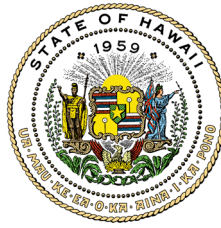


DAVID Y. IGE  
GOVERNOR OF HAWAII

ELIZABETH A. CHAR, M.D.  
DIRECTOR OF HEALTH



CAROLINE CADIRAO  
DIRECTOR

Telephone  
(808) 586-0100

Fax  
(808) 586-0185

STATE OF HAWAII  
EXECUTIVE OFFICE ON AGING  
NO. 1 CAPITOL DISTRICT  
250 SOUTH HOTEL STREET, SUITE 406  
HONOLULU, HAWAII 96813-2831

**Testimony in SUPPORT of SB2461 SD1  
Relating to the Healthy Aging Partnership Program**

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

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

Hearing Date: February 24, 2022  
10:00 AM

Room Number: 211  
Via Videoconference

1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of  
2 Health, supports SB2461 SD1 provided that its enactment does not reduce or replace priorities  
3 within the Administration's executive biennium budget.

4 **Fiscal Implications:** This measure appropriates \$500,000 for the Healthy Aging Partnership  
5 (HAP) for FY 2022-2023. 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 initially in 2003 to improve the health of older  
8 adults through two evidence-based intervention programs, Better Choices Better Health (BCBH)  
9 and Enhance®Fitness.

10 Chronic illnesses account for 75% of the \$2.2 trillion our nation spends on health care each year  
11 in the United States. Falls among older adults aged 65 and older are very costly and each year

1 about \$50 billion is spent on medical costs related to non-fatal fall injuries and \$754 million is  
2 spent related to fatal falls. In Hawaii, 82% of adults have at least one chronic disease and over  
3 half (53%) have two or more chronic diseases. The Hawaii Department of Health estimates that  
4 about \$470 million dollars are spent annually on obesity-related medical costs and about \$770  
5 million on diabetes-related prevention and management.

6 BCBH is a six-week self-management workshop developed by Stanford University that teaches  
7 participants skills to better manage their chronic health conditions and work with their health  
8 care providers. The workshops do not replace prescribed medical treatments but supports  
9 professional medical recommended treatment plans. In the State of Hawaii, an individual spends  
10 on average about \$20,477 per year on emergency room visits and hospitalizations. Using the  
11 University of Memphis School of Public Health's Healthcare Cost Saving Estimator tool,  
12 Hawaii's data estimates that BCBH participant saves an average of \$625.01 per year on health  
13 care costs. BCBH program operates in collaboration with the Hawaii State Department of Health  
14 Diabetes Prevention Program. Since its inception, over 3,129 individuals across the State  
15 participated in BCBH. Pre- and post-test data indicate that participants had fewer visits to  
16 physicians' offices and emergency rooms. In SFY 2021 due to restrictions by the pandemic, 64  
17 participants engaged in 14 workshops statewide. HAP has offered BCBH thorough phone and  
18 synchronized video conferencing formats.

19 Enhance®Fitness is an evidence-based exercise program designed to improve the health of older  
20 adults and reduce health care costs by improving cardiovascular fitness, strength, flexibility, and  
21 balance. In SFY 2021, Enhance®Fitness was available in the counties of Kauai and Maui  
22 through synchronized video conferencing and limited capacity in-person formats. The programs  
23 drew a total of 105 participants. Both the BCBH and the Enhance®Fitness programs have shown  
24 that older adults with chronic conditions benefit by a focus on self-management techniques and  
25 exercises to avoid long term complications of chronic conditions.

1 We received an allocation of \$550,000 from the 2019 Legislature for SFY2020. Even though  
2 funding has been sporadic, we have continued to sustain the program. Without the additional  
3 funding, EOA will no longer be able to keep a statewide coordinator, evaluator, and trainers.  
4 With additional funding, EOA will be able to support and continue to sustain the BCBH and  
5 Enhance®Fitness programs for older adults in the State of Hawaii through various delivery  
6 formats.

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

10 Thank you for the opportunity to testify.

DAVID Y. IGE  
GOVERNOR



CRAIG K. HIRAI  
DIRECTOR

GLORIA CHANG  
DEPUTY DIRECTOR

EMPLOYEES' RETIREMENT SYSTEM  
HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND  
OFFICE OF THE PUBLIC DEFENDER

**STATE OF HAWAII**  
**DEPARTMENT OF BUDGET AND FINANCE**  
P.O. BOX 150  
HONOLULU, HAWAII 96810-0150

ADMINISTRATIVE AND RESEARCH OFFICE  
BUDGET, PROGRAM PLANNING AND  
MANAGEMENT DIVISION  
FINANCIAL ADMINISTRATION DIVISION  
OFFICE OF FEDERAL AWARDS MANAGEMENT (OFAM)

**WRITTEN ONLY**  
TESTIMONY BY CRAIG K. HIRAI  
DIRECTOR, DEPARTMENT OF BUDGET AND FINANCE  
TO THE SENATE COMMITTEE ON WAYS AND MEANS  
ON  
SENATE BILL NO. 2461, S.D. 1

**February 24, 2022**  
**10:00 a.m.**  
**Room 211 and Videoconference**

**MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM**

The Department of Budget and Finance (B&F) offers comments on this bill.

Senate Bill No. 2461, S.D. 1, appropriates \$500,000 in general funds in FY 23 to the Executive Office on Aging for the continuation of the Hawai'i Healthy Aging Partnership Program to improve the health and well-being of Hawai'i's kupuna.

B&F notes that, with respect to the general fund appropriation in this bill, the federal Coronavirus Response and Relief Supplemental Appropriations Act requires that states receiving Elementary and Secondary School Emergency Relief (ESSER) II funds and the Governor's Emergency Education Relief II funds must maintain state support for:

- Elementary and secondary education in FY 22 at least at the proportional level of the state's support for elementary and secondary education relative to the state's overall spending, averaged over FYs 17, 18, and 19.

- Higher education in FY 22 at least at the proportional level of the state's support for higher education relative to the state's overall spending, averaged over FYs 17, 18, and 19.

Further, the federal American Rescue Plan (ARP) Act requires that states receiving ARP ESSER funds must maintain state support for:

- Elementary and secondary education in FY 22 and FY 23 at least at the proportional level of the state's support for elementary and secondary education relative to the state's overall spending, averaged over FYs 17, 18, and 19.
- Higher education in FY 22 and FY 23 at least at the proportional level of the state's support for higher education relative to the state's overall spending, averaged over FYs 17, 18, and 19.

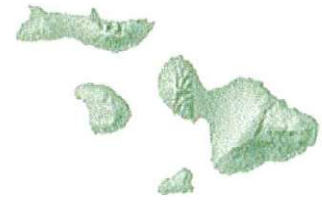
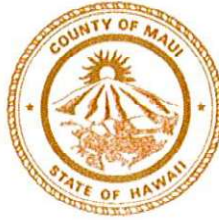
The U.S. Department of Education has issued rules governing how these maintenance of effort (MOE) requirements are to be administered. B&F will be working with the money committees of the Legislature to ensure that the State of Hawai'i complies with these ESSER MOE requirements.

Thank you for your consideration of our comments.

MICHAEL P. VICTORINO  
Mayor

LORI TSUHAKO  
Director


LINDA R. MUNSELL  
Deputy Director



DEPARTMENT OF HOUSING  
& HUMAN CONCERNS  
COUNTY OF MAUI  
2200 MAIN STREET, SUITE 546  
WAILUKU, MAUI, HAWAII 96793  
PHONE: (808) 270-7805

February 22, 2022

TO: The Honorable Donovan M. Dela Cruz, Chair  
and Members of the Senate Committee on Ways and Means

FROM: Lori Tsuhako, LSW, ACSW, Director   
County of Maui, Department of Housing and Human Concerns

SUBJECT: **SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM - Hearing Date: February 24, 2022 at 10:00 a.m.**

I offer testimony in strong support of SB2461 which proposes an appropriation for the Hawaii Healthy Aging Partnership Program. The Healthy Aging Partnership (HAP) has been administered through the Maui County Office on Aging and the Department of Housing and Human Concerns for many, many years.

The Healthy Aging Partnership has provided numerous evidence-based programs throughout the State of Hawaii to the tremendous benefit of our community. The longevity of our kupuna means so much more when they remain healthy, vibrant, and as independent as possible. HAP programs, whether for chronic disease self-management or EnhanceFitness, provide effective vehicles for our kupuna to be engaged, active, and healthy.

During the COVID-19 pandemic, program staff effectively pivoted to maintain this service with different forms of delivery. While many kupuna yearn to return to in-person offerings, their safety has taken precedence with programming always adjusted to meet needs. Funding for HAP will allow this critical program to continue with statewide coordination, program evaluation, and trainers. HAP's data and data analysis is impressive and justifies the continued support provided by the Legislature.

On behalf of the many kupuna who benefit greatly from the Healthy Aging Partnership Program's work, I ask for your support of this important program that strives to keep our elders healthy and engaged.

Mahalo for your consideration and for the opportunity to provide testimony in support of SB2461.

2/22/22

TO: Senate Committee on Ways and Means  
Honorable Chair Senator Donovan M. Delacruz  
Honorable Vice-Chair Senator Gilbert Keith-Agaran

FROM: James Mariano

SUBJECT: SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM

HEARING: Thursday, February 24, 2022, 10:00 a.m. Conference Room 211 & Videoconference

POSITION: Support of SB2461

I am testifying on behalf of the Maui County Office on Aging. I am a Program Specialist and have been involved in the promotion of Healthy Aging Partnership programs since 2009. Thank you for this opportunity to submit testimony for SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

The funding of the Hawaii Healthy Aging Partnership is in a critical situation. It's not enough that we deal with aging on a daily basis, but the additional challenges highlighted by the COVID pandemic meant we needed to ensure that the safety and well-being of older adults (physical and mental fitness) are charged and not neglected. If we say "*we're in this together*"--- let's mean it. We know we want to live healthy lives and that's what the program of Healthy Aging achieves- Enhance Fitness to improve overall fitness and Better Choices Better Health to educate our minds. The appropriation of this bill help sustain these programs and help seniors thrive.

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

Date: 2-7-22  
TO: Hawaii State Legislators  
FROM: Marilyn Morikawa of Maui County

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

- **Healthy Aging - HB 1730 - SB 2461**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Makawao Buddhist Temple in Maui County. However, due to classes being held virtually, I am currently participating at Virtual YouTube Kupuna in in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

Enhance Fitness helps me maintain my strength, flexibility, stamina, and balance. I do trip sometimes, but I can regain my balance and I say "Thank you, legs!" (which are strengthened by exercising). I also do exercises I've learned with my Mom to help her maintain her physical health into her 90's.

Marilyn M. Morikawa

EnhanceFitness Participant



Date: January 31, 2022 \_\_\_\_\_  
TO: Hawaii State Legislators  
FROM:   Melissa Colflesh   of Maui County

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

- **Healthy Aging - HB 1730**  
*SB 2461*

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.


Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at   Makawao Hongwanji   in Maui County. However, due to classes being held virtually, I am ~~currently participating at~~   not participating anymore   in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

I am looking forward to the time when classes will be held on site so I can resume the Enhance Fitness program that I dearly miss. Thank you for supporting this Bill.

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

Melissa Colflesh 

EnhanceFitness Participant

2:20



HAP Advocacy Particip...



Date: 2/1/22  
 TO: Hawaii State Legislators  
 FROM: Amy Teves of Maui County

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

- Healthy Aging - HB 1730

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at the Makawao Hongwanji in Maui County. However, due to classes being held virtually, I am currently participating at home through Zoom in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: three yrs. ago, I was injured in a mini-bus/pedestrian accident which resulted in a fractured pelvis + humerus. The bones have healed but the surrounding muscles + nerves still hurt with certain movements. Regular exercise such as that offered by Enhance Fitness keeps my pain in check. While in rehab I was told by my therapists that my progress was amazing. I attribute that to being in Enhance Fitness for about 5 yrs -  
 Thank you for your time, consideration, and support for our kupuna, I was 76 at the time.

Amy Teves  
 EnhanceFitness Participant

Date: January 31, 2022  
TO: Hawaii State Legislators  
FROM: Susan Scofield of Maui County

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

- **Healthy Aging - HB 1730** *SB 2401*

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participated in a class held at Makawao Hongwanji Mission in Maui County. However, due to classes now being held virtually, I am currently participating in the virtual Enhance@Fitness classes in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

**On a personal note, participation in Enhance@Fitness is very important for my overall health physically, mentally, socially and emotionally because as a senior, my goal is to live independently in my own home being able to walk without a cane, bathe and groom myself, cook and eat my meals, wash and hang my clothes, travel with family and friends, pay my own bills, go to Vegas or any place in the world (possibly space travel?), play mahjong with long time friends, and be free and healthy enough to involve myself in all things that touch my heart or be able to do good things for others. In other words, I need Enhance@Fitness to live my life in the manner I envision and desire, hopefully for many more years!**

Thank you for your time, consideration, and support for grateful kupuna like me,



Susan Scofield, Enhance@Fitness Participant

Date: 1/31/22

TO: Senators Rosalyn H. Baker, J. Kalani English, Gilbert Keith-Agaran,  
Hawaii State Legislators

FROM: *Suzanne Jensen* of Maui County

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

- **Healthy Aging - HB 1730**      *SB 2461*

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance®Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at *Makawao Hongwanji Buddhist Temple* in Maui County. However, due to classes being held virtually, I am currently participating at *M/W/F 11:00am ZOOM Classes* in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance®Fitness is important for my overall health because:

*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!*

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

*Suzanne D Jensen*

EnhanceFitness Participant

Date:

TO: Hawaii State Legislators  
Jane Loeffler of Maui County

FROM:

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

- Healthy Aging - HB 1730 SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Makawao Hoangwanji in Maui County. However, due to classes being held virtually, I am currently participating at Lease via Blue Bird Post in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: *I helps maintain mobility and strength at 90 years old and find this crucial to remain functional and independent*

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

*Jane Loeffler*

Date: Feb 22, 2022

TO: Hawaii State Legislators

FROM: Gwendolyn Breeze of Maui County

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

- Healthy Aging - HB 1730 SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

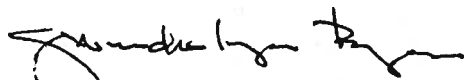
Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Hale Kupuna, Lanai in Maui County. However, due to classes being held virtually, I am currently participating at Waipahu in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

I find it necessary to exercise at home because of COVID. Because Enhance Fitness is providing online classes, I can continue to include stretching, balancing, low impact aerobics, and strengthening to maintain my health. I am glad they offer their online classes three times a week.

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

  
EnhanceFitness Participant

Date: February 15, 2022  
TO: Hawaii State Legislators  
FROM: Cathleen Murayama of Maui County

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

- **Healthy Aging - HB 1730** - SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Wailuku in Maui County. However, due to classes being held virtually, I am currently participating at my home in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

as I age, I noticed that my balance isn't as good as it used to be and in Enhance Fitness we work a lot on balance and strength.

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



EnhanceFitness Participant

Date: 2/01/2022  
TO: Hawaii State Legislators  
FROM: Linda Michele Mason of Maui County

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

- **Healthy Aging - HB 1730**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance®Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I usually participate in a class held at Cameron Center, Kahului in Maui County. However, due to classes being held virtually I am currently participating at home - zoomed from in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance®Fitness is important for my overall health because:

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

Linda Michele Mason

EnhanceFitness Participant



Date: 02-01-22

TO: Hawaii State Legislators

FROM: Lois Soto of Maui County

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

- **Healthy Aging - HB 1730**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance®Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at \_\_\_\_\_ in Maui County. However, due to classes being held virtually, I am currently participating at Wailuku in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance®Fitness is important for my overall health because:

*I received a diagnosis of osteoporosis in Jan 2022. Enhance Fitness (EF) will be critical in helping me to improve bone health. The exercises in our EF class include squats, shoulder raises, aerobics, balance training, stretching, muscle-strengthening which are excellent exercises for osteoporosis and older adults to become healthier, stronger and continue to be involved citizens in our community.*

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

EnhanceFitness Participant

Date: FEB. 4, 2022

TO: Hawaii State Legislators

FROM: GEORGE M. LOBO of Maui County

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

- **Healthy Aging - HB 1730** SB2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kalani Heights Kihai in Maui County. However, due to classes being held virtually, I am currently participating at my home at 2510 Omiko Pl., Kihai in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: *By joining the program the exercise has helped me to become more active, energize and empowered, to sustain my independent life. Also, has improved my fitness, strength and flexibility.*

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

EnhanceFitness Participant

George M. Lobo

2-1-22

Date:

TO: Hawaii State Legislators

FROM: PATRICIA PEARSON of Maui County

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

- Healthy Aging - HB 1730 SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing those bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at HALE MAHAUNA SHALA in Maui County. However, due to classes being held virtually, I am currently participating at NEEDLE MARK #1 in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

*The program encourages this program gave  
 all our me to continue to be healthy, stable,  
 and keep safe my moving parts to feel  
 all this adds to my quality of life so I  
 can enjoy our beautiful island and continue  
 with an inspiring, uplifting attitude!*

Thank you for your time, consideration, and support for our kupuna. Mahalo!

*PE Pearson*  
 EnhanceFitness Participant

Date:

TO: Hawaii State Legislators

FROM: Bridget Nakama of Maui County

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

- Healthy Aging - HB 1730 **SB 2461**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at N/A in Maui County. However, due to classes being held virtually, I am currently participating at home in a virtual EF class in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

*I have some health issues that I would like to get under control and enjoy the EF classes, especially the virtual ability which makes them even more accessible.*

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

*Bridget F. Nakama*

EnhanceFitness Participant

February 5, 2022

TO: HAWAII STATE LEGISLATORS

FROM: JOANNE SHIBUYA, A SENIOR RESIDENT OF MAUI COUNTY



SUBJECT: HEALTHY AGING PROGRAM, HB1730 SB 2461

Mahalo for your continued support of the Healthy Aging Partnership Program and its funding in improving the health and well being of Hawaii's kupunas. Hawaii's aging population is increasing and Americans age 65 and older will more than double by 2060. 80% of Medicare beneficiaries suffers from one CHRONIC disease of which 70% have at least two or more, including cancer, heart disease, diabetes, cardiovascular, kidney/bladder, dementia, Alzheimer's, Parkinson, high blood pressure, arthritis, glaucoma, cataract, lung disease, mental health, obesity. Many seniors suffer from several of these conditions. Chronic conditions are extremely costly, accounting for 2/3 of all health care costs and 93% of Medicare spending.

A report of the Surgeon General on aging states that community-based physical activity programs specifically designed for older adults overwhelmingly impacts the health and welfare of older adult population. The Hawaii Healthy Aging Partnership Program allows our kupunas to live a healthier lifestyle managing many of these chronic diseases, thus reducing health care costs and long-term care needs. One program in particular, EnhancedFitness, provides seniors with safe, regulated physical exercises in low-impact aerobics, balance and flexibility training and strength building. These 3 one-hour sessions per week boost participants' strength in preventing injuries from falls; elevates mood; expands networking in seniors' limited social environment and interaction; thus, allowing seniors to maintain a healthy, independent lifestyle. EnhancedFitness instructors under Maui County Office of Aging have also created KUPUNAS IN ACTION, exercise videos viewed on Akaku and Maui County website.

Personally, upon retiring after nearly 50 years of mostly private employment in Honolulu, California and Maui, I endured cardiovascular issues and cancer and cataract surgeries. During post-surgery follow-ups, my internist, surgeon, oncologist and therapist recommended REGULAR physical exercises that the EnhancedFitness Program provides, which I attended at Kula Gym and now ZOOM during the COVID pandemic, as well as classes at Kaunoa Senior Center and Kupuna in Motion videos. After participating for a few years in these programs coordinated by Maui County Office of Aging, my emotional and physical condition has significantly improved to further enjoy my retirement, to maintain a healthier, independent lifestyle and to manage chronic health conditions.

Please continue funding this successful HAWAII HEALTHY AGING PARTNERSHIP PROGRAM for Hawaii's kupunas. There's a kupuna in your family and you will soon be one too. Mahalo! MALAMA KUPUNAS.

Date: February 3, 2022  
TO: Hawaii State Legislators  
FROM: Judith Thomeon of Maui County

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

- **Healthy Aging - HB 1730**  
-SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Pukalani or Kula in Maui County. However, due to classes being held virtually, I am currently participating at my home in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

*It is the one structured exercise program I participate in. It helps me work all parts of my body. I also walk three times a week, but this class is much more helpful in cardio, stretching, balance and flexibility. I really need and look forward to these classes.*

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

Judith Thomeon

EnhanceFitness Participant

Date: 2/3/2022  
TO: Hawaii State Legislators  
FROM: SUSAN CRAWFORD of Maui County

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

- **Healthy Aging - HB 1730**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier; stronger; and maintain my independence. I usually participate in a class held at Kula or POKalani, Maui in Maui County. However, due to classes being held virtually I am currently participating at 200v in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

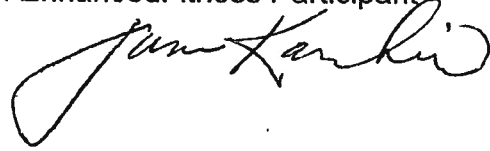
*The work is what I need to stay healthy  
all the trainers are very supportive  
& helpful - Being careful to remind us  
not to over extend ourselves yet use the program  
to stay healthy*

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

*Susan Crawford*

EnhanceFitness Participant

Date: February 2, 2022  
TO: Representative Kyle Yamashita, Hawaii State Representative  
FROM: June Kaneshiro of Maui County, an EnhancedFitness Participant  
38 Alea Place, Pukalani, HI 96768



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

- **Healthy Aging - HB 1730** *SB 2461*

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program that meets three times a week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in the class held at the Kula Gym in Maui County. However, due to classes being held virtually, I am not participating, but look forward to in-person meetings in the near future.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because I think it keeps me flexible, improves my balance, and encourages me to exercise for better health now and in the future. I'm not presently a diabetic, but it runs in my family, and I recently learned walking (and I'm sure exercising) can help lower one's A1C. The instructor and participants are encouraging and the atmosphere is very welcoming no matter how new, old or out of shape anyone (me) is. Things I took for granted when young, I realized I no longer can do, so the exercises are a great way to get me in shape.

One of the ladies I quietly admired and encouraged me was in her 80s, and unfortunately, has passed away during the lockdowns. The ladies and a few men that attended, ranged in a variety of physical fitness, but the instructor was always cheerful in moving us and EnhancedFitness takes the time to evaluate and assess each participant.

Thank you for your consideration and support for our kupuna. May the Lord bless and keep you and your family, and give you wisdom as you serve in our legislature.





testimonies

Kathryn Smith <ksmith@maui.gov>  
To: Gerry Mack <gerry@maui.gov>

Mon, Jan 31, 2022 at 1:58 PM

Date: Jan 31, 2022

TO: Hawaii State Legislators

FROM: Kathryn Smith of Maui County

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

\* Healthy Aging - HB 1730 SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhanced Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhanced Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kula Gym in Maui County. However, due to classes being held virtually, I am currently participating at Lānae Jernote classes in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhanced Fitness is important for my overall health because I feel so much better sleep better, feel better emotionally, feel balanced

Kathryn Smith  
2-1-22

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

Date: Feb 4, 2022

TO: Hawaii State Legislators

FROM: Priscilla L. Bratton of Maui County

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

• Healthy Aging - HB 1730 SB 2461

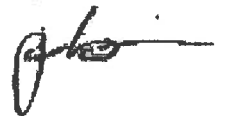
As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Gym, UpCountry in Maui County. However, due to classes being held virtually, I am currently participating at Home in Kula, UpCountry in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: *it helps me feel and be energized, using the DVDs of EF exercises as performed by our wonderful EF instructors - all so fit themselves! ... our models in action. Not only are these EF exercises fun and doing them along with them, bring great pleasure. But helping me, to stay in shape, while noticing self-improvement ... Body, Mind, & Spirit. Mahalo!*

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



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EnhanceFitness Participant

Date: February 1, 2022  
TO: Hawaii State Legislators  
FROM: Holly Zebzda of Maui County

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

• **Healthy Aging - HB 1730 - SB 2461**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Maui Powerhouse Gym in Maui County. However, due to classes being held virtually, I am currently participating at Virtual classes via Bluejeans in Maui County. Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

I feel my balance has become stronger and I am able to "catch myself" if I trip so I don't fall to the ground. I also find the live (or virtual) classes socially stimulating.

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

Holly Z. Zebzda  
EnhanceFitness Participant

Date: 2-1-2022  
TO: Hawaii State Legislators  
FROM: ALTA MURCH of Maui County

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

- **Healthy Aging - HB 1730**  
- SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Powah House Kihei in Maui County. However, due to classes being held virtually, I am currently participating at Class Pilates Maui Studio in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

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

Alta L. Murch

EnhanceFitness Participant

Date: Feb 1, 2022  
TO: Hawaii State Legislators  
FROM: Jim Black, a Kihei resident of Maui County

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

- **Healthy Aging - HB 1730** *SB 2461*

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at \_Powerhouse Gym, in Kihei, in Maui County. However, due to classes being held virtually, I am unable to currently participate due to lacking facilities in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

Maintaining my mental health is foremost, which requires my continued efforts to:

Maintain my balance;

Exercise regularly;

Embrace aerobics;

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



EnhanceFitness Participant

*Feb 1, 2022*

Date:

Hawaii State Legislators

TO:

*Marie Sente*

FROM:

of Maui County

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

- Healthy Aging - HB 1730 *SB 2401*

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for Kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at *Kihei Hoana Park* in Maui County. However, due to classes being held virtually, I am currently participating at *Zoom Wed: 4:15pm Tuesdays Maui County*.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for Kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because.

*It increases my stamina.  
It keeps my muscles toned.  
It is great cardio.  
And great stretching.*

*All of which keep my mind healthy  
and happy. Michelle!*

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

*Marie Sente*

Date: 2-10-2022  
TO: Hawaii State Legislators  
FROM: Lynette Shiroma of Maui County

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

- **Healthy Aging - HB 1730**  
- SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at Enhance Fitness Zoomba in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

Joining Enhance Fitness is one of the best decisions I've made. Not being into sports, dance etc., this program, opened up the joy of exercise. The pandemic didn't stop us from moving and exercising Paula Keele, our instructor is innovative and has great ideas. She and the moderator Patti Brummel set the tone as the place to be: exercise, have fun, no pressure,, do what you can. They are positive and inspiring which I'm sure encourages the class to give it their all. Its also nice to see our exercise buddies .looking and doing well. Like the, sitcom, "Cheers," I'm glad I came/joined and never left.

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

Lynette Shiroma  
EnhanceFitness Participant

Date: JAN 31, 2022  
TO: Hawaii State Legislators  
FROM: LEONA CRAVALHO of Maui County

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

- **Healthy Aging - HB 1730**  
- SB 2401

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Raholai Union Church in Maui County. However, due to classes being held virtually, I am currently participating at remote Maui classes in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

1. *I want to maintain independence.*
2. *Allows me to participate in structured classes.*
3. *Benefits my cardiovascular health, balance, strengthening and meditation*

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

Leona Cravalho  
EnhanceFitness Participant



Date: Feb. 1, 2022  
TO: Hawaii State Legislators  
FROM: Yeiko Endo of Maui County

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

- **Healthy Aging - HB 1730**  
- SB 2401

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at Remote Maui's Enhance Fitness in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

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

Yeiko Endo  
EnhanceFitness Participant

Date: February 3, 2022  
TO: Hawaii State Legislators  
FROM: Rosemary Perreira of Maui County

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

• **Healthy Aging - HB 1730**

*- SB 2461*

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at 33 Koi Koi Street Haiku in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: *as a senior the program keeps me active and helps me to maintain my strength and balance, which decrease with the aging process. My goal is to remain healthy and active and so this program helps to meet these needs.*

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

  
EnhanceFitness Participant

Date: February 5, 2022  
TO: Hawaii State Legislators  
FROM: Stan FRANCO of Maui County

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

- **Healthy Aging - HB 1730**  
-SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at 33 Kookoi Place, Haiku in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

*I am a diabetic and am a Parkinson's patient. The exercise program helps to keep my blood sugar levels low and ~~make~~ <sup>keep me</sup> mobile. I also find help to practice on how to balance myself to keep me from falling.*

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

*Stan Franco*  
EnhanceFitness Participant

Date: 1/31/2022  
TO: Hawaii State Legislators  
FROM: Kathleen Tokunoto of Maui County

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

- **Healthy Aging - HB 1730**  
- SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance®Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at home - via Zoom in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance®Fitness is important for my overall health because:

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

Kathleen Tokunoto

EnhanceFitness Participant

Date: Feb. 2, 2022  
TO: Hawaii State Legislators  
FROM: Participant of Maui County  
ANNIE YOSHIDA

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

• **Healthy Aging - HB 1730**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at Zoom in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: *exercising improves my physical health, balance, endurance, memory, strength, and flexibility. Having RA, enhance fitness aids in reducing the pain in my joints. I enjoy participating in this program with knowledgeable and caring instructors.*

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

EnhanceFitness Participant

*Annie Yoshida*

Date: 2/1/22  
TO: Hawaii State Legislators  
FROM: Karen Lanaka of Maui County  
Karen Lanaka  
SUBJECT: Request for Continued Consideration of the Healthy Aging Partnership Program Proposed Bills

- Healthy Aging - HB 1730  
- SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at home via zoom in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

*fitness is important to good health + wellness, not only for the elderly but for.*

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

EnhanceFitness Participant

Date: 1/30/2022

TO: Hawaii State Legislators

FROM: Ann Takakura of Maui County

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

- **Healthy Aging - HB 1730**  
**SB 2461**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at home, Waiuku in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

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

Ann Takakura

EnhanceFitness Participant

Date: January 31, 2022  
TO: Hawaii State Legislators  
FROM: Jan Shishido of Maui County

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

- **Healthy Aging - HB 1730**

*SB 2461*


As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at **Kahului Union Church** in Maui County. However, due to classes being held virtually, I am currently participating at **Maui County Office On Aging's Zoom** classes in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

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

  
\_\_\_\_\_  
EnhanceFitness Participant



Date: Feb 1, 2022  
TO: Hawaii State Legislators  
FROM: Jeanne Abe of Maui County

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

- **Healthy Aging - HB 1730**  
-SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at my home in Wailuku in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

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

Jeanne Abe  
EnhanceFitness Participant

Date: February 1, 2022  
TO: Hawaii State Legislators  
FROM: Pamela Ikeda of Maui County

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

• Healthy Aging - HB 1730 SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at Kanui via Zoom, Wailuku in Maui County. Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: it has allowed me to focus on improving my strength, balance, core development, posture, range of motion and stamina. This program has provided me with motivation to participate and exercise or I would be a couch potato, especially during these times. The instructor, with her enthusiasm and knowledge, makes each session exciting and stimulates my memory skills. Also, having a monitor provides us confidence that if any goes wrong we are being monitored and help can be immediately summoned.

EnhanceFitness Participant

Thank you,  
Pamela M. Ikeda

Date: 1/31/22

TO: Hawaii State Legislators of Maui County

FROM: Bernice Sakai

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

• Healthy Aging - HB 1730 SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Union Church in Maui County. However, due to classes being held virtually, I am currently participating at the virtual zoom classes in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

I'm learning the proper way to do these exercises that have helped me improve my balance. The camaraderie with the instructors, classmates keeps me motivated!

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

Bernice Sakai

Enhance@Fitness Participant

Date:

2/3/22

TO:

Hawaii State Legislators

FROM:

Suzanne Uehara of Maui County

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

• Healthy Aging - HB 1730 SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and maintain my independence. I usually participate in a class held at Kakaui Linnin Church in Maui County. However, due to classes being held virtually I am currently participating at Zoom in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

*On a personal note, participation in Enhance@Fitness is important for my overall health because: The pandemic has caused me to lose mobility, so aches & pain in my joints due to loss mobility, so this program is really important for seniors, as geared for overall body fitness - brain, balance, weights, & low-impact benefits, I'm in my late 70's.*

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

Suzanne Uehara  
Enhance@Fitness Participant

Date: Jan 31, 2022

TO: Hawaii State Legislators of Maui County

FROM: Roy & Betty Katsuda

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

• Healthy Aging - HB 1730 SB 2401

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Kahului Mall, Street in Maui County. However, due to classes being held virtually, I am currently in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for <sup>my</sup> overall health because:

*It also provides a pleasant setting to mingle with others while maintaining our fitness.*

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

Enhance@Fitness Participants

- Roy Katsuda

- Betty Katsuda

Date: Feb 01 2022  
TO: Hawaii State Legislators  
FROM: Charlotte Wilkinson of Maui County

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

- **Healthy Aging - HB 1730**  
- SB 2401

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Roselani Place in Maui County. However, due to classes being held virtually, I am currently participating at home - Channel 54 Akaku in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: exercising makes me strong and fit, I am able to maintain my balance and endurance. I can keep up with my 8 year old grandson walking up the 100 steps to the top of the Iao Valley look out pavillion. The wellness program allows us to see others and we motivate each other. Please continue funding. Thank you.

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

Charlotte Wilkinson,

EnhanceFitness Participant

Date: 2/1/2022

TO: Hawaii State Legislators

FROM: Suzanne Aki of Maui County

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

- **Healthy Aging - HB 1730**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance®Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Rosebani Place in Maui County. However, due to classes being held virtually, I am currently participating at +v videos of Enhanced Fitness in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance®Fitness is important for my overall health because:

I am 72 years old, do not take any prescription medications and am able to exercise 1 hour each day! I use all varieties of walking, weights, stretching, balance, yoga and meditation. "Enhanced Fitness" staff started me on this journey, and I hope we'll have "in person" classes very soon!!  
Thank you for your time, consideration, and support for our kupuna, very soon!!

Suzanne Aki

EnhanceFitness Participant

Date: January 31, 2022  
TO: Hawaii State Legislators  
FROM: \_\_\_\_\_ Susan Ventura \_\_\_\_\_ of Maui County

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

- **Healthy Aging - HB 1730**  
-SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance®Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance®Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at \_\_\_\_\_ St Anthony School \_\_\_\_\_ in Maui County. However, due to classes being held virtually, I am currently participating at \_\_\_\_\_ twice a week via internet \_\_\_\_\_ in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance®Fitness is important for my overall health because:

I've recently had problems with my knees. The program has helped reduce the pain I was starting to receive daily.

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



EnhanceFitness Participant



Date: 1 February 2022  
TO: Hawaii State Legislators  
FROM: Susie Davis of Maui County

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

- **Healthy Aging - HB 1730**

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at St. Anthony Cafeteria, Wailuku in Maui County. However, due to classes being held virtually, I am currently participating at 1010 Eha St #104, Wailuku in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

It keeps me exercising, it helps me maintain my sense of balance. It keeps me strong so I can work in my yard and do volunteer work. It helps me be able to maintain my own apartment in all ways. The exercises help my body keep in touch with my brain by having to do some of the steps, choreography. Allows me to be social with others

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

Susan J Davis  
Susie Davis

EnhanceFitness Participant

Date:

TO: Hawaii State Legislators

FROM: Joanna Barnes of Maui County

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

- **Healthy Aging - HB 1730**  
-SB2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Holy Rosary Church in Maui County. However, due to classes being held virtually, I am currently participating at a friend's home thru Zoom in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health

because: *The program actually does enhance fitness! It's cardio, strengthening, stretching, breathing - learning to work with your whole body. Enhance Fitness is far and away the best kupuna exercise program I've found, and at 81, I've had a lot of time to look; I stopped looking almost 4 yrs. ago when I enrolled at Holy Rosary Church.*

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

*Joanna A. Barnes*

EnhanceFitness Participant

Date:

TO: Hawaii State Legislators  
FROM: Stephanie Austin of Maui County

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

• Healthy Aging - HB 1730 - SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to thank you for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Holy Rosary Church, Paia in Maui County. However, due to classes being held virtually, I am currently participating at home in Haiku in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because: skilled teaching, personal advice as needed to adapt exercises, positive energy!  
Some of the people, which no other options do.

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

Stephanie Austin

EnhanceFitness Participant

Date:

2/1/22

TO: Hawaii State Legislators

FROM: SUSAN WERNER of Maui County

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

- **Healthy Aging - HB 1730**

-SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at HOLY ROSARY in Maui County. However, due to classes being held virtually, I am currently participating at Home By Zoom in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

at 71 years old I have participated for nearly 4 years and this is the only exercise program I have ever been able to stay with. Also, I am legally blind and the balance and strength components have helped me move around more safely and confidently.

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

*Susan Werner*

EnhanceFitness Participant

Date: Feb. 3, 2022  
TO: Hawaii State Legislators  
FROM: Cyrilla Pascual of Maui County

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

- **Healthy Aging - HB 1730**  
- SB 2461

As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Holy Rosary Church Hall in Maui County. However, due to classes being held virtually, I am currently participating at home (64 Anohou St., Paia) in Maui County.

Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

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

Cyrilla Pascual

EnhanceFitness Participant

Date: Feb. 3, 2022  
TO: Hawaii State Legislators  
FROM: Evelyn Pencenga of Maui County

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

- **Healthy Aging - HB 1730**

<sup>-SB 2461</sup>  
As one of almost 400 senior citizens enrolled in Maui County that participate in the Enhance@Fitness program three times per week, I would like to **thank you** for your efforts in supporting us by passing these bills in their first readings and referring them to their appropriate committees for further discussion in the Senate and House of Representatives.

Enhance@Fitness is an evidence-based fitness program that was designed for kupuna, and has helped me to become healthier, stronger, and able to maintain my independence. I usually participate in a class held at Holy Rosary Church Hall in Maui County. However, due to classes being held virtually, I am currently participating at home - 200 Hina Ave, Apt 101 in Maui County.

Kahului HI 96732  
Please support the Healthy Aging Partnership program by providing funding to keep this invaluable program and other health and wellness programs available for kupuna like me across the State of Hawaii.

On a personal note, participation in Enhance@Fitness is important for my overall health because:

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

Evelyn Pencenga

EnhanceFitness Participant



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

**The State Legislature**  
**The Senate Committee on Ways and Means**  
**Thursday, February 24, 2022**  
**10:00 a.m.**

TO: The Honorable Donovan Dela Cruz, Chair  
RE: Support for S.B. 2461, S.D.1 Relating to Healthy Aging Partnership

Aloha Chair Dela Cruz 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 over 140,000 members in Hawai'i. **AARP strongly supports S.B. 2461 S.D.1** which appropriates funds to the Healthy Aging Partnership.

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

With the COVID-19 pandemic, HAP modified its programs to safely accommodate participants in virtual classes, telephone sessions and even mailed toolkits to keep people engaged. We are pleased to learn that the EnhanceFitness and Better Choices and Better Health programs remain effective even through these modified learning formats, and participants are showing similar positive health outcomes prior to the pandemic. We ask that you continue funding these long-standing, successful health promotion programs to keep Hawai'i's kūpuna healthy and well.

Thank you very much for the opportunity to **support S.B. 2461 S.D.1.**

Sincerely,

A handwritten signature in black ink that reads "Keali'i S. Lopez".

Keali'i S. López  
State Director

## Johnny Yago

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**From:** [REDACTED]  
**Sent:** Wednesday, September 01, 2021 9:09 AM  
**To:** Johnny Yago  
**Subject:** My 14 yr Journey in EnhanceFitness

CAUTION: This email originated from outside the County of Kauai. Do not click links or open attachments even if the sender is known to you unless it is something you were expecting.

An interesting exercise program had come to Kauai, the EnhanceFitness, introduced to Seniors in 2007. With permission to participate from the doctor and a completed registration form, participants were required to perform pre & post tests to show progress throughout the program. I was a young 60+ year old.

EnhanceFitness is a complete exercise program of the body and mind, highlighting stamina building, muscle strengthening, improving balance and coordination, easing stiff joints for better mobility and flexibility, bone strengthening using weights and a whole lot of stretching. It's a whole body exercise program from head to toes. Included in the hour long session are subtle memory activities and simple walking exercises.

EnhanceFitness instructors have come and gone. Each have accepted our differences in performance, always explaining the importance of our moves with, "go at your own pace", "listen to your body", "breath", "hydrate", "suck in your abs"! Humor as well as dressing up for Halloween and Christmas were an added plus.

It has been fun going to class. After each session, there is a feeling of accomplishment, a good feeling, body pain that we brought to class, gone! We've strengthened our social interaction with our peers, making lasting relationships. We had quite a mixture of interesting classmates: a bookkeepers, an egg farmer, one who had entertained in Carnegie Hall, a spiritual leader, a librarian, nurses and teachers as well as friends and neighbors in our community.

My girlfriend and I often talk about the beneficial effects of EnhanceFitness moves on our body: why we are still walking, still getting up from our chair with ease, still maintaining a healthy body at 82, slowing down the effects of dementia and how we have gained a feeling of independence.

During the Covid pandemic's closure of in-person classes, EnhanceFitness Program Coordinator, Johnny Yago created an online virtual Zoom account. Exercising never stopped. He believed in the importance of our physical and mental well being and explored ways in reaching us technologically. Adapting to the change was uncomfortable at first but it's time to embrace EnhanceFitness in this way.

EnhanceFitness should never leave Kauai!

Sent from my iPad



## Johnny Yago

---

**From:** Beverly Heder [REDACTED]  
**Sent:** Tuesday, February 22, 2022 12:07 PM  
**To:** Johnny Yago  
**Subject:** RE: Senate Bill 2461

CAUTION: This email originated from outside the County of Kauai. Do not click links or open attachments even if the sender is known to you unless it is something you were expecting.

February 22, 2022

To whom it may concern:

I have truly benefited from participating in the Enhanced Fitness program at the Waimea, Kauai Neighborhood Center.

I began exercising in this program on October 1, 2007. When the pandemic forced the center to close, the exercise class moved to Zoom. I've been exercising on Zoom every Monday, Wednesday, and Friday in my home.

I'm 82 years old and I'm fit and I feel great due to the program and wonderful and knowledgeable instructors. I love the program!!

Thank you for your consideration in making this program continue to benefit the many senior citizens in this community.

Sincerely,  
Marjorie Magaoay

## Johnny Yago

---

**From:** Liz Thompson [REDACTED]  
**Sent:** Tuesday, February 22, 2022 5:35 PM  
**To:** Johnny Yago  
**Subject:** Re: Regarding SB24612 SD1

CAUTION: This email originated from outside the County of Kauai. Do not click links or open attachments even if the sender is known to you unless it is something you were expecting.

I have never really liked to exercise. I joined an EF class in April 2014. It was fun, social and I was actually able to do the exercises. My health and outlook has changed for the better. We have met on Zoom for months now and I almost never miss. It is my main contact with the outside world and a very post over one.

I ask you to please vote for SB2461 SD1.

Recently I was diagnosed with an incurable illness. Exercise helps me feel better physically and emotionally. My other exercise is walking around the outside of our house 16+ times a day. EF is much more fun physically and emotionally. Being with all the other gals as no guys have been brave enough to join us is very important as we exercise, sing along, laugh and enjoy life.

Thank you for voting for SB 2461 SD1.

Elizabeth T. Thompson  
PO Box 311  
Kekah, HI 96752  
808-337-8060

Sent from my iPad

On Feb 22, 2022, at 12:40 PM, Johnny Yago <jyago@kauai.gov> wrote:

Hi Liz

Please see email below and attachment above:

**SENATE COMMITTEE ON WAYS AND MEANS**  
**Senator Donovan M. Dela Cruz, Chair**  
**Senator Gilbert S.C. Keith-Agaran, Vice Chair**  
**Hearing Date: February 24, 2022, 10:00am**

**Re: SB 2461 SD1 MAKING AN APPROPRIATION TO THE HAWAII  
HEALTHY AGING PARTNERSHIP PROGRAM**

**Aloha Chair Dela Cruz and Members of the Committee,**

**My name is Linda Dorset, a citizen of Wailuku, Maui. I thank you for the opportunity to submit written testimony regarding the above referenced legislation.**

**SB2461 Appropriating funds for the Hawaii healthy aging partnership program is important to further the program's role in improving the health and well-being of Hawaii's kupuna, and keeping them healthy so they don't need to rely on State-sponsored long-term care facilities**

**As the opportunities to hold in-person activities increase, the HHAP program is preparing to scale up the programs, in both remote and in-person formats, to help more kupuna to stay healthy. However, the programs are facing limited funding which will inhibit these programs from continuing and expanding to meet kupuna needs. Currently, the program depends on stretching the state appropriation made for the fiscal year 2019—2020, and it also receives a small amount of County appropriations and federal funds through Title IIID. Without State funding, the HHAP program may have to Close and, in that case, the executive office on aging would be unable to meet the first goal of the Hawaii state plan on aging, to maximize opportunities for older adults to age well, remain active, and enjoy life in their communities.**

**Thank you for your attention**

**Linda Dorset**

**SB-2461-SD-1**

Submitted on: 2/21/2022 1:25:12 PM

Testimony for WAM on 2/24/2022 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Kay	Individual	Support	No

Comments:

To: Senate Committee on Human Services

Honorable Chair Senator Joy A. San Buenaventura

Honorable Vice Chair Senator Les Ihara, JR.

From: Kay Kuwamura

Date: February 21, 2022

Subject: SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM

I am testifying as an individual in SUPPORT of SB2461. Thank you for this opportunity to submit testimony for SB2461.

As a master trainer for EnhanceFitness Kauai, I am deeply concerned about our kupuna especially during this pandemic in which many older adults have been negatively impacted with limited opportunities to engage in health/exercise programs/services.

Hawaii Healthy Aging Partnership offers group exercise classes that are proven to help older adults with falls prevention through balance/strength training as well as chronic disease self-management workshops. Currently, our programs are operating remotely/virtually.

Without these programs, more of our kupuna would access emergency health services for falls and chronic diseases. We want to help keep our kupuna healthy and independent at home and out of costly care facilities.

This is a critical time for our community and this appropriation will help Hawaii Healthy Aging Partners to keep the statewide coordinator, evaluator and trainers/instructors.

Mahalo for your support of these wellness measures for our kupuna!



**SB-2461-SD-1**

Submitted on: 2/21/2022 8:55:45 PM

Testimony for WAM on 2/24/2022 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Johnnie-Mae L. Perry	Individual	Support	No

Comments:

SUPPORT SB 2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

**SB-2461-SD-1**

Submitted on: 2/22/2022 9:37:32 AM

Testimony for WAM on 2/24/2022 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
Kathryn Braun	Individual	Support	No

Comments:

I am a professor of public health and social work, specializing in gerontology, but testifying as an individual. Thank you for this opportunity to submit testimony for SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

During the pandemic, many older adults were negatively impacted due to limited opportunities to engage health promotion services and programs in the community. Many older adults declined in health status and are at risk of becoming even more dependent on others and in need of additional in-home and expensive institutional services.

Hawaii Healthy Aging Partnership offers group exercise classes that help older adults prevent falls and chronic disease self-management workshops that help older adults prevent and manage chronic diseases. Programs are offered on all islands in collaboration with the state, county offices on aging, and variety of community organizations. Currently, these programs are offered through virtually and over the phone. However, these programs are challenged by the lack of funding, preventing their expansion and threatening their current existence.

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 has been a leader in the state's efforts to keep our elders healthy and independent. But steady government funding is needed to continue and expand. . This appropriation will help them to keep the statewide coordinator, evaluator, and trainers. They play critical roles for sustaining Hawaii Healthy Aging Partnership and these great programs.

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

2/23/2022

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

FROM: Michiyo Tomioka

SUBJECT: SB2461 SD1 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM

HEARING: Thursday, February 24, 2022, 10:00 a.m. Conference Room 211 & Videoconference

POSITION: Support of SB2461 SD1

I am testifying as an individual. Thank you for this opportunity to submit testimony for SB2461 SD1 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

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

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

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

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

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



Michiyo Tomioka



**SB-2461-SD-1**

Submitted on: 2/23/2022 9:45:12 AM

Testimony for WAM on 2/24/2022 10:00:00 AM

<b>Submitted By</b>	<b>Organization</b>	<b>Testifier Position</b>	<b>Remote Testimony Requested</b>
shirley kidani	Individual	Support	No

Comments:

I write as an individual in SUPPORT of SB2461 SD1 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

The Hawaii Healthy Aging Partnership (HHAP) has been working in communities to offer two evidence-based programs to keep older adults healthy. HHAP offers EnhanceFitness and Better Choices Better Health (BCBH).

Enhance Fitness helps keep older adults active, prevents falls, and promotes independent living. BCBH empowers elders to better manage their chronic conditions, improve their general health, and reduce costly emergency room visits.

The funding appropriated by the Legislature is critical to enable the HHAP to continue to offer these two evidence-based health promotion programs. When older adults are healthy, they can continue to remain in and actively contribute to their beloved communities.

Your support in moving the Healthy Aging Partnership's efforts forward is appreciated. Thank you for the opportunity to provide testimony.

**LATE**

February 23, 2022

TO: Senate Ways and Means Committee

FROM: Naomi Sugihara

SUBJECT: TESTIMONY IN SUPPORT FOR SB2461 SD 1 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM

Thank you for this opportunity to submit testimony for SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

I am a retired County of Kauai Agency on Elderly Affairs program specialist, and was the lead staff person in charge of starting Enhance Fitness on Kauai, and supporting the Better Choices, Better Health program. These are evidence-based programs that help older adults stay healthy through physical activity and maintain healthy lifestyles.

These programs help the overall mental and physical well-being of older adults on Kauai and throughout the state of Hawaii. This appropriation will help to support and sustain the Hawaii Healthy Aging Partnership keep the statewide coordinator, evaluator, and trainers. Their leadership plays critical roles for sustaining the Hawaii Healthy Aging Partnership and the vital programs they support.

Thank you for your important consideration to help keep our older adults healthy and happy. Their well-being supports them to remain active in our community.

**LATE**

TO: Senate Committee on Human Services  
Honorable Chair Senator Joy A. San Buenaventura  
Honorable Vice-Chair Senator Les Ihara, Jr.

FROM: Paula Keele

DATE: February 23, 2022

SUBJECT: SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM

HEARING: Thursday, January 27, 2022, 3:10 p.m. Conference Room 225 & Videoconference

POSITION: Support of SB2461

Thank you for this opportunity to submit testimony for SB2461 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

For the past 12 years I have had the privilege to see and experience firsthand the benefits of one of the Healthy Aging Partnership programs in the Maui community. I have worked as an Instructor, Master Trainer, and T-Trainer for *EnhanceFitness*, a community, evidence-based fitness program for older adults. On Maui our program grew from one class (three times week), to fifteen classes. It was such a popular program with our kupuna, we had waiting lists for many of our classes. Then COVID hit.

As we continued to stay in touch with our participants, the first thing they would ask with each phone call was “When can we start exercising together again?” As time went on we heard many express their fears of falling, losing muscle tone, becoming depressed and feeling isolated, gaining weight, rising cholesterol levels, having to go back on diabetes medications, and fear of losing their independence.

Hopefully, we can return to in person classes. For now, we teach classes on Zoom. Just yesterday I asked one of my participants what she was going to do the rest of the day. She told me she was going to go work at the Maui Food Bank and said if it wasn’t for our program she wouldn’t have the stamina to volunteer for the day. I then ran into former participant at Costco just a few hours later who told me she was hoping we would start classes in person soon as she misses not only the balance and strength training she benefits from, but how she especially misses seeing friends and her fitness ohana.

Not a week goes by without hearing from someone in our program (past and present) who share how important *EnhanceFitness* has been in maintaining their health, quality of life, and independent lifestyle. This appropriation will help us to continue providing this, and other beneficial programs. Our participants often remind me how healthy aging programs provide them with the health and energy they need to continue giving back to our community.

Thank you for your consideration!