

Beverly Gotelli
6286 Opaeka`a Road
Kapaa, HI 96746

Committee on Way and Means
Senator Donovan Dela Cruz, Chair, Senator Gilbert Keith-Agaran, Vice Chair

Wednesday, March 1, 2023

10:10M Conference Room 211 & Videoconference

Position: Support, SB 853 SD1

Chair Dela Cruz, Vice Chair Keith-Agaran 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.

I'm writing in strong support of SB 853, as the bill states Enhanced Fitness is evidence based program and is beneficial to the participants.

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. Living on Kaua`i we have been able to meet other participants from around the island. This has been beneficial to many of us as we share stories of our day to day happenings.

Funding has been appropriated in the past and I would like to see it be included this year. The last time HAP was appropriated state funds from the legislature was in 2019 for \$550,000.

My fellow participants have built up a strong relationship through the program. We have been able to share with each other our medical and personal problems. This program has many benefits for Kupuna and provided interaction that has been missed. Funding is the key issue and without the appropriation the programs may need to end.

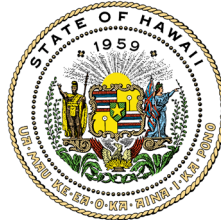
Thank you for the opportunity to testify in support of SB 853 SD1.

Sincerely,

Beverly Gotelli
Vice Chair, Policy Advisory Board for Elder Affairs

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



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DIRECTOR

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

Testimony in SUPPORT of SB 853 SD1
Relating to the Hawaii 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: March 1, 2023
10:00 AM.

Room Number: 211
Via Videoconference

1 **EOA's Position:** The Executive Office on Aging, an attached agency to the Department of
2 Health, **strongly supports SB853 SD1** provided that its enactment does not reduce or replace
3 priorities within the Administration's executive biennium budget.

4 **Fiscal Implications:** This measure seeks an appropriation for the Healthy Aging Partnership for
5 SFY 2024 and SFY 2025.

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

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

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

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

16 HHAP received \$550,000 in SFY2020 from the 2019 Hawaii State Legislature through
17 ACT 124. Since 2019, HHAP has not received state funds from the legislature. Without
18 additional funding, the HHAP will not be able to continue to offer the BCBH and
19 Enhance®Fitness programs to older adults in the State of Hawaii at its current level.

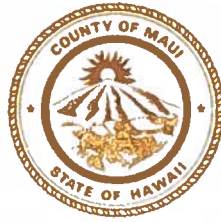
20 **Recommendation:** The EOA strongly supports an appropriation to the HHAP provided that its
21 enactment does not reduce or replace priorities with the Administration's budget request.

22 BCBH and EF programs have significant impact on quality of life and independence, while
23 saving on overall healthcare costs. These two evidence-based programs are important and
24 effective public health interventions. Thank you for the opportunity to testify.

RICHARD T. BISSEN, JR.
Mayor

LORI TSUHAKO
Acting Director

SAUMALU MATA' AFA
Deputy Director



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

February 28, 2023

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

FROM: Rowena M. Dagdag-Andaya, Executive on Aging
County of Maui, Department of Housing and Human Concerns, Maui County
Office on Aging

A handwritten signature in black ink, appearing to read "Rowena M. Dagdag-Andaya".

SUBJECT: **Testimony in Support of SB853 Relating to the Hawaii Healthy Aging Partnership**

The Maui County Office on Aging is in **strong support of SB853**, which appropriates funds to the Executive Office on Aging for the Hawaii Healthy Aging Partnership program for SFY 2024 and SFY 2025.

The Healthy Aging Partnership Program was implemented in 2003 with the overall goal of improving the health and well-being of older adults through two (2) evidence-based intervention programs: Better Choices, Better Health (BCBH) and EnhanceFitness. Evidence-based programs such as BCBH and Enhance Fitness have been thoroughly evaluated for their effectiveness in improving health and well-being or reducing disease, disability, and/or injury among older adults. The results of evidence-based programs have also been published in a peer-reviewed journal and proven effective with the older adult population.

Maui County Office on Aging (MCOA) and its state counterparts make up a statewide network engaged in reviewing evidence-based programs and developing solutions that have a positive impact in terms of disease prevention and promoting good health in our communities. MCOA's program coordinator also monitors and collects data on the health outcomes of its participants. The statewide commitment toward implementing healthy aging programs contributes to Hawai'i being consistently ranked in the top 5 healthiest states according to multiple surveys and studies.

The MCOA has been offering EnhanceFitness in various districts throughout Maui County where participants meet three times a week and engage in cardio, strength, balance, and flexibility exercises. Program participants have consistently indicated that they enjoy the social interaction with their peers and that they feel stronger, healthier, and confident after participating

TO SUPPORT AND EMPOWER OUR COMMUNITY TO REACH ITS FULLEST
POTENTIAL FOR PERSONAL WELL-BEING AND SELF-RELIANCE

in classes. We currently have 130 participants in the program with a waitlist of about 50 individuals and are looking to expand this program to serve more older adults in Maui County.

MCOA also offered the Better Choices Better Health (BCBH) program in the past., Participants were engaged in a six week program where a BCBH certified facilitator facilitated learning skills in managing health care conditions, reducing pain, increasing energy, and how to interact with healthcare providers. MCOA has received enthusiastic interest from seniors to reinstate the program.

Funding to support evidence-based programs through the Hawaii Healthy Aging Program is needed to ensure that older adults in Hawai'i can stay healthy, connected, and active in their communities. The return on this investment can result in fewer hospital and doctor visits, lower health care costs, and a more positive health care experience for our kūpuna.

Mahalo for your consideration and for the opportunity to provide testimony in **support of SB853.**

Date: February 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 ~~14~~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

Date: 2/14/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 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: 2-17-2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~1519~~¹²¹³: 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: 2/17/2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~419~~: 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: Feb. 6, 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: 2/7/23

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 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: 02-07-23

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 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: Feb. 7, 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 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 maintaining my strength, flexibility, and balance. I also look forward to the interaction with the enthusiastic instructors. Maintaining my health enables me to care for my two nearly 100 year old Moms

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: Feb. 7, 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 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: 2/7/23

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: 2/7/23

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 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: Feb. 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: Feb 6, 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 _____ . 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: Feb. 3, 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 M^COY. 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 mc coy

Date: 2/6/23

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:

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:

2/6/2023

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

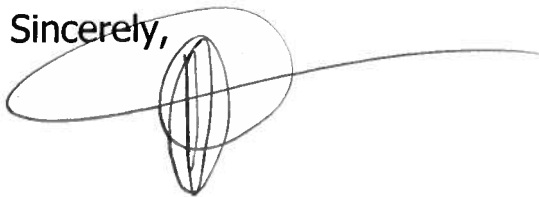
My name is Mona Stevenson Ridge I live on the island of Maui.

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. When we were closed for 2 years w/ covid I noticed I had no motivation to move.

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: 2/6/23

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:

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 Shaver. 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 Shaver 2/6/2022

Date: 2/6/23

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: 2/6/23

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: 2/6/23

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 - consistency - consistency - 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: 2.6.2023

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 Andreask. 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 over all 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, Andreask R. Hauapu

Date: Feb 7, 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 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: February 7, 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 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: February 6, 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 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: 2/6/23

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 *Enhance Fitness* of Maui. I live on the island

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 Keeler was the primary attraction and mover of this *Enhance Fitness* Program!

Date: Feb. 6, 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: 2/4/23

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 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. The most significant outcome has been *keeping able to move and prevent falls as a 79 year old man. Exercise includes weights, stretching, & aerobics. I believe that my exercise w/ EnhanceFitness has had a positive health effect for 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,

Stan Franco
808-214-3575

Date: Feb 6, 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 Cravalho

Date: 2/6/23

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 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: 2/6/23

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 wellbeing. 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. EnhanceFitness 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: 2/6/23

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 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: Feb. 6, 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 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: Feb. 6, 2023

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 1719: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM

My name is Stephanie Austin. 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. The most significant outcome has been regular exercise every week; especially appreciated during Covid when offered on Zoom and I skilled, comprehensive 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,

Stephanie Austin

Date: 2/6/23

Dear Hawaii Legislators

RE: HB 872: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB 853: RELATING TO THE HEALTHY AGING PARTNERSHIP PROGRAM
SB ~~10~~19: 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 progra* 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: 2/6/23

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: 2/6/2023

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 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 is followed by a long horizontal line that extends to the right.

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: 2/6/2023

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

pamela polland

Date: 2/4/2023

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 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
www.pamelapolland.com

Date: 2/6/2023

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,



Date: 2/06/23

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: 02/06/23

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 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 ²⁰²⁰2022. *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 lose 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: Feb. 6, 2029

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 Jean Nicholas. 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 (Mahealani Temple). *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 Nicholas

Date: FEBRUARY 6, 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: 2/5/23

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). **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: 2/6/23

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 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: 02/02/23

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 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: 2-6-23

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 FREDKING . 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: 2/4/23

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
of Maui.

ANTHONY KRJEG

I live on the island

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: Feb 6, 2023

2/4/23

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 Margaret Graham. 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 Graham

Date:

2/5/2023

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,

SRChilds

Date: 4/06/23

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 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: Feb 2, 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 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: 2/6/2022

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 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:

2/10/23

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

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: 02/06/22

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 Lau 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 Lau Hee

Date: Feb. 6, 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: 2/6/23

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 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: Feb. 6, 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 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,



Date: 2/6/23

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: 2/6/2023

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 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 & feels 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: Feb. 6, 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 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 ^(approx) 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: 2/6/23

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: 2/6/23

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 Hayashi. 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: 2/6/23

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: 02/06/23

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, + Meeting/socializing w/ people.

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 Decker

Date: 02/06/2023

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: Feb. 6, 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 Tsubaho. 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. Tsubaho

Date: 2/6/23

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 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: 02/06/23

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. Taha. 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: Feb. 6, '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: 02/06/2023

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: 2/6/23

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: Feb. 6, 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: 02/04/2023

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 Doree Davis. 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,

Doree Davis

Date: 02/06/2023

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 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,



Date: Feb. 6, 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.

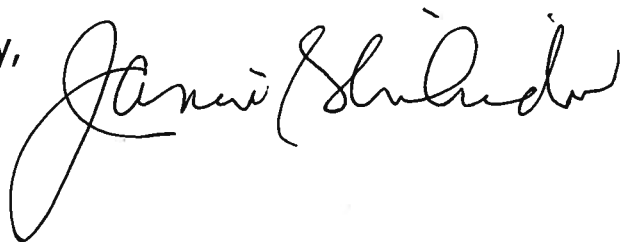
I have been involved and participating in the Maui County Office on Aging's *EnhanceFitness* Program at the Binhi At Ani Filipino Community Center since 2019. *EnhanceFitness* is an evidence-based program that improves my cardiovascular fitness, strength, flexibility and balance. Classes are held 3 times 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: 2/4/23

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 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: 2/4/23

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: 2/6/23

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 live a long, healthy life...

Keep Fit — Socialize, 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: 02/06/2023

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 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: Feb. 6, 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 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. The most significant outcome has been

Able to do the exercises on my own at home, balancing, etc.

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

Date: 2/6/23

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: 2/6/23

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: 02/06/23

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: Feb. 6, 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 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: 2/6/23

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 Omuro. 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: Feb. 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: 2-6-23

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: Feb. 6, 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 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: 2/6/23

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: 2/5/23

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 Rosita Agatol. 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: 2/6/23

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: 2/4/23

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 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: 2/6/23

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 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

RICHARD T. BISSEN, JR.
Mayor

KEKUHAUPIO R. AKANA
Acting Managing Director



OFFICE OF THE MAYOR
COUNTY OF MAUI
200 SOUTH HIGH STREET
WAILUKU, MAUI, HAWAII 96793
www.mauicounty.gov

February 28, 2023

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

FROM: Richard T. Bissen, Jr., Mayor
Lori Tshako, Acting Department of Housing and Human Concerns Director

DATE: February 28, 2023

SUBJECT: SUPPORT OF SB853, SD1, RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

Thank you for the opportunity to testify in **SUPPORT** of this important measure. The purpose of this Act is to appropriate funds for the Hawaii healthy aging partnership to continue to improve the health and well-being of Hawaii's kupuna.

Our administration **SUPPORTS** this measure for the following reasons:

1. This measure supports evidence-based programs through the Hawaii Healthy Aging Program which ensures that kūpuna in Hawai'i can stay healthy, connected, and active in our communities. The return on this investment can result in fewer hospital and doctor visits, lower health care costs, and a more positive health care experience for our kūpuna.
2. This measure supports programs that offer social interaction for kūpuna, and helps empower them to be physically and mentally stronger, healthier, and confident. This program currently serves 130 participants, and has a waitlist of about 50 individuals.
3. This measure supports EnhanceFitness programs in various districts throughout Maui County where participants meet three times a week and engage kūpuna in cardio, strength, balance, and flexibility exercises.

For the foregoing reasons, we offer our **SUPPORT** of this measure.



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

The State Legislature
Senate Committee on Ways and Means
Wednesday, March 1, 2023
Conference Room 211
10:10 a.m.

TO: The Honorable Donovan Dela Cruz, Chair
RE: Support for S.B. 853, 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 mission organization that advocates for individuals age 50 and older. We have a membership of nearly 38 million nationwide and nearly 140,000 in Hawaii. We advocate at the state and federal level for the issues that matter most to older adults and their families.

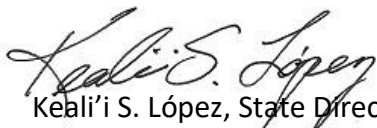
AARP Supports S.B. 853, SD1 which appropriates funds to the Executive Office on Aging for the Hawaii Healthy Aging Partnership program to continue improving the health and well-being of Hawaii's kūpuna.

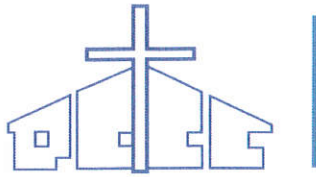
Since the program's inception in 2003, the Healthy Aging Partnership (HAP) has continued to demonstrate its success as an evidenced-based health promotion and disease prevention program. This includes EnhancedFitness, a low impact aerobics class and the chronic disease self-management (Better Choices, 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 **S.B. 853, SD1**.

Sincerely,


Keali'i S. López, State Director



Pearl City Community Church

United Church of Christ

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

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

Subject: STRONG SUPPORT SB853SD1 Relating to the Hawaii Healthy Aging Partnership

As Pearl City Community Church's Moderator, I write in **STRONG SUPPORT** of SB853SD1 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 Healthy Aging Partnership to continue to offer evidenced based programs throughout the State to improve the health and well-being of older adults.

Please SUPPORT SB853SD1 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

February 27, 2023

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

Subject: **STRONG SUPPORT SB853, SD1 Relating to the Hawaii Healthy Aging Partnership**

I write in **STRONG SUPPORT** of SB853, 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 SB853, 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

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

Subject: Support of SB853, SD1 Relating to the Hawaii Healthy Aging Partnership

I wish to add my testimony in strong support of SB853, SD1 which 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 SB853, 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

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 Lillian Ake. 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 good health will bring.

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 Ake

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 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 2nd 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.

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

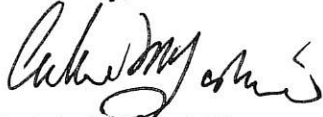
Since August 2022, I have participated in Pearl City Community Church's EnhanceFitness program. The focus of the program is fall prevention through exercise. The immediate benefits are improved cardiovascular fitness, strength, flexibility and mobility, and balance.

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,

A handwritten signature in black ink, appearing to read 'Calvin M. Yoshida', written in a cursive style.

Calvin M. Yoshida

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,

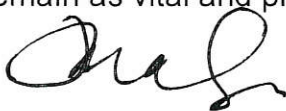
I am not a member of the Pearl City Community Church, so my initial introduction to my EnhanceFitness comrades was when we all met in class last August. From the beginning, it was a revelation as I had never before met a group of more spirited and dynamic 70, 80, and 90-year old adventurers. Not only 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

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,



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, muscle 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 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 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 Tina 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 and the others behalf.

Thank you,
Susan M. Kakama
- 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.



Testimony to the Senate Committee on Ways and Means
Wednesday, March 1, 2023

10:10 a. m.

State Capitol Conference Room 211 and via videoconference

Re: SB 853 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 HFCC.

The Hawaii Family Caregiver Coalition strongly supports SB 163 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 SB 853 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@arp.org

SB-853-SD-1

Submitted on: 2/27/2023 12:02:08 PM

Testimony for WAM on 3/1/2023 10:10:00 AM

Submitted By	Organization	Testifier Position	Testify
Kay	Testifying for county of Kauai Agency on Elderly Affairs	Support	Written Testimony Only

Comments:

To Whom It May Concern,

I am writing to support SB853 and Healthy Aging programs. I have been working with our kupuna as Master Trainer for EnhanceFitness Kauai and know first-hand the importance of providing exercise programs specifically for older adults. The EF program is evidence-based and has been proven to be effective in helping older adults improve their strength, balance, flexibility and overall mobility. Of course, all successful programs require financial appropriations. So thank you for your consideration and support of Hawaii Healthy Aging programs.

Mahalo,

Kay Kuwamura

Master Trainer

EnhanceFitness Kauai

Senate Ways and Means Committee
Chair: Senator Donovan Dela Cruz
Vice Chair: Senator Gilbert S.C. Keith-Agaran
Hearing Date: March 1, 2023, 10:00am

Re: SB853, SD1 - RELATING TO THE HAWAII HEALTHY AGING PARTNERSHIP

Aloha Chair Dela Cruz, 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 SB853 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. · · Hawaii needs 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

February 26, 2023

The Honorable Donovan Dela Cruz, Chair
The Honorable Gilbert Keith-Agaran, Vice-Chair
Committee on Ways and Means

**TESTIMONY – SUPPORT FOR SB 853, SD1 RELATING TO THE
HAWAII HEALTHY AGING PARTNERSHIP**

Thank you for this opportunity to submit testimony in support of SB 853, SD1 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 of Aging; Department of Health's (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. Prior to my retirement, I served as the lead staff with the Kauai County Agency on Elderly Affairs to implement EnhanceFitness, with sites implemented 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 from 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 SB 853, SD 1.

Naomi Sugihara
Retired Program Specialist
Kauai Agency on Elderly Affairs

2/27/2023

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

FROM: Michiyo Tomioka

SUBJECT: SB853 SD1 MAKING AN APPROPRIATION TO THE HAWAII HEALTHY AGING PARTNERSHIP PROGRAM

HEARING: Wednesday, March 1, 2023, 10:10 a.m. Conference Room 211 & Videoconference

POSITION: Support of SB853 SD1

Thank you for this opportunity to submit testimony for SB853 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 community health promotion services and programs. 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

SB-853-SD-1

Submitted on: 2/27/2023 8:38:45 PM

Testimony for WAM on 3/1/2023 10:10:00 AM

Submitted By	Organization	Testifier Position	Testify
Claire Santos, MS, RN	Individual	Support	Written Testimony Only

Comments:

Aloha Ways and Means Committee,

I am writing in support of SB 853, SD1 as it relates to funding healthy aging programs. These are award winning programs that have served our kupuna well, especially on outer islands, Healthy elders are less likely to need to use healthcare resources beyond regulat check-ups and less likely to require hospitalization. Healthy lifestyles in the elderly can also decrease the need for certain medications used in chronic disease management. With our increasing population of seniors, it's in everyone's best interest to fund programs that help the group to stay engaged, moving, and leading the healthiest lifestyle possible. It's a win for everyone. Please support the funding requested in SB 853, SD1.

Mahalo for this opportunity to submit testimony.

Claire P. Santos, MS, RN

SB-853-SD-1

Submitted on: 2/27/2023 8:55:47 PM

Testimony for WAM on 3/1/2023 10:10:00 AM

Submitted By	Organization	Testifier Position	Testify
Will Caron	Individual	Support	Written Testimony Only

Comments:

Please support SB853 SD1.

SB-853-SD-1

Submitted on: 2/28/2023 9:45:19 AM

Testimony for WAM on 3/1/2023 10:10:00 AM

Submitted By	Organization	Testifier Position	Testify
Sarah Yuan	Individual	Support	Written Testimony Only

Comments:

I strongly support SB853 SD1, for making appropriation out of the general revenues of the State of Hawaii for Hawaii Healthy Aging Partnership FY 2024. 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.