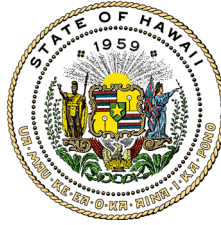


**JOSH GREEN, M.D.**  
GOVERNOR OF HAWAII  
KE KIA'ĀINA O KA MOKU'ĀINA 'O HAWAII

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



**CAROLINE CADIRAO**  
DIRECTOR

Telephone  
(808) 586-0100

Fax  
(808) 586-0185

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

**Testimony in SUPPORT of HB 872 HD1, SD1**  
**Relating to the Hawai'i Healthy Aging Partnership**

COMMITTEE ON WAYS AND MEANS  
SENATOR DONOVAN 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: April 6, 2023  
10:00 AM

Room Number: 211  
Via Videoconference

**EOA's Position:** The Executive Office on Aging, an attached agency to the Department of Health, **strongly supports HB872 HD1, SD1**, relating to the Hawai'i Healthy Aging Partnership.

**Fiscal Implications:** This measure appropriates funds for the Hawai'i Healthy Aging Partnership for FY 2023-2024 and FY 2024-2025.

**Purpose and Justification:** Led by the Executive Office on Aging and Department of Health Chronic Disease Branch, the Hawai'i's Healthy Aging Partnership (HHAP) was convened in 2003 to improve the health of older adults through two evidence-based intervention programs, Better Choices Better Health (BCBH) and Enhance®Fitness.

BCBH is a six-week self-management workshop developed by Stanford University that teaches participants skills to manage their chronic health conditions and reduce emergency room and physician visits. The workshop does not replace prescribed treatment but supports medical-

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

Enhance®Fitness is an evidence-based exercise program designed to improve the health of older adults and reduce health care costs by improving cardiovascular fitness, strength, flexibility, and balance. Enhance®Fitness has been available in the county of Kaua‘i since 2007 and in the county of Maui since 2012. The program has enrolled 1,872 participants. Both the BCBH and the Enhance®Fitness programs have shown that older adults with chronic conditions benefit by a focus on self-management techniques and exercises to avoid long term complications associated chronic conditions and improve their independence and quality of life.

HHAP received \$550,000 in SFY2020 from the 2019 Hawai‘i State Legislature through ACT 12. Since 2019, HHAP has not received state funds from the legislature. Without additional funding, the HHAP will not be able to continue to offer the BCBH and Enhance®Fitness programs to older adults in Hawai‘i.

**Recommendation:** The EOA strongly supports an appropriation to the HHAP provided that its enactment does not reduce or replace priorities with the Administration’s budget request. BCBH and EF programs have significant impact on quality of life and independence, while also saving on overall healthcare costs. These two evidence-based programs are important and effective public health interventions.

Thank you for the opportunity to testify.

Date: APRIL 4, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB ~~15~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Jeanne Abe . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 2014 . *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been keeping me mobile, maintaining balance and strengthening. Also helps keep my blood pressure in check and provides much needed socialization.

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

Sincerely,

*Jeanne Abe*

Date: 4/04/23

Dear Hawaii Legislators

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

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

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

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

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

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

Sincerely,



Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

Excellent classes & teachers!

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

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

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

Sincerely,

Suzanne Aki

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been increased cardio, balance, strength!

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

Sincerely,

*Y. Alarab*

Date: 4/4/23

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

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

Sincerely, *G Jean Andrews*

Date: 4-4-23

Dear Hawaii Legislators

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

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

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

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

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

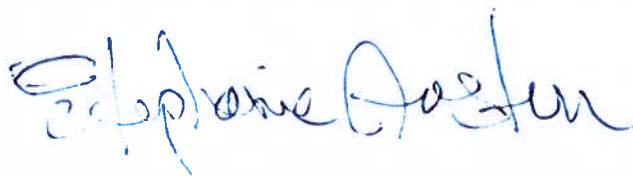
Sincerely, *Susan Antoku*

Date: April 14, 2023

Dear Hawaii Legislators

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

My name is



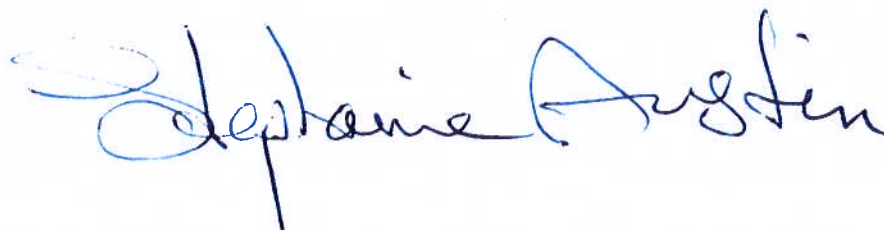
. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since Nov 2019. *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. As I approach my 80th birthday, this program provides me with the unique opportunity to have a fitness program 3x a week which is designed for my age group - and receive individualized input and feedback from my highly qualified instructors. There is no other program in the Maui Community which addresses the fitness needs of Seniors. HB872 is important to us Kupuna as it provides for evidence-based health promotion programs here on Maui, and statewide - it supports Kupuna to stay healthy and live quality lives.

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

Sincerely,



Date: 4/4/2023

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

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

Sincerely,

Michelle Bagda

Date: 04/04/23

Dear Hawaii Legislators

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

My name is Gwendolyn Buerza. I live on the island of Maui. (Lanai)

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 2020. EnhanceFitness is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been help to maintain my weight and health. That includes aerobic exercise, stretching, weights, and balance. I am thankful to have these online classes three times a week.

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

Sincerely,





Date: April 4, 2023

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

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

flexibility, more movement, socializing

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

Sincerely,

Avelyn K. Cabalo



Date: 04/04/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Michie L. Chee

Date:

4/4/2023

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP  
PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP  
PROGRAM

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

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

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

I NEED MORE WORK ON BALANCE

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

Sincerely,

SR Childs

Date: APR. 4, 2023

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

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

Sincerely,

Date. APR. 4, 2023

Dear Hawaii Legislators

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

My name is LEONA CRAVALHO. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 2021. *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been the ability to remain independent; less arthritic pain in the joints; and weight management.

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

Sincerely,

*Leona Cavalho*

Date: APRIL 4, 2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

*Susan Crawford*

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

Date: 4/4/23

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB ~~1~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Sherrri Curry. I live on the island of Maui.

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

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

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

Sincerely,

*Sherrri Curry*

Date: 04/04/23

Dear Hawaii Legislators

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

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

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been weight control, better health, and meeting/socializing with people. This program is so beneficial to us kupuna. It is held three times a week. The oldest person in my class is 93 years old (she still drives!). We are like a family. It will be a sad day for us kupuna who want to stay healthy if this bill is not passed.

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

Sincerely,



Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

*Hiedi Elizares*



Date: APR. 4, 2022

Dear Hawaii Legislators

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

My name is Yeiko Endo . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 11-7-2012. *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been. *I retired on Oct. 30 1998 and I have not gotten sick since I retired. And I believe it was I've been active with my exercise program!*  
*I am 84 and will turn 85 in May!*  
Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in *EnhanceFitness*. Staying healthy is very important to me and to other older adults.

Sincerely,  
Yeiko Endo

Date: 4/4/2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,  
Gene Evans

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Carole Fernandez

Date: 4/4/23

Dear Hawaii Legislators,

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

My name is Stan FRANCO . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since for the past 6 years. *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. With a diagnosis of Type 2 Diabetes and Parkinsons, this program of aerobics, weights, and stretching has kept me healthy and active over these years. I spend one hour each day on Monday, Wednesday, and Friday participating with a dozen others working to keep ourselves out of the medical system. Please keep this program funded.

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

Sincerely,

Stan Franco  
808-214-3575

Date:

4-4-23

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB ~~1~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is

Sylvia Frerking

. I live on the island

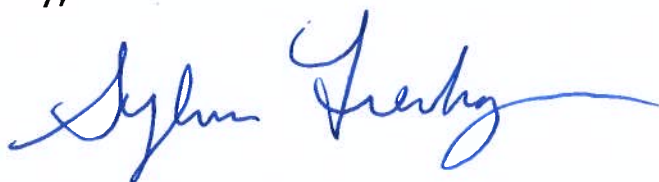
of Maui.

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

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

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

Sincerely,



Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

*wonderful*

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

Sincerely,

*Margaret Galam*

Date: 04/04/2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

VGomes

Date: APRIL 4, 2023

Dear Hawaii Legislators

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

My name is ELAINE M. GOODE. I live on the island of Maui.

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been *How friendly everyone is also it's a good work out, helps to give me more STAMINA and muscle, which helps with preventing falling.*

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

Sincerely, *Elaine M. Goode*



Date: 4 . 4 . 2023

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1519: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Andre K. Hauapu. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the West Maui Senior Center since

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

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

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

Sincerely, Andre K. Hauapu

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Date: 2/16/2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Mary M. Hew

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Wendy Heyd

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

Sincerely,

Marilynn Hirashima

Date:

4/4/2022

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Tameron Hodges

Date: APR. 4, 2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely, Suzan Hokama

Date: APR. 4, 2023

Dear Hawaii Legislators

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

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

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

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

*It keeps me energized & alert*

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

Sincerely, *M. Honda*



Date: 4/4/23

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the West Maui Senior Center since

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

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

more strength and cognitive memory, with the constant new movements in exercise, it keeps the mind fresh and engaged.

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

Sincerely,

Amy S Hussey

Date: April 4, 2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Pamela Ikeda

Date: 04/04/23

Dear Hawaii Legislators,

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

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

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

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

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

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

Sincerely,

A handwritten signature in black ink that reads "Suzanne Jensen". The signature is written in a cursive style and ends with a long horizontal flourish.

Date: 4/4/23

Dear Hawaii Legislators

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

My name is Carolyn Kam. I live on the island of Maui.

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been exercise & trying to sit up straight

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

Sincerely,

Carolyn Kam

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Lynne Kamakawiwoole

Date: 4/4/2023

Dear Hawaii Legislators

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

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

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

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

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

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

Sincerely,

Kikue Kanemoto

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

*Patty Kaniko*

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

Helped me with my cardio and balance..

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

Sincerely,

Riy K. Katsuda



Date: 4/4/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB 1~~5~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

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

Sincerely,

Michele A. Katsutani

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my improved strength, balance, flexibility, coordination and overall positive well being. I am a 75 yr. old retired teacher. I exercise with Enhanced Fitness 2 hours a week and with classes at Kaunoa Senior Services 4 hours a week - all on zoom! In Dec 2021 and Dec 2022, I was hospitalized. Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in EnhanceFitness. Staying healthy is very important to me and to other older adults.

due to complications with my chronic ulcerative colitis. Enhanced Fitness instructor Paula Keele brought me slowly back to health.  
Sincerely,

Linda Kawachi

Please, please continue to fund our Maui senior programs. I am eternally grateful and need these programs to continue staying strong and mobile.  
With much appreciation  
Linda Kawachi

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,



Date: 4/4/23

Dear Hawaii Legislators

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

My name is Jean Kuwada, and I am a charter member of EnhanceFitness. I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 9/2012. EnhanceFitness is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my continuous good health, and ability to enjoy growing older. I have learned about how we, as senior citizens, can maintain good health practices through eating well, exercising, socializing and caring about our bodies.

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

Sincerely,

Jean Kuwada (almost 85 yrs old!)

P.S. Paula Keala was the primary attraction and mover of this Enhance Fitness Program!

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

It improves my balance and fitness.

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

Sincerely,

Janet Kubota

Date: 4/4/2023

Dear Hawaii Legislators

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

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

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been flexibility, easy movement of all joints, better attitude, minimum pain in body, overall feeling of health, wellness, vitality and radiant aliveness! YIPPEE!

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

Sincerely,

Patricia Kwon

Date: 04/04/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,  
Janice Lam Hee

Date: 4/4/23

Dear Hawaii Legislators

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

My name is Jane Loeffler . I live on the island of Maui.

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

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

*Continued mobility and strength to maintain ADL, live independently in my own home and ability to drive myself, without program we would lose these abilities*

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

Sincerely, Jane Loeffler



Date: 4/4/2023

Dear Hawaii Legislators

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

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

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

EnhanceFitness has had a positive impact on my life. The most significant outcome has been I get physical exercise in my own home. I have been able to maintain my cholesterol and blood pressure is excellent.

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

Sincerely,

Janice Lum

Date: 04/04/23

Dear Hawaii Legislators

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

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

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 2018 . *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

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

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

Sincerely,

Linda Michele Mason

Date: 04/04/2023

Dear Hawaii Legislators

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

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

I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Waiakoa (Kula) gym since <sup>2020</sup>2022. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times a week for an hour each session. I exercise and socialize with others in a friendly, safe, fun environment.

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

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

Sincerely, Carol Massie

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

*This program has kept me going!  
Life is Good (at 90!)*

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

Sincerely,

*Beryl Matoi*

Date: 4/4/2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Maren E. McBarnet

Date: APR. 4, 2023

Dear Hawaii Legislators

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

My name is ANNE MCCOY. I live on the island of Maui. I AM THE INSTRUCTOR OF THIS CLASS.

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been NOT ONLY TO KEEP ME FIT AND HEALTHY BUT THE PURE ENJOYMENT MY STUDENTS GIVE ME. THEY ALL LOVE THAT THERE IS THIS TYPE OF CLASS ON THE WEST SIDE. THEY TELL ME HOW MUCH IT IS HELPING THEM TO KEEP FIT AND WE HAVE BECOME A BIG 'OHANA. I AM GRATEFUL

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

Sincerely,

anne mccoy

Date: 4/1/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,  
*Elaine Miyasato*

Date: APR 4, 2023

Dear Hawaii Legislators

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

My name is Marilyn Morikawa . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 2021 . *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been stimulating my mind and encouraging me to keep moving to maintain my well-being, which in turn allows me to care for two nearly 100 year old Moms. I've worked on Stamina to keep myself fit & without major pain.

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

Sincerely, with appreciation,  
Marilyn M. Morikawa



Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,



Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,  
Iris Nakata

Date: APRIL 4, 2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely, Jean Neuhoff

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

*Patricia Oliveira*

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,



Date: April 4, 2023

Dear Hawaii Legislators

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

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

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

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

Improved strength and balance

Lower Blood pressure

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

Sincerely,



Date: April 4, 2023

Dear Hawaii Legislators

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

My name is \_\_\_Karen Paresa Neizman\_\_\_\_\_. I live on the island of Maui.

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

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

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

Thank you  
Karen J Paresa Neizman

Date: ~~April~~ 4, 2023

Dear Hawaii Legislators

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

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

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

EnhanceFitness has had a positive impact on my life. Personally, I've been in the program for several years now beginning way before Covid. I must say that it's really helping me with my health issues, which are many. It is such a great program for fellowship and socialization with other kupuna like me. To tell you the truth, I hate to miss any of our classes because I enjoy it so much and it is helping me so much physically. We have great vivacious and fun instructors, too. Please come and visit us sometimes here on Maui so you can see that we really need your support.

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

Sincerely,

Lucy Peros



pamela polland

Date: 4/4/2023

Dear Hawaii Legislators

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

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

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

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

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

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

Sincerely,



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

Date: 4/4/23

Dear Hawaii Legislators

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

My name is Maie Pura. I live on the island of Maui.

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been consistency - consideration goals to do better - awareness of posture and balance

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

Sincerely,  
Maie Pura

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

*Improved balance.*

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

Sincerely,

*Bernice Siki*

Date: 04/04/2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Daniel Burt

Date: 4/4/23

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1119: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

Daily exercise for my mental health and well being.

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

Sincerely,

Anne Salek

Date: 04 - 04 - 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB ~~1519~~<sup>1219</sup>: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is

TERRI

. I live on the island

of Maui.

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been *Oh - I feel so much better after each class. My mood is lifted! My body feels energized and I'm excited to know my strength and physical body has improved.*

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

Sincerely,

*Terri Sante*

Date: 04-04-2023

Dear Hawaii Legislators

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

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

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since July 2021. EnhanceFitness is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been the availability of this program to address the concerns of aging adults. The regimen of this program supports us to become healthier and stronger to remain independent for as long as possible to be contributing citizens in our community.

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

Thank you for supporting older adults!!

Sincerely,

Lois Sato

Date: 04/04/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

*Wilma Sato*



Date: April 4, 2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Date: 04/04/2023

Dear Hawaii Legislators

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

My name is Phyllis Shaven. I live on the island of Maui.

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

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

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

Sincerely,

Phyllis Shaven

Date: ~~Apr.~~ 4, 2023

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB ~~1419~~: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Pauline Shiroma. I live on the island of Maui.

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

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

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

Sincerely, *Pauline Shiroma*

Date: Apr. 4, 2023

Dear Hawaii Legislators

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

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

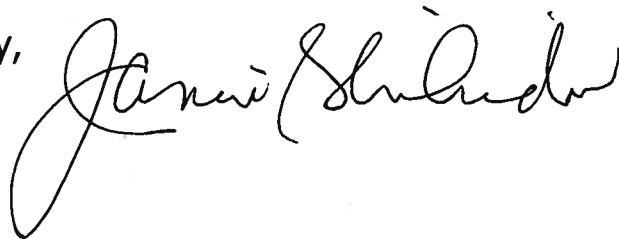
I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times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

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

Keeping me healthy + strong!

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

Sincerely,



Date: 4/4/23

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1519: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Carol K. Simmons. I live on the island of Maui.

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been VERY POSITIVE OUTCOME ON RECENT CARDIOLOGY EVALUATION! ALSO my ENERGY levels have increased significantly. My health status has improved in all areas. So happy with this program. Please provide funding for the Healthy Aging Partnership Program so that I can continue to participate in *EnhanceFitness*. Staying healthy is very important to me and to other older adults.

Sincerely,



Date: 04/04/2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Kathryn Smith

Date:

4/4/2023

Dear Hawaii Legislators

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

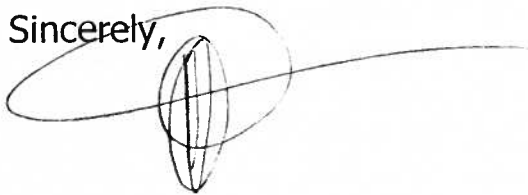
My name is Mona Stevens-Russell I live on the island of Maui.

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been increased strength and endurance. This program keeps our kupuna healthy and active instead of momona and make. These are your voters.

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

Sincerely,



Date: 4/04/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely, Debi Sturdevant



Date: Apr. 4, 2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

*Toshiko Sugiki*

Date: Apr. 4, 2023

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

*Cheryl Tanaka*

Date: APRIL 4, 2023

Dear Hawaii Legislators

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

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

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since January 1998. EnhanceFitness is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been my social outlook and my ability to move around — both in and out of my home.

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

Sincerely, Karen Tanaka.  
Karen Tanaka.

Date: Apr. 4, 2023

Dear Hawaii Legislators

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

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

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

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

I'm fit + feel great!

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

Sincerely,

Amy Teves

Date: 04/04/23

Dear Hawaii Legislators

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

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

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

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

Improvement - mental, physical, social !!

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

Sincerely,

Date: 4/4, 2023

Dear Hawaii Legislators

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

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

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been my feeling stronger, physically + mentally.

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

Sincerely,

Elise S. Tsuchioka

Date: Apr. 4, 2023

Dear Hawaii Legislators

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

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

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since Jan., 2023. *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been stamina & less joint stiffness. During the COVID outbreak, I was a couch potato for yrs., & was tired & stiff most of the times. I'm almost 80 yrs. old, but feel so much better with this class! Please support us!

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

Sincerely,

Suzanne Uehara

P.S. Prior to COVID, I did *Enhanced Fitness* classes off & on for many yrs.

Date: Apr. 4, 2023

Dear Hawaii Legislators

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

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

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 2021. *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been maintaining my weight exercises, balance and flexibility.

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

Sincerely,

Susan Ventura



Date: 4/4/23

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1019: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

Wellness - encouragement towards good health - diet - fitness -

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

Sincerely,

Winnie Wagstaff

Date: April 4, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB 1~~5~~19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since 2022 . EnhanceFitness is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

EnhanceFitness has had a positive impact on my life. The most significant outcome has been IMPROVES MY MOOD, ENERGY, FLEXIBILITY, AGILITY AND BETTER SLEEP. I REALLY ENJOY ENHANCE FITNESS AND DON'T WORKOUT ON MY OWN AND NEED A CLASS TO GET ME GOING IN AN ORGANIZED STRUCTURED FORMAT.

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

Sincerely,  
Veronica E. Walker  
MAHALO!

Date: Apr. 4, 2023

Dear Hawaii Legislators

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

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

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

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been *altho I have low vision, I am able to stay in my own home, participate in outdoor activities and play with my new grandchild because I remain fit and retain good balance & strength.*

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

Sincerely,

*Susan Werner*

808.268.8762

Haiku HI 96708

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,

Charlotte Wilkinson

Date: 04/04/2023

Dear Hawaii Legislators

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

SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

SB 1419: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

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

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

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

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

Sincerely,

Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

Sincerely,



Date: 4/4/23

Dear Hawaii Legislators

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

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

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

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

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

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

Sincerely,  


Date: April 4, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM  
SB ~~15~~ 19: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Holly Zebzda . I live on the island of Maui.

I have been involved and participating in the Maui County Office on Aging's EnhanceFitness Program online since April, 2019 . *EnhanceFitness* is an evidence-based exercise program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 2-3 times a week for an hour each session. I appreciate being able to exercise and socialize with other kupuna from my own home.

*EnhanceFitness* has had a positive impact on my life. The most significant outcome has been improved balance and making new friends (pre pandemic). Since the pandemic there are no in-person classes in my area (Kihei). Please work harder to bring back a class in Kihei .

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

Sincerely,

Holly Zebzda



April 4, 2023

The Honorable Donovan M. Dela Cruz, Chair  
The Honorable Gilbert S.C. Keith-Agaran, Vice-Chair  
Committee On Ways and Means

TESTIMONY—SUPPORT FOR HB 872, HD1, SD1 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

Thank you for the this opportunity to submit testimony in support of HB 872 HD-1, SD-1 Relating to the Hawaii Healthy Aging Partnership.

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

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

The pandemic has posed challenges for the senior participants, with limitations of in-person classes. As more funding becomes available statewide for HAP, we hope the senior participants can look forward to getting back to their in-person classes and enjoy the socialization with their fellow participants. Healthy aging promotes the well-being of mind, body, and spirit in older adults. Thank you for your favorable consideration and support of HB 872, HD1, SD1.

Naomi Sugihara  
Retired staff, Kauai Agency on Elderly Affairs

RECEIVED

23 APR -4 P 1 07

COUNTY OF KAUAI  
AGENCY ON  
ELDERLY AFFAIRS

April 4, 2023

Dear : Senator Donovan M. Dela Cruz, Chair  
Senator Gilbert S.C. Keith-Agaran, Vice Chair

RE: HB 872, HD1, SD1 RELATING TO THE HAWAII HEALTHY AGING  
PARTNERSHIP.

Hearing date: Thursday, April 6, 2023

Aloha Johnny, I wanted to offer my support for continuing EF classes:

My name is Jennifer Cullen, a resident of Kilauea, Kauai. I have participated in the Enhanced Fitness classes for several years now. They benefit me greatly as I have lived with Type1 Diabetes for 60 years! Exercise is key to maintaining my incredible good health. The Enhanced Fitness classes are very important to me as they engage me physically, mentally and socially, working out with friends. Please continue this program which so greatly benefits me as well as other attendees! I also wanted to add my appreciation for our incredible instructor, Debbie Lankford! Her expertise, enthusiasm & encouragement are invaluable!

Sincerely,  
Jennifer Cullen

RECEIVED

'23 APR -4 P 1:55

COUNTY OF KAUAI  
AGENCY ON  
ELDERLY AFFAIRS

April 4, 2023

Dear : Senator Donovan M. Dela Cruz, Chair  
Senator Gilbert S.C. Keith-Agaran, Vice Chair

RE: HB 872, HD1, SD1 RELATING TO THE HAWAII HEALTHY AGING  
PARTNERSHIP.

Hearing date: Thursday, April 6, 2023

EF testimony

My name is Debbie Lankford and I began my journey of becoming an Enhance Fitness Instructor for county of Kauai elderly affairs in 2007. I drove 50 miles each way, 3 times a week, for 6 months, until a facility closer to my home became available then not too long after that I taught senior group fitness, 2 sites 3 days a week. I loved my job and I still do!!! Enhance Fitness is a fantastic program for our Kapuna. Enhance Fitness inspires the participants to be active, to move their body, help their memory, coordination... to enjoy life by being physically active!!! They enjoy being with their friends and meeting new friends!!! We help them to improve or maintain their cardio respiratory fitness, strength training, balance & flexibility. Even students who are hearing impaired can join in the fun. I could write for days about every student & how wonderful they are and feel when they are able to exercise! Covid took away their joy to connect with their friends since we could no longer be together. Please help us to open back up so that we can see our seniors and their beautiful smiles again. The program works!!!!

RECEIVED

23 APR -4 11-6

COUNTY OF KAUAI  
AGENCY OF  
ELDERLY AFFAIRS

Sincerely,

Debbie Lankford  
EF instructor

April 4, 2023

Dear : Senator Donovan M. Dela Cruz, Chair  
Senator Gilbert S.C. Keith-Agaran, Vice Chair

RE: HB 872, HD1, SD1 RELATING TO THE HAWAII HEALTHY AGING  
PARTNERSHIP.

Hearing date: Thursday, April 6, 2023

Aloha Johnny,

I am writing to reaffirm the ways that Enhanced Fitness has and is improving the quality of my life. The range of exercises builds strength, balance, flexibility and stamina. Our teacher, Debbie Lankford, motivates and encourages us. I believe this program is extremely valuable to the kupuna. Please contact me if there is more I can do to support the program

Aloha,

Wicki Van De Veer

RECEIVED

'23 APR -4 P 1:06

COUNTY OF KAUAI  
AGENCY ON  
ELDERLY AFFAIRS

April 4, 2023

Dear : Senator Donovan M. Dela Cruz, Chair  
Senator Gilbert S.C. Keith-Agaran, Vice Chair

RE: HB 872, HD1, SD1 RELATING TO THE HAWAII HEALTHY AGING  
PARTNERSHIP.

Hearing date: Thursday, April 6, 2023

Aloha Mr. Yago,

My name is Denise Fields and I am in Debbie Langford's EF class. Just wanted to pass along how great it is. It has really made a difference in my strength and balance. Which is very important as you age. Also love the fact that it is on Zoom, it makes it so much more convenient. Thank you for all your support.

Sincerely,

Denise Fields

RECEIVED

'23 APR -4 P 1:06

COUNTY OF KAUAI  
AGENCY OF  
ELDERLY AFFAIRS



April 4, 2023

Dear : Senator Donovan M. Dela Cruz, Chair  
Senator Gilbert S.C. Keith-Agaran, Vice Chair

RE: HB 872, HD1, SD1 RELATING TO THE HAWAII HEALTHY AGING  
PARTNERSHIP.

Hearing date: Thursday, April 6, 2023

Johnny, I hope I got this to you in time. Doing enhanced fitness three times a week has not only improved my balance but my mental health. Debbie tries hard to make sure every part of us is moving, coordinating and joyful while we're doing it. She's the best!

Sincerely,

Barbara Mika

RECEIVED

'23 APR -4 P1:06

COUNTY OF KAUAI  
AGENCY OF  
ELDERLY AFFAIRS



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**  
**Senate Committee on Ways and Means**  
**Thursday, April 6, 2023**  
**Conference Room 211, 10:00 a.m.**

TO: The Honorable Donovan Dela Cruz, Chair  
RE: Support for H.B. 872, HD1, SD1 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 nonpartisan, social impact organization that advocates for individuals age 50 and older. We have a membership of nearly 38 million nationwide and nearly 140,000 in Hawaii. We advocate at the state and federal level for the issues that matter most to older adults and their families.

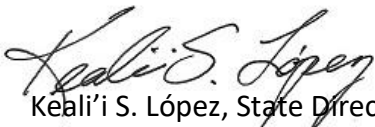
**AARP Supports H.B. 872, HD1, SD1** which appropriates funds to the Executive Office on Aging for the Hawaii Healthy Aging Partnership program to continue improving the health and well-being of Hawaii's kūpuna.

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

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

Thank you very much for the opportunity to testify in strong support for **H.B 872, HD1, SD1**.

Sincerely,

  
Keali'i S. López, State Director



Testimony to the Senate Committee on Ways and Means

Thursday, April 6, 2023

10:00 a. m.

State Capitol Conference Room 211 and via videoconference

Re: HB 872 HD 1 SD 1 Relating to the Hawai'i Healthy Aging Partnership

Dear Chair Dela Cruz, Vice Chair Keith-Agaran, and Honorable Members of the Senate Committee on Ways and Means:

I am Gary Simon, a member of the board of the Hawai'i Family Caregiver Coalition, whose mission is to improve the quality of life of those who give and receive care by increasing community awareness of caregiver issues through continuing advocacy, education, and training. I am testifying as an individual who has worked in healthcare for over thirty years, and I am offering testimony on behalf of the Hawai'i Family Caregiver Coalition.

The Hawaii Family Caregiver Coalition strongly supports HB 872 HD 1 SD 1, which appropriates funds to the Executive Office on Aging for the Hawai'i Healthy Aging Partnership.

The Hawaii Healthy Aging Partnership Program is a good program (empowering our kupuna to engage in healthy lifestyles) based on good public policy (maintaining and improving the health of our residents).

We urge you to support the Hawai'i Healthy Aging Partnership Program and HB 872 HD 1 SD 1, and we urge you to recommend its passage.

We thank you for seriously considering the bill.

Very sincerely,

A handwritten signature in black ink that reads "Gary Simon".

Gary Simon



Email [gsimon@aarp.org](mailto:gsimon@aarp.org)



Beverly Gotelli  
6286 Opaeka`a Road  
Kapaa, HI 96746

COMMITTEE ON WAYS AND MEANS

Sen. Donovan Dela Cruz, Chair Sen. Gil Keith Agaran, Vice Chair

April 6, 2023  
TIME: 10:00 AM PLACE: VIA VIDEOCONFERENCE  
Conference Room: 211

HB 872 HD1 SD 1  
Title: Hawaii Healthy Aging Partnership; Executive Office on Aging; Department of Health; Appropriation

Position: Strongly Support

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

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

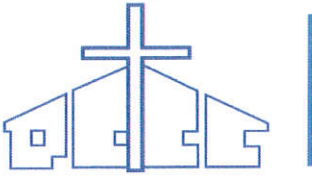
As a participant of Enhanced Fitness, this is one of the Healthy Aging Partners. I'm writing in support of HB 872 HD 1SD 1, as the bill states it is evidence-based program and began in 2003, it is beneficial in many ways to the participants. I live on the island of Kaua`i.

I have been a participant of the Enhanced Fitness program for 5 years and have benefitted by a healthier life style. The members meet three times a week for an hour. Our instructor during the pandemic and currently have provided us with lessons via Zoom. The hour spent together not only helps us physically but also mentally. We are able to interact with each other socially and that has been missed by many during the pandemic. Funding has been appropriated in the past and I would like to see it be included this year. The last time HAP was appropriated state funds from the legislature was in 2019 for \$550,000.

My fellow participants have built up a strong relationship through the program. We have been able to share with each other our medical and personal problems. This program has many benefits for Kupuna and provided interaction that has been missed. Funding is the key issue and without the appropriation the programs may need to end. Thank you for the opportunity to testify in support of HB 872 HD 1SD1.

Sincerely yours,

Beverly Gotelli,  
PABEA Vice Chair



## Pearl City Community Church

United Church of Christ

933 Lehua Avenue Pearl City, HI 96782 \* (808) 455-4148

TO: Chair Donovan M. Dela Cruz  
Senate Committee on Ways and Means

SUBJECT: **STRONG SUPPORT HB872, HD1** Relating to the Hawaii Healthy Aging Partnership

As Pearl City Community Church's Moderator, I write in STRONG SUPPORT of HB872, HD1 RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP.

Pearl City Community Church is fortunate to be in a partnership with the YMCA and the University of Hawaii-Center on the Family. Through this partnership, the Hawaii Healthy Aging Partnership's EnhanceFitness program is offered to our Pearl City community at Pearl City Community Church. The EnhanceFitness program is an effective and enjoyable falls prevention exercise program.

The funding appropriated by the Legislature is critical to enable the Hawaii Health Aging Partnership to continue to offer evidence-based programs throughout the State to improve the health and well-being of older adults.

Please SUPPORT HB872, HD1 relating to the Hawaii Healthy Aging Partnership so that older adults can age well, remain healthy and active, and enjoy quality lives while engaging in their communities.

Thank you for the opportunity to provide testimony.

Dominic Inocelda  
Moderator, Pearl City Community Church

April 4, 2023

TO: Chair Donovan M. Dela Cruz  
Senate Committee on Ways and Means

Subject: STRONG SUPPORT HB872, HD1, SD1 Relating to the Hawaii Healthy Aging Partnership

I write in **STRONG SUPPORT of HB872, HD1, SD1** RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP.

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

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

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

Please SUPPORT HB872, HD1, SD1 relating to the Hawaii Healthy Aging Partnership so that older adults across our State can age well, remain healthy and active, and enjoy quality lives while engaging in our communities.

Thank you for the opportunity to provide testimony.



Shirley Kidani

April 4, 2023

To: Chair Donovan M. Dela Cruz  
Senate Committee on Ways and Means

Subject: Support of HB87, HD1, SD1 Relating to the Hawaii Healthy Aging Partnership

I wish to add my testimony in strong support of HB872, HD1, SD1 which through the Hawaii Healthy Aging Partnership (HHAP) will enable seniors in communities throughout the state, such as ours in Pearl City, to have access to programs that will keep them healthy and contributing to the daily activities in their neighborhoods.

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

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

Please support HB872, HD1, SD1 Relating to the Hawaii Healthy Aging Partnership to fund these two evidence-based programs to ensure that seniors throughout our state will stay healthy and enjoy the rest of their lives as active members in their communities.

Thank you for this opportunity to provide my testimony,



Jean Kimoto

January 30, 2023

Dear Hawaii Legislators,

RE: **HB872**  
SB853  
SB1419

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

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

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

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

Sincerely,

*Frances Nakamura*

Date:

Dear Hawaii Legislators

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

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

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

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

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

Excellent program!

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

Sincerely,

Jacelyn Arakawa



Date:

Dear Hawaii Legislators

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

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

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

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

balance has improved, muscles strengthened

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

Sincerely,

Helen Yap

Date:

Dear Hawaii Legislators

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

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


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

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

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

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

Sincerely,





Dear Hawaii Legislators

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

Aloha,

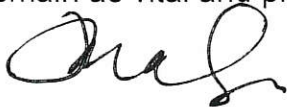
I am not a member of the Pearl City Community Church, so my initial introduction to my EnhanceFitness comrades was when we all met in class last August. From the beginning, it was a revelation as I had never before met a group of more spirited and dynamic 70, 80, and 90-year old adventurers. Not only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

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

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

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

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



Mahalo,  
Ruriko Matsuoka  
Pearl City Community Church  
EnhanceFitness Member

Dear Hawaii Legislators,

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

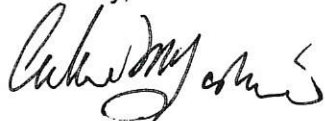
Since August 2022, I have participated in Pearl City Community Church's EnhanceFitness program. The focus of the program is fall prevention through exercise. The immediate benefits are improved cardiovascular fitness, strength, flexibility and mobility, and balance.

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

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

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

Sincerely,



Calvin M. Yoshida



Date:

Dear Hawaii Legislators

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

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

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

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

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

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

Sincerely,

*John Bartsch*

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

*1) I have lost 8 lbs and 1 1/2" off my waist.*

*2) my stomach muscles are getting harder each week.*

*3) my biceps and triceps are getting bigger, like they were when I was 10 years ago.*

*4) I can't say enough about my balance, it must be 110% better than ever before.*

*5) I am a member of PCC church and promote this program to the members.*

*I give thanks for the Enhance Fitness program at this time in our lives. your financial support would be greatly appreciated also.*

Date:

Dear Hawaii Legislators

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

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

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

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

---

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

Sincerely,  
*Mieko Nishikawa*

Date:

Dear Hawaii Legislators

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

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

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

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

improvement of my balance, strength, coordination  
and overall physical well being.

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

Sincerely,

*Lillian Abo*



January 26, 2023

Dear Hawaii Legislators

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

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

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

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

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

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

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

Sincerely,

  
Shirley Ota

Date:

Dear Hawaii Legislators

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

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

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

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

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

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

Sincerely,

Elaine Kumata

Date:

Dear Hawaii Legislators

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

My name is Teresa Aguilera. I live on the island of Oahu.

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

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

less pain & more joint mobility

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

Sincerely,

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



Thank you,  
Susan M Nakama  
- daughter of Taeko Iguchi

ps

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

**SENATE COMMITTEE ON WAYS AND MEANS**  
**Senator Donovan M. Dela Cruz, Chair**  
**Senator Gilbert S.C. Keith-Agaran, Vice Chair**

**NOTICE OF DECISION MAKING**

**DATE: Thursday, April 6, 2023**

**TIME: 10:00 AM**

**Re: HB 872, HD1, SD1 - RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP**

**Aloha Chair Dela Cruz and Committee Members.**

**My name is Linda Dorset, a resident of Wailuku, Maui. I thank you for the opportunity to submit written testimony regarding the above referenced legislation. I strongly support HB872 to appropriate funds for the Hawaii healthy aging partnership to continue to improve the health and well-being of Hawaii's kupuna.**

**Maui County has a really strong healthy aging program where kūpuna learn to effectively manage their health by making better health decisions and adopting healthier lifestyles. It is so popular that it is difficult to get a spot in the classes. Funds to expand would be very helpful.**

**Healthy Aging Partnership has continued to demonstrate success as an evidenced-based health promotion and disease prevention program; including a low impact aerobics class and chronic disease self-management (Better Choices, Better Health) workshops. · · Need to support these long-standing, successful health promotion programs that help keep Hawai'i's kūpuna healthy and well as opposed to needing public assistance for affording medical care.**

**Linda Dorset**  
**Wailuku Resident**

4/4/2023

TO: Senate Committee on WAYS AND MEANS  
Honorable Chair Senator Donovan Dela Cruz.  
Honorable Vice-Chair Senator Gilbert Keith-Agaran

FROM: Michiyo Tomioka

SUBJECT: HB872 HD1 SD1 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM

HEARING: Thursday, April 6, 2023, 10:00 a.m. Conference Room 211 & Videoconference

POSITION: Support of HB872 HD1 SD1

Thank you for this opportunity to submit testimony for HB872 HD1 SD1 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM.

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

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

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

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

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



Michiyo Tomioka

**HB-872-SD-1**

Submitted on: 4/4/2023 1:52:35 PM

Testimony for WAM on 4/6/2023 10:00:00 AM

| <b>Submitted By</b> | <b>Organization</b>                                      | <b>Testifier Position</b> | <b>Testify</b>         |
|---------------------|--|---------------------------|------------------------|
| Kay Kuwamura        | Testifying for County of Kauai Agency on Elderly Affairs | Support                   | Written Testimony Only |

Comments:

Aloha,

I am writing to respectfully request support HB872, a bill relating to Hawaii Healthy Aging partnership. Seniors are our fastest growing population and we need programs specifically designed for them. This bill is especially important to our kupuna as it provides for evidence-based programs throughout our state.

I have been working closely with our kupuna in the EnhanceFitness exercise program on Kauai for over 11 years and see firsthand the importance of exercise for this age group. HB 872 appropriations will help our kupuna to stay healthy and lives of quality.

Many thanks,

Kay Kuwamura

Master Trainer

EF Kauai

**HB-872-SD-1**

Submitted on: 4/4/2023 2:37:11 PM

Testimony for WAM on 4/6/2023 10:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>         |
|---------------------|---------------------|---------------------------|------------------------|
| Dan Gardner         | Individual          | Support                   | Written Testimony Only |

Comments:

Dear Senator Dela Cruz and Members of the Ways and Means Committee. I ask for your support of this legislation to provide funding for DoH's Executive Office on Aging to continue the Hawaii Healthy Aging Partnership program (HAP). Two evidence-based programs run by HAP provide workshops for our seniors / Kapunas to promote healthier futures. "Better Choices, Better Health" provides six week workshops on chronic disease self management. "Enhance Fitness" offers low impact aerobic classes. The workshops will be conducted in both in-person and virtual formats. Please support this initiative that will promote healthier lifestyles and hold poor health at bay for our seniors. Thank you.

**HB-872-SD-1**

Submitted on: 4/4/2023 6:43:47 PM

Testimony for WAM on 4/6/2023 10:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>            |
|---------------------|---------------------|---------------------------|---------------------------|
| Cards Pintor        | Individual          | Support                   | Written Testimony<br>Only |

Comments:

Aloha,

I support this bill.

Mahalo nui,

Cards Pintor

**HB-872-SD-1**

Submitted on: 4/4/2023 8:18:13 PM

Testimony for WAM on 4/6/2023 10:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>            |
|---------------------|---------------------|---------------------------|---------------------------|
| Brian Lehmann       | Individual          | Support                   | Written Testimony<br>Only |

Comments:

I have been a participant in the Enhance Fitness program, in-person and remotely, pre and post-pandemic, as well as during. My physical fitness has benefitted as a result, in each of these phases. I am in support of appropriating funding that this program may continue. Thank you.

**COMMITTEE ON WAYS AND MEANS**

**Hearing:** Thursday, April 6, 2023, 10:00 a.m.  
Conference Room 211 & Videoconference  
State Capitol  
415 South Beretania Street

**TESTIMONEY IN SUPPORT OF HB 872, HD1, SD1  
RELATING TO HAWAII HEALTHY AGING PARTNERSHIP**

THE THIRTY-SECOND LEGISLATURE  
REGULAR SESSION OF 2023

**To:** Senator Donovan M. Dela Cruz, Chair; Senator Gilbert S.C. Keith-Agaran, Vice Chair;  
Committee on Ways and Means

Thank you for the opportunity to submit written testimony in **strong support** of **HB 872, HD1, SD1**, Relating to Hawaii Healthy Aging Partnership. Many kūpuna learned to effectively manage their health by making better health decisions and adopting healthier lifestyles through these programs. It is necessary to support these long-standing, successful health promotion programs that help keep Hawaii's kūpuna healthy and well

**HB 872, HD1, SD1:** Appropriates funds to the Executive Office on Aging of the Department of Health for the Hawaii Healthy Aging Partnership. Effective 6/30/3000 (SD1)

I urge you to support **HB 872, HD1, SD1**.

Anna Filler  
Senatorial District 12,  
Email: [afiller@twc.com](mailto:afiller@twc.com)



Kevin L. Johnson, Ko Olina, Hawai'i

**Hawai'i Legislature  
Senate Committee on Ways and Means  
Thursday, April 6, 2023, Conference Room 211, 10:00 a.m.**

TO: The Honorable Donovan M. Dela Cruz, Chair

RE: Support for HB872, HD1,SD 1, Relating to the Hawaii Healthy Aging Partnership

As a pharmacist I witnessed far too many people looking for the “magic bullet” to keep them healthy. The Hawaii Healthy Aging Partnership offers the closest and actual real alternative and is why I **Support HB 872, HD1, SD1.**

Efforts to ensure the health of individuals is always more cost effective than trying to insure them after they fall ill. Kupuna often find themselves thinking they are beyond preventive health measures but this program has already shown results proving quite the opposite. Many of these folks who currently are unable to be proactive with their health, due to lack of funding, will likely end up in other, much more costly programs, such as Medicaid.

**Support of HB 872, HD1, SD1**, is an investment in preventive care that will pay dividends in the long run for both our Kupuna and the State of Hawai'i..

Sincerely,

*Kevin L. Johnson*

**LATE**

**HB-872-SD-1**

Submitted on: 4/5/2023 11:03:41 AM

Testimony for WAM on 4/6/2023 10:00:00 AM

| <b>Submitted By</b> | <b>Organization</b> | <b>Testifier Position</b> | <b>Testify</b>         |
|---------------------|---------------------|---------------------------|------------------------|
| Sarah Yuan          | Individual          | Support                   | Written Testimony Only |

Comments:

I strongly support HB872 HD1 SD1, which appropriates funds to DOH-Executive Office on Aging for Hawai'i Healthy Aging Partnership, FY24 and FY25. The Partnership offers Enhance@Fitness and Better Choices Better Health programs to enable seniors to become physically stronger, reduce the risk of falls, and enhance their ability to manage chronic health conditions. Prevention works. The public healthcare cost savings far outweigh the costs of running these nationally recognized evidence-based programs. Without continuous funding, the Partnership will lose certified trainers and the program capacity they spent years developing. The demands for these evidence-based prevention programs increased after the pandemic, and your support for Healthy Aging Partnership is critical. Thank you for considering this testimony.