

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

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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 SB2470
RELATING TO HEALTHY AGING PARTNERSHIP

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

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

Hearing: Wednesday, February 14, 2024, 1:00 p.m. Conference Room 225

1 **EOA's Position:** The Executive Office on Aging (EOA), an attached agency to the Department of
2 Health, supports the intent of SB2470 provided that its enactment does not reduce or replace
3 priorities within the Administration's executive budget.

4 **Fiscal Implications:** Appropriates funds to EOA for the Hawaii Healthy Aging Partnership
5 (HHAP).

6 **Purpose and Justification:** HHAP improves the overall health and wellbeing of the state's aging
7 population by reducing health disparities. Approximately, 84.9% of people in Hawai'i, 60 and
8 older, live with one or more chronic conditions. HHAP offers two evidenced-based health
9 promotion programs: Enhance® Fitness and Better Choices Better Health—Ke Ola Pono.

1 Enhance®Fitness (EF) is a 1-hour group exercise program offered three times a week over a 16-
2 week cycle. Routine exercises address strength, balance, endurance, and flexibility and are
3 geared for both active and frail older adults. Program results showed that participants
4 improved their strength, balance, and mobility, exercised more, and experienced fewer falls.

5 Better Choices Better Health (BCBH)- Ke Ola Pono is a 2 ½ hour workshop offered weekly over a
6 6-week period. The workshops are facilitated by two trained leaders and provide education and
7 training on how older adults can better manage and live with chronic health conditions and
8 improve their interactions with health care providers. A BCBH participant saves an average of
9 \$654.18 in healthcare costs (University of Memphis Healthcare Costs Estimator Tool: CDSMP).

10 BCBH and EF programs have significant impact on quality of life, and independence, while
11 saving on overall healthcare costs. These two evidence-based programs are important and
12 effective public health interventions.

13 Since 2019, HHAP has not received funding from the Legislature. We utilized COVID-19
14 pandemic funding to sustain the program, however, without additional funding, the HHAP will
15 not be able to continue to offer the BCBH and Enhance®Fitness programs to older adults in the
16 State of Hawaii at its current level.

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

19 Thank you for the opportunity to testify.

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 14, 2024

TIME: 1:00 P.M. PLACE: VIA VIDEOCONFERENCE
Conference Room 225

SB 2470

Title: Hawaii Healthy Aging Partnership; Executive Office on Aging; Department of Health; Appropriation

Position: Support

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

I am Beverly Gotelli, Chair of the Policy Advisory Board for Elder Affairs (PABEA), which is an appointed board tasked with advising the Executive Office on Aging (EOA). My testimony does not represent the views of the EOA but of PABEA.

As a participant of Enhanced Fitness, this is one of the Healthy Aging Partners. I'm writing in support of SB 2470 as the bill states it is an evidence-based program and began in 2003, it is beneficial in many ways to the participants. I live on the island of Kaua'i.

I have been a participant of the Enhanced Fitness program for over 5 years and have benefitted from a healthier lifestyle. The members meet three times a week for an hour. Our instructor during the pandemic and currently has provided us with lessons via Zoom. The hour spent together not only helps us physically but also mentally. We can 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 2470.

Sincerely yours,

Beverly Gotelli PABEA
Chair

Mitchell D. Roth
Mayor



William H. Farr
Executive on Aging

County of Hawai'i OFFICE OF AGING

Aging and Disability Resource Center, 1055 Kino'ole Street, Suite 101, Hilo, Hawai'i 96720-3872
Phone (808) 961-8600 • Fax (808) 961-8603 • Email: hcoa@hawaiiantel.net
West Hawai'i Civic Center, 74-5044 Ane Keohokālole Highway, Kailua-Kona 96740
Phone (808) 323-4390 • Fax (808) 323-4398

February 13, 2024

The Honorable Senator Joy A. San Buenaventura, Chair
The Honorable Senator Henry J.C. Aquino, Vice-Chair
Hawaii State Capitol
415 South Beretania Street
Honolulu, HI 96813

**Re: Support of SB2470, relating to THE HAWAII' HEALTHY AGING PARTNERSHIP
1:00 P.M., February 14, 2024, Conference Room 225 and Videoconference**

Dear Senator San Buenaventura and Members of the Committee on Human Services:

The Hawai'i Healthy Aging Partnership has been very instrumental in working to improve the health of our older individuals within our communities. The partnership offers evidence-based interventions, such as chronic disease self-management, group exercise, and fall prevention programs. These programs have been shown to effectively assist our older adults to continue to remain active and engaged within their communities, through education, health monitoring, and the importance of maintaining a healthy life style. Therefore, the Hawai'i County Office of Aging (HCOA) fully supports SB2470, relating to Hawai'i Healthy Aging Partnership program.

As an Area Agency on Aging, the passage of SB 2470 will provide more opportunities to keep our Kupuna living independently at home, with dignity, and engaged in their communities for as long as possible.

Thank you for the opportunity to submit testimony on this measure.

William "Horace" Farr
Executive on Aging
Hawaii County Office of Aging



*An Area Agency on Aging
Hawai'i County is an equal opportunity provider and employer.*

2/7/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Hennietta Chong. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 3/2021. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

balance, stamina - better sense of well being

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Hennietta Chong

2/7/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Colleen Welty. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 2021. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

*In program longer,
Smile @ Pukalani*

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

- *Staying limber*
- *Seeing others who have become my friends!*

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,
Colleen Welty

2-7-24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is R. McCreston. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 2017. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Improved general health, better self-image.
Great social interactions

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

R. McCreston

2-7-24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is ROBERTY HIRONAKA I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 7/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I am 90 years old and this program is helping me physical fit. The work out is very good for keeping me physically fit. I am very grateful for this program.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Roberty Hironaka

2/5/2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Iris Nakata. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since (year) 11 + yrs. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community. ~~since it began~~

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I'm healthy, fit & have good balance. It keeps me flexible also. I don't get out much, but classes are good for me... my usual socialization time. Also it helped me after my open heart surgery & helping me get thru the day after my husband passed away recently.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Iris M. Nakata

2-4-24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Patricia Oliveira. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since (year) 2014. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

It helps keep my A1C numbers down. Helps my mental happiness by working out + socializing with other members. For seniors the phrase "move it or loose it" is so true. the program helps me so much with my balance too.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Patricia Oliveira

2/3/24

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is **Pamela Polland** I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since **2022** This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

An overall feeling of accomplishment and peace of mind knowing that I'm doing something really good for myself three days a week. When the program goes on hiatus, I get stiff, and feel 10 years older, and a slight feeling of depression comes over me. But when class is regularly in session, I feel peppy, happy, and my body feels more supple and strong. I've also seen a huge improvement in my overall balance since I started the program. This is a massively important program. Please keep it fully funded!!!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



Pamela Polland 808/280-4248 mele@pamelapolland.com

02
04/07/2023
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Gene Evans. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since ~~2020~~ 2020*. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

* was in program in other locations for approx 2 more years

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Loss of weight. Better posture. Companionship with fellow student. Sense of purpose - must be someplace 3x a week. Generally, just feel better.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

2-7-21

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Mele Fong. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since July 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

My fitness scores after my first quarter were very high - evidence that the cardio, flexibility, and balance exercises were working. I would not be this strong without the program. The program coordinator said I could be the "poster child" because of my physical improvement!
We need this program - I am 69-years-old.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Mele Fong

Sept 7, 2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Francine Hunter. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 2020. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I am now able to participate more fully in the day to day activities of my life. I am stronger in many ways! Also I have regained my balance & am no longer falling over as I had been before this wonderful class.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Francine Hunter

Prior to this opportunity I also participated for about 6 years - but was away due to surgeries. I was so grateful I was able to resume & that a spot appeared for me!

2-5-2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Ann Lopez. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since (year) 2021. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Strength
Balance
Overall Fitness
But doing Enchanted Fitness since 2014

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Ann Lopez

2/7/2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Jean Nishida. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since ~~2021~~ 2021. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

Note been enhanced 2024

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

all of the above
helps to be able to do my day to day
chores & activities

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

2/7/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Jamie Fonseca I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

mind Body spirit
Strength & Balance
preventing falls

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Jamie Fonseca

2/5/2024

Dear Hawaii legislators:

Enhance Fitness has made a vital positive impact on my life. The most significant outcome is:

I had A-Fib caused from a viral infection in the muscle around my heart (Pericarditis) when I was 69, 5 years ago. My cardiologist took me to work up to 150-ish BPM & the cardio portion of this class achieved this.

I'm still 20-25 lbs overweight & this class has helped me lose over 20 lbs so far.

We work out with fun people, good instructors, in a large gym w/ plenty of space & music. It's a wonderful gift

Thank you & please keep this program alive!
Linda Michele
mason

Today 10:26 AM

2/5/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Linda "Michele" Mason live in Maui County.

I have been participating in a group exercise program called EnhanceFitness since 2019. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

please see attached sheet

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



Here you go.

2/5/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is CAROL MASSIE I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Improvement in Cardio, Flexibility and Strength

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

1-5-24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Marilyn Hirashima I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 2020. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Improved movement without discomfort.
Enhanced relationships with neighbors
which we know improved life
expectancy.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Marilyn Hirashima

2/5/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is MARY Hew. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

increased muscle strength, flexibility and improved mental health. The group of seniors provides a positive reference group for elderly socialization

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Mary M Hew

2/5/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Judith Thomson. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Waiakoa Gym in Kula since ~~from beginning~~ This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I am leaving the island, and I am very sad to leave this program. It has been wonderful. I hope to find a similar class on the mainland

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Judith Thomson

5/5/24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Pamela Larson. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since (year) July 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Increased:

*Strength
Balance
Fitness*

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] *Pamela Larson*

2-1-24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Maren McBarnet. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since (year) 2019. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

It gives me a chance to exercise on a regular basis in a positive environment.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign]

Maren McBarnet

February 8, 2024

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Robert Jensen and a resident of Maui County.

I have been participating in a group exercise program called EnhanceFitness at the local Waiakoa Gym in Kula with my wife, Suzanne. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

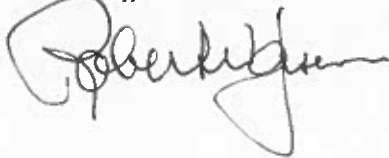
EnhanceFitness has made a positive impact on my life.

These classes offer a combination of low impact aerobic activity, flexibility exercises and strength training. The flexibility exercises have improved my balance and coordination. The instructors consistently monitored participants and accommodate for all levels. Most importantly these classes are affordable and motivate me to participate in regular physical activity with my wife and other seniors!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

A handwritten signature in black ink, appearing to read "Robert Jensen". The signature is fluid and cursive, with a large initial "R" and "J".

February 8, 2024

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Suzanne Jensen and a resident of Maui County.

I have been participating in a group exercise program called EnhanceFitness at the local Waiakoa Gym in Kula for over the past year. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

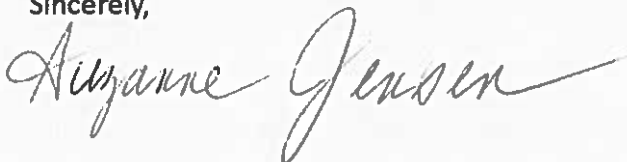
EnhanceFitness has made a positive impact on my life.

These classes offer me a combination of aerobic activity, flexibility exercises and strength training. The aerobic exercise boosts my cardiovascular health and maintain weight goals while the flexibility exercises have improved my balance and coordination. After a recent bone density scan, strength training was recommended to prevent further loss of bone mass. The instructors consistently monitored participants and accommodate for all levels. Most importantly these classes are affordable and motivate me to participate in regular physical activity with other seniors!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

A handwritten signature in cursive script that reads "Suzanne Jensen". The signature is written in black ink and is positioned below the typed name "Suzanne Jensen".

February 4, 2024

Aloha e Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I AGING PARTNERSHIP**

My husband Roger Katsutani and I (Michele Katsutani) live in Kula, Maui.

We have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in our community.

EnhanceFitness is an evidence-based fall prevention program that improves our cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. We exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made positive impact in our lives. Since joining the program, my husband and I believe it has helped to improve our overall health and fitness, we are enjoying the comradery and support of our fellow participants, and always look forward to class and the variety of instructors.

As a result, we find the program to be confidence building and improves our quality of life.

Please provide funding for the Hawai'i Healthy Aging Partnership so we can continue participating in the EnhanceFitness program. Staying healthy is very important to us as well as other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Health Aging Partnership.

Malama pono,

A handwritten signature in black ink that reads "Michele A. Katsutani". The signature is written in a cursive style with a large initial "M".

Roger K. Katsutani and Michele A. Katsutani

February 3, 2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Margaret A. Santos . I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since August 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I got stronger with the weight training.
I was more mobile due to the aerobic exercise.
And I was more social by meeting regularly with friends, old and new.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,


Margaret A. Santos

Feb. 4. 2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Jean Andrews. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since (year) Aug 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Please keep this program funded. It has been a very positive, healthy program. It keeps me socially, mentally, and physically stronger and I'm happy to attend this class. The teachers are great and very supportive. It's such a great program there's a waiting list to get in - Please help to keep us seniors healthy -

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Jean Andrews

Mark J. Andrews
20 Foster Place
Kula, Hawaii 96790
Phone: (808) 878-6679
Fax: (808) 878-3059
mark.andrews10@aol.com

February 4, 2024

Dear Hawai'i Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Mark Andrews. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is: Improved balance, fixability, strength and staminal. My wife and myself are still farming in our 70s. Without EnhanceFitness we would not be able to keep up with the daily work on the farm.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



Mark J. Andrews

____2/4/2924_____
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Charlene Yoshimura. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since 2023_____. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I have noticeable muscle tone and my shiatsu massage therapist will confirm this. I feel much more vibrant since joining this exercise program & hope to continue participation.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Charlene Yoshimura
Ph/text: 808-344-3245

Gretta Wagner

22 Kulamanu Cir, Kula, HI 96790

February 5, 2024

STRONG SUPPORT FOR HB1771 and SB2470 RELATING TO THE HAWAII' I HEALTHY AGING PARTNERSHIP

Dear Hawai'i Legislators,

My name is Gretta Wagner and I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since July 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote Kapuna healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome include:

- Regular aerobic exercises for 30 minutes 3 times a week to improve my breathing capacity which is essential for a healthy lung and heart. My endurance has improved so I am able to exert myself without shortness of breath;
- Regular weight training for 15 minutes 3 times a week to improve my balance, strength and agility so as to prevent falls which is of utmost importance to me at my senior age of 71. With this program, I am able to move steadily without having to depend on any cane or walker;
- Regular stretching exercises for 15 minutes 3 times a week after low impact workout so as to prevent injuries.
- My body has gotten stronger since the beginning of the program and all progress has been documented by the Maui County Office of Aging staff.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy and being able to live independently is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



2-4-2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Melissa Colflesh. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Waiakoa Gym in Kula since (year) 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I am thankful for the EF program at Waiakoa Gym. I participated in the program for many years before Covid, and have especially missed the Balance workouts. Thank you for providing the funding for EF!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely, Melissa Colflesh

[Sign]

February 4, 2024

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Tameron Hodges and I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Hali'imaile Gym in Hali'imaile since classes restarted after Covid. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. The one (1) hour classes are held 3 times per week. Not only do participants exercise, but we get to socialize in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. Having a regular fitness routine is essential to my health and well-being. My core functional strength, balance and flexibility have been greatly improved as a result of regular participation in the classes.

Please support the senior citizens of Maui and provide funding for the Hawai'i Healthy Aging Partnership so the classes in the EnhanceFitness program can continue. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

A handwritten signature in black ink that reads "Tameron Hodges". The signature is written in a cursive style with a large, stylized "H" and "G".

Tameron Hodges

02/04/2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Doris Kraszewski. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Hali'imaile Gym in Hali'imaile since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Feel healthier and able to do normal daily chores and activities.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Doris Kraszewski

2-6-24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Debi Sturdevant. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Hali'imaile Gym in Hali'imaile since 2016. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

my strength has increased from the weight training, balance training helps prevent me from falling, and I am a stronger, healthier senior. I have also developed long-lasting friendships.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Debi Sturdevant

2.6.24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Janice Lau Hee. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Hali'imaile Gym in Hali'imaile since 2015. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

... steady routine of aerobics, weights, and balance has definitely "enhanced" my overall fitness and health! Love seeing old/new friends at class,

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Janice Lau Hee

2/5/24

Date

Dear Hawai'i Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

My name is Amy Teves. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Hali'imaile Gym in Hali'imaile since (year) 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

arm lifts, bicep curls, leg lifts, hamstring curls, etc. with 6's lbs. on each limb - quite challenging! Prior to covid, I attended Enhance Fitness classes at the Makawao Hongwanji social hall for about 7 yrs. Before resuming in-person classes at the Haliimaile Gym, I participated in E.F. zoom classes. At age 81, E.F. is the best all-encompassing exercise program for me. It adds routine and structure to my life. I wish you could visit our class to witness the amazing energy and strength that your funding helps to maintain in us.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Amy Teves
[Sign]

2/5/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Maria Haines. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Hali'imaile Gym in Hali'imaile since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Improvement in health, More energy and strength.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely, Maria Haines

2/5/2024

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Roberta Hodara. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Hali'imaile Gym in Hali'imaile since 2024. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Enhanced Fitness has impacted my daily sense of well being on many levels. First of all, the social aspect: I enjoy going to exercise three times a week in the early morning. I look forward to seeing my old and new friends and I am encouraged to see the effort others are exerting. The teacher and the other people my same age inspire me to push myself.

The aerobics gets my heart rate up so that I feel stronger and able to tackle daily activities such as grocery shopping and taking care of grandkids. The balance exercises are fun but challenging so I know this is an area that I need to work harder on. Because of Enhanced Fitness, I am more conscience of my balance as I do my daily activities. The stretching helps my muscles stay limber and the weight lifting strengthens my muscles.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Roberta Hodara



February 2024

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Charlene Yashiro. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Hali'imaile Gym in Hali'imaile for the past year. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Hour long classes are held three times per week. I get to exercise and socialize with other participants in a fun and welcoming environment.

Enhancefitness has made a positive impact on my life. I feel stronger and my balance has improved.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Thank you for the opportunity to provide testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Charlene Yashiro

02/05/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Shepyl Roberts, I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Hali'imaile Gym in Hali'imaile since _____. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

my strength is increasing after an injury so I can take care of myself and do what I like.
The teachers and group of Kupuna are awesome!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

2-5-2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Ruby Yip. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Hali'imaile Gym in Hali'imaile since _____. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Looking forward to moving for an hour in a fun and doable way with many new friends and an excellent instructors who ~~is~~ kind and gracious.
are

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



2/15/24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Lisa Kono-Tateishi. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Hali'imaile Gym in Hali'imaile since 2023/Jan. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Lisa Kono-Tateishi

2/5/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Stan Pearce. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Hali'imaile Gym in Hali'imaile since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I can walk without hand bracing or losing balance. I have been able to go on vacations without fearing having a problem w/ my health.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Stan Pearce

2-7-24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Aileen Shigezawa I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since April 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

February 4, 2024

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Mona Stevenson Rouse, I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahului since September 1, 2024 since the wildfire destroyed the Lahaina Enhance Fitness facility in August 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community and it has.

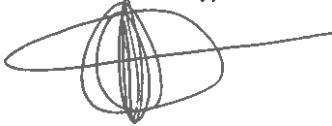
EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is the motivation, the social interaction, and continual fitness challenges that allows me to continue to be physically and mentally healthier. I can't thank you enough.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens and our families.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

A handwritten signature in black ink, appearing to read 'Mona Stevenson Rouse'. The signature is stylized with a large, sweeping horizontal stroke that loops around the vertical strokes of the name.

Mona Stevenson Rouse

02/08/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Leonida V. Lutz. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 06/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I suffer from arthritis, and this exercise regimen helped me to move my joints freely. I have more energy & lessen my visits to my doctor for constant pain. I am more healthy & have more energy.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Leonida V. Lutz

Feb 06 2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Charlotte Wilkinson. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year) 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

being stronger and energized. I am not afraid to join my family on bikes over 3 miles. I believe the exercises will help decrease the risk of falls. I want these fitness classes to continue.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,


Charlotte Wilkinson

2/7/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Kathy Tokunoto. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since Oct. 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

actually first started in 2016 at
Kahului Union church w/ some breaks
for Covid. Then did it w/ Zoom
Excellent program.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Kathy Tokunoto

February 6, 2024

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Iris Yamashige. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahului since October 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I am physically active and really love the instructor and the other people in the class. My range of motion and balance are improving. The strength in my arms and legs has improved also. In the short months that I have been participating in EnhanceFitness, I am more physically and social-emotionally fit.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Iris Yamashige

02/07/2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Regina Aganos. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 08/2018. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Making us - the Kupuna - come out of the house and move around. Exercise the body. Socializing is so important.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Regina

February 6, 2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Pearl Higa. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahului since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

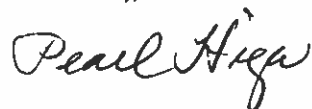
EnhanceFitness has made a positive impact on my life. The most significant outcome is:

1. My balance has improved.
2. I feel stronger.
3. My coordination is improving.
4. I enjoy socializing with the other participants.
5. We have an awesome instructor who makes exercising fun.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



02/02/2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Linda Decker. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year)2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

It has helped my overall health...lowered my lipid profile, helped my cognitive abilities, increased my stamina. I am more flexible. One of the greatest attributes of this program is the socialization among the members. It's an hour of fun!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Linda T. Decker

2-5-24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Gail Pursley. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year) 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

In general, I feel more energized and stronger, enabling me to carry out a myriad of tasks daily. The classes help me to keep and maintain strength in legs, helping to down-play neuropathy I sometimes experience.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

We would like to be self-sufficient for as long as possible. Social networking is a bonus.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Gail Pursley

2/6/2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is William Purley. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year) 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is: *The challenges to better physical attention to my daily life, at my age of 77 & am challenged to stay healthy and this program being taught by extremely gifted and great teachers is important to our class and many others in Maui.*

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely, *William E Purley*

[Sign]

02/05/2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Kikue Kanemoto I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year) 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Since joining the program, I am able to walk without assistant and is able to stand on my feet longer. My health has improved and am able to socialize more, I enjoy going to classes and also to socialize with the other participants.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Kikue Kanemoto

February 3, 2024

Dear Hawai'i Legislators,

**SUBJECT: STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING
PARTNERSHIP**

My name is Avis Teshima-Wong. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at the Binhi at Ani Filipino Community Center in Kahaului since 2023 . This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Improved stamina, balance and coordination allowing me to function and live more safely and with more energy.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



Feb 5, 2024

Looking back over the past year, the Enhance Fitness Program has been very helpful to enhance my overall physical fitness program.

Prior to engaging in this program, I was encouraged to get involved in this type of physical activity as I am getting older and losing my balance and having frequent falls. Falling I became very disappointed in my self-confidence and it was getting me down.

However, being engaged in this program with such an encourager like our instructor has improved my health and attitude.


I look forward to attending this program 3 times a week. I feel this is a vital part of my well-being both physically and mentally. It is a necessary part of my good health.

I have better balance and fall less frequently.

I am in debt to my health by attending this program and encourage other seniors to get involved.

Mahalo to Maui County Senior Program and my instructors to offer such a good program.

Sincerely,

A handwritten signature in cursive script that reads "Pauline Shiroma". The signature is written in black ink and is positioned above the printed name.

Pauline Shiroma

02/05/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Evelyn K. Cabalo. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year) 2015. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Has given me more flexibility. I noticed as a kepona that having to stay home during the pandemic really affected my body. Aching joints and body stiffness. Need Enhanced Fitness to keep me going!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign]

Evelyn K. Cabalo

02/08/23
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Pat Terry. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 11/15/23. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

This program has done a lot for since I am a "much" older senior. I have been exercising for about 40 years now, but gets a lot benefit doing balancing, aerobics, weights and of course the socializing is so great at my age. Thank you and God Bless if you will continue this program for a very long time.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



2/8/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP**

My name is Charlene Solomon-Kepani live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since MAY 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

My body strenght has improved tremendously by taking this Enhance fitness class. I gain my independence back. Utmost class I ever took (Enhance fitness) I recommend all Kupuna's to take this class. It helps your life style feels great knowing you can do things on your own.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Charlene Solomon-Kepani

2/7/2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is VASSILIA ISHIHARA. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 12/11/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

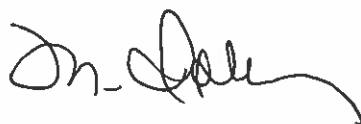
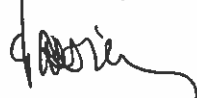
EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I've lost weight. My Balance have improved, I feel healthy from a couch potato lifestyle I feel stronger using weight bearing exercises

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



Feb 7, 2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Jane Omura. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

The class helped me, stronger.
I can socialize and get help and hints
My balance has improved.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

2/7/24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Elaine Miyasato. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2021. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

1) Have time to meet new friends
Got me to be more active

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

2/7/24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Velma Sugimoto. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 4/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Enhance fitness is a really good exercise..... it helped my knee to get better. And you socialize & make new friends & keeps my mind active.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Velma Sugimoto

Feb. 5, 2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Sharon A. Silva. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

its giving me a purpose to take care of balance of life, my health and memory. I'm in the first class 6:15 and the women are all my age and makes me feel welcomed. New friends in my life. I truly support this program!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Sharon A. Silva

02/07/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Anne Salek. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since May, 2012. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

The class helps me with exercise weight loss and weight management.
Plus, the class is low-impact exercises making it accessible for all fitness levels.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely, Anne Salek

2/9/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Sharon Tom. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since July 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

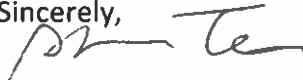
EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I have a place to go to exercise where I am accountable to be there. It is a safe environment.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,


2/9/24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Ann Takakura. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

The exercises keep me "MOVING"! I feel great whenever I have a class.
Love the camaraderie,

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Ann Takakura

Feb 9, 2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Hiedi Elizares I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year) JULY 2022 This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Beneficial exercise for an aging body and mind.
Also, a time for oneself to leave the home and show-up for a structured program with the added benefit of chit chat with others of the same age and complaints. I find that it gives me an outlet to have fun with no judgement as I have time away from care-giving at home.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Hiedi Elizares

2.7.24

Date

Dear Hawai'i Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Wendy Heyd. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since Oct '22. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

My balance and strength are improved since joining this program. I exercise regularly - 3x a week with a motivating, talented, inspirational instructor/trainer who has developed a community among the participants. Our lives & our health are enhanced!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Wendy Heyd

2-9-2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Winnie Wagstaff. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

my physical well being & mental health.
I know I need to continue with
my fitness program as I age.
Please continue to sub support the
Enhanced Fitness Program.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Winnie Wagstaff

2-9-2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Rosita Agate. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2-1-2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Great program.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Rosita Agate

2/7/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Lucy Peros. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Kahului Union Church Binhi at Ani Filipino Community Center in Kahului since 4 years ^{total} ^{+ Binhi at Ani}. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

my balance is getting better everyday.
My cardiovascular fitness has improved.
My heart Echo Tech last week showed good result. Doing the stretching helps me with my flexibility especially doing the house work & gardening. Credit goes to our vivacious & fun instructor Jesley. Mahalo to her.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Lucy Peros

2/9/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Henry Shuler. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

For health, keeps me moving and the companionship of all the seniors. Binhi Ani Filipino Center has been very considerate in letting our group use their facilities.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

2/6/2024

Date

Dear Hawai'i Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Kathy Toda. I live in Maui County.

All Excellent!
I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 6/2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I volunteer at my preschool and this class has kept me physically fit - especially flexibility and balance - when working with the children!
Lesley is a GEM. She is a very enjoyable, caring, teacher. Makes us work hard too!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Kathy Toda

(89 years old)

2-9-24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Nancy Shimoda I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 4/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

After an active morning of exercise in the Enhanced Fitness class, I feel invigorated and ready to meet the challenges of the ~~new~~ day ahead. At age 91, I feel great!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Nancy Shimoda

2-7-24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Jane Swamoto. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since _____. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Keeping me healthy and able to move a lot better.
I love this class.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Jane Swamoto

2-7-24
Date

M

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII' I HEALTHY AGING PARTNERSHIP**

My name is Susan Antoku I live in Maui County. and before Covid (2015)

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 7-2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

My balance has improved & continues to improve. I feel (Hawaii) and Maui have done a lot to assist seniors, mentally & physically.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely, Susan L. Antoku

2/13/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Suzanne Aki. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I always feel stronger at the end of class!
I absolutely believe in exercise -
it is the answer to a well lived
life!
I appreciate all the people that make
this program run!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely, Suzanne Aki

Mahalo for giving us the \$ to live!!

2/13/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Margalo Carol Omuro. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 1/2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

getting our bodies in shape at least
3x a week.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Margalo J. Omuro

2-7-2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Josephine M. GUSMAN live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2015/2020. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Josephine M. Gusman

2/7/2024
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Sanae Saito. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Stronger legs
better thinking
long life

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Sanae Saito

2/7/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Colleen Ostrander. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 6/2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Body tone.
Improved balance
General overall feeling better.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Colleen Ostrander

2/9/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Robert Ostrander. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 6/2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Better balance to prevent falls
Lower Blood Pressure
Improved strength

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Robert Ostrander

2/7/24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Bernie Siki. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

my balance has improved substantially. So important to prevent falls as I have osteoporosis.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Bernie Siki

2/7/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is VERONICA GOMES. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 4/22. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I'M HEALTHIER - I WALK EVERY DAY
AND COME TO EXERCISE 3X WK -
LOVE THE CAMARADERIE WITH THE
LADIES - MAKES MY DAY TO GET
AWAY FROM HOME SINCE I'M RETIRED

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



2-7-2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Monica Morakis. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

I have not quite participated for one year yet, but my fitness has increased and my blood pressure went down! I love talking to the other regulars who have welcomed me. Our instructor teaches us how to move safely & inspires us to exercise, drink water and have fun!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,



2-6-2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Roy Katsuda. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year) 2018. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Better balance
Overall feeling - improved

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Roy K. Katsuda

2-6-2024

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Betty Katsuda. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since (year) 2018. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Improved strength
Fun

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

[Sign] Betty Katsuda

2/7/24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Michie Chee. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Maintaining my weight. I always joking say this is where I can have meaningful "adult conversation". Being the care giver for my husband, the social interaction at Enhanced Fitness insures my sanity.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Michie K. Chee

2-7-24

Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Andrew Corduro. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since July 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Improvement in all areas mentioned above & inspiration to continue being physically active. Probably would not exercise if only zoom classes were offered - they don't work for me.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

2/7/24
Date

Dear Hawai'i Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Karen Morrow. I live in Maui County.

I have been participating in a group exercise program called EnhanceFitness at Binhi at Ani Filipino Community Center in Kahaului since 2 yrs.. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and socialize with other participants in a fun and welcoming environment.

EnhanceFitness has made a positive impact on my life. The most significant outcome is:

Improved balance, strength & endurance
Friendship

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness program. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sincerely,

Karen Morrow

February 5, 2024

TO: Hawaii State Legislators

FROM: 
Dominic Inocelda, MSW

SUBJECT: TESTIMONY IN STRONG SUPPORT OF HB1771 AND SB2470 RELATING TO
THE HAWAII HEALTH AGING PARTNERSHIP

As Moderator of Pearl City Community Church, I write in STRONG SUPPORT of HB1771 and SB2470 Relating to the Hawaii Health Aging Partnership.

Thanks to our partnership with the Hawaii Healthy Aging Partnership, University of Hawaii-Center on the Family, and the YMCA of Honolulu, Pearl City Community Church is grateful for the opportunity to offer EnhanceFitness (an evidence-based falls prevention and group exercise program) in our community. Currently, two cohorts of participants are attending the classes and are seeing favorable outcomes.

The funding appropriated by the Legislature is critical to enable the Hawaii Healthy Aging Partnership to offer evidence-based programming across our State.

Your support of HB1771 and SB2470 will create opportunities for older adults across our State to access important evidence-based programs that keep them healthy and active in the community.

Thank you for the opportunity to provide testimony.

1-31-2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Doreen Tanoue. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since May, 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

The classes provide reprieve from my care-giving duties/ activities. It is also in my immediate neighborhood and close to home. I also enjoy the fellowship with my classmates.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Doreen Tanoue

1.31.24

Date

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Sharon Inake. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since May 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

My balance is better, My muscles feel firmer.
Moving to a beat helps me, a singer who's
rhythm-challenged. I'm even starting to
lose weight!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sharon Inake

Jan. 29, 2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Charlotte Kaneshiro. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since January. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

- Improved Balance
- Increased Stamina

Charlotte Kaneshiro

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

1/29/24
Date

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Roy Inoue. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since ~ 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

PHYSICAL WELL BEING

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Roy Inoue

1/29/2024
Date

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

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

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I just love it and it lifts up my spirit and outlook.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Shirley Ok

29 Jan 2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Carolyn Yoshitama. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

FALL PREVENTION
MENTAL & SOCIAL HEALTH
PHYSICAL FITNESS

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



FEB 29 20

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

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

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since Nov. 23. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

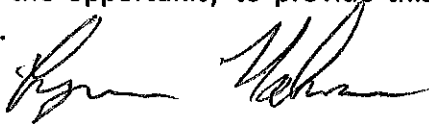
EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I feel more healthy & more socially happy
with myself

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



Jan 29, 2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Nancy Yoshimoto. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

Definitely helps w/ my strengthening, flexibility, balance and stretching. Good for my over health.
Good program!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Nancy Yoshimoto

Jan 29, 2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Joyce Lee. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since May 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

1. More energy.
2. Able to move faster.
3. Socialization.
4. Positive attitude of instructors.
5. At age ~~80~~ I feel this program will help others to lead a more productive life. Please fund this program so more seniors will benefit from it.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Joyce Lee

1/29/24
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Arminata Nishimura live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 7/23 - 9/23. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

confidence and balance, new friends & fellowship.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Arminata Nishimura

Date January 29, 2024

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

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

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since September, 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I have improved my muscle strength and my endurance to complete the one hour class. I have lost 3-4 pounds as the classes are three times a week. I enjoy meeting with the other participants and have formed friendships with others. The program not only meets the physical needs, but also the social needs of the participants. I would like to see this program continue and expand with more participants. I have encouraged my friends to join the Enhance Fitness program to improve their physical and social skills.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.



1-29-24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII' I HEALTHY AGING PARTNERSHIP**

My name is Harriet Ho. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since Sept 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

This program has given me an excellent way to routinely exercise which I would probably not do on my own. My blood pressure and blood glucose numbers have dropped. Mahalo to this program - Harriet

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Harriet Ho

1/29/2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Sharon Fujita. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 9/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

- Improved my mobility + strength.
- Improved my overall health.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sh. Fujita

1/29/24

Date

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Sue Yamada. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 9/20/23. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I feel better & have much more energy! My balance has improved too. 😊

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Sue Yamada

1/29/24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

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

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

- I feel more confident on my daily walks that I won't fall since the area that I walk has a lot of areas where the sidewalks are very uneven -- my balance is better, my legs are stronger.
- I enjoy the social part -- made new friends, many aren't part of church.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Frances Nakamura

1-29-2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP**

My name is CYNDE INOCELDA. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since May 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

nonjudgemental

Experiencing such a well-rounded exercise program in a fun, at your own pace manner. Of course the socialization has been over the top in encouragement and care for one another.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Cyndi Inocelda

1/29/24
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is MILLIE Yee. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I became a Nihil - all aspect of my life has been great
my heart - I'm about 10s yo better. I have more balance
I love the group & the instructor.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

M. Yee

1-29-2024
Date

Dear Hawaii Legislators,

STRONG SUPPORT FOR **HB1771 and SB2470**
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

My name is Irene Asato. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I am so thankful for the Enhance Fitness class. I have shown much improvement in my energy, memory and balance level as noticed by my PCP. Exercise on a routine 3x a week is so beneficial. As a senior citizen, I truly appreciate the program, teachers, etc.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Irene Asato

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

January 29, 2024

Honorable Lisa Marten, Chair
House Committee on Human Services

**SUBJECT: HB 1771 RELATING TO THE HAWAII HEALTH AGING
PARTNERSHIP**

Hearing Date: Tuesday, January 30, 2024, 9:00 a.m.

POSITION: Strong support

I write to express my strong support of HB1771 Relating to the Hawaii Healthy Aging Partnership. The Hawaii Healthy Aging Partnership has been working for many years and in many communities across the State to improve the health of our precious kupuna. Evidence-based practices (proven to be effective and cost efficient) have been offered to kupuna to address issues such as chronic disease management and improved fitness and balance. These programs have provided significant benefits to kupuna to keep them healthy as they age, avoid institutionalized care, and have resulted in measurable savings in medical costs.

My experience with these programs has led me to conclude, however, that the most significant benefit is in the improved quality of life these programs offer our elders. Gathering together to learn and to exercise helps to reduce the risk of social isolation. Even those who join these programs via virtual means can feel supported, encouraged, and fulfilled.

As our state's population ages, we must provide programs such as the Hawaii Healthy Aging Partnership's offerings, to off-set the increasing cost of medical care. Keeping our kupuna healthy, living at home, and as independent as possible is of the highest value for their quality of life. Please support the efforts to keep the Hawaii Healthy Aging Partnership fully operational and able to expand to serve more kupuna.

Respectfully



LORI TSUHAKO, LSW, ACSW

January 29, 2024

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 AND SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Jean Kimoto and I live in Pearl City, Hawaii.

For the past 2 years I have been a participant at Pearl City Community Church in EnhanceFitness, an evidence-based falls prevention program offered by the Hawai'i Healthy Aging Partnership to promote healthy aging for seniors. I have also participated in a second sponsored program, Better Choices Better Health.

Being able to exercise has helped me to socialize and have fun with other seniors while learning how to remain healthy. The most significant impact it has had on my life is to keep mobile and free from falls. My health issues have remained under control and I have enough energy to volunteer at our church after school program and events at Lehua Elementary School.

Please fund the Hawai'i Healthy Aging Partnership so seniors will be able to continue exercising at EnhanceFitness in our State. Being able to keep healthy is very important to us.

Thank you for this opportunity to provide my testimony.

A handwritten signature in cursive script that reads "Jean Kimoto".

Jean Kimoto

1-31-2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Kaiulani Hess. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since JANUARY 2024. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

ENHANCE FITNESS GETS ME OUT OF ^{THE} HOUSE OFF MY COUCH AND OUT WITH OTHERS. IT GETS ME MOVING AND BREATHING WITH PURPOSE OF TAKING CARE OF MY HEART.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

K. Hess

1/29/2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Maupe Nekason. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since late 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I feel better! Knowing I am moving more and doing something beneficial for myself, at age 78 this class has been a blessing!

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Maupe Nekason

1-29-24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Brenda Ho. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

Regular balancing exercises and wt bearing exercise to strengthen my upper body. I also enjoy the social aspect of being with like minded people- speaking to each other before and after class. Being accountable for

going to classes each week, I would not do it on my own.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Brenda Ho

1/29/24
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Karen Sakuma. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 2022. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

More able to do everyday living. Much stronger in doing daily chores. Love the class

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Karen K Sakuma

1/29/2024
Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Carol Boshni. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since 10/23/2023. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

The pain in my right shoulder has subsided a bit. I was not able to reach up ^{to} higher level but after doing exercises at Enhance Fitness ~~myself~~ I am able to reach to higher levels. I have more mobility in my right shoulder.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Carol Boshni

2/12/2024
Date

Dear Hawaii Legislators,

STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP

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

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since _____. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

More energy / fitness

dy

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

2/12/24

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

My name is Maile Ito. I live on the island of Oahu.

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since Jan. 2024. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

I just started last month but already feel a difference in my energy level and endurance. I don't feel as tired during the day. Strength and balance are my main weakness and I know this program will address them. Also I have fallen several times and endured bone fractures, so this is a great program to prevent falls for me.

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Maile Ito

2/12/2024

Date

Dear Hawaii Legislators,

**STRONG SUPPORT FOR HB1771 and SB2470
RELATING TO THE HAWAI'I HEALTHY AGING PARTNERSHIP**

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

I have been participating in the group exercise program called EnhanceFitness at the Pearl City Community Church since _____. This program is offered by Hawai'i Healthy Aging Partnership to promote healthy aging in my community.

EnhanceFitness is an evidence-based falls prevention program that improves my cardiovascular fitness, strength, flexibility, and balance. Classes are held 3 times per week for an hour each. I exercise and also socialize with other participants and program volunteers in a fun and welcoming environment.

EnhanceFitness has a positive impact on my life. The most significant outcome is:

My balance, strength and overall stamina have improved and allowed me to participate in many activities e.g. pickleball on a regular basis

Please provide funding for the Hawai'i Healthy Aging Partnership so I can continue participating in the EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Mahalo for the opportunity to provide this testimony to support the Hawai'i Healthy Aging Partnership.

Helen Yap



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February 9, 2024

To: Senate Health and Human Services Committee
Senator Joy A. San Buenaventura, Chair
Senator Henry J.C. Aquino, Vice Chair

Re: **SB2470** RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

The YMCA of Honolulu offers testimony in strong support of **SB2470**, which will support expanding and sustaining the Hawai'i Healthy Aging Partnership (HAP) to improve the health of older adults and to avert higher health care costs.

HAP offers two evidence-based health promotion programs for seniors and people with chronic health conditions to empower them to stay healthy, active, and age in place. These programs aim to empower Kupuna to manage their health better and prevent falls.

Evidence-based health promotion programs have strong scientific evidence that demonstrates they work. Many Hawaii residents are living longer, but some of them live with a disability and/or chronic health conditions. Continuing HAP will support these people in pursuing a better quality of life.

HB1771/SB2470 addresses the urgent need for funding for HAP to fully operate in offering evidence-based programs for our Kupuna to stay healthy in the community.

We, the YMCA of Honolulu, offer one of the HAP's programs, EnhanceFitness, a group fall prevention exercise designed for older adults, to our community. We have seen improved outcomes and enjoyment among participants, as HAP's data has shown. The program works well for our Kupuna to improve physical performance and help them to continue living independently at home. Passing this bill will allow more Kupuna to access the program.

This bill ensures that evidence-based programs are available to broader community partners and members. Because the population of older adults has been rapidly growing, offering a variety of effective evidence-based programs is the key to ensuring Hawai'i residents remain healthy and safe at home.

We urge you to support and approve **HB1771/SB2470**. Thank you for the opportunity to provide testimony on this measure.

Greg Waibel
President & CEO
YMCA of Honolulu



Testimony to the Senate Committee on Health and Human Services
Wednesday, February 14, 2024
1:00 p. m.
State Capitol Conference Room 225 and via videoconference

Re: SB 2470 Relating to the Hawai'i Healthy Aging Partnership

Dear Chair San Buenaventura, Vice Chair Aquino, and Honorable Members of the Senate Committee on Health and Human Services:

I am Gary Simon, a member of the board of the Hawai'i Family Caregiver Coalition, whose mission is to improve the quality of life of those who give and receive care by increasing community awareness of caregiver issues through continuing advocacy, education, and training. I am testifying as an individual who has worked in healthcare for over thirty years, and I am offering testimony on behalf of the Hawai'i Family Caregiver Coalition.

The Hawai'i Family Caregiver Coalition strongly supports SB 2470, which appropriates funds to the Executive Office on Aging of the Department of Health for the Hawai'i Healthy Aging Partnership.

The Hawai'i Healthy Aging Partnership is a good program (empowering our kupuna to engage in healthy lifestyles) based on good public policy (maintaining and improving the health of our residents).

We urge you to support the Hawai'i Healthy Aging Partnership and SB 2470, and we urge you to recommend its passage.

We thank you for seriously considering the bill.

Very sincerely,

A handwritten signature in black ink that reads "Gary Simon".

Gary Simon



Email gsimon@aarp.org



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The State Legislature
Senate Committee on Health and Human Services
Wednesday, February 14, 2024
Conference Room 225, 1:00 p.m.

TO: The Honorable Joy San Buenaventura Chair
FROM: Keali'i Lopez, State Director, AARP Hawai'i
RE: Support for S.B. 2470 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. 2470 which appropriates funds to the Executive Office on Aging for the Hawaii Healthy Aging Partnership (HAP) program to continue improving the health and well-being of Hawaii's kūpuna. Without the legislative appropriation, HAP and key partners risk losing the capacity to serve kūpuna through these effective programs

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 learn to effectively manage their health by making better health decisions and adopting healthier lifestyles through these programs.

For the past two decades, these two health promotion programs have shown positive results in improving kūpuna's quality of life and reducing health care costs. Even 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. These programs continued to provide opportunities for kūpuna to socially connect with others in the community which is equally important to a person's overall health and mental well-being. Hawaii needs to keep and expand these effective health promotion programs that will help Hawaii's kūpuna's remain healthy throughout their lives.

Thank you very much for the opportunity to testify in strong support of S.B. 2470.

Testimony on Senate Bill No. 2470

RELATING TO HAWAII HEALTHY AGING PARTNERSHIP

Aloha Chair Joy San Buenaventura, Vice Henry Aquino, and Members of the Committee

My name is Sharmen Graydon and I SUPPORT SB 2470 which appropriates funds to the Executive Office on Aging for the Healthy Aging Partnership (HAP) program. This health promotion offers two divisions, the Enhanced Fitness program and the Better Choices Better Health program. I am currently a participant in the Enhanced Fitness program here on Maui and am proof of the great benefits it provides for hundreds of kupuna on this island. I work out at a site in Haliimaile with 15-20 seniors three times a week with a very skilled trainer. We do stretching, cardio exercise and strength training for an hour each session. I need the space, the encouragement and the expertise of our leader. I feel comfortable with a group of my peers who share my commitment to maintaining fitness. Further, I look forward to the social interaction the class provides me, something I can't get with a zoom session. I thank you for your support in the past and ask you to please help me stay healthy by supporting this bill. And thank you for the opportunity to testify in support of SB 2470.

Submitted by: Sharmen Graydon Haiku, Maui

SB-2470

Submitted on: 2/9/2024 7:05:21 PM

Testimony for HHS on 2/14/2024 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Brian Lehmann	Individual	Support	Written Testimony Only

Comments:

Dear HHS Committee,

Thanks for your consideration of this bill. As a continuing and long time participant in Enhance Fitness on Maui, including in-person and remotely, I want to urge its passage. I am appreciative of the evidence-based nature of Enhance Fitness, and its positive impact on my physical well-being, as well as even socially. Please continue support for the Healthy Aging Partnership. Thank you.

Brian Lehmann

SB-2470

Submitted on: 2/12/2024 5:36:57 PM

Testimony for HHS on 2/14/2024 1:00:00 PM

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

Comments:

I strongly support HB1771, which appropriates funds to DOH-Executive Office on Aging for Hawai'i Healthy Aging Partnership (HAP). I am a faculty member at the University of Hawai'i specializing in survey methodology and program evaluation and the co-evaluator of the HAP's programs; however, I am providing this testimony as an individual citizen. The HAP offers EnhanceFitness 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 HAP will lose certified trainers and the program capacity they spent years to build. The demands for these evidence-based prevention programs have increased after the pandemic, and your support for HAP is critical. Thank you for considering this testimony.

SB-2470

Submitted on: 2/13/2024 8:18:21 AM

Testimony for HHS on 2/14/2024 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Kay Kuwamura	Individual	Support	Written Testimony Only

Comments:

My name is Kay Kuwamura and I am in SUPPORT of SB2470. This bill appropriates funds to the Executive Office on Aging for the Healthy Aging Partnership (HAP) program. This is a very successful health promotion program that offers EnhanceFitness (EF) and Better Choices, Better Health (BCBH). EF is a low-impact exercise class designed for older adults and BCBH is a self-directed chronic disease management program. Both programs have been proven to be effective in improving the lives of our kupuna and in reducing health care costs. Since 2007, HAP has served over 5000 kupuna statewide and growing. In addition to providing exercise and education, these programs provide an ever important social outlet for our kupuna, attributing to their mental health and overall wellbeing. HAP continues to be a cost effective program and one that has tremendous value in keeping our kupuna healthy. Please continue to support this program with the necessary funding. Thank you for this opportunity to testify in support of SB2470.

Thank you,

Kay Kuwamura

Master Trainer

EnhanceFitness Kauai

SB-2470

Submitted on: 2/12/2024 6:58:13 AM

Testimony for HHS on 2/14/2024 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
catherine van de veer	Individual	Support	Written Testimony Only

Comments:

I am writing to support SB2470. I have benefitted from this program as a participant for over 5 years. The program has helped me maintain my independence through increased strength, balance and flexibility. I believe it prevents falls and other health issues that, unaddressed, lead to expensive institutional and hospital care.

Also, being able to attend via Zoom has allowed me to maintain participation even while away from Kaua'i.

This is a cost saving and individually beneficial program. Please support.

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

February 12, 2024

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

**SUBJECT: SB 2470 RELATING TO THE HAWAII HEALTH AGING
PARTNERSHIP**

Hearing Date: Wednesday, February 14, 2024, 1:00 p.m.

POSITION: Strong support

I write to express my strong support of SB 2470 Relating to the Hawaii Healthy Aging Partnership. The Hawaii Healthy Aging Partnership has been working for many years and in many communities across the State to improve the health of our precious kupuna. Evidence-based practices (proven to be effective and cost efficient) have been offered to kupuna to address issues such as chronic disease management and improved fitness and balance. These programs have provided significant benefits to kupuna to keep them healthy as they age, avoid institutionalized care, and have resulted in measurable savings in medical costs.

My experience with these programs has led me to conclude, however, that the most significant benefit is in the improved quality of life these programs offer our elders. Gathering together to learn and to exercise helps to reduce the risk of social isolation. Even those who join these programs via virtual means can feel supported, encouraged, and fulfilled.

As our state's population ages, we must provide programs such as the Hawaii Healthy Aging Partnership's offerings, to off-set the increasing cost of medical care. Keeping our kupuna healthy, living at home, and as independent as possible is of the highest value for their quality of life. Please support the efforts to keep the Hawaii Healthy Aging Partnership fully operational and able to expand to serve more kupuna.

Respectfully,



LORI TSUHAKO, LSW, ACSW

2/11/2024

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: SB2470 RELATING TO THE HAWAI'I HEALTH AGING PARTNERSHIP

HEARING: Wednesday, February 14, 2024, 1:00 pp.m. Conference Room 225 & Videoconference

POSITION: Support of SB2470

I write in STRONG SUPPORT of SB2470 Relating to the Hawaii Healthy Aging Partnership. The Hawaii Healthy Aging Partnership has been working in communities to improve the health of older adults. The partnership offers evidence-based interventions, including a chronic disease self-management program called Better Choices Better Health -Ke Ola Pono and a group exercise fall prevention program called EnhanceFitness. Both programs have proven effective for older adults to stay active in the community and save medical costs.

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 the 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