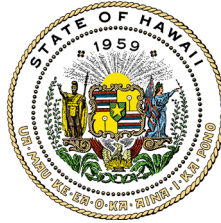


JOSH GREEN, M.D.
GOVERNOR OF HAWAII
KE KIA'ĀINA O KA MOKU'ĀINA 'O HAWAII

KENNETH S. FINK, MD, MGA, MPH
DIRECTOR OF HEALTH
KA LUNA HO'OKELE



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STATE OF HAWAII
DEPARTMENT OF HEALTH
KA 'OIHANA OLAKINO
EXECUTIVE OFFICE ON AGING
NO. 1 CAPITOL DISTRICT
250 SOUTH HOTEL STREET, SUITE 406
HONOLULU, HAWAII 96813-2831

Testimony in SUPPORT of SB 853
Relating to the Hawaii Healthy Aging Partnership

COMMITTEE ON HEALTH AND HUMAN SERVICES
SENATOR JOY A. SAN BUENAVENTURA, CHAIR
SENATOR HENRY J.C. AQUINO, VICE CHAIR

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

Hearing Date: February 8, 2023
1:00 PM.

Room Number: 225
Via Videoconference

1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of
2 Health, **strongly supports SB853** provided that its enactment does not reduce or replace
3 priorities within the Administration's executive biennium budget.

4 **Fiscal Implications:** This measure seeks an appropriation for the Healthy Aging Partnership for
5 SFY 2024 and SFY 2025.

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 chronic health conditions and reduce emergency room and
12 physician visits. The workshop does not replace prescribed treatment but supports medical-

1 professional treatment plans. In the State of Hawaii, an individual spends on average about
2 \$20,477 per year on emergency room visits and hospitalizations. The State of Hawaii BCBH
3 program operates in collaboration with the Hawaii State Department of Health Diabetes
4 Prevention Program. Since its inception, 3,185 individuals across the State participated in
5 BCBH. Pre-and post-test data showed decreases in 1) visits to physicians' offices and
6 emergency rooms; 2) pain; 3) fatigue; 4) shortness of breath; and 5) stress. A BCBH participant
7 saves an average of \$654.18 in healthcare costs (University of Memphis Healthcare Costs
8 Estimator Tool: CDSMP).

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. Enhance®Fitness has been available in the county of Kauai since 2007 and in the
12 county of Maui since 2012. The program has enrolled 1,872 participants. Both the BCBH and
13 the Enhance®Fitness programs have shown that older adults with chronic conditions benefit by a
14 focus on self-management techniques and exercises to avoid long term complications associated
15 chronic conditions and improve their independence and quality of life.

16 HHAP received \$550,000 in SFY2020 from the 2019 Hawaii State Legislature through ACT 12.
17 Since 2019, HHAP has not received state funds from the legislature. Without additional funding,
18 the HHAP will not be able to continue to offer the BCBH and Enhance®Fitness programs to
19 older adults in the State of Hawaii at its current level.

20 **Recommendation:** The EOA strongly supports an appropriation to the HHAP provided that its
21 enactment does not reduce or replace priorities with the Administration's budget request.

22 BCBH and EF programs have significant impact on quality of life and independence, while
23 saving on overall healthcare costs. These two evidence-based programs are important and
24 effective public health interventions. Thank you for the opportunity to testify.

AGENCY ON ELDERLY AFFAIRS

KEALOHA TAKAHASHI, EXECUTIVE

DONNA LYNN LOO, ASSISTANT EXECUTIVE



DEREK S.K. KAWAKAMI, MAYOR
MICHAEL A. DAHLIG, MANAGING DIRECTOR

Testimony of L. Kealoha Takahashi Executive on Aging, County of Kaua'i

Before the
Committee on Health and Human Services
February 8, 2023; 1:00 pm
Conference Room 225 & Videoconference

In consideration of
Senate Bill 853
Relating to the Hawaii Healthy Aging Partnership

Honorable Chair Buenaventura, Vice Chair Aquino, and Members of the Committee:

The County of Kaua'i, Agency on Elderly Affairs is in **support** of SB 853, which is to appropriate funds to the Executive Office on Aging within the Department of Health for Hawaii Healthy Aging Partnership. The Hawaii Healthy Aging Partnership was formed to improve older adults' health through two scientifically proven, evidence-based programs.

The Agency on Elderly Affairs provides two evidence programs. First, the Better Choices Better Health (BCBH) is a 6-week self-management workshops. The workshops support medical-professional-recommended treatment plans. People learn skills to manage their health conditions and interact with their healthcare providers. Kaua'i offers three types of workshops including Diabetes Self-Management Program, Chronic Disease Self-Management Program and Cancer Thriving & Surviving.

Second, EnhanceFitness (EF) is an ongoing exercise program designed for older adults and meets three times weekly. It consists of cardio, strength, balance, and flexibility exercises. Nationally certified fitness instructors lead these classes. Participants improve upper and lower body strength, balance, and mobility, increase the number of days spent exercising, and experience fewer falls.

With the challenges faced due to the pandemic, we shifted to providing activities in alternative formats from in-person to modified exercise classes online and holding telephone classes for the self-management programs. We are committed as we move forward to provide both remote and in-person activities to support older adults to age well, remain active, and enjoy life.

Thank you for your consideration of this testimony in **support** of SB 853.

LATE

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is _____Karen Paresa Neizman_____. I live on the island of Maui.

I have been involved and Instructing in the Maui County Office on Aging's *EnhanceFitness* Program at the Pukalani Community Center and Waiakoa Gym since 2017. *EnhanceFitness* is an evidence-based program that improves cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I instruct and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life and the lives of our participants. The most significant outcome(s) has/have been: Overall improved quality of life. Better balance, more stamina, increased flexibility and improved self-confidence all which allow participants to live independent lives. Participants have become friends and often socialize outside of class. In my opinion EF classes are an important part of the healthy aging process.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to serve my community through *EnhanceFitness*. Staying healthy is very important to me and to the older adults.

Thank you
Karen J Paresa Neizman

Date:

2/6/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1719: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is

Mona Stevenson Rios

I live on the island

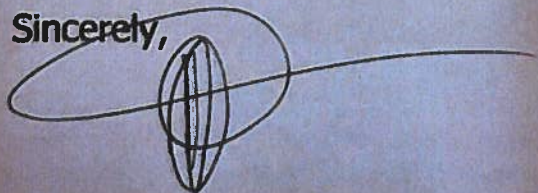
of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the West Maui Senior Center since 2014. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been increased strength and endurance. When we were closed for 2 years w/ covid, I noticed I had no motivation to move.

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 older adults.

Sincerely,



Date: 2.6.2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1819: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Andreak. Haupu. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the West Maui Senior Center since _____. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been all health. I have improved in my over
the Doc. said I'm doing much
better.

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

Sincerely,

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Joy Yamamoto. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the West Maui Senior Center since 2014. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been feeling more energetic in doing my daily activities. The group has been great and the instructor is terrific and enthusiastic. I really appreciate having these classes.

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 older adults.

Sincerely,



Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1919: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Lynne Kamakawiwoole. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the West Maui Senior Center since _____ . *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been I feel more energetic and am more mobile. Which helps me to spend time with my grandchildren.

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 older adults.

Sincerely,

Lynne Kamakawiwoole

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1519: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Patty Kaaiho. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the West Maui Senior Center since _____ . *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been better mentally, physically & socially

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 older adults.

Sincerely,

Patty Kaaiho

Date:

2/6/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is

Mona Stevenson Rugg

I live on the island

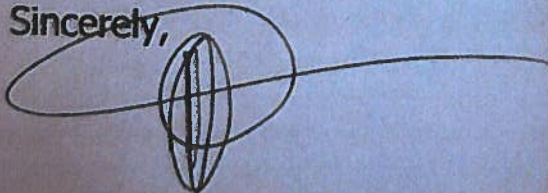
of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the West Maui Senior Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been increased strength and endurance. When we were closed for 2 years w/ covid, I noticed I had no motivation to move.

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 older adults.

Sincerely,



Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Iris Nakata. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's **EnhanceFitness** Program at the Waiakoa (Kula) gym since 10+ years. *EnhanceFitness* is an evidence-based program that improves my *w/ the program* cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, non-threatening, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my health, balance & even a new 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 older adults.

Sincerely,

Iris Nakata

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, non-threatening, fun environment.

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

Sincerely,

Carole Fernandez

Date: 2/6/2023

Dear Hawaii Legislators,

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB: 853 RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB: 1419 RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Suzanne Jensen, a resident on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program at the Waiakoa (Kula) gym since Covid restrictions were lifted but have been participating in this program since 2018.

EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, non-threatening, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been overall improved health especially with cardio and balance!

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

Sincerely,

A handwritten signature in black ink that reads "Suzanne Jensen". The signature is written in a cursive style and is followed by a long horizontal line that extends to the right.

Date: 2/6/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1519: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since July 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been sustained strength, flexibility and endurance. In addition, the opportunity to socialize with other seniors in a healthy environment is priceless. I am willing to pay a fee to participate.

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 older adults.

Sincerely,

Mary M. Hew

Date: 2/6/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Gene EVANS. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since 2018. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been significant weight loss & increased fitness

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

Sincerely,

Gene Evans

pamela polland

Date: 2/4/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1~~4~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program since 2019 at the Makawao Mission location and since the Summer of 2022 at Waiakoa (Kula).

EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, non-threatening, fun environment.

EnhanceFitness has had a VERY positive impact on my life. The most significant outcome has been a better sense of balance, improved emotional stability, sustained flexibility, and the joy of participating health based in a program *I can afford*, with like-minded seniors.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in *EnhanceFitness*. Staying healthy is very important to me and to other older adults. And if the funding allows for more classes, I will attend more classes!!

Sincerely,



Off the Leash
226 Kulalani Drive
Kula, Maui, HI 96790
tel (808) 280-4248
Email mele@pamelapolland.com
www.pamelapolland.com

Date: 2/6/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Maren McBarnet. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, non-threatening, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been that my body is staying young!

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

Sincerely,

Maren E. McBarnet

Date: 2/06/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1519: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is G. Jean Andrews. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since Aug. 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been a very good program - please continue - good & improved mental, physical and social for me - I look forward to it 3x a week and have improved myself Please keep this program -

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

Sincerely, G Jean Andrews

Date: 02/06/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1~~4~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is CAROL MASSIE. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since ²⁰²⁰2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been *Balance improvement, fitness, and love the weights & stretches.*

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 older adults.

Sincerely, *Carol Massie*

Date: Feb. 6, 2025

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1119: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since 2014 (Makoua Temple). *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been keep me in shape.

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 older adults.

Sincerely, Jean Nishida

Date: FEBRUARY 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since (2014 in program). *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been cardiac health plus fitness & strength. (helped me get through a heart valve replacement easily)

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 older adults.

Sincerely,

Date: 2/5/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Patricia Oliveira. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's **EnhanceFitness** Program at the Waiakoa (Kula) gym since been with this program since 2013 (over 10 yrs). *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, non-threatening, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my cardiovascular fitness & improving my flexibility & balance.

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

Sincerely,

Patricia Oliveira

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1~~7~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Michele Katsutani. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since *October 2022*. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been *the increase in my balance, the increase in the number of times I exercise weekly and the variety of exercises done in ~~the~~ class is a total body experience.*

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 older adults.

Sincerely,

Michele A. Katsutani

Date: 02/02/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1~~4~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Kathryn Smith. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since 2018. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Karen's bright smile while teaching important aspects of fitness: joint mobility, muscle strength, stretching. It has definitely helped my knee issues.

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 older adults.

Sincerely,

Kathryn Smith

Date: 2-6-23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~1~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

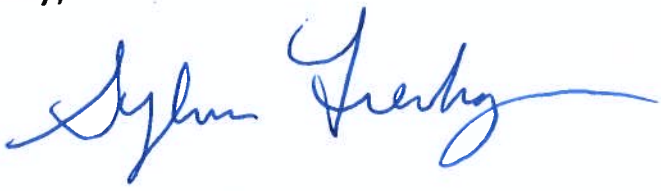
My name is SYLVIA Frenking . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Hali'imaile Gym since 2019 . *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been for health and well-being in all areas of my life.

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

Sincerely,



Date: 2/14/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1919: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is ANTHONY KRIG . I live on the island of Maui. MAUI

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Hali'imaile Gym since *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been IMPROVED BALANCE AGE 74, WEIGHT LOSS,

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

Sincerely,



Date: Feb 6, 2023

2/4/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1~~8~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Margaret Galam . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Hali'imaile Gym since *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

wonderful

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 older adults.

Sincerely,

Margaret Galam

Date: 2/5/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING
PARTNERSHIP PROGRAM

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP
PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP
PROGRAM

My name is STEPHEN CHILDS. I live on the island of
Maui.

I have been involved and participating in the Maui County Office on Aging's
EnhanceFitness Program at the Hali'imaile gym since 7/6/22. *EnhanceFitness*
is an evidence-based program that improves my cardiovascular fitness, strength,
flexibility and balance. Classes are held 3 times a week for an hour each session. I
exercise and socialize with others in a friendly, non-threatening, fun environment.

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

I NEED MORE WORK ON 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 older adults.

Sincerely, SR Childs

Date: 2/16/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Debi Sturdevant . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Hali'imaile Gym since 2016 . *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improvement of my balance, strength in my quads and arms and a community of Kapuna.

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 older adults.

Sincerely, Debi Sturdevant

Date: Feb 2, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1119: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Amy Teves . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Hali'imaile Gym since .
EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

I'm fit + feel great!

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 older adults.

Sincerely,

Amy Teves

Date: 2/6/2022

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1~~4~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is TAMERON HODGES . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Hali'imaile Gym since 2022 . *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been a regular exercise program with focus on cardio, balance, strength training + stretching.

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 older adults.

Sincerely,

Tameron Hodges

Date: 2/16/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Michelle Bayda. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Hali'imaile Gym since 2015. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been I can move and participate in my life. I no longer fall and injure myself. I feel more healthy and am according to my doctor. I also socialize and feel more attached to the outer world.

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 older adults.

Sincerely,

Bayda

Date: 02/06/22

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1919: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Hali'imaile Gym since 2016. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been increased flexibility, stamina, strength
great social contact 😊

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 older adults.

Sincerely,

Janice Lam Hee

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is SUSAN CRAWFORD. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since . *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been *I have a commitment to exercise & so I show up for it. It's been very good for me to do this. It has been social at times as well - getting me to show up at the Senior Fitness - Abs Plus*

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 older adults.

Sincerely,

Susan Crawford

Thank you for doing this program for us. The people doing it are so wonderful!

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Marilynn Hirashima. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since DEC 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, non-threatening, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been to provide me with a commitment to my health. Gathering with others - good mental health. Please provide funding for the Healthy Aging Partnership Program so that I ^{too} can continue to participate in *EnhanceFitness*. Staying healthy is very important to me and to other older adults.

Sincerely,

Marilynn Hirashima

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is CHERYL TANAKA. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since ~~Aug 2022~~ **Aug 2022**! *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been *beneficial to my health, gets me up and doing something instead of sitting. enjoy the companionship.*

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 older adults.

Sincerely,

Cheryl Tanaka

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Elaine Miyasato. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2021. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my incentive to be more conscious of the importance of exercise to maintain a healthy body. Socialization is also important to me.

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

Sincerely,

Elaine Miyasato

Date: 2/6/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Kikue Kanemoto. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 12/22. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

To go out of the "homebound" situation for a long time, & get to really enjoy the fellowship with others & it's good for my mental health. I am beginning to feel stronger & feels more confident in myself.

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 older adults.

Sincerely,

Kikue Kanemoto

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Andrey Cordeiro. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 7-28-22 (approx). *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been becoming more motivated and active in improving my overall fitness. Hardly in-person classes has been a big motivation for me. I also enjoy meeting and socializing with other participants and the instructor.

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 older adults.

Sincerely,

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Beryl Matoi. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

*This program has kept me going!
Life is Good (at 86!)*

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 older adults.

Sincerely,

Beryl Matoi

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Jeanine Hayash. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 9.2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been increased strength, better balance - Gets me going in the morning and meeting new people. Great 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 older adults.

Sincerely,

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Karen Morrow. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been improved strength, balance, mobility, safety awareness, fall precautions.

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 older adults.

Sincerely,



Date: 02/06/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Linda Decker. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2018. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Weight Control, Better Health, + Meeting/Socializing w/ people.

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 older adults.

Sincerely,



Date: 02/06/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1119: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is VERONICA GOMES. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been MY PHYSICAL HEALTH HAS NEVER BEEN SO GOOD, LOST A LITTLE WT.

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 older adults.

Sincerely, VGomes

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Elise Tsubaho. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my feeling stronger, physically & 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 older adults.

Sincerely,

Elise S. Tsubaho

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Bernice Siki. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Improved balance.

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

Sincerely,

Bernice Siki

Date: 02/06/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Katharine T. Tota. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Improvement - mental, physical, social !!

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 older adults.

Sincerely,

Date: Feb. 6, '23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Michie Chee. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my positive attitude towards life. There's a skip to my step and I am happy. Life is 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 and to other older adults.

Sincerely,

Michie K. Chee

Date: 02/06/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Judith Yamagata. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been meeting others and having a wonderful fun time exercising. We have a good time exercising. Improve 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 older adults.

Sincerely,

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Charlotte Wilkinson. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been to do cardio & stretching exercises to maintain a healthy & positive living. It is a fun time to socialize.

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 older adults.

Sincerely,

Charlotte Wilkinson

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Suzan Hokama. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2021. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Sincerely, Suzan Hokama

Date: 02/04/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Daniel Burt. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Kept me from falling and have kept me active. It also helps with socializing with friends.

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

Sincerely,

Daniel Burt

Date: 02/06/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1119: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2015 ! *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my ability to remain mobile and fit. It also am able to meet friends which helps motivate me to continue to participate in this wonderful 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 older adults.

Sincerely,



Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

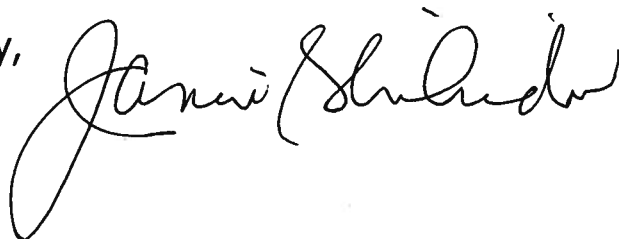
I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Keeping me healthy + 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 older adults.

Sincerely,



Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1~~4~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is ANDE YOSHIOKA. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Enhance Fitness has done significant improvements to my physical, mental, & social self being. It's helped me keep healthy & in 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 older adults.

Sincerely,



Date: 2/4/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Yasamin Alarab. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been increased cardio, 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 and to other older adults.

Sincerely,

Y. Alarab

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Suzanne Aki. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2018. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Excellent classes & teachers!

This is how ~~to~~ to live a long, healthy life...

Keep Fit — Socializing, exercise & help heal the world!!

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 older adults.

Sincerely,

Suzanne Aki

Date: 02/06/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Avelyn K Cabalo. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since ! *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

flexibility, more movement, socializing

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 older adults.

Sincerely,

Avelyn K. Cabalo

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Lucy Peros. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2017. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Able to do the exercises on my own at home, balancing, etc.

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

Sincerely,

Lucy Peros

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

It improves my balance and fitness.

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

Sincerely,

Janet Kubota

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2017. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my physical and mental well-being.

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 older adults.

Sincerely,

Hiedi Elizares

Date: 02/06/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Wilma Sato. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the ~~Binhi At Ani Filipino Community Center~~ since 1/16. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

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 older adults.

Sincerely,

Wilma Sato

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Toshiko Sugiki. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2021. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been I love the 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 older adults.

Sincerely,

Toshiko Sugiki

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Miyoko Carol Amuro. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

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

Sincerely,



Date: Feb. 4, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Margaret Honda. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2021. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

It keeps me energized & alert

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 older adults.

Sincerely, *M. Honda*

Date: 2-6-23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~14~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Susan Antoku. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2015 ! *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been *my gaining balance, and my osteopenia.*

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 older adults.

Sincerely, *Susan Antoku*

Date: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Robert Ostrander. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since July 2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Improved strength and balance

Lower Blood pressure

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 older adults.

Sincerely,



Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1019: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Winnie Wagstaff. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2018. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Wellness - encouragement towards good health - diet - fitness -

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

Sincerely,

Winnie Wagstaff

Date: 2/5/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1019: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Rosita Agatol. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2017. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

*I love the program it give a good incentive to be healthy.
Thank you*

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 older adults.

Sincerely,

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1919: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Riy Katsuda. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since . *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Helped me with my cardio and balance.

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

Sincerely,

Riy K. Katsuda

Date: 2/4/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1019: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Wendy Heyd. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since Nov '22. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been regular exercise focused on balance & strength and staying active in aging. The program has been hugely beneficial. Your continued support is appreciated.

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 older adults.

Sincerely,

Wendy Heyd

Date: 2/4/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1919: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Anne Salek. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 7/22. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

Daily exercise for my mental health and well being.

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 older adults.

Sincerely,

Anne Salek



1001 Bishop Street | Suite 625 | Honolulu, HI 96813-2830
1-866-295-7282 | Fax: 808-536-2882
aarp.org/hi | aarphi@aarp.org | twitter.com/AARPHawaii
facebook.com/AARPHawaii

The State Legislature
Senate Committee on Health and Human Services
Wednesday, February 8, 2023
Conference Room 225
1:00 p.m.

TO: The Honorable Joy San Buenaventura, Chair
RE: Support for S.B. 853 Relating to Healthy Aging Partnership

Aloha Chair San Buenaventura and Members of the Committee:

My name is Keali'i Lopez and I am the State Director for AARP Hawai'i. AARP is a nonpartisan, social mission organization that advocates for individuals age 50 and older. We have a membership of nearly 38 million nationwide and nearly 140,000 in Hawaii. We advocate at the state and federal level for the issues that matter most to older adults and their families.

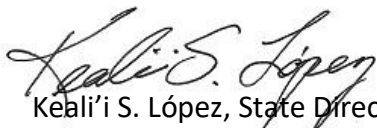
AARP Supports S.B. 853 which appropriates funds to the Executive Office on Aging for the Hawaii Healthy Aging Partnership program to continue improving the health and well-being of Hawaii's kūpuna.

Since the program's inception in 2003, the Healthy Aging Partnership (HAP) has continued to demonstrate its success as an evidenced-based health promotion and disease prevention program. This includes EnhancedFitness, a low impact aerobics class and the chronic disease self-management (Better Choices, Better Health) workshops. Many kūpuna learned to effectively manage their health by making better health decisions and adopting healthier lifestyles through these programs.

During the COVID-19 pandemic, HAP had modified its programs to safely accommodate participants in virtual classes, telephone sessions and even mailed toolkits to keep people engaged. We were pleased to learn that the EnhanceFitness and Better Choices and Better Health programs remained effective even through these modified learning formats. As the COVID-19 restrictions are easing, HAP is now ready to scale up programs in both remote and in-person formats to help more kūpuna stay healthy. Funding will now be needed to make this a possibility. We ask that funds are appropriated to support these long-standing, successful health promotion programs that help keep Hawai'i's kūpuna healthy and well.

Thank you very much for the opportunity to testify in strong support for **S.B. 853**.

Sincerely,


Keali'i S. López, State Director

Beverly Gotelli
6286 Opaeka`a Road
Kapaa, HI 96746

Committee on Health and Human Services
Senator Joy San Buenaventura, Chair, Senator Henry Aquino, Vice Chair

Wednesday, February 8, 2023
1:00 PM
Conference Room 225 & Videoconference

Position: Support, SB 853

Chair San Buenaventura, Vice Chair Aquino and members of the Committee:

I'm Beverly Gotelli a member on the Policy Advisory Board on Elderly Affairs and a participant of Enhanced Fitness, which is one of the two programs in this legislation. I'm writing in strong support of SB 853, as the bill states it is evidence based program and is beneficial to the participants. I live on the island of Kaua'i.

I have been a participant of the Enhanced Fitness program for 5 years and have benefitted by a healthier life style. The members meet three times a week for an hour. Our instructor during the pandemic and currently have provided us with lessons via Zoom. The hour spent together not only helps us physically but also mentally. We are able to interact with each other socially and that has been missed by many during the pandemic.

Funding has been appropriated in the past and I would like to see it be included this year. The last time HAP was appropriated state funds from the legislature was in 2019 for \$550,000. My fellow participants have built up a strong relationship through the program. We have been able to share with each other our medical and personal problems.

This program has many benefits for Kupuna and provided interaction that has been missed. Funding is the key issue and without the appropriation the programs may need to end.

Thank you for the opportunity to testify in support of SB 853.

Sincerely yours,
Beverly Gotelli
PABEA member

TO: Senate Committee on Human Services
Honorable Chair Senator Joy A. San Buenaventura
FROM: Paula Keele
DATE: February 5, 2023
SUBJECT: SB853 RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
HEARING: Wednesday, February 8, 2023
POSITION: Support of SB853

Thank you for this opportunity to submit testimony for SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

For the past 14 years I have had the privilege to see and experience firsthand the benefits of two of the Healthy Aging Partnership programs in the Maui community-Better Choices, Better Health and EnhanceFitness.

For the past 12 years I have worked as an Instructor, Master Trainer, and T-Trainer for *EnhanceFitness*, a community, evidence-based fitness program for older adults. On Maui our program grew from one class (three times week) in 2012, to fifteen classes (three times a week) pre-COVID. After a total shut down of the program in 2020, we have slowly started to rebuild our classes both online and in person (currently 3 online, 6 in person). To date we have serviced over 1000 kupuna on Maui alone and already have waiting lists for classes just as we did pre-COVID.

Through regular program evaluations 99% of our participants share they would take this class again, and we would like to be able to offer it to them. Funding for our program is essential if we hope to continue encouraging our kupuna to stay healthy and independent as they age. To reach as many older adults as possible classes are offered in churches, community centers, a mental health clubhouse, and a senior center.

Our participants often remind me how healthy aging programs provide them with the health and energy they need to continue giving back to our community. I've included just a small sampling of some of the things our participants have to say about EnhanceFitness when filling out annual evaluation forms.

Thank you for your consideration!
Paula Keele, MS
T-Trainer
EnhanceFitness Maui

Direct quotes from participants:

Losing weight and strengthening my legs were the best thing that ever happened. Class is fun, I'm feeling good, my body feels strong.

I'm not a disciplined person and the set hours are great! Class is fun and I don't fall or faint anymore.

I like everything about EnhanceFitness classes. Too bad the wait-list is so long

I like exercising with a group of people close to my age

It made me realize that a scheduled and routine exercise program is good for me and that I can do it.

I can walk without my cane & improved my balance

This class makes exercising fun, I usually hate doing exercises. I like the physical improvement- there is a noticeable improvement in my ability to go up & down stairs.

I like how this class is designed especially for seniors. No competitive spirit. I like seeing the improvement among the participants. Let's keep these classes!

I like the routine and challenge of this class. Class covers so much of what is reported (in media) that is important to health-especially senior health.

This exercise class is helpful for my arthritic knees & fingers and other joints-also for my tingling legs.

I enjoy meeting and exercising with my friends. Also, I have something to look forward to every Mon, Wed & Friday which makes me feel lively the rest of the day.

I've improved tremendously mentally & physically. My bursitis of both hips are better! The class is fun!

I am a runner and cyclist and the Enhance Fitness class is helping me stay injury free

What I like about this class is that I feel better & no longer have back aches!

Excellent program. I appreciate the levels to do additional work to make the exercises more challenging.

This class has taught me a lot about maintaining my physical strength, posture, core endurance, breathing, helping me with my neck & posture problems. Class is fun, time goes by quickly and the class is great!

THE KŪPUNA CAUCUS



Feb. 6th 2023 for HHS_02-03-23 1:00 pm Hearing

TO: THE COMMITTEE ON HEALTH AND HUMAN SERVICES

Senator Joy A. San Buenaventura, Chair

Senator Henry J.C. Aquino, Vice Chair

CONCERNING: SB606 (Relating to Hearing Aids), SB608 (Relating to Prescription Drugs), SB609 (Relating to Hearing Aids), SB900 (Relating to Health Insurance Assistance Program), SB 901 (Care Facility Inspections), SB902 (Relating to Caregivers), SB1592 (Relating to Senior Medicare Patrol Program). SB853 (Relating to Healthy Aging Partnership), SB 442 (Relating to Health)

POSITION: Full support

Aloha Chair Buenaventura, Vice Chair Aquino and members of the committee

The Kupuna Caucus of the Democratic Party of Hawaii supports the bills listed above and hopes they will be passed.

It has taken long enough for Federal and State health programs to recognize the vital importance of hearing aids to seniors who suffer disproportionately from gradual hearing loss. Hearing assistance is vital to self-sufficiency, to personal safety, and for the people a senior may interact with on a daily basis. Any bill that supports financial assistance in buying hearing aids is worthy of support.

The recent COVID pandemic demonstrated the need for more stringent and frequent inspections of care facilities and the need to provide the results to the public before they trust a place with their loved ones.

There is a serious shortage of care givers especially those who work for agencies that accept Federal or state assisted insurance programs. One reason is because the businesses keep almost all of the money paid by the insurance for the hourly services and pay the workers poorly. Better training and a higher wage will provide more and better in home care.

Please continue to support agencies and department services that assist Kupuna to live out their lives with dignity, healthy, safe and well cared for.

Martha Randolph for
The Kupuna Caucus

Dolores Foley, PhD
Change AGEnts Hawaii
1389 Akalani Loop
Kailua, Hawaii 96734

COMMITTEE ON HEALTH AND HUMAN SERVICES

Senator Joy A. San Buenaventura, Chair
Senator Henry J.C. Aquino, Vice Chair

RE: SB 853 Relating to Healthy Aging

Aloha Chair San Buenaventura and Members of the Committee:

This bill will give needed resources to the Healthy Aging Partnership

This testimony is in support of SB 853

Thank you very much for the opportunity to support SB 838 SD1

Sincerely,

A handwritten signature in black ink that reads "Dolores Foley". The signature is written in a cursive, flowing style.

President

Change AGEnts Hawaii

To: Chair Joy San Buenaventura and Members
Committee on Health and Human Services

Subject: Support of SB853 Relating to the Hawaii Healthy Aging Partnership

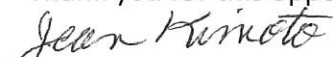
I wish to add my testimony in strong support of SB853 which through the Hawaii Healthy Aging Partnership (HHAP) will enable seniors in communities throughout the state, such as ours in Pearl City, to have access to programs that will keep them healthy and contributing to the daily activities in their neighborhoods.

As a senior, I've been so aware of how important it is, no matter how old you are, to exercise and keep yourself healthy. When the CURVES franchise opened in Hawaii in 2002, I became a member and continued to exercise there until the very last location in Hawaii closed in October 2022. Sadly, most of the women had few options as to where they would go to continue to keep in shape. I was very fortunate that in August 2022 our church, Pearl City Community Church, began to offer EnhanceFitness, an evidence-based exercise program for seniors, in partnership with the YMCA of Honolulu and the University of Hawaii Center on the Family. I also participated in Better Choices, Better Health, an online chronic disease self-management program, which has helped me to better live with my health conditions and to make decisions that contribute to a healthier lifestyle.

My participation three times a week in the hour-long EnhanceFitness program gives me the opportunity to engage in stretching, cardiovascular and balance exercises, and strength training to keep my body strong, flexible and prepared to react more quickly to dangers such as potential hazards, tripping and falling. It is reassuring to know that studies have shown that this program has kept seniors out of emergency rooms and hospitals and has lessened medical costs for both individuals and government agencies.

Please support ^{SB853}~~HB872~~ Relating to the Hawaii Healthy Aging Partnership to fund these two evidence-based programs to ensure that seniors throughout our state will stay healthy and enjoy the rest of their lives as active members in their communities.

Thank you for this opportunity to provide my testimony,


Jean Kimoto

TO: Chair Joy Buenaventura and Members
Committee on Health and Human Services

Subject: STRONG SUPPORT SB853 Relating to the Hawaii Healthy Aging Partnership

I write in **STRONG SUPPORT** of SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP.

The Hawaii Healthy Aging Partnership (HHAP) has been working in communities to offer two evidence-based interventions to improve the health and well-being of older adults. HHAP offers *EnhanceFitness* and *Better Choices, Better Health*. Both programs are proven to be effective in improving the health of older adults and empowering them to be active and engaged in communities.

Hawaii's older adult population continues to grow in number and proportion. This is true for our Pearl City community. Thanks to the partnership that exists with the Pearl City Community Church, the YMCA, and the University of Hawaii-Center on the Family, the Hawaii Healthy Aging Partnership's *EnhanceFitness* program is offered in our Pearl City community. The *EnhanceFitness* program is an effective and enjoyable falls prevention exercise program.

The funding appropriated by the Legislature is critical to enable the Hawaii Healthy Aging Partnership to continue to offer evidenced based programs to improve the health and well-being of older adults. Funding is also aligned with *the 2019-2023 Hawaii State Plan on Aging's* Goal 1: Maximize opportunities for older adults to age well, remain active, and enjoy quality lives while engaging in their communities.

Please SUPPORT SB853 relating to the Hawaii Healthy Aging Partnership so that older adults across our State can age well, remain healthy and active, and enjoy quality lives while engaging in our communities.

Thank you for the opportunity to provide testimony.



Shirley Kidani

January 30, 2023

Dear Hawaii Legislators,

RE: HB872

SB853

SB1419

My name is Frances Nakamura. I live on the island of Oahu.

I have been involved and exercising in the Pearl City Community Church EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and runs one hour each session. I exercise and have time to socialize with people in class.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been the commitment to a healthier lifestyle and improving my fitness and well being. The benefits of socializing with other kupuna have been to make new friends, enjoy life and to engage in healthy activities within my community.

Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,

Frances Nakamura

January 26, 2023

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Shirley Ota. I live on the island of Oahu.

I feel that exercise is energetic physically and mentally, usually for health or betterment of discipline.

An exercise is an action that you do repeatedly to strengthen one-self or to get better at it. Being physically active can improve my brain health, strengthen my bones and muscles and improve my ability to do everyday activities.

I have been involved in exercising the the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

EnhanceFitness has had a positive impact on my life. I do Tai Chi, Paranku (Okinawa drumming), Ballroom Dancing and Sacred Dancing. I am able to balance because of the EnhanceFitness program. This program has given me a positive outlook in everything. I attend the classes with a positive attitude.

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,


Shirley Ota

Date:

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Lillian Abo. I live on the island of Oahu.

I have been involved in exercising in the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

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

improvement of my balance, strength, coordination
and overall good health will bring.

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,

Lillian Abo

Date:

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Mieko Nishikawa. I live on the island of Oahu.

I have been involved in exercising in the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

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

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,

Mieko Nishikawa

Date:

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is John Bartsch. I live on the island of Oahu.

I have been involved in exercising in the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

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

Please continue this exercising program. as I watch people in their 60, 70, 80 & 90's exercise, it gives us hope for a better and healthier life.

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,

John Bartsch

I am 76 and we are in our 2nd of 16 weeks program of Enhanced Fitness Program. During this time my health has gotten better and my doctors like my new health results.

- 1) I have lost 8 lbs and 1 1/2" off my waist.*
- 2) my stomach muscles are getting harder each week.*
- 3) My biceps and triceps are getting bigger, like they were when I was 10 years ago.*
- 4) I can't say enough about my balance, it must be 110% better than ever before.*

5) I am a member of PCC church and promote this program to the members.
I give thanks for the Enhance Fitness program at this time in our lives.
Your financial support would be greatly appreciated also.

Dear Hawaii Legislators,

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

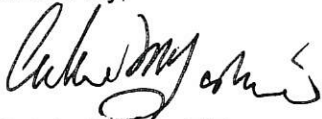
Since August 2022, I have participated in Pearl City Community Church's EnhanceFitness program. The focus of the program is fall prevention through exercise. The immediate benefits are improved cardiovascular fitness, strength, flexibility and mobility, and balance.

The most significant outcomes are psychological, mental and social. I am not intimidated by the gym equipment, "competition" by the "fit gurus" and large facility. I have to use my "brain" to make the coordinated steps and movements. Without focus, your arms and legs will not move in coordination. A class composed of your "peers", non-competitive, you can laugh and chat with your "new" friends. There is no "embarrassment" as we all try to do our best as many of us have never been to an "organized" fitness class. This is an experience I will treasure.

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Remember: It is not how long you live, but how you live long.

Sincerely,

A handwritten signature in black ink, appearing to read 'Calvin M. Yoshida', written in a cursive style.

Calvin M. Yoshida

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

Aloha,

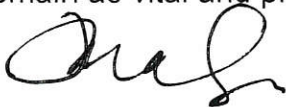
I am not a member of the Pearl City Community Church, so my initial introduction to my EnhanceFitness comrades was when we all met in class last August. From the beginning, it was a revelation as I had never before met a group of more spirited and dynamic 70, 80, and 90-year old adventurers. Not only are they active in keeping fit, they are involved in after-school care, nurturing the arts, and attending to the underprivileged through community outreach programs. These kupuna, therefore, are contributing members of the public and, thus, their well-being should be a key focus for those entrusted with the power to enhance our social quality of life.

With many fitness options available, why should a specific program such as EnhanceFitness be funded? Although all options are valuable, from the perspective of a participant, EF has broader goals and curriculum.

- **Evidence-based** - sponsored by various seniors servicing and research organizations, EF relies on data to develop a course to reduce falls through cardio exercises, strength training, balance improvement, and muscle toning for the elderly.
- **Adaptability** – exercises can be tailored to your level and accommodations are made for specific limitations.
- **Engagement** – the instructors know us as individuals and there is a true sense that our success is their success.
- **Covid Protocol** – participation protocols are rigidly enforced to provide us with the safest environment possible.

Another benefit of EF is **application**. It is not merely an exercise program, it is meant to be woven into our day to day. For example, one of the exercises aims at reducing trips and falls by having us exaggerate step-over movements to avoid obstacles. Having done this many times in class, I find myself repeating in my head “step over, step over” when walking over a cord at home or maneuvering around boxes in the storage room. So the measurement of success is not just the assessment we take at the end of each semester, it’s the personal success of knowing that we have strengthened our own ability to affect outcome.

And you have the ability to affect the outcome of this bill. You have the ability to prioritize the health and safety of our kupuna. You have the ability to sponsor the opportunities that help them to remain as vital and productive as they hope to be. Please support this bill.



Mahalo,
Ruriko Matsuoka
Pearl City Community Church
EnhanceFitness Member

Date:

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Douglas W.B. Yap. I live on the island of Oahu.

I have been involved in exercising in the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

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

enhanced mobility, flexibility and coordination,
all of which are needed for an aging population

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,



Date:

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Helen Yap. I live on the island of Oahu.

I have been involved in exercising in the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

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

balance has improved, muscles strengthened

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,

Helen Yap

Date:

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Jacelyn Arakawa. I live on the island of Oahu.

I have been involved in exercising in the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

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

Improved cardiovascular fitness & flexibility. (Still need to work on balance)

Excellent program!

Please provide funding for the Hawaii Healthy Aging Partnership Program, so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,

Jacelyn Arakawa

Date:

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Elaine Kumata. I live on the island of Oahu.

I have been involved in exercising in the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

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

a positive attitude and improved health in daily living at a safe location.

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,

Elaine Kumata

Date:

Dear Hawaii Legislators

Subject: SUPPORT FOR
HB872 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP
SB1419 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Treka Igueda. I live on the island of Oahu.

I have been involved in exercising in the Pearl City Community Church's EnhanceFitness Program since August 2022. EnhanceFitness is an evidence-based falls prevention exercise program. It has improved my cardiovascular fitness, strength, flexibility and balance. Classes are held three times per week and run one hour each session. I exercise and have time to socialize with people in class.

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

less pain & more joint mobility

Please provide funding for the Hawaii Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy and preventing falls are very important to me and to other older adults.

Sincerely,

my mother is not fluent in English so she asked me to write her feelings regarding the classes she attended at Pearl City Community Church. she wanted to express how much she enjoyed the classes. she looked forward to meeting up with her new friends and exercising. she is 88 yrs old and it becomes difficult to find activities that she truly loves. please continue this program on her and the others behalf.

Thank you,

Yuzun M. Kakama

- Daughters of Taeko Iguchi

ps

my mom asked my son to fill out the form but was not happy with the little he wrote so I need to write more.

SB-853

Submitted on: 2/5/2023 10:48:39 AM

Testimony for HHS on 2/8/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Suzanne Jensen	Individual	Support	Written Testimony Only

Comments:

I live on the island of Maui. I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program at the Waiakoa (Kula). EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, non-threatening, fun environment. EnhanceFitness has had a positive impact on my life. The most significant outcome has been improved over all 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 older adults.

SB-853

Submitted on: 2/5/2023 2:29:28 PM

Testimony for HHS on 2/8/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Barbara salez	Individual	Support	Written Testimony Only

Comments:

Please pass this bill as it helps to instill a fitness level needed for me as a senior with health issues

SB-853

Submitted on: 2/5/2023 1:56:51 PM

Testimony for HHS on 2/8/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Will Caron	Individual	Support	Written Testimony Only

Comments:

Please support SB853.

2/5/2023

TO: Senate Committee on HEALTH AND HUMAN SERVICES
Honorable Chair Senator Joy A. San Buenaventura
Honorable Vice-Chair Senator Henry J.C. Aquino

FROM: Michiyo Tomioka

SUBJECT: SB853 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM

HEARING: Wednesday, February 8, 2023, 1:00 p.m. Conference Room 225 & Videoconference

POSITION: Support of SB853

I am testifying as an individual. Thank you for this opportunity to submit testimony for SB853 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

During the pandemic, many older adults were negatively impacted due to limited opportunities to engage in health promotion services and programs in the community. According to the pandemic impact survey conducted by the University of Hawaii Center on the Family, findings showed that many older adults declined health and reduced their time to exercise.

Hawaii Healthy Aging Partnership offers group exercise classes that help older adults prevent falls and chronic disease self-management workshops that help older adults prevent and manage chronic diseases. Programs are offered on all islands in collaboration with the state, county offices on aging, and various community organizations. Currently, these programs are offered through in-person with limited capacity, virtually, and over the phone.

Without these programs, more older adults would access emergency and acute health services for falls and chronic diseases. As our population ages, we need to put more effort into keeping our kupuna healthy and at home, and out of more costly care facilities.

Hawaii Healthy Aging Partnership is in a critical situation. This appropriation will help them to keep the statewide coordinator, evaluator, and trainers. They play critical roles in sustaining Hawaii Healthy Aging Partnership and these great programs.

Mahalo for your support of these important measures to keep our kupuna healthy and independent.



Michiyo Tomioka

February 5, 2023

The Honorable Joy A. San Buenaventura, Chair
The Honorable Henry J.C. Aquino, Vice-Chair
Committee on Health and Human Services

**TESTIMONY – SUPPORT FOR SB 853 RELATING TO THE HAWAII
HEALTHY AGING PARTNERSHIP**

Thank you for this opportunity to submit testimony in support of SB 853 Relating to the Hawaii Healthy Aging partnership.

Since 2003, the State Executive Office on Aging, in partnership with the four County Area Agencies on Aging—Kauai Agency on Elderly Affairs, Elderly Affairs Division-Honolulu, Maui County Office on Aging, Hawaii County Office of Aging; Department of Health’s (DOH) Community Health Division; University of Hawaii; and other public and private sectors, and community have joined forces to design, implement, and evaluate a community health partnership to improve the health status of older adults.

At the County level, two evidence-based programs were implemented, EnhanceFitness (EF), a physical activity program, and Better Choices, Better Health (BCBH), a chronic disease education program. Both programs have shown, over the years, its effectiveness to improve the health status of older adults and promote and support healthy lifestyles. I had the opportunity to serve as the lead staff with the Kauai County Agency on Elderly Affairs to implement EnhanceFitness, with sites throughout the island. As an evidence-based program, measures of effectiveness are in place to evaluate the benefits of the program on older adults. At the State level, we have appreciated the support from the legislature to continue both programs.

The pandemic has posed challenges for the senior participants, with limitations of in-person classes. As more funding becomes available statewide for HAP, we hope the senior participants can look forward to getting back to their in-person classes and enjoy the socialization with their fellow participants. Healthy aging promotes the well-being of mind, body, and spirit, and we look forward to your favorable consideration and support of SB853.

Naomi Sugihara
Retired staff, Kauai Agency on Elderly Affairs

SB-853

Submitted on: 2/6/2023 8:57:34 PM

Testimony for HHS on 2/8/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Rick Tabor	Individual	Support	Written Testimony Only

Comments:

People of any age group can be targeted by scammers. However, those over the age of 60 are often more vulnerable, and victims over 80 report even higher financial losses.

In Hawaii, 470 people over the age of 60 reported losses last year amounting to \$11.7 million, according to the FBI's Elder Fraud Report for 2021. While that number is alarming, it's down from the previous year, in which 1,978 people in Hawaii over 60 years old reported losses totaling \$13.7 million.

Nationwide, more than 92,000 victims over the age of 60 reported losses of \$1.7 billion in 2021. The average loss per person nationwide was more than \$18,000.

Eho you going to call? SMP, Senior Medicare Patrol Hawaii. Hawaii is a volunteer-based federal program administered under the Hawaii State Department of Health – Executive Office on Aging (EOA). SMP, Senior Medicare Patrol Is in need of more employees. Currently SMP relays on volunteers to help with their rapidly expanding victims of scams. There is a serious need for more staff! I strongly support this pls

According to the report, tech support fraud was the most common type of scam targeting seniors. The scammers often impersonate companies including tech, banking, and utility companies. Many victims said they were told to make wire transfers to overseas accounts, purchase large amounts of prepaid cards, or mail large amounts of cash via overnight or express services.

According to the FBI, senior citizens are less likely to report fraud. This is supported by figures from the FTC which show that while 44% of younger people aged 20–29 reported losing money to fraud, only **20%** of older people ages 70–79 did the same.

The ageing of the world's populations is the result of the **continued decline in fertility rates and increased life expectancy**. This demographic change has resulted in increasing numbers and proportions of people who are over 60.

By 2050, the world's population of people aged 60 years and older will double (2.1 billion).

The number of persons aged 80 years or older is expected to triple between 2020 and 2050 to reach 426 million.

The fastest growing segment is people aged 80 years and older, with a growth rate twice that for people aged 65 years and older, and almost four times that for the total population.

The year 2030 marks an important demographic turning point in U.S. history according to the U.S. Census Bureau's [2017 National Population Projections](#). By 2030, all baby boomers will be older than age 65. This will expand the size of the older population so that 1 in every 5 residents will be retirement age.

“The aging of baby boomers means that within just a couple decades, older people are projected to outnumber children for the first time in U.S. history,” said Jonathan Vespa, a demographer with the U.S. Census Bureau. “By 2034 (previously 2035), there will be 77.0 million (previously 78.0) people 65 years and older compared to 76.5 million (previously 76.7 million) under the age of 18.”

Thank you for hearing the data. Now we need to help our Kūpuna find ways to deal with all the scams they are being inundated with! Thank you for helping SMP help our Island's kūpuna.

SB-853

Submitted on: 2/7/2023 5:00:44 AM

Testimony for HHS on 2/8/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Sarah Yuan	Individual	Support	Written Testimony Only

Comments:

I strongly support SB853, which appropriates \$550,000 out of the general revenues of the State of Hawaii for Hawaii Healthy Aging Partnership FY 2024. The Partnership offers Enhance@Fitness and Better Choices Better Health programs to enable seniors to become physically stronger, reduce the risk of falls, and enhance their ability to manage chronic health conditions. Prevention works. The public healthcare cost savings far outweigh the costs of running these nationally recognized evidence-based programs. Without continuous funding, the Partnership will lose certified trainers and the program capacity they spent years developing. The demands for these evidence-based prevention programs increased after the pandemic, and your support for Healthy Aging Partnership is critical. Thank you for considering this testimony.

LORI TSUHAKO, LSW, ACSW
P.O. Box 1565
Wailuku, HI 96793
Itsuhako@hotmail.com

February 6, 2023

Senator Joy A. San Buenaventura, Chair
Senate Committee on Health and Human Services
Honolulu, Hawaii

SUBJECT: Senate Bill 853 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

Hearing Date: Wednesday, February 8, 2023, 1:00 p.m.
Conference Room 225, State Capitol

Dear Chair San Buenaventura and Committee Members:

I write in strong support of Senate Bill 853 relating to the Hawaii Healthy Aging Partnership (HAP).

As a social worker and as a former administrator of the Healthy Aging program in Maui County, I have directly experienced the significant benefits to our seniors of implementing evidence-based health and wellness programs. Engaging in group exercises that have been proven to increase strength, flexibility, and stability (preventing falls) is a critical support that should continue to be offered to kupuna. We want our elders to be as healthy as they can be and as independent as they are able to be in order to enjoy a high quality of life.

I encourage you to visit a Better Choices Better Health group or an EnhanceFitness class. Both of these evidence-based programs are fun, productive, and help kupuna stay healthy. Funding for Healthy Aging will allow the Executive Office on Aging to continue to offer these programs and (equally important) to provide the data and analysis of outcomes/benefits. Our state and our families benefit greatly from having kupuna remain safely in their homes and avoid the tremendous cost of institutionalized care.

I hope that you will recognize the tremendous benefit that the Healthy Aging Partnership offers to our kupuna and our system of care, and that you will support passage of SB 853.

Respectfully,



LATE

SB-853

Submitted on: 2/7/2023 3:25:18 PM

Testimony for HHS on 2/8/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Jan Shishido	Individual	Support	Written Testimony Only

Comments:

Dear Hawaii Legislators,

my name is Janshishido I live on the island of Maui I have been involved in participating in Maui County office on aging's and Enhanced fitness program for 10 years. enhance fitness is an evidence-based program that improves my cardiovascular fitness strength flexibility and balance classes are held three times a week for an hour each session. I exercise socialize with others in a friendly safe and fun environment. enhance fitness has had a positive impact on my life the most significant outcome has been my stamina energy and balance please support SB853. thank you and Mahalo

SB-853

Submitted on: 2/6/2023 8:27:39 PM

Testimony for HHS on 2/8/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Paula Phillips	Testifying for EnhanceFitness	Support	Written Testimony Only

Comments:

Date:2/6/2023

Aloha Hawaii Legislators,

RE: HB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

I live on the island of Maui and have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program since 2022.

I really wanted to go to the gym or fitness classes but was afraid of catching COVID 19, so I was so happy to learn about the EnhanceFitness online program. I started their online classes to improves my cardiovascular fitness, strength, flexibility and balance. They are also helping build my brain muscles as we are always learning new moves and exercises. They test us every few months to see how we are progressing. Classes are held 2-3 times a week for an hour each session.

I have really noticed my balance improve as well as my co-ordination. My muscles are also getting stronger, I am more flexible and it's great to get my heart pumping. I have so much fun doing the cardio. I don't realize how much I am doing until I start breaking a sweat. The instructors are all so knowledgeable and keep things fun and stimulating.

Please support this bill to provide funding for the wonderful Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness.

I try to do all I can to stay as healthy as possible and this program is a big part of my overall wellness lifestyle.

Mahalo nui loa,

Paula Phillips

Haiku, Maui