

**Stay Connected!**  
 Subscribe to our weekly e-newsletter by emailing or calling my office.

**Our Friends at:**  
 Address  
 City, State Zip Code

 [RepKitagawa.com](http://RepKitagawa.com)  
 (808) 586-8540  
 [repkitagawa@capitol.hawaii.gov](mailto:repkitagawa@capitol.hawaii.gov)

415 S Beretania St, Room 315  
 Honolulu, HI 96813

*State Representative*  
**LISA KITAGAWA**  
*Proudly Serving Kaneohe to Waipahoehoe*




**KŪPUNA RESOURCES INSIDE!**

**Rep Kitagawa with her Grandma Akiyo**  
 As Covid-19 continues to affect our most vulnerable loved ones, I encourage everyone to continue to exercise caution and follow safety guidelines and protocols. I have included recommendations from the Hawai'i Department of Health below. For additional kūpuna Covid-19 guidance and resources, visit their Covid-19 website at [hawaiiicovid19.com](http://hawaiiicovid19.com).

**ATTENTION**

- If you are:**
- 60 years and older
  - Have a serious health condition, such as heart disease, lung disease, diabetes, kidney disease or compromised immune system

**Please take precaution:**

 Secure 30-days extra of prescription medication	 Avoid crowds	 Avoid nonessential travel	 Stay home as much as possible
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**If you care for someone at higher risk:**

 Secure extra medication and medical supplies	 Purchase nonperishable foods to minimize trips to the store	 Monitor food intake and incontinence
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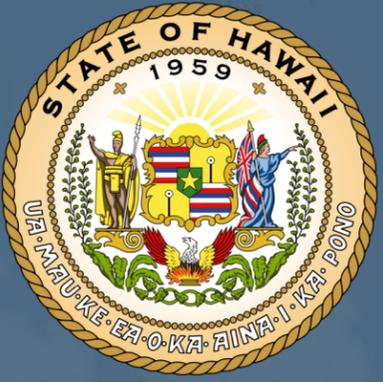
**Loved one in long-term care?**

- ✓ Understand facility's outbreak protocol.
- ☎ Call facility ahead of visits for updates and advice.
- 🚫 Avoid visiting to the extent possible. Limit time and keep 6+ ft distance.

**Contact your doctor if:**

 Cough	 Fever	 Shortness of Breath
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*As a statewide 'ohana, we have a responsibility to protect those most vulnerable to COVID-19.*



Connecting our Community

**IMPORTANT KŪPUNA CONTACTS**

**Representative Lisa Kitagawa**

Hawai'i State Legislature  
 415 S. Beretania St, #315  
 Honolulu, HI 96813

**808-586-8540**  
[repkitagawa@capitol.hawaii.gov](mailto:repkitagawa@capitol.hawaii.gov)

**CITY & COUNTY OF HONOLULU**

- Elderly Affairs Hotline.....(808)-768-7700
- Handi-Van Operations.....(808) 456-5555

**STATE OF HAWAI'I**

- Adult Protective Services Helpline.....(808) 832-5115
- Aging and Disability Resource Center.....(808) 768-7700
- Executive Office on Aging.....(808) 586-0100
- Hawai'i Disability Rights Center.....(808) 949-2922
- Hearing Aid Helpline.....1-800-521-5247
- Long Term Care Ombudsman.....(808) 586-7268
- Med-QUEST Division Helpline.....(808) 587-3540
- Mental Health Access & Crisis Line.....(808) 832-3100
- Office of Health Care Assurance.....(808) 692-7420
- Senior Legal Hotline.....(808) 536-0011
- Senior Scam Hotline.....1-888-333-1593
- Quit Line, Hawai'i Tobacco.....1-800-784-8669

**NATIONAL**

- Centers for Medicare & Medicaid Services.....1-800-633-4227
- Social Security Administration.....1-855-572-4879
- U.S. Department of Veterans Affairs.....(808) 433-0660

Aloha!

Mahalo to everyone who participated in our 2022 Community Survey. The results indicated that supporting our kūpuna are one of your top priorities. If you are a kūpuna, caregiver, or have a loved one that is a kūpuna, I hope you find these resources helpful. Please do not hesitate to reach out to my office if you have any questions. *Lisa*

## TECHNOLOGY RESOURCES



## CAREGIVER RESOURCES

<b>LANAKILA PACIFIC'S KŪPUNA TECH</b>	Kūpuna Tech offers online and in-person tech classes for kūpuna ages 60+. Topics include navigating devices (like smart phones and tablets), safe web surfing, online healthcare, and more!
	<p><b>Phone:</b> (808) 220-9941</p> <p><b>Email:</b> <a href="mailto:kupunawellness@lanakilapacific.org">kupunawellness@lanakilapacific.org</a></p>
<b>HAWAI'I STATE PUBLIC LIBRARY</b>	The Hawai'i State Public Library offers free online classes on how to use computers and common computer applications.
	<p><b>Website:</b> <a href="http://librarieshawaii.org">librarieshawaii.org</a> (click "learn", then "Gale course")</p>

<b>ELDERCARE LOCATOR</b>	The Eldercare Locator, a public service of the U.S. Administration on Aging, links you to state and local agencies that serve kūpuna and their caregivers.
	<p><b>Phone:</b> 1-800-677-1116</p> <p><b>Website:</b> <a href="http://eldercare.acl.gov">eldercare.acl.gov</a></p>
<b>AGING AND DISABILITY RESOURCE CENTER</b>	The Hawai'i ADRC helps kūpuna, individuals with disabilities, and family caregivers find options for long term supports and services available to them in the State.
	<p><b>Phone:</b> (808) 643-2372</p> <p><b>Website:</b> <a href="http://hawaiiadrc.org">hawaiiadrc.org</a></p>
<b>CAREGIVER FOUNDATION SUPPORT GROUP</b>	The Caregiver Foundation helps caregivers, kūpuna planning for/seeking caregiving, and families of kūpuna receiving caregiving. Services include workshops, educational materials, coordination services, and more.
	<p><b>Phone:</b> (808) 625-3782</p> <p><b>Website:</b> <a href="http://thecaregiverfoundation.org">thecaregiverfoundation.org</a></p>
<b>PROJECT DANA</b>	Project Dana offers a variety of services to assist kūpuna and caregivers. Services include their Home Safety Assessment Program, Caregiver Support Group, visitation, transportation, and more.
	<p><b>Phone:</b> (808) 945-3736</p> <p><b>Website:</b> <a href="http://projectdana.org">projectdana.org</a></p>

## HEALTH & FOOD RESOURCES



<b>HAWAI'I FOOD BANK</b>	The Hawai'i Foodbank has over 200 food partner agencies across the State. To find a program near you, call or visit their website.
	<p><b>Phone:</b> (808) 836-3600</p> <p><b>Website:</b> <a href="http://hawaiiifoodbank.org">hawaiiifoodbank.org</a></p>
<b>MEDICARE HELP</b>	Hawai'i State Health Insurance Assistance Program provides free Medicare information, counseling, and presentations for Medicare-eligible individuals, their families, caregivers, and soon-to-be retirees.
	<p><b>Phone:</b> (808) 586-7299</p> <p><b>Website:</b> <a href="http://hawaiihip.org">hawaiihip.org</a></p>
<b>PUBLIC HEALTH NURSING BRANCH</b>	The Public Health Nursing Branch provides services by registered nurses with home visits for frail, vulnerable kūpuna with complex health conditions and limited resources. They also offer health consultation to groups and organizations on emergency preparedness, control of communicable disease, and health and wellness related to kūpuna .
	<p>(Windward) <b>Phone:</b> (808) 233-5450</p> <p><b>Website:</b> <a href="http://health.hawaii.gov/phnb/">health.hawaii.gov/phnb/</a></p>



## COMMUNITY CONNECTION

## FINANCIAL RESOURCES



<b>AID TO THE AGED, BLIND, AND DISABLED</b>	The AABD program provides cash benefits for food, clothing, shelter, and other essentials to kūpuna (65 years of age or older) or individuals who are disabled or blind, who meet certain income requirements.
	<p><b>Phone:</b> 1-855-643-1643</p> <p><b>Website:</b> <a href="http://humanservices.hawaii.gov">humanservices.hawaii.gov</a></p>

<b>NĀ PUA O KO`OLAU</b>	KEY Project's Nā Pua O Ko`olau Senior Program offers virtual classes, programs, and a drive-thru kūpuna breakfast.
	<p><b>Phone:</b> (808) 239-5777</p> <p><b>Website:</b> <a href="http://keyproject.org">keyproject.org</a></p>
<b>KŪPUNA IN THE PARK</b>	The Department of Parks and Recreation is offering individual classes and lessons in place of in-person classes for kūpuna. Topics include craft-making, cooking, exercise, and more.
	<p><b>Website:</b> <a href="http://honolulu.gov/parks">honolulu.gov/parks</a> Click "Senior Citizen Program"</p>
<b>KĀNE`OHE COMMUNITY &amp; SENIOR CENTER</b>	The Kāne`ohe Community and Senior Center offers may free programs available to kūpuna. The Center is open Monday-Friday from 8am to 12pm or 2pm. For a complete list of programs offered, you may visit the Center to pick up a flyer in person at 45-613 Pū`ōhala St. Kāne`ohe, HI 96744.
	<p><b>Phone:</b> (808) 768-6847</p>