy. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since March 2016. EnhanceFitness is an evidence-based program that improves my 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 major reduction of arthritis pain, improved balance, no falls, ease of daily movement. 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 and to other senior citizens.

Sincerely,

Patricia Joy

P.S. Also gives me a break from caregiving for 92yr. old.

RECEIVED

20 FEB -5 P2:02

1/30/2020

COUNTY OF KAUAI
AGENCY ON
ELDERLY SERVICES

Dear Members of the House Committee

RE: HB1866: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Wendy Kawaguchi. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since Aug 2019. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been a more healthy person both physically and mentally.

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 and to other senior citizens.

Sincerely,

Wendy Kawaguchi

SB-2335-SD-1

Submitted on: 3/12/2020 9:25:51 PM

Testimony for HSH on 3/13/2020 10:00:00 AM



Submitted By	Organization	Testifier Position	Present at Hearing
Naomi Melamed	Individual	Support	No

Comments: