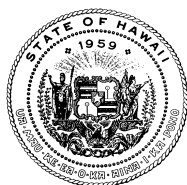


DAVID Y. IGE
GOVERNOR OF HAWAII



CAROLINE CADIRAO
Director

BRUCE ANDERSON
DIRECTOR OF HEALTH

STATE OF HAWAII
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NO. 1 CAPITOL DISTRICT
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HONOLULU, HAWAII 96813-2831
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**Testimony in SUPPORT of SB2335
Relating to the Healthy Aging Partnership Program**

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

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

Hearing Date: February 11, 2020 Room Number: 211
10:40 A.M.

- 1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of
- 2 Health, supports this measure provided that its enactment does not reduce or replace priorities
- 3 within the Administration's executive biennium budget.
- 4 **Fiscal Implications:** This measure appropriates \$550,000 for the Healthy Aging Partnership
- 5 (HAP) for FY 2020-2021. HAP is not part of the Administration's budget request.
- 6 **Purpose and Justification:** Led by the Executive Office on Aging and Department of Health
- 7 Chronic Disease Branch, HAP was convened in 2003 to improve the health of older adults
- 8 through two evidence-based intervention programs, Better Choices Better Health (BCBH) and
- 9 Enhance®Fitness.
- 10 Chronic diseases account for 86% of the money our nation spends on health care. The direct
- 11 medical cost of falls was \$34 billion. In Hawaii, 82% of adults have at least one chronic disease

1 and over half (53%) have two or more chronic diseases. Hawaii spends an estimated \$470
2 million dollars annually on obesity-related medical costs and about \$770 million on diabetes-
3 related prevention and management.

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

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

21 We received an allocation of \$550,000 from the 2019 Legislature for SFY2020. Even though
22 funding has been sporadic, we have continued to sustain the program. With additional funding,

1 EOA will be able to support and expand BCBH and Enhance®Fitness programs to older adults
2 in the State of Hawaii.

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

6 Thank you for the opportunity to testify.

Date: 2-10-2020

TO: State Legislators

FROM: Michie Chee of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Michie R. Chee

Date: Feb 10 / 20

TO: State Legislators

FROM: Jurika Folden of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Thank you for supporting me and other kupuna!

Jurika Folden

Date: 2-10-20

TO: State Legislators

FROM: Janeh Higa of MAUI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Thank you for supporting me and other kupuna!

Janeh D. Higa

Date: 2/10/2020

TO: State Legislators

FROM: Pearl Higa of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

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

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Thank you for supporting me and other kupuna!

Pearl Higa

Date: 2-10-2020

TO: State Legislators

FROM: Ethel Kawamura of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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Kahului Union Church in Kahului, Maui.

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Thank you for supporting me and other kupuna!

Ethel Y. Kawamura

Date: 2/10/2020

TO: State Legislators

FROM: Yauko Kobayashi of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Thank you for supporting me and other kupuna!

Yauko Kobayashi

Date: 2/10/20

TO: State Legislators

FROM: Jean Kwade of Kahului Union Church

SUBJECT: Healthy Aging Partnership Proposed Bills

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

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Thank you for supporting me and other kupuna!

Jean H. Kwade

Date: 2/10/20

TO: State Legislators

FROM: Beryl Matoi of Kahului Union Church

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Thank you for supporting me and other kupuna!

Beryl Matoi

Date: 2/10/20

TO: State Legislators

FROM: Edith Matsumoto of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Thank you for supporting me and other kupuna!

Edith Matsumoto

Date:

2/10/20

TO:

State Legislators

FROM:

Merte Ihomita of Waialakea

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Merte Ihomita

Date: 2/10/20

TO: State Legislators

FROM: Ruth Muka of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Thank you for supporting me and other kupuna!

Ruth C. Muka

Date: 2/10/20

TO: State Legislators

FROM: Yemiko Amy Nuko of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Thank you for supporting me and other kupuna!

Yemiko Amy Nuko

Date: 2/10/20

TO: State Legislators

FROM: Bernice Saiki of Kahului, HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Bernice Saiki

Date: Feb. 10, 2020

TO: State Legislators

FROM: George Saito of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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George Saito

Date: Feb 10, 2020

TO: State Legislators

FROM: Allen Shishido of KUC EF

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Allen Shishido

Date: Feb 10, 2020

TO: State Legislators

FROM: Jan Shishido of Maui Kahului Union Church

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
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Jan Shishido

Date: 2/10/20

TO: State Legislators

FROM: Gloria A. Augman of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
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Every month, I am among the almost 400 senior citizens in Maui County that participate in the Enhance®Fitness program. Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to be healthier and stronger and maintain my independence. I participate in a class held at Johns Hopkins University in Johns Hopkins, MA.

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Gloria A. Augman

Date: 2/10/20

TO: State Legislators

FROM: Kazuko Takiguchi of maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
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Kazuko Takiguchi

Date: Feb 10, 2020

TO: State Legislators

FROM: Dorothy Tam Ho of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
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Dorothy Tam Ho

Date: Feb. 10, 2020

TO: State Legislators

FROM: Karen Tanaka of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

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Karen Tanaka

Date: 2/10/2020

TO: State Legislators

FROM: Elaine Yamasaki of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

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Elaine Yamasaki

Date: 2/10/20

TO: State Legislators

FROM: Nancy Yamashita of KUC - Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

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Nancy Yamashita

Date: 2/7/20

TO: State Legislators

FROM: MAGDALENA BALLESTERA of Kaunoi, HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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Margaret Ballestera

Date: 2/7/2020

TO: State Legislators

FROM: CLAUDE R. CAPILIZO of MAUI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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Thank you for supporting me and other kupuna!

Claude R. Capilizo

GREAT PROGRAM FOR US KUPUNA
THANK YOU

Date: Feb.

TO: State Legislators

FROM: Emiko Goshi of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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Thank you for supporting me and other kupuna!

Emiko M. Goshi

Date: 2/7/20

TO: State Legislators

FROM: BRIAN MANSEN of MAUI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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Thank you for supporting me and other kupuna!

Brian Mansen

Date: 02-07-2020

TO: State Legislators

FROM: Cheng mei Hsu of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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Cheng mei Hsu

Date: 2-7-2020

TO: State Legislators

FROM: ~~Robert~~ Betty Kataoka of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

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- SB 2335

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Thank you for supporting me and other kupuna!

Betty Kataoka

Date: 2-7-2020

TO: State Legislators

FROM: Roy Katsuda of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Roy K. Katsuda

Date: 2/7/20

TO: State Legislators

FROM: Jupe Konno of Kahului Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Jupe Konno

Date: 2/7/2020

TO: State Legislators

FROM: Amy Miyamoto of Kahului, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Amy Miyamoto

Date: 2/7/20

TO: State Legislators

FROM: Elaine Miyasato of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Elaine Miyasato

Date: Feb. 7, 2020

TO: State Legislators

FROM: Kathleen Moniz of Kahului Union Church
Wailuku, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Kathleen Moniz

Date: Feb 7, 2020

TO: State Legislators

FROM: Glenn Nishimura of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Glenn Nishimura

Date: Feb. 7, 2020

TO: State Legislators

FROM: Kathleen Nishimitsu of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Kathleen Nishimitsu

Date: 2/7/20

TO: State Legislators

FROM: Carol Omuro of Maui Kahului, HI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Carol Omuro

Date:

2/7/2020

TO:

State Legislators

FROM:

Lucy Peros of Kahului, Maui, HI

SUBJECT: Healthy Aging Partnership Proposed Bills

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

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

Kahului Union Church in Maui.

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

Thank you for supporting me and other kupuna!

Lucy Peros

Date: 2/1/20

TO: State Legislators

FROM: W Sato of Wku Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Okilma Sato

Date: 2/7/20

TO: State Legislators

FROM: Martha Tabisola of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Kahului Union in Kahului.

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

Thank you for supporting me and other kupuna!

Martha M. Tabisola

Date: 2/7/2020

TO: State Legislators

FROM: Amy Takakura of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Amy Takakura

Date: 2/7/20

TO: State Legislators

FROM: Fran Takahashi of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Fran Takahashi

Date: 2/7/2020

TO: State Legislators

FROM: Warren Takahashi of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Warren Takahashi

Date: 02/07/2020

TO: State Legislators

FROM: Lesraime Tarnavubucki Waialeale, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Kahului Union Church in Kahului, Maui.

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

Thank you for supporting me and other kupuna!

L. S. T.

The class leader is excellent.
we are healthier through physical exercise
plus laughter and new friends!

Date: Feb. 7, 2020

TO: State Legislators

FROM: Judith Yamagata of Kahului

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Judith M. Yamagata

Date: 2-07-2020

TO: State Legislators

FROM: Joy Yamane of Waialeale, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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Thank you for supporting me and other kupuna!

Joy Yamane

Date: 2/8/20

TO: State Legislators

FROM: Joanne Antonio of Maui County

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Joanne Antonio

Date: 02/08/2020

TO: State Legislators

FROM: Nalani Archibeque of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Makawao Hongwanji in Makawao.

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

Thank you for supporting me and other kupuna!

Nalani Archibeque

*Most fitting
program for me
as a senior, after
trying several others
Mahalo*

Date: 2/8/20

TO: State Legislators

FROM: Michele Bagda of Haiku

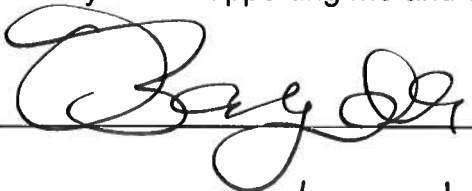
SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Thank you for supporting me and other kupuna!



Help us live healthy longer please!
If I didn't have this program I
wouldn't be able to be Active. I no longer
fall and it helps my Arthritis. The Enhanced
Fitness program has 85 to 90 year olds that
are able to keep going/be productive.

Date: 2.8.20

TO: State Legislators

FROM: Melissa Colflesh of Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Melissa Colflesh

Enhance Fitness has helped me to keep active and fit. This program is wonderful.

Date:

2/8/2020

TO:

State Legislators

FROM:

Kathy Hashimoto of Maui County

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Makawao Hongwanji in Makawao.

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

Thank you for supporting me and other kupuna!

Kathy Hashimoto

Date: Feb. 8, 2020

TO: State Legislators

FROM: Pamela Jayne of Makawao

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Makawao Hongwanji in Makawai.

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

Thank you for supporting me and other kupuna!

Pamela Jayne

Enhance Fitness helps me feel strong + flexible. I guess I'm gently aging thanks to this program that keeps me moving + active!

Date: 2/8/2020

TO: State Legislators

FROM: Suzanne D. Jensen of Maui County

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Makawao Dogway in Makawao.

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

Thank you for supporting me and other kupuna!

Suzanne D. Jensen

Support Maui County Kupuna!
We need these partnerships!

Date: Feb. 8, 2020

TO: State Legislators

FROM: Marilyn Morikawa of Pukalani, Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Makawao Hongwanji in Maui,
Tu, Th, Sat. weekly

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

Thank you for supporting me and other kupuna!

Marilyn M. Morikawa

Enhance Fitness Exercise has helped me immensely! I could go in & out of ride at Disneyland with my grandson. I have had falls, but have not been hurt or even bruised. Thank you for continuing EF.

Date: 2/8/20

TO: State Legislators

FROM: Alison Nakagawa of Pukalani

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Alison Nakagawa

I just started this program (1 month) but I already feel a difference in my balance. I think I (and others) will benefit by keeping up with this program. Thank you for funding this program again.

Date: 2/8/20

TO: State Legislators

FROM: Diane Naka of Maui County

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Makawo Hongwanji in Makawao, Maui

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

Thank you for supporting me and other kupuna!

Diane Naka

Date: 2/8/20

TO: State Legislators

FROM: PAMELA POLLAND of Maui County, Kuk

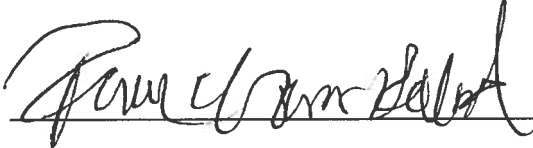
SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!



Date: Feb. 8 2020

TO: State Legislators

FROM: Susan Scofield of Makawao Maui

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

Ara Arzueled

This class enables me to be independent and happy for as long as possible before I leave this world -

Date: 2-8

TO: State Legislators

FROM: Misae Tanizaki of MAUI

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

MAKAWAO Hongwanji in MAKAWAO.

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

Thank you for supporting me and other kupuna!

Misae Tanizaki

Date: 2/8/20

TO: State Legislators

FROM: Amy Teves of Makawao Hongwanig

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Makawao Hongwanig in Makawao, Maui.

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

Thank you for supporting me and other kupuna!

Amy Teves

Date: 2/8/2020

TO: State Legislators

FROM: JoAnn Wong of Maui County

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

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

Thank you for supporting me and other kupuna!

JoAnn Wong

Date: 2/8/2020

TO: State Legislators

FROM: Cora Yamatsuka-Benosa Maui County

SUBJECT: Healthy Aging Partnership Proposed Bills

- HB 1866
- SB 2335

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

Makawao Hongwanji in Makawao.

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

Thank you for supporting me and other kupuna!

Cora Yamatsuka-Benosa

LATE

2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

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

Sincerely,

Cecelia M. Mahoe

2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been a more healthy body - more flexibility, better stamina, better balance, not diabetic anymore.

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

Sincerely,

Merrily Hall

2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2009. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

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

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

Sincerely,

L. Igawa

2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been balance + strengthing exercise due to breaking my leg last year.

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

Sincerely,

Joan Contival

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Linda Kitabayashi. I live on the island of Kauai.

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been I have not fallen so far.

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

Sincerely,



2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Akiyo Matsuyama. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2008. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

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

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

Sincerely,

Akiyo Matsuyama

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is HOA T TRAN. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since APRIL 2018. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been STAY FITNESS & GOOD KEEP MOVING.

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

Sincerely,



2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been keeps me active & improve my strength.

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

Sincerely,

Elia Fagoc

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been regaining balance & strength.

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

Sincerely,

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Elizabeth Malapit. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2009. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been keeping my body active at an old age.

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

Sincerely,

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is KAY KIKU NAITO. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2/08. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

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

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

Sincerely, Kay K Naito

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Gloria Kenney. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2014. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been 3 classes each week helps me to keep physically active along with all my friends. Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other senior citizens.

Sincerely,

Gloria Kenney

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Lynn Keudo. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2014. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been awesome fellowship and great fitness!

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

Sincerely,



2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Esther Nakata. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2014. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been Keeps me active & fit.

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

Sincerely,

Esther Nakata

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Alice Tsuda. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2009. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been to be able to attend classes.

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

Sincerely,

Alice Tsuda

2/07/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Pamela Jarden. I live on the island of Kauai.

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

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

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

Sincerely,

Jarden

2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 4/4/18. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

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

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

Sincerely,

Amorosa DeGracia

2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Freddie Masukeawa Koshuba I live on the island of Kauai.

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

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

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

Sincerely,

2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Goyce M. Takahashi. I live on the island of Kauai.

I have been involved and exercising at the County of Kauai Agency on Elderly Affairs EnhanceFitness Program since 2009. EnhanceFitness is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times per week for an hour each session. I exercise and also socialize with others in a fun environment.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been keeping me moving and healthy.

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

Sincerely,

Goyce M. Takahashi

2/10/2020

Dear Members of the House Committee

RE: SB2335: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is PRISCILLA ADAMS. I live on the island of Kauai.

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

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

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

Sincerely,

Priscilla Adams



**Testimony to the Senate Committee on Ways and Means
Tuesday, February 11, 2020; 10:40 a.m.
State Capitol, Conference Room 211**

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

Chair Dela Cruz, Vice Chair Keith-Agaran, and Members of the Committee:

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

The bill, as received by your Committee, would appropriate \$550,000 in general funds for fiscal year 2020-2021, for the Healthy Aging Partnership (HAP) Program to improve the health and well-being of Hawaii's kupuna. It was introduced as part of the Kupuna Caucus legislative package.

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

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

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

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



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facebook.com/AARPHawaii

THE SENATE
Committee on Ways and Means
Tuesday, February 11, 2020
10:40 a.m.
Conference Room 211

To: Senator Donovan Dela Cruz, Chair

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

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

My name is Keali'i Lopez and I am the State Director for AARP Hawai'i. AARP is a membership organization of people age fifty and over, with nearly 145,000 members in Hawai'i. AARP advocates for issues that matter to Hawai'i families, including the high cost of long-term care; access to affordable, quality health care for all generations; and serving as a reliable information source on issues critical to people over the age of fifty.

AARP Hawaii strongly supports S.B.2335, which appropriates funds to the Healthy Aging Partnership. The Healthy Aging Partnership (HAP) has continued to demonstrate its success as an evidenced-based health promotion and disease prevention program. HAP includes EnhancedFitness, a low impact aerobics class and the chronic disease self-management workshop. According to the University of Hawaii's research evaluation, HAP program participants have reduced hospital stays, emergency room use, falls, and increased their overall physical functioning. Thereby the program provides a cost savings to our health care delivery system.

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



The Thirtieth Legislature
Regular Session of 2020

LATE

THE SENATE
Committee on Human Services
State Capitol
Conference Room 016
Monday, January 27, 2020; 2:45 p.m.

**STATEMENT OF THE ILWU LOCAL 142 ON S.B. 2335
RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM**

The ILWU Local 142 supports S.B. 2335, which appropriates funds for the Healthy Aging Partnership Program to further the program's role in improving the health and well-being of Hawaii's kupuna.

The Healthy Aging Partnership Program is an evidence-based health promotion and disease prevention program that, on one hand with "Better Choices Better Health," helps individuals manage their chronic diseases and, on the other hand with "Enhance Fitness," helps individuals improve their fitness and well-being with effective, research-driven exercise programs.

Since the Healthy Aging Partnership Program was started in Hawaii in 2003, funding support for these two components of the Program has been inconsistent. We are not clear why. But if benefits of the Program are to be expanded, funding must be continuous. These programs help develop evidence of what works in managing chronic diseases and what fitness programs are best for seniors to maintain their health and well-being. The numbers served by the programs are limited because of funding but are even more limited when funding is provided only every other year.

The ILWU urges that funding be consistently provided and that S.B. 2335 be passed. Thank you for the opportunity to offer our comments.

SB-2335

Submitted on: 2/6/2020 5:36:05 PM

Testimony for WAM on 2/11/2020 10:40:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Mark A. Koppel	Individual	Support	No

Comments:

This program has been a huge success, and should be continued.

SB-2335

Submitted on: 2/7/2020 10:57:45 AM

Testimony for WAM on 2/11/2020 10:40:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Kathryn Braun	Individual	Support	No

Comments:

I am a professor of Public Health at the University of Hawai'i at Mānoa, testifying as an individual.

I urge you to support, with funding, the Hawai'i Healthy Aging Partnership (HAP) and the programs it delivers to older adults in our state. According to the CDC, 85% of older adults have at least one chronic health condition, and 60% have at least two. But older adults can maintain independence and productivity if they learn how to manage these conditions and exercise appropriately.

I have worked with HAP since its inception and have been part of the research team that has made these discoveries:

- HAP has adapted 2 evidence-based health promotion programs to Hawai'i's multicultural population – the Chronic Disease Self-Management Program (called Better Choices Better Health in Hawai'i) and EnhancedFitness, an exercise program.
- These programs have been delivered to more than 4,700 individuals statewide.
- HAP data suggests savings in healthcare costs - \$655.81 per person for Better Choices Better Health and \$945 per person for EnhanceFitness.
- Both programs improved participants' QoL and physical performance level.

Hawai'i's HAP has been nationally recognized, winning awards from the American Public Health Association and the American Society on Aging. Healthy Aging also is a priority of the Hawai'i State Executive Office on Aging, as reflected in the State Plan on Aging.

Funding is needed to continue this program and to support HAP's efforts to secure 3rd-party reimbursement for some of its components. For example, Medicare reimbursement may be available to programs that enroll Medicare-eligible individuals with diabetes in Better Choices Better Health.

Please support this bill.

LATE

SB-2335

Submitted on: 2/10/2020 11:58:13 AM

Testimony for WAM on 2/11/2020 10:40:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
mary santa maria	Individual	Support	No

Comments:

I support the SB2335 to fund Healthy Aging Partnership. As a volunteer Master Trainer and program lay leader for the newest BCBH program Thrive and Survive on Maui I can attest to the value of investing this way in the Healty Aging Partnership. The BCBH partnership has supported persons statewide who are dealing with chronic medical conditions. The participants repeatedly express how much the program has supported them with dealing with their conditions, reducing hospital and emergency room visits and improving general health. I have been involved with this program for 13 years as a leader and trainer of leaders first with the Chronic Disease Self Management program, the Arthritis Management program, the Diabetes Self Management program and now with the not for profit Pacific Cancer Foundation doing the Thrive and Survive. Please continue this support. It is so valuable and needed.

Sincerely with aloha

Mary Santa Maria, M.S., M.P.H.

LATE

Senator Donovan Dela Cruz, Chair
Senator Gilbert Keith-Agaran, Vice Chair

SB 2335
Relating to Healthy Aging Partnership Program

Chair Dela Cruz, Vice Chair Keith-Agaran and members of the Committee:

My name is Beverly Gotelli and I'm writing to express my support of SB 2335 Relating to the Healthy Aging Partnership Program. This bill is requesting funds for the Health Aging Partnership (HAP) program to further the program's role in improving the health and well-being of Hawaii's Kupuna. I know this bill refers to Healthy Aging Partnership and refers to two programs Better Choice Better Health and Enhance Fitness.

I'm not familiar with Better Choices Better Health and will focus on the Enhanced Fitness program that I participate in. As a participant of the Enhanced Fitness Program I can tell you it is a very worthwhile program. The sessions are three times a week and an hour long. There are sessions throughout Kauai Island at various Neighborhood Centers or other facilities.

Healthy Aging Partnership was nationally recognized and has provided evidence – based programs to more than 4,000 individuals statewide. We are routinely monitored to see how our health has improved since starting the program. In order to participate in the Enhanced Fitness Program, you must have your physicians' consent. My physician was very happy to sign the consent as he felt it was a proactive measure to keep me physically fit and ensure I was getting some type of physical activity.

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

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

As Hawai'i is considered to be the healthiest place to live, I believe programs such as this are beneficial to our Kupuna who are living longer and staying fit.

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

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

Thank you for considering my testimony.

Beverly A. Gotelli
6286 Opaekaa Road
Kapaa, HI 96746

LATE

SB-2335

Submitted on: 2/10/2020 11:27:25 PM

Testimony for WAM on 2/11/2020 10:40:00 AM

Submitted By	Organization	Testifier Position	Present at Hearing
Jan Shishido	Individual	Support	No

Comments:

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

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

Thank you for supporting me and other kupuna!