Hana Hou!
Making the Best of Your Encore Years

Redefining Retirement and Creating Opportunities for an Active, Healthy, and Purposeful Lifestyle

Live Every Moment!
The Meaning of Hana Hou

Hana Hou is a popular Hawaiian phrase that is widely understood by local residents of Hawai‘i to mean “do it again, one more time, encore.” This booklet is designed to encourage older adults to pivot from retiring to re-wiring. “Hana Hou” seems to be our island’s most fitting phrase to signal the importance of the 2nd Act.
Acknowledgments

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A Message from Jerry Correa, President & CEO of St. Francis Healthcare System of Hawaii

Aloha!

Saint Marianne Cope and the Sisters of St. Francis came to Hawaii in 1883 with a singular purpose: to make a difference in the lives of those afflicted with Hansen’s disease. They came to serve unreservedly. Their desire was to serve God with all of their hearts.

St. Francis Healthcare System of Hawaii believes each of us has unique gifts and talents to offer the world, yet so often we lose sight of our purpose. Many of us go through life caught up in the pressing needs of the day and are stretched in different directions.

Reawaken Your Passion to Pursue Your Dreams
This handbook helps you reclaim your life and redefine retirement in a whole new way. It is based on a simple but powerful premise: you have much more to offer the world that goes beyond the artificial boundaries of “retirement.” You can find renewed meaning and purpose, and reawaken your passion to pursue dreams that may have been put on hold while you raised a family or cared for aging parents.

This is Your Moment
We encourage you to live every moment. Seize every opportunity. This handbook will help you get started and provides valuable resources as you enter this next phase of your life’s journey.

Mahalo for allowing St. Francis Healthcare System to be a partner with you as you navigate through this phase of your life. Expect God to do great things for you and through you!

Sincerely,

Jerry Correa
President & CEO
How to Use This Handbook

This handbook was created to assist pre-retirees and retirees in active aging by providing this warehouse of resources, services and programs on Oahu. Read the “What is Active Aging” section to understand the 3rd Age perspective or 20-30 bonus years after retirement and various dimensions of active aging that require attention. Think about what is most pressing to you at this time and start the discovery process by using this handbook. What is your passion? What do you care about? Start your search!

To locate services, use the Table of Contents for category headings and select that which interests you.

Disclaimers

Inclusion of an agency in this guide does not imply endorsement, nor is exclusion a reflection on the value or quality of an agency’s services. While St. Francis Healthcare System of Hawaii is appreciative of the advice and suggestions received by its reviewers, it takes responsibility for what is included. This edition is subject to revisions. Please also note that this handbook only provides resource information for the City and County of Honolulu (Island of Oahu).

The information related to the Senior Discounts are based on information obtained in August 2017 and, therefore, prices and discounts may differ or change with time. Please confirm with the vendor to determine whether their discounts are still valid. St. Francis Healthcare System of Hawaii is not liable for any unforeseen error due to inputting or unregistered updates by vendors.

If you have any suggestions for additions or corrections for the next edition of Hana Hou! please fill out the Evaluation Form on the last page of this handbook and send it to the St. Francis Healthcare System of Hawaii’s Active Aging Program.
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What is Active Aging?

A question new retirees may ask themselves is “Who do I wish to become?” or “What do I wish to do with the rest of my life?” Where we once identified ourselves with our job titles as nurse, teacher or employee of a company, as new retirees, we often struggle with self-introductions. Will we just be considered a “has been”?

With 20 to 30 “bonus” years, we have been given the gift of time. An Active Aging lifestyle recognizes and acknowledges that life is finite but that we have the capacity to continue to grow, contribute, and engage for much of our natural life span. Focus is not on increasing our life expectancy but on increasing our healthy life expectancy or the time in which we are healthy without illness. Understanding the concept of Active Aging is a lifelong commitment and reaching our time of retirement, age of 65, Encore Age, or Third Age should only serve as a catalyst for this progression. We hope this handbook opens you up to limitless possibilities to enjoying your “Third Age”, and an opportunity to explore potential prospects in an Encore Career whether it be a working, volunteering, mentoring, accepting new mental or physical challenges, or taking educational courses. The eventual 4th Age will invite possible health concerns, physical limitations, a need for planning, and determining what it is you wish to leave behind, a legacy, or hoʻoilina.

Theory of the 3rd Age
Peter Laslett
As we make this transition into our retirement years, it is time to reexamine our life’s journey and to rediscover our strengths, passions, and purpose. This handbook uses the term “Active Aging” to refer to a state of well-being with attention to the 20 to 30 years leading from the sixth decade of our lives. To achieve this state of well-being calls for focus on five core elements which further into 11 aspects of active aging.

1) Purpose and Meaning
2) Health
3) Financial Well-being
4) Social – Emotional Health
5) 4th Age Plans and Legacy

We have reviewed numerous ways of understanding dimensions of active aging. As a new and rapidly evolving field, there is trouble in determining core elements with rigidity. Our understanding will mature and that will be reflected in future editions of this handbook. We present this listing as a place for you to begin understanding active aging, please adjust accordingly to cultivate positive development in your life.

Multi-Dimensional Character of Active Aging
Purpose and Meaning

“What do you want to do with the rest of your life?” It may be that determining your purpose should be the first question that you want to address. To find our purpose, we need to ask: What do you love and care about? What is your passion? What are you good at? What are your responsibilities based on what others may need? What is your Life Work - paid or unpaid? Living with purpose can give you more energy, enthusiasm, and meaning to your healthful activities. Having purpose and meaning helps us define and answer the question who we are without our job title. It can be best achieved when and if the next 10 elements of active aging are also attended to. Let’s start the search for our life’s purpose!

Physical Fitness

Use it or lose it! Physical activity and exercise is proven to reduce the risk of heart disease, obesity, Type 2 diabetes, bone loss, falls, depression and improve one’s overall quality of life. Commit to exercising as a part of your daily life. Remain physically fit with not just one but with all four types of exercises - endurance, strength, flexibility, and balance. Check with your doctor first, develop a plan, move with a buddy, start slow, and make it a part of your day.
Medical Fitness

No one knows yourself like you do. Be aware of changes with your body. Watch your weight. If you smoke, quit. Take your medications as prescribed and know the intention and side effects. Inform your doctor of how your body works and responds to medications. Work with your doctor to manage or lower your risks of chronic health conditions such as diabetes and heart disease. Schedule routine annual checkups and appointments for your teeth, eyes, ears, regular and seasonal vaccines, cancer screenings, and check for other diseases/conditions you may be at risk for or that your doctor recommends.

Nutritional Fitness

“You are what you eat.” Nutritional fitness incorporates much of what you consume throughout the day, whether eating or drinking. The Okinawans say “hara hachi bu” or eat until you are 80% full. Paying attention to what you eat, how you eat, and how you feel after is valuable to nourishing and caring for your body. Enjoy colorful and balanced meals, include fruits and vegetables, and hydrate with water in relation to your physical activity levels (more activity = more water). Maintaining a healthy diet will reduce your risk for developing disease and illness, and improve physical and mental health.

Financial Fitness

Assure that your retirement years are golden years and watch your cash flow. Plan to have enough money for your anticipated 20 to 30 bonus years after retirement. Take an inventory of your income from Social Security, pension, savings, Individual Retirement Account and home equity. Understand your coverage from Medicare, supplemental health, long-term care and other insurances. Is reverse
mortgage, part-time work or other financial strategies worth considering to keep you financially sound for longer? Have you considered a financial advisor for wealth, tax and risk management and estate planning?

**Consumer Protection Fitness**

If it is too good to be true, it may be a scam. While some individuals are more vulnerable than others, scams and abuse targeting older adults are frequent and often difficult to spot. Elder abuse can take many forms – discriminatory, emotional, financial, neglect, physical, sexual, and verbal.

Seniors are often targets of high pressure tactics and scams. Protect your records - your Social Security and Medicare numbers, your bank checks and credit cards, and be cautious of unsecured websites that ask for personal information. Understand the importance of this facet for yourself and loved ones that may be at risk.

**Social Fitness**

Stay connected and find your “tribe”. Loneliness, boredom and life without meaningful connections can have negative impacts on health. Build lasting peer, family, intergenerational relationships, and find ways to create new ties. Find a program that interests you and enjoy involvement in such settings. Adult education classes, volunteer activities and part-time jobs may be great ways to build new supportive and healthy connections.

**Mental Fitness**

If you think that you are old, you are old. Beware of boredom and depression. Challenge your mind with new activities, hobbies, lectures and/or workshops. Challenge your brain by learning new things. This will constantly create new brain cells and synapses that in turn encourage a sharp mind. Exciting brain studies point to our ability to create new brain cells if we use what we
have to the fullest. Pushback on those subtle messages of ageism to “act your age” and to remain in your rocking chair.

**Emotional Fitness**

Lighten up! Laugh out loud! Manage your stress. Find time for quiet and calm. Relaxation, meditation, yoga, prayer, tai chi, special breathing techniques and other contemplative practices can increase your sense of mindfulness and ability to live in the moment. Avoid negative thoughts by practicing gratitude, forgiveness, and compassion. Don’t sweat the small stuff!

**Recreational Fitness**

Play is not just for children. Recreation and leisure are opportunities to awaken creativity, to recreate and to recharge. Take the time to play, to have fun and enjoy life as these are opportunities to relieve your stress, to refresh and to have your creative sparks fly. Give yourself permission to be playful in whatever you do and in any aspect of your life.

**4th Age Plans and Legacy**

Planning for our eventual needs of long-term services and support is part of the reality of growing older. We will not live forever. Hopefully, with an active aging lifestyle beginning with purpose, we will be able to live long and remain engaged until our last breath. Health challenges, limitations and losses are part of the journey but they need not deter us. With frailty, downsizing into a smaller home may be advisable and caregiving may need to be expected. Are your affairs in order with your estate plans, power of attorney, guardianship, health care directives and inheritance planning? Be intentional and deliberate in preparing your legacy for your family, your community, future generations, and our planet.
Programs and Services
Caregiver Training and Support

“There are only four kinds of people in the world:
Those who have been caregivers
Those who are currently caregivers
Those who will be caregivers and
Those who will need caregivers.”

- Rosalynn Carter, Former First Lady

Boomers and active older adults aspiring to age successfully after retirement often find that informal caregiving is a common experience during this phase of life. By addressing the physically and emotionally challenging tasks of caregiving, this section helps you acquire the necessary skills and to learn about support services to better care for your loved one and why you also need to take the time to care for yourself as well.

Stepping into the role of a caregiver can be a difficult transition for many people but you are not alone. As a caregiver, you may need help and support. Some of this help will come from friends and family, but you can also find a great deal of valuable tips and advice from the various resources listed on the following pages. Together, help from family, friends or professionals can make your life a little less stressful and easier to manage.
Caregiver Resources

AARP - Hawaii
Caring for Your Family and Caring for Yourself
1132 Bishop Street, Suite 1920
Honolulu, HI 96813
(866)295-7282
http://www.aarp.org/states/hi

Free community events offered at various times during the year covering a range of issues – from deciding whether to care for a loved one at home or in a facility, to paying for care, legal issues, family dynamics, staying mentally sharp, and much more. Check AARP for schedule.

Alu Like, Inc.
Native American Caregivers Support Program
Hale O Nā Limahana
2969 Mapunapuna Place, Suite 200
Honolulu, HI 96819
(808)535-6700
http://www.alulike.org/services/kumu-kahi/

This program helps families caring for an older Native Hawaiian relative with a chronic condition or disability. The Native Hawaiian Caregiver Support Program provides a system of support and services to Native Hawaiian family caregivers and to Native Hawaiian grandparents or older relatives caring for children age 18 and under.

Participants must be family caregivers of Native Hawaiian elders ages 60 and older who are unable to be left alone. Proof of age and ethnicity is required for the care recipient but not the caregiver.
Being a caregiver doesn’t come with an instruction manual, but there are resources available to help. Use the trainings, workshops, books and DVDs on this page to gain caregiving skills and practical advice.

• Online care training and certification
• Free e-learning workshops
• Local workshops and trainings
• Books on caregiving
• DVDs on caregiving

Families and caregivers who provide the care for vulnerable elders in our community often find they are unsure of how to support their loved one and often burn out. The goal of the Ohana Care program is to prolong the family care giving relationship by assisting the caregiver to create individualized plans to reduce stress and link him/her to the appropriate community resources that support their caregiving efforts and enhance the lives of their elderly loved one.
Aging and Disability Resource Center (ADRC)
925 Dillingham Blvd
Honolulu, HI 96817
(808) 768-7705
www.elderlyaffairs.com
This agency offers a wide range of programs and services for older adults and their caregivers by connecting seniors and their caregivers to community service providers such as Adult Day Care, Caregiver Counseling, Caregiver Respite, Disease Prevention and Health Promotion Services, Home Delivered Meals, Homemaker Services and Transportation Services.

Kokua Kalihi Valley
Elder Care Program
1846 Gulick Avenue
Honolulu, HI 96819
(808)848-0977/ (808)791-9400
http://www.kkv.net/index.php/elder-care
Our elders connect us to our past and provide wisdom to carry us into the future. Kokua Kalihi Valley’s Elder Care Programs provide Kalihi seniors from all cultural backgrounds with case management, exercise and preventive health maintenance, caregiver support, respite, medical consults and home visits. At Kokua Kalihi Valley’s Gulick Elder Center and at the nearby public housing community of Kuhio Park, elderly clients gain opportunities for social engagement, physical activity, health education and primary health care.

Palolo Chinese Home
Hawaii Neighborhood Outreach to the Aged (HiNOA)
2459 10th Avenue,
Honolulu, HI 96816
(808) 748-7994
http://palolohome.org/pch-services
HiNOA is a community-based service for seniors who wish to remain in their own homes for as long as possible. Offers programs such as Meals-to-Go, home cleaning service, home care, and home modification and can also assist with coordinating services with other agencies.
This program offers various services including caregiver support groups, home visits, respite care, telephone visits, family caregiver support, home safety assessments, minor home repairs and light housekeeping, hospital and home care visits, and transportation for medical appointments, grocery shopping, and religious services. Provides non-medical home services using volunteers.

St. Francis Healthcare System of Hawaii
Franciscan Adult Day Center (Manoa)
2715 Pamoa Rd, Honolulu, HI 96822
(808) 988-5678
http://www.stfrancishawaii.org/services/franciscan-adult-day-center

St. Francis Healthcare System of Hawaii
Francis Adult Day Center (Ewa Beach)
91-1758 Oohao Street, Ewa Beach, HI 96706
(808) 681-0100
http://www.stfrancishawaii.org/services/franciscan-adult-day-center

St. Francis Healthcare System of Hawaii provides a secure environment that is ideal for a loved one who cannot remain at home alone during the day, cannot perform all the activities of daily living, needs assistance in walking but do not need 24/7 professional care, and benefits from social stimulation to prevent loneliness or depression.

This service is ideal for caregivers who work during the day, need some respite time to prevent burnout and need a secure place for their loved ones. It offers peace of mind knowing their aging loved one is in good hands in a safe, enriching environment.
St. Francis Healthcare System of Hawai'i
Family Caregiver Training Program
2226 Liliha Street, Suite 214
Honolulu, HI 96817
(808) 547-8138
http://www.stfrancishawaii.org/event-calendar/caregiver-training

This program empowers caregivers by providing hands-on training and lecture sessions to understand the range of issues family caregivers may be faced with in the day-to-day care of their loved ones. Training offered year round. Call for current schedule.

State Executive Office on Aging
Long-Term Care Ombudsman
250 S. Hotel Street, Suite 406
Honolulu, HI 96813
(808) 586-7268

Provides assistance to those using or needing long-term care services to advocate on the client's behalf when problems or abuses need to be addressed. Volunteers are recruited and trained.

The Caregiver Foundation
1034 Kilani Avenue, Suite 104
Wahiawa, HI 96786
(808)625-3782
http://thecaregiverfoundation.org/

The Caregiver Foundation is a local, non-profit organization providing family caregiver support group and case management.

University of Hawai'i at Manoa - Center on Aging Hawai'i Alzheimer’s Disease Initiative
2430 Campus Road
Honolulu, HI 96822
(808)956-5001
http://www.hawaii.edu/aging/coa-projects-all/hadi-project/

Strives to strengthen the dementia-capability of Hawai'i’s communities. The project is building the capacity of professionals and organizations to support older adults with memory loss or dementia and caregivers.
3

Consumer Protection and Elder Justice

“Do not be daunted by the enormity of the world’s grief... 
You are not obligated to complete the work, 
but neither are you free to abandon it.”

- The Talmud

There are many companies that may take advantage of the trusting nature of older adults and may engage in scams that are often difficult to detect. Beware! Here you can find resources that aid in navigating the shifting consumer world, building the ability to identify scams and credible businesses, and make choices that don’t put you at risk for fraud and other personal costs.
Resources for Consumer Protection

Better Business Bureau
1132 Bishop Street, Suite 615
Honolulu, HI 96813
(808) 536-6956
bbb.org/hawaii

Provides objective advice, free business reports, and educational resources on topics affecting marketplace trust. Offers fair and timely dispute resolution programs for consumers and business.

Department of Commerce and Consumer Affairs (DCCA)
Regulated Industry Complaints Office
Leiopapa o Kamehameha Building
235 S. Beretania Street, 9th Floor
Honolulu, HI 96813
(808) 587-4272
http://cca.hawaii.gov/rico/consumer_tips/senior_tips/seniortips/

The senior population is often a target for scams or high pressure sales tactics, mainly because senior citizens are generally more trusting and worried about their financial futures. The Department of Commerce and Consumer Affairs has relevant materials for seniors, caregivers and their family to help prepare and protect them from scammers.

Department of Human Services - Social Services
Adults Protective and Community Services Branch
1390 Miller Street, Room 209
Honolulu, HI 96813
(808)832-5115
http://humanservices.hawaii.gov/ssd/home/adult-services/

Provides crisis intervention, without regard to income, including investigation and emergency services for vulnerable adults who are reported to be abused, neglected or financially exploited by others or seriously endangered due to self-neglect.
State Department of the Attorney General
Medicaid Fraud Control Unit
333 Queen Street, 10th Floor
Honolulu, HI 96813
(808)586-1058
http://ag.hawaii.gov/cjd/medicaid-fraud-control-unit/

This office investigates Medicaid recipient or Medicaid Provider (service provider) fraud.

Social Security Administration
300 Ala Moana Blvd, Room 1-114
Prince Kūhiō Federal Building
Honolulu, HI 96850

and

970 Manawai Street
Kapolei, HI 96797
(800)772-1213
www.ssa.gov

Provides information related to Social Security, Disability Insurance, Medicare, and Supplemental Security Income. Website has numerous tools for estimating retirement benefits.

State Executive Office on Aging Senior Medicare Patrol
250 S. Hotel Street, Suite 406
Honolulu, HI 96813
(808) 586-7281 Toll Free: 1-(800)296-9422
smphawaii.org

Senior Medical Patrol’s mission is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.
U.S. Consumer Product Safety Commission
National Number: (301)504-0124
https://www.cpsc.gov/

Protects the public from thousands of types of unsafe and possibly harmful consumer products. Visit the website to learn more about products, recalls, and more.

University of Hawaii Law School
Elder Law Program
2515 Dole Street, Room 201
Honolulu, HI 96822
(808)956-6544
www.hawaii.edu/uhelp/

UHELP is an integral part of the William S. Richardson School of Law at the University of Hawaii at Manoa. They play a vital role in educating students and in serving the community. Their goal is to enhance, protect and preserve the autonomy and independence of older persons through education, training and direct legal services. UHELP places particular emphasis on assisting socially and economically needy older and their caregivers.
Counseling & Coaching

“It isn’t how long you stick around but what you do while you are here.”

- George Ade

We have been given a longevity dividend of 20 to 30 years. Often, however, we spend more time planning our vacation than how best to use this gift of time. Here are resources to build confidence in planning for life in the years following retirement and life coaching to find purpose in activities after retirement.
Resources for Counseling and Coaching

SCORE Hawaii
500 Ala Moana Blvd., Suite 1-306A
Honolulu, HI 96813
(808) 547-2700
https://hawaii.score.org/

SCORE Hawaii provides free and confidential business advice and counseling tailored to meet the needs of your business and objectives. SCORE Hawaii also offers workshops, for both start-up and in-business entrepreneurs. SCORE counselors are real world professionals who donate their time to help small businesses succeed.

State Office of Veterans Affairs
459 Patterson Road, E Wing, Room 1-A103
Honolulu, HI 96819
(808) 433-0420
http://dod.hawaii.gov/ovs/

The Office of Veterans Services (OVS) is the state office responsible for the management of policies and programs related to veterans, their dependents and/or survivors. The OVS acts as a liaison between the Governor, veterans’ organizations and the U.S. Department of Veterans Affairs and individual veterans. This office assists veterans in obtaining entitlements, the latest information on veterans’ issues and support to veterans making the transition back into civilian life.
Continuing education is a way to keep learning and maintaining mental fitness. New information and ideas enhances your life for the better. This category will open new and exciting learning opportunities for you.
Education

Catholic Charities Hawaii (CCH)
Lanakila Multi-Purpose Senior Center
1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322

The Lanakila Multi-Purpose Senior Center offers a place for seniors to go for recreation, education, and social interaction. Seniors come to attend cultural clubs, arts and crafts, dance classes, exercise classes, music classes, continuing education programs, health promotion programs, social services and more.

Community Schools for Adults
http://www.hawaiipublicschools.org/TeachingAndLearning/AdultEducation/Pages/Home.aspx

The Adult Education Program offers a variety of courses for adult learners at its various campuses listed below including basic education, English as a second language, workforce education, life enhancement, and civic education. They also offer classes to obtain General Education Diploma (GED) and Competency-Based Diplomas. The Community Schools for Adults also take part in the coordination of substitute teacher certification as well. Contact the respective campuses listed below for their Adult Education classes.

McKinley Campus (Main)
634 Pensacola Street
Honolulu, HI 96814
(808) 594-0540

Farrington Campus
1564 N. King Street Room U-101
Honolulu, HI 96817
(808) 305-5252
Moanalua Campus
2825-A Ala Ilima Street
Honolulu, HI 96818
(808) 837-8466

Wahiawa Campus
1515 California Avenue
Wahiawa, HI 96786
(808) 622-1634

Waipahu Campus
94-121 Farrington Highway
Waipahu, HI 96797
(808) 307-9677

Windward Campus
730 Iliaina Street
Kailua, HI 96734
(808) 254-7955

Honolulu Community College Emeritus College
Computer Training
874 Dillingham Blvd., Building 2, Room 507
Honolulu, HI 96817
(808) 845-9296
http://pcatt.org/emeritus/

The Emeritus College specializes in computer workshops for senior citizens by seniors.
Honolulu Museum of Art
Adult Classes
900 S. Beretania Street
Honolulu, HI 96814
(808) 532-8741
https://honolulumuseum.org/learn/classes

The Museum offers various adult classes in areas of drawing and painting, textiles and fibers, glass, ceramics, metal and jewelry, flowers and lei, sculpture and woodwork, photography and media, poetry, tea, performing arts, art history, and paper art. Classes are held at the Honolulu Museum of Art School and Spalding House.

Kapiolani Community College
Kūpuna Education Center
4303 Diamond Head Road
Honolulu, HI 96816
(808) 734-9108
www.kupunaeducation.com

The Center develops and provides training and education for the older adult community population in active aging and family caregiver training among other planned initiatives.

Kapiolani Community College
Office of College and Community Relations
4303 Diamond Head Road, Ilima Room 203
Honolulu, HI 96816
(808) 734-9513
https://www.kapiolani.hawaii.edu/academics/continuing-education/

Older adults can attend courses tuition free if classes are not full and with the permission of the class instructor. Inquire with the Office of College and Community Relations (OCCR).
Kapiolani Medical Center for Women’s and Children
Infant Care for Grandparents & Caregivers
1319 Punchbowl Street
Honolulu, HI 96826
(808) 527-2588

https://www.hawaiipacifichealth.org/pali-momi/health-wellness/classes/class?id=4637

This two-week series of classes (total 6 hours) is designed to educate grandparents and caregivers on the newest updates on how to care for a newborn baby.

Leeward Community College
Office of Continuing Education and Workforce Development
96-045 Ala Ike Street, Room CE-107
Pearl City, HI 96782
(808) 455-0011
http://www.ocewd.org

Leeward Community College offers an extensive variety of non-credit, fee-based community education programs, employment training courses and cultural enrichment. Inquire also about the availability of classes that older adults can attend tuition free with the permission of the instructor.

Ohana Komputer
1516 Avon Way
Honolulu, HI 96822
(808)523-8191
http://ohanakomputer.org/adultsandseniors

Ohana Komputer offers a computer education curriculum in small class sizes for adults, showing how they can be put to daily use. Various programs such as Microsoft Word, Excel, and PowerPoint will be covered as well as email and internet use, and use of photo sharing tools. Classes are offered at Makiki Community Library, please call to arrange a tutoring session.
University of Hawaii Center on Aging
2430 Campus Road, Gartley Hall
Room 201 B&C
Honolulu, HI 96822
(808) 956-5001
www.hawaii.edu/aging

The Center conducts research, educational, service and demonstration projects on the wellbeing of older adults. There are volunteer opportunities available.

University of Hawaii Elder Law Program
2515 Dole Street, Room 201
Honolulu, HI 96822
(808) 956-6544
www.hawaii.edu/uhelp

Education and community services are made available with a goal to enhance, protect, and preserve the autonomy and independence of older persons through education, training, and direct legal services.

University of Hawaii
Osher Lifelong Learning Institute
Krauss 113-C
Honolulu, HI 96822

http://www.osopher.socialsciences.hawaii.edu/index.html

Founded in 1996, the Osher Lifelong Learning Institute (OLLI) at the University of Hawaii at Mānoa (UHM) is an educational membership program that offers non-credit, college-level courses and other activities to encourage older individuals to engage their minds, enrich their lives, and serve the community. While the Institute primarily serves elder learners aged 50+, participation is based on membership at $60 per term which permits members the opportunity to enroll in up to 3 courses and unlimited number of special events. No prior educational experience is required.
University of Hawaii at Manoa
Senior Citizen Visitor/Na Kūpuna Program
Queen Liliuokalani Center for Student Services
2600 Campus Road, Room 211
Honolulu, HI 96822
(808) 956-4642
http://www.hawaii.edu/diversity/seed-programs/na-kupuna-program/

This program allows Hawaii residents 60 years or older to attend courses that are offered at UH Manoa free of charge without receiving University credit.

University of Hawaii Outreach College
Sinclair Library, Room 301
Honolulu, HI 96822
(808) 956-8400
http://www.outreach.hawaii.edu/

The Outreach College offers credit and noncredit continuing education programs for business people, entrepreneurs, professionals, and those seeking to meet professional certification requirements or to improve career opportunities.

Waikiki Community Center
Senior Programs
310 Paoakalani Avenue
Honolulu, HI 96815
(808) 923-1802
http://www.waikikicomunitycenter.org/what-we-do/senior-program/

Waikiki Community Center provides a wide variety of educational and social activities to help maintain their physical, cognitive and emotional health and independent lifestyles to avoid premature aging, isolation and institutionalization.
Employment

“Vital Aging is a lifelong process of achieving potential, creating meaning and enriching life through contributions and connections in the community through the last breath.”

- Jan Hively, Co-Creator, Vital Aging Network

Some need to work to stretch their savings while others may not need to but do so to utilize their skills in service to others. Can you find work that is in tune with your skills, talents and experience? Can you find work that is not just a job? Here is a collection of resources and services that cater to older adults in finding employment, enhancing their work skills through trainings, and discovering what they can offer to their communities while still earning an income for themselves.
Resources for Employment

Abilities Unlimited (Winners at Work) Employment Program
414 Kuwili Street, Suite 103
Honolulu, HI 96817
(808) 532-2100
http://www.abilitiesunlimitedhi.org

The program’s strength rests in its ability to meet the complex needs of individuals with disabilities with job searching, training, resume building and more.

Corporation for National and Community Service
Department of Human Services
Foster Grandparent Program
1010 Richards Street, Suite #614
Honolulu, HI 96813
(808) 832-5169
https://www.nationalservice.gov/programs/senior-corps

The Foster Grandparent Program is provided by the Corporation for National and Community Service and administered by the State of Hawaii Department of Human Services. Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for low income volunteers age 55 and over to stay active by serving children and youth in their communities. Stipends are available for qualified volunteers.
The Senior Companion Program is a grant provided by the Corporation for National and Community Service and administered by the State of Hawaii Department of Human Services. Senior Companions are age 55 and over who make a difference by providing assistance and friendship to adults who have difficulty with daily living tasks, such as shopping or paying bills. We help these adults remain independent in their homes instead of having to move to more costly institutional care. Senior Companions give families or professional caregivers much needed time off from their duties, run errands, and often provide friendship to their clients. The program provides a small stipend for qualified volunteers.

Many small businesses are started by older adults. Whether you own a business already or have the plan to develop one, the Small Business Development Center can aid you through various workshops and seminars focusing on financial performance, business planning and strategy, capital formation and funding, marketing positioning, growth strategies, acquisitions, transitions to new ownership, and commercialization of new technologies.
Provided are timely and responsive resources and services to fully support individuals seeking employment.

**Lanakila Pacific**  
Lanakila Workforce Resources  
1809 Bachelot Street  
Honolulu, HI 96817  
(808) 531-0555  
Offers vocational services through pre-employment assessments, occupational skills training, practical work experience and job coaching.

**New Workforce Hawaii**  
Carleen MacKay  
Newworkforcehawaii@gmail.com  
(916) 316-0143  
Provides workshops and lectures focused around work force trends and opportunities affecting older adults and knowledge and tools to remain relevant, competent, and successful in the workplace.

**Oahu WorkLinks**  
City and County of Honolulu  
Hawaii State Department of Labor and Industrial Relations  
830 Punchbowl Street, Suite 112  
Honolulu, HI, 96813  
(808) 586-8700  
[https://www.honolulu.gov/dcs/workforce.html](https://www.honolulu.gov/dcs/workforce.html)  
Access to job bank websites, career guidance and support learning about job skills requirements. Oahu WorkLinks is also an employment one-stop shop that assists people with disabilities on Social Security, obtain employment, vocational rehabilitation, and other support services to return to work.
Pacific Gateway Center
Economic Development Training
83 North King Street
Honolulu, HI 96817
(808)851-7010
http://www.pacificgatewaycenter.org/economic-development.html

Pacific Gateway Center is one of two Small Business Association intermediary lenders in the state of Hawaii that provides small loans to low-income, high-risk clients for enterprises in business and agriculture.

SCORE
Score Hawaii
500 Ala Moana Blvd., Suite 1-306A
Honolulu, HI 96813
(808) 547-2700
https://hawaii.score.org/

SCORE Hawaii provides free and confidential business advice and counseling tailored to meet the needs of your business and objectives. SCORE Hawaii also offers workshops, for both start-up and in-business entrepreneurs. SCORE counselors are volunteers who were professionals in a variety of business fields.

Senior Community Service Employment Program (SCSEP)
Honolulu Community Action Program (HCAP)
1132 Bishop Street, Suite 100
Honolulu, HI 96813
(808) 521-4531
http://www.hcapweb.org/senior-employment-program/

The program functions to provide meaningful part-time subsidized "hands-on" training to low-income seniors aged 55 and older, and assists program participants in finding regular jobs in the community. Stipends are available.
U.S. Small Business Administration
500 Ala Moana Blvd., Suite 1-306
Honolulu, HI 96813
(808)541-2990
https://www.sba.gov/
The U.S. Small Business Administration provides loans, loan guarantees, contracts, counseling sessions and other forms of assistance to small businesses.

Windward Community College
Career and Community Education (CCE)
45-720 Keaahala Road, Hale Kuhina 102
Kaneohe, HI 96744
(808) 235-7433
www.windwardcce.org

This department is committed to providing education and training to meet the needs of our workforce and community and to provide opportunities for personal enrichment and professional development. Inquire about the availability of audit classes for free with the permission of the instructor.

Work Hawaii
Department of Community Services
City and County of Honolulu
1505 Dillingham Blvd., Suite 110
Honolulu, HI 96817
(808) 768-5700

Work Hawaii maintains a number of programs such as the family self-sufficiency and homeownership program, Hoala (First to Work and Vocational Rehabilitation) Program, Rent to Work, Ticket to Work, Vocational Rehabilitation Employment Programs. Some of these programs may be of interest to older adults.
Financial security is attainable if we watch our cash flow. By paying attention to the importance of financial fitness, older adults will be able to stress less about money, enjoy more of what life has to offer and attend to their life’s purpose.
**Resources for Financial Information**

**Better Business Bureau**  
**Fraud Prevention Guide**  
1132 Bishop Street, Suite 615  
Honolulu, HI 96813  
(808)536-6956  
Senior Scam Hotline: 1-888-333-1593  
https://www.bbb.org/hawaii

This guide offers advice, tips and resources for consumers regarding taxes, travel, scams and business complaints.

**Consumer Resource Center**  
Dept. of Commerce & Consumer Affairs  
335 Merchant Street  
Honolulu, HI 96813  
(808) 587-4272  
http://cca.hawaii.gov/resources/

Call the Consumer Resource Center or visit their website to receive advice and suggestions concerning consumer education and the status of licensed businesses through the Department of Consumer Affairs.

**CSI (Comfort Security Independence) Hawaii**  
1164 Bishop Street, Suite 1505  
Honolulu, HI 96813  
(808) 538-0353  
http://csihawaii.org/CSI-Family/default.asp

CSI (Comfort, Security and Independence) is a Hawaii nonprofit with experienced case managers that specialize in managing the financial affairs of the elderly or people with disabilities. Fee-based.
Supports reverse mortgage programs enable older adults to liquidate home equity for life expenses a fixed monthly income, line of credit or both.

**Elderly Affairs Division**  
City and County of Honolulu  
Information & Assistance  
925 Dillingham Blvd.  
Honolulu, HI 96817  
(808)768-7700  
www.elderlyaffairs.com

The City’s Elderly Affairs Division is a one-stop-shop that provides information and referral services for older adults. It can provide access to some support services for those who do not qualify for Medicaid to remain independent and well.

**Executive Office on Aging**  
Hawaii State Health Insurance Assistance Program  
(808) 586-7299  
http://hawaii.gov/health/elder-care/eoa

Sage PLUS provides one-to-one assistance to members with Medicare, their families, caregivers, and agencies throughout Hawaii. Trained certified volunteer counselors provide consultation at no charge to the public.

The Senior Medicare Patrol provides information on how to detect, prevent, and report Medicare fraud, abuse, and waste.
Financial Planning Association - Hawaii
516 Kawaihae Street, E
Honolulu, HI 96825
808-394-3451
www.fpahawaii.org

The Financial Planning Association of Hawaii strengthens the community by building an organization of financial professionals dedicated to helping the members/clients achieve their financial and personal objectives.

Hawaiian Community Assets
Financial Education, Planning and Counseling
200 N. Vineyard Blvd., Suite A300
Honolulu, HI 96819
(808) 433-0420
http://www.hawaiiancommunity.net/services.asp

Hawaiian Community Assets Community Services Specialists are certified to provide individualized counseling to assist individuals and families in creating a financial action plan to build savings, pay down debt and improve credit with the goal of securing and sustaining permanent affordable housing.

Medicare - Centers for Medicare & Medicaid
Toll-Free: 1-800-633-4227 or 1-877-486-204
www.medicare.gov

Provides information and assistance to the public on Medicare benefits, complaints, appeals, and fraud and abuse in the Medicare system. Also see Social Security and its Honolulu location below for further information.
Social Security Administration
Prince Jonah Kuhio Kalanianaole Federal Building
300 Ala Moana Blvd., Suite 1-114
Honolulu, HI 96850
Toll-Free: 1-800-772-1213 or 1-800-325-0778
www.ssa.gov

Social Security Administration offers assistance with applying for Social Security, Supplemental Security Income, Medicare and other qualifying benefits.

State Office of Veterans Affairs
459 Patterson Road, E Wing, Room 1-A103
Honolulu, HI 96819
(808) 433-0420
http://dod.hawaii.gov/ovs/

The Office of Veteran’s Services assists veterans in obtaining state and federal entitlements, supplies the latest information on veterans’ issues and provides advice and support to veterans making the transition back into civilian life.
Health and Wellness

“We must shift the narrative from fear and denial to an embrace of aging, move from a back-to-youth or regression orientation to a purposeful new way of being, and move from older people being a burden to being an asset to society as a whole.”

- Purpose+: The Power of Purposeful Aging

Physical, Medical and Nutritional Fitness were identified as important components of active aging. Maintaining high quality performance in all three dimensions of health is important since they impact mental and emotional health, and spiritual health, and your ability to address your life’s purpose.
AARP - Hawaii
1132 Bishop Street, Suite 1920
Honolulu, HI 96813
(866) 295-7282
http://states.aarp.org/category/hawaii/

AARP Hawaii offers a variety of news, events and activities for Hawaii residents age 50 and over. By visiting the website or attending an event you can find information on long-term care planning, healthy recipes, and various articles on how to prevent future health problems as well as tools on how to optimize your health at the present moment.

Alzheimer's Association, Aloha Chapter
1130 N. Nimitz Highway, Suite A-265
Honolulu, HI 96817
808-591-2771
http://www.alz.org/hawaii/in_my_community_63816.asp

Offers a variety of education programs in class and online courses to increase knowledge and to support those afflicted with this disease.

Au Like, Inc.
Kumu Kahi: Ke Ola Pono No Nā Kūpuna
Hale O Nā Limahana
2969 Mapunapuna Place, Suite 200
Honolulu, HI 96819
(808) 535-1328
http://www.alulike.org/services/kumu_ke.html

The Ke Ola Pono No Nā Kūpuna Program provides nutrition and supportive services (recreation, education, outreach, promotion of well-being) to independent Native Hawaiians 60 years of age or older throughout Hawaii.
American Cancer Society - Hawaii Chapter
2370 Nuuanu Avenue
Honolulu, HI 96817
(808) 595-7500
https://www.cancer.org/healthy.html

Hawaii Pacific programs focus on tobacco control, diet, physical activity, comprehensive school health education, and reducing the risks of skin cancer. The Hawaii Chapter works to educate people in ways to detect cancer while it is still in its early stages and treatable.

American Diabetes Association
Support and Education Programs
900 Fort Street Mall, #940
Honolulu, HI 96813
(808) 947-5979

Builds a community committed to lifelong prevention and care of diabetes. There are various programs and opportunities to learn about diabetes through workshops and awareness event.

American Heart/Stroke Association - Honolulu
677 Ala Moana Blvd., Suite 600
Honolulu, HI 96813
(808) 377-6630 (Oahu)
http://www.heart.org/HEARTORG/Affiliate/Honolulu/Hawaii/Home_UCM_WSA048_AffiliatePage.jsp

The American Heart Association offers educational information on their website related to CPR education, “Healthy for Good” initiative, research related to heart health, and workplace health.
American Lung Association - Honolulu
Disease Elimination and Patient Education Programs
810 Richards Street, Suite 750
Honolulu, HI 96813
(808) 537-5966

The Hawaii Chapter provides local programs that educate and support those with issues concerning air quality, asthma, lung disease, and tobacco control.

Arthritis Foundation
Patient Education Program
2752 Woodlawn Drive, Suite 5-204B
Honolulu, HI 96822
(808) 596-2900, Neighbor Island Toll Free: (800) 462-0743
http://www.arthritis.org/hawaii/

Facilitates education programs for individuals seeking to understand or better manage their arthritis.

Body and Brain
401 Kamakee St. Unit #317
Honolulu, HI 96814
(808) 596-9642
www.BodyNBrain.com/Honolulu

This program is located in three locations on Oahu and has offers classes in stretching, meditation, breathing exercises, tai chi/qigong, and customizable private instruction classes and innovative workshops.
People's Open Market provides an opportunity to purchase fresh agricultural products and other food items at a tax free and low cost basis.

Castle Medical Center
Wellness and Lifestyle Medicine Center
640 Ulukahiki St.
Kailua, HI 96734
(808) 263-5400
http://castle-med.org/classes-n.htm

Castle Medical Center provides a number of different health promotion and disease prevention classes catered to older adults. Some classes have been developed to focus on bettering balance, strengthening bones, stretching, and more.

Good Clean Food Hawaii
35 Kainehe Street, Suite 108
Kailua, HI 96734
(808) 339-1314
http://www.gefhawaii.com/home.php

Good Clean Food Hawaii is a business that allows individuals to customize deliverable meals that are 100% Paleo, gluten-free, dairy-free, sugar-free, grain-free, preservative-free, soy-free, and grass-fed.
Classes are available that train older adults in acquiring motor skills, safe falling, enhancing fitness, recovering and maintaining balance.

Hawaii Department of Health
Hawaii Tobacco Quitline
1-(800)-QUIT NOW (1-800-784-8669)
http://hawaiiquitline.org/
The online Quitline is an interactive free and confidential website that connects you to resources built to answer your questions about tobacco and to provide you with tips on how to quit.

Hawaii Medical Service Association (HMSA) Health Education Workshops
818 Keeaumoku St.
Honolulu, HI 96814
(808) 948-5976
https://hmsa.com/well-being/workshops/

Delivers informative, interactive workshops that give you tools for a healthier tomorrow. Program topics cover health areas such as fall prevention, diabetes, hypertension, meatless alternative eating, women's health, healthy eating, sleep, and senior fitness. Wellness coaching is also available for HMSA health plan members.
Hawaii Pacific Health
Health and Wellness Classes and Support Groups
55 Merchant Street
Honolulu, HI 96813
(877) 709-9355
https://www.hawaiipacifichealth.org/health-wellness/

Hawaii Pacific Health offers a variety of health and wellness classes at their clinics across the island. Classes focus on chronic disease management, health education/awareness, fitness classes, tobacco and nicotine treatment, and support groups.

The Ornish Reversal Program
Ekahi Health Systems
500 Ala Moana Blvd. Suite #6-D /Honolulu, HI 96813
(808) 777-4001
www.Ornish.com/undo-it

Dr. Ornish's Program for Reversing Heart Disease is the first program scientifically proven to reverse ("undo") heart disease through significant lifestyle changes. The four key elements in the program proven to stop and even reverse heart disease are nutrition, stress management, fitness and social support. Participants experience support through a dedicated healthcare team.

Hawaii Parkinson Association
Support Groups, YMCA Exercise Classes, Club Step,
OrthoSport Hawaii
P.O. Box 1312
Kailua, HI, 96734
(808) 219-8874
http://www.parkinsonshawaii.org/

Living with Parkinson's disease, it is essential to maintain balance, mobility, and daily living activities. Support groups are also an important source of peer and community support for those living with Parkinson's disease and their caregivers. Contact the Hawaii Parkinson Association for more details about specific classes, services, support groups, and what is offered through other agencies.
Silver Sneakers helps participants reach their wellness goals by getting active through having access to exercise equipment, group classes, and social events. There are various SilverSneakers locations.

I Ola Lāhui
Kūpuna Mental Health and Wellness Services
1441 Kapiolani Blvd., Suite 1802
Honolulu, HI 96814
(808)525-6255
http://www.iolalahui.org/

Offers integrative behavioral health services to help with a variety of concerns for individuals, couples, families and groups, to promote overall health and well-being. Elder-focused and caregiver mental health and wellness services coping, loss and grief, depression, substance abuse, age discrimination, caregiver stress and burnout.

Kahuku Medical Center
56-117 Pualalea Street
Kahuku, HI 96731
(808) 293-9221
http://www.kmc-hi.org/

Kahuku Medical Center provides quality health care and promote wellness in their community in a professional, caring, culturally sensitive and financially responsible manner.
Give yourself the winning edge with our free healthy lifestyle programs for Kaiser Permanente members 18 years and older. These personalized online programs can help you create an action plan to reach your health goals.

Participants have the option of getting direct services from a geriatrician/geriatric professional at the Honolulu Kaiser Permanente Clinic, and access a number of online practical tools, tips and information on the Kaiser Permanente Live Healthy website.
The Silver and Fit Fitness Program has two options, one available at local fitness centers and another involves choosing one or two work out kits for at home. Silver and Fit will allow you to gain knowledge and support to improve your health, build a network of other fellow Senior Advantage members, have access to the Silver Slate newsletter, and be a part an exclusive rewards program.

The Kapahulu Center offers both exercise classes (tai chi, Korean exercise, yoga, and aerobics) and recreational activities (Japanese ukulele, hula, line dancing, belly dancing for seniors, mahjong).

Ke Ola Mamo is a Native Hawaiian health and wellness program that promotes healthy eating and regular exercise. Participants are invited to participate in aerobic classes or work with a personal trainer on developing an individual exercise plan. The program also includes blood pressure, blood glucose and cholesterol screening.
Kokua Kalihi Valley (KKV)
Elderly Services Program
2239 North School Street
Honolulu, HI 96819
(808) 791-9400

Kokua Kalihi Valley
Elder Center
1846 Gulick Avenue
Honolulu, HI 96819
(808) 791-9466
http://www.kkv.net/index.php/elder-care

KKV’s Elder Services provide Kalihi seniors from all cultural backgrounds with holistic care. At KKV, elderly clients gain daily opportunities for social engagement, physical activity, health education and primary health care. KKV’s mission states that its services are principally for older adults in the Upper Kalihi neighborhoods of Honolulu.

Kuakini Medical Center
Community Education Classes
347 N. Kuakini Street
Honolulu, HI 96817
(808) 547-5292/ (808) 536-2236
http://www.kuakini.org/HealthWellness/HealthWellness.asp?ID=422

Kuakini’s Education Department provides classes on CPR for employees and community participants to learn and practice this lifesaving skill. Other types of educational offerings are also available.
Lanakila Multi-Purpose Senior Center Catholic Charities Hawaii
1640 Lanakila Avenue
Honolulu, HI 96817
(808) 847-1322
http://www.catholiccharitieshawaii.org/about/locations/lanakila-senior-center

The Center offers a place for seniors to go for recreation, education, and social interaction. It offers over 50 classes Monday through Friday that include stretching, tai chi, chair exercises, yoga, cultural dance classes and more. Different days of the week are for different ethnic clubs and their activities.

Life Foundation
677 Ala Moana Blvd., Suite 226
Honolulu, HI 96813
(808) 521-2437
https://www.lifefoundationhawaii.org/

Life Foundation is a non-profit organization dedicated to stopping the spread of HIV and to assisting people who are living with HIV and AIDS. Life Foundation also offers HIV testing and counseling. All services are free and confidential.

Moiliili Community Center
Senior Program
2535 S. King Street
Honolulu, HI 96826
(808) 955-1555
http://www.moiliilicc.org/moiliili-senior-program.html

Participants gather to socialize, to learn, to obtain services, and to stay active by being involved in Center or Community activities throughout the year. Recreation, health, and educational activities include excursions, hikes, seminars, classes, and special events.
The objective of KIWI is to improve the self-management skills of those with chronic kidney disease (CKD) at stages 2 and 3, including those with diabetes and hypertension. By teaching individuals how to make basic lifestyle changes it may be possible to prevent the progression of CKD.

Ortho Sport Hawaii
"The MOG" Physical Therapy, Aquatic Rehabilitation, and Medical Fitness
Niu Valley – 5722 Kalanianaole Hwy Honolulu, HI 96821
Downtown – 745 Fort Street, Suite #105A Honolulu, HI 96813
Kakaako – 400 Keawe Street, Suite #102 Honolulu, HI 96813
www.orthosport.com

Ortho Sport Hawaii provides evidence-based medical fitness, wellness, and sports conditioning services. There are various group classes offered such as Yoga and Power Yoga, tai chi for Arthritis, Boxing for Parkinson's, and Balance and Bones. There is also specific programming for: Diabetics and Pre-Diabetics, Deconditioned Seniors, Adult Obesity, Cancer and Post-Cancer Survivors, Chronic Pain Conditions, Cardiac/High Blood Pressure/Cholesterol Problems, Balanced Challenged Individuals, Osteoporosis and Arthritis, Parkinson's and other Neurological Disorders and many other programs for those wanting to improve their general health and fitness.
Palama Settlement
Palama Senior Program Classes
810 N. Vineyard Boulevard
Honolulu, HI 96817
(808) 845-3945
http://www.palamasettlement.org/project/seniorprograms/

Various activities and classes are offered such as Line Dancing, Tai Chi, Zumba Gold, Sewing, Ukulele, Mah Jong, Chair Yoga, and Hula.

Still and Moving Center
1024 Queen Street
Honolulu, HI 96814
(808) 397-7678
http://www.stillandmovingcenter.com/classes_for_seniors.html

Still and Moving Center offers variety of services to empower senior adults to contribute to their own physical health, emotional well-being and mental clarity. Its program promotes mindful physical movement to preserve mental acuity and maintains the body's health. Classes such as Tai-chi, Gentle Pilates, Gentle Yoga, Gentle Nia and Feldenkrais are suitable for all ages, and are geared with our kūpuna in mind.

Straub Clinic & Hospital, Inc.
Straub Health Education Center
888 South King Street
Honolulu, HI 96813
(808) 522-4325
https://www.hawaiipacifichealth.org/straub/health-wellness/classes/

Classes are offered to improve your health, manage a disease, or join a support group.
The Hawaii Wushu Center  
Chinese Culture and Martial Arts Program  
224 Queen Emma Square  
Honolulu, HI 96813  
(808)457-5844  
http://www.hawaiiwushucenter.org/index.shtml

The mission of the Center is to improve the health by integrating and strengthening the connections of body, mind and spirit with information, education and training about Wushu (Chinese internal and external martial arts) and related culture.

The Movement Center  
Adult Classes  
1215 Center Street, #211  
Honolulu, HI 96816  
(808)735-8641

The Movement Center currently serves over 300 students in 40 different classes. Students range from toddlers through adults. Classes are offered in ballet, tap, jazz, hip hop, vocal performance, musical theater and tumbling. A variety of classes in fitness, dance and music are offered for adults and older adults.

The Queen’s Medical Center  
Lectures and Classes  
1301 Punchbowl Street  
Honolulu, HI 96813  
Queen’s Referral Line for Physician Referrals & Class Registrations:  
(808) 691-7117  
http://queenshealthsystems.com/lectures-and-classes.html

Various classes are offered through Queen’s such as support groups, health treatments, chronic disease management classes, clinics, exercise classes and many more.
Waikiki Community Center
Senior Programs
310 Paoakalani Avenue
Honolulu, HI 96815
(808)923-1802
www.waikikicommunitycenter.org

Waikiki Community Center provides a wide variety of educational and social activities to help maintain their physical, cognitive and emotional health and independent lifestyles to prevent premature aging, isolation and institutionalization.

Waikiki Health Center
277 Ohua Avenue
Honolulu, HI 96815
(808) 922-4787
https://waikikihc.org/patients/services/

There are various programs provided by Waikiki Health Center including ones related to women’s health, nutrition services, tobacco treatment, and community health services. Call to find out more information about a specific program you may be interested in.

Waimanalo Health Center
Health Promotion and Disease Prevention (Niu Department)
41-1347 Kalanianaole Highway
Waimanalo, HI 96795
(808) 259-7948
http://waimanalohealth.org/support

This program helps patients achieve optimal health outcomes through nutrition. Registered Dietitians offer a range of hands-on classes including gardening and weight management classes and healthy cooking demonstrations.
YMCA
Health, Wellbeing & Fitness

Kaimukī - Wai'ala'e
4835 Kilauea Avenue
Honolulu, HI 96816
(808)737-5544

Kalihi
1335 Kalihi Street
Honolulu, HI 96819
(808)848-2494

Leeward
94-440 Mokuola Street
Waipahu, HI 96797
(808)671-6495

Mililani
95-1190 Hikikaulia Street
Mililani, HI 96789
(808) 625-1040

Nu'uanu
1441 Pali Highway
Honolulu, HI 96813
(808)536-3556

Windward
1200 Kailua Road
Kailua, HI 96734
(808)261-0808

http://www.ymcahonolulu.org

The YMCA offers various programs and services for all interests. There are services specifically for seniors such as Lunch and Learns, book clubs, crafting, hiking, budgeting seminars, and bingo offered through the various branches. Classes for management of chronic disease are a part of their vast amount of services including programs for managing arthritis, blood pressure, diabetes, and Parkinson's.
YWCA
Health, Wellbeing & Fitness

Laniākea (Main Branch)
1040 Richards Street
Honolulu, HI 96813
(808)538-7061

Kokokahi
45-035 Kaneohe Bay Drive
Kaneohe, HI 96744
(808) 247-2124

Fernhurst
1566 Wilder Avenue
Honolulu, HI 96822
(808) 941-2231

https://www.ywcaohu.org/

Membership through the YWCA offers many opportunities to improve or maintain good health. Members have access to the fitness centers, group classes (Boot Camp, Zumba, Yoga, Dance, Tai Chi, Hula, strength building, aquatics, etc.), pools, personal trainers, and other amenities.
Housing and Housing Assistance

“As I grow older, the outer world of appearance, prestige and perfection, all influences from outside sources, lessen; the inner world of imagination, gratitude and tolerance strengthen and keep me seeking wisdom and more breath.”

- Josiah Polhemus, Actor, Filmmaker

Finding affordable and safe housing is a great concern for many older adults on limited income. Whether you are looking to move from your current location, declutter your home, create a safer home environment, or move to a more affordable home, there are services that can help.
Resources for Housing Assistance

Caring Transitions
Relocation, Downsizing, Estate Sales
2166 Auhuhu Street
Pearl City, HI 96782
(808) 369-9195
www.caringtransitions honolulu.com

Caring Transitions will help to move, sort, and organize belongings whether you are planning on moving or wanting to eliminate the items in your home. They are also able to organize sales and auctions of your belongings and prepare homes to be sold.

Catholic Charities
Housing Assistance Program
1822 Keaauumoku Street
Honolulu, HI 96822
(808) 527-4777
http://www.catholiccharitieshawaii.org/programs-services/seniors/#collapse-4

Catholic Charities offers housing assistance to help seniors find affordable housing options and also provide affordable shared housing for seniors.

City and County of Honolulu
Rehabilitation Loan Program
51 Merchant Street, 1st Floor
Honolulu, HI 96813
(808) 768-7068
https://www.honolulu.gov/dcs/housing.html

Program provides rehabilitation loans to owner-occupant homeowners with incomes up to 80% of the median income for Oahu. The loans can be used to repair and correct deteriorated and/or hazardous conditions on the property.
Hawaii Public Housing Authority
Affordable Housing Programs and Low and Moderate Income Rental
Housing Program
1002 N. School Street
Honolulu, HI 96817
(808) (808) 832-4692
http://www.hpha.hawaii.gov/

Provides information and assistance regarding affordable housing. Income-based qualification. Wait listing may be involved.

Hawaiian Community Assets
Housing and Financial Counseling
200 North Vineyard Blvd., Suite A300
Honolulu, HI 96817
Toll Free: 1-866-400-1116 General (Oahu)
http://www.hawaiiancommunity.net/services.asp

Hawaiian Community Assets provides housing education and counseling plans to offer individuals and families the tools they need to secure permanent housing.
Housing and Urban Development (HUD)
1132 Bishop Street, Suite 1400
Honolulu, HI 96813
(808) 457-4662
https://www.hud.gov/states/hawaii

HUD provides information and assistance for affordable housing in the state.

Independent Living Builders
Curt Kiriu
(808)258-8158
curtk@hawaii.rr.com

Specializes in accessible home modification to support those who wish to maintain a safe active independent lifestyle in their own home. Certified Aging in Place Specialist.

Legal Aid Society of Hawaii
Fair Housing Enforcement Program
924 Bethel Street
Honolulu, HI 96813
Toll Free: (866) 527-3247
Oahu: (808) 527-8024
http://www.fairhousinghawaii.org/

The Fair Housing Enforcement Program is a unit within the Legal Aid Society of Hawaii that specifically handles housing discrimination matters in Hawaii.

Project Dana
Home Safety Assessments
2720 Nako’oko’o Street
Honolulu, HI 96826
(808) 945-3736
http://www.projectdana.org/

The Home Safety Program provides an initial fall assessment visit, educational information on home safety, recommendations of possible home modifications, and a follow-up home assessment.
Senior Move Managers help before, during and after the move, planning and coordinating through their S.O.R.T. (Sell-Offer-Retain-Toss) process. The business also protects wills, trusts, and insurance while preserving valuable personal items.

Senior Movers Hawaii
Decluttering, Downsizing and Relocation
(808) 228-7682
alaine@seniormovershawaii.com
www.seniormovershawaii.com

Senior Movers offers services including sorting, packing, unpacking, moving, downsizing, space planning, care home move-ins, reconnection of electrical devices, and more.

United States Department of Agriculture (USDA) – Rural Development
Section 504 Repair Loan and Grant Program
300 Ala Moana Blvd., #1-340
Honolulu, HI 96850
(808) 541-2600 ext. 4
https://www.rd.usda.gov/hi

Provides information and assistance for affordable housing, aid, and help with home repair loans.
Intergenerational Activities

*How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in life you will have been all of these.*

-*George Washington Carver, scientist (1864-1943)*

It has been said that older adults are America’s fastest growing natural resource. They are an asset to our communities. They teach us of our past and provide the young with a perspective that they do not yet have. Sharing their knowledge and skills with future generations mutually enriches the community.
Resources for Intergenerational Activities

Big Brothers Big Sisters of Honolulu
Community-Based Mentoring
418 Kuwili Street, Suite 106
Honolulu, HI 96817
(808) 521-3811
http://www.bbbshawaii.org/

Community-based mentoring program offers Bigs and Littles the opportunity to meet one-on-one twice per month for 2-4 hours at a time. Bigs and Littles spend time doing activities they enjoy in the community and are supported by a Match Support Specialist who is there to answer questions and offer guidance.

Corporation for National and Community Service (CNCS)
Department of Human Services
Foster Grandparent Program
1010 Richards Street, Suite #614
Honolulu, HI 96813
(808) 832-5169
https://www.nationalservice.gov/programs/senior-corps

The Foster Grandparent Program is a grant provided by the Corporation for National and Community Service and administered by the State of Hawaii Department of Human Services. Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for low income volunteers age 55 and over to stay active by serving children and youth in their communities. Stipends are available for qualified volunteers.
Infant Care for Grandparents and Caregivers
Kapiolani Medical Center for Women & Children
1319 Punahou Street
Honolulu, HI 96826
(808)527-2588
https://www.hawaiipacifichealth.org/pali-momi/health-wellness/classes/class?id=4637

This program provides a 2-week series of classes [total 6 hours] designed to educate grandparents and caregivers on the newest updates on how to care for a newborn baby. Topics will include updated baby care basics, safety, car seats, and Infant CPR. Baby care basics include information on feeding, bathing, swaddling, sleep position and more. [For example: This class will give grandparents the rationale of the current finding and what should be done now.

The Parent Line
Maternal and Child Health Branch
Hawaii State Department of Health
Oahu (808) 526-1222
Toll Free 1-800-816-1222
http://www.theparentline.org

A free statewide confidential telephone line which offers support and information to parents and other caregivers.

Partners in Development Foundation
Tutu and Me
2345 Nuuanu Avenue
Honolulu, HI 96817
Oahu: 524-7633
http://www.pidfoundation.org/programs/tutu_and_me/about

Tutu and Me aims to identify, recruit, and serve Native Hawaiian grandparents through a traveling preschool program done in cooperation with churches and community organizations.
People Attentive to Children (PATCH)
560 North Nimitz Highway, Suite 218
Honolulu, HI 96817
(808) 839-1988
http://patchhawaii.org/

PATCH, Hawaii's Child Care Resource & Referral Agency, supports those with child care needs. Provides referrals, information and assistance, child care business advice and workshops.

St. Francis Healthcare System of Hawaii
Intergenerational Center
91-1758 Oohao Street
Ewa Beach, HI 96706
(808) 681-0100
http://www.stfrancishawaii.org/about-st-francis/st-francis-intergenerational-center

The Intergenerational Center is a child day care program integrated next to a senior residential facility bringing the kūpuna and keiki together to share mutually enriching experiences on special occasions and for activities like cultural celebrations, music, and arts and crafts.
In a dynamic and changing world it is essential to continue learning new skills to interact with others, build yourself, discover your interests, and applying those talents in everyday life.
AARP
Driver Safety Program
1132 Bishop St. Suite 1920
Honolulu, HI 96813
(866)295-7282
http://www.aarp.org/home-garden/transportation/driver_safety/

Refresher course for drivers age 50+ that is offered at selected dates and sites annually. Focuses on improving decision making, perception, memory and attention issues related to health as we age. Training to check car condition, traffic conditions, and alertness. Workshops and online training possible.

Happiness U
675 Auahi Street, Suite E3-205
Honolulu, HI 96813
(808) 436-6444
Yourhappinessu.com

Happiness U provides inspiration and guidance for modern day life and has a variety of offerings for businesses and individuals that focus on positivity, personal growth, and self-development.

Career Excelerator LLC
Phyllis Horner, Ph.D.
Retirement Planning and Counseling
808-741-7495
http://www.phyllishorner.com/

Certified retirement coach helps individuals and couples with getting their perfect “recipe” for how to thrive after they are eligible for retirement. Focus on replacing status with meaning, balancing work and leisure, new connections, health habits and communication strategies.
New Workforce Hawaii
Carleen MacKay
(916) 316-0143
carleenmackayhi@gmail.com
www.newworkforcehawaii.com

Author, public speaker, TV producer-moderator and consultant provides presentations and group sessions on how work trends are changing, why and how older adults should continue to work in a paid or unpaid setting.

St. Francis HealthCare System of Hawai‘i
Active Aging Program
2226 Liliha Street
Honolulu, HI 96817
Phone: (808) 547-8117
http://www.stfrancishawaii.org/services/active-aging

The Active Aging Program at St. Francis provides various seminars and workshops on active aging, dimensions of wellness, and on transitioning into retirement.
Recreation

“We do not quit playing because we grow old; we grow old because we quit playing.”

– Oliver Wendell Holmes

"I wake up each morning determined to both change the world and have one hell of a good time. Sometimes this makes planning the day a little difficult."

- E.B. White

With all of the fun and exciting opportunities on the island, there is something for everyone. Whether you enjoy being outdoors, joining a club or travelling, there is a program for you! Engaging in the community can come in many forms, but you are bound to come out of these opportunities with a friend, a new skill and a chance to feel reenergized.
Resources for Recreation

Hawaii Ballroom Dance Association
98-019 Kamehameha Highway, Suite 211A/212A
Aiea, HI 96701
(808) 753-8673
http://www.hbdahawaii.org/

Formed for the sole purpose of promoting, encouraging, and developing public appreciation of ballroom dancing in Hawaii. You have the opportunity to take dance lessons from instructors at a nominal fee. Also organizes special dance functions.

Friends of the Ala Wai Ballroom Dance Academy
2nd Floor of the Ala Wai Palladium
P.O. Box 89175
Honolulu, HI 96830
Email: Friends_of_alawai@yahoo.com
http://friendsofalawai.com

Friends of Ala Wai is a Honolulu based, non-profit organization whose goal is to share and foster the art of ballroom dancing in Hawaii. To achieve this, they offer the public and members dance workshops, socials, and weekly dance classes in group sessions.

Arthur Murray Dance Centers
770 Kapiolani Blvd., Suite 115
Honolulu, HI 96813
(808) 206-7619
http://www.dancinginhawaii.com/

Regardless of whether you are looking to learn for a special event, dance for fun, or if you want to fulfill a competitive spirit, the studio has professionals providing dance training for a fee.
AARP
1132 Bishop Street, Suite 1920
Honolulu, HI 96813
(866)295-7282
http://states.aarp.org/category/hawaii/

AARP Hawaii offers a variety of news, events and activities for Hawaii residents age 50 and over. Find information on long-term care planning, healthy recipes, ways to prevent future health problems and tools on how to optimize your health at the present moment. Trainings, seminars, and webinars are available. Contact AARP for more specific interest and information on upcoming events.

City & County of Honolulu
Department of Parks and Recreation

There is a Parks and Recreation District Office for each region of Oahu. Some parks have pools and other facilities and activities for older adults. Please call the office closest to you to see what park may be your best option.

Community Parks District I Office
East Honolulu (Hawaii Kai to McCully)
939 Hind Iuka Drive
Honolulu, HI 96821
(808) 373-8013
http://www.honolulu.gov/parks/default/park-locations.html

Community Parks District II Office
West Honolulu (Makiki to Aiea)
1527 Keeaumoku Street
Honolulu, HI 96822
(808) 768-9292
http://www.honolulu.gov/parks/default/park-locations.html

Community Parks District III Office
Leeward (Pearl City to Waianae to Wahiawa)
94-230 Paiwa Street
Waipahu, HI 96797
(808) 675-6030
http://www.honolulu.gov/parks/default/park-locations.html
Community Parks District IV Office  
Windward (Waialua to Waimanalo)  
45-660 Keaahala Road  
Kaneohe, HI 96744  
(808) 233-730  
http://www.honolulu.gov/parks/default/park-locations.htm

Community Parks District V Office  
Central Oahu  
94-801 Kamehameha Highway  
Waipahu, HI 96797  
(808) 677-8849  
http://www.honolulu.gov/parks/default/park-locations.html

City and County of Honolulu  
Department of Parks and Recreation  
Senior Citizen Clubs  
1541 Kalakaua Avenue  
Honolulu, HI 96813  
(808) 973-7258  
https://www.honolulu.gov/parks/program/senior-citizen-program.html

Throughout the island of Oahu there are over 35 senior clubs representing over 3,500 seniors that participate in weekly activities that include: business meetings, speakers, community service, excursions, luncheons, etc. They elect their own officers and organize all of their planned activities and meetings. Call to find a program near you.

Department of Parks and Recreation  
People's Open Markets  
1527 Keeaumoku Street  
Honolulu, HI 96822  
(808) 768-9299  
https://www.honolulu.gov/parks/program/people-s-open-market-program.html

People's Open Market provides an opportunity to purchase fresh agricultural products and other food items at a tax free and low cost basis.
This program was started in 1975 to provide people living in Honolulu's densely populated communities access to garden plots. Call to receive more information about plots and monthly meetings.

HGEA - Retiree Unit
Hawaii Government Employees Association
888 Mililani Street, Suite 601
Honolulu, HI 96813
(808) 543-0000
https://www.hgea.org/our-union/retirees/

State and County government retirees can actively benefit from this organization that provides a variety of recreational, social and educational activities.

Iyengar Yoga Silent Dance Center
Kaimuki - 1132 Koko Head Ave Honolulu, HI 96816
Moiliili Community Center - 2535 S. King St. Honolulu, HI 96826
(808) 722-8461
http://yogahawaii.com/index.html

For over thirty years, people in Hawaii have gathered at the Silent Dance Center to practice yoga. A mix of locals and newcomers come together to enjoy: 51 weekly yoga classes, two well equipped yoga studios, special workshops with visiting senior teachers, and experienced teachers.

Kapahulu Senior Center
3410 Campbell Avenue
Honolulu, HI 96815
(808) 737-1748
http://www.kapahulucenter.org/

Kapahulu Center provides a community focal point where individuals come for activities and services necessary to enhance their dignity and support their independence, and encourage their involvement in the Center and the community.
Kiwanis Club
http://locator.kiwanis.org/

The Kiwanis Club’s core values and goals include: developing professional relationships and fellowship, providing community service for the children of Hawaii, demonstrating leadership, supporting Hawaii's youth organizations, and sharing the Kiwanis message and mission in Hawaii. The following are their regional chapters on Oahu: Executive Club of Honolulu, Honolulu, Pearl Harbor (two area clubs), and Kaneohe. Search the link above to see which club is in your area.

Kokua Council for Senior Citizens Education Fund
Harris United Methodist Church
20 South Vineyard Blvd.
Honolulu, HI 96813
(808) 282-1509
http://kokuacouncil.blogspot.com/

The Kokua Council is one of Hawaii's oldest senior advocacy groups. They seek to empower seniors and other concerned citizens to be effective advocates in shaping the future and well-being of our community, with particular attention to those needing help in advocating for themselves.

Lions Clubs International, Oahu
348 Hanakoa Street
Honolulu, HI 96825
(808) 228-5156
http://www.hawaiilions.org/

Lions Club members undertake a variety of projects to help their local communities. Their services could range from helping children who need eyeglasses, seniors who do not have enough to eat and people we may never meet. There are numerous clubs on the island of Oahu and possibly near you; refer to the website or call for information.
Participants gather to socialize, to learn, to obtain services, and to stay active by being involved in Center or community activities throughout the year. Recreation, health, and educational activities include excursions, hikes, seminars, classes, and special events. Services provided include information and referral, telephone reassurance, escort, and transportation, and the Lanakila Meals on Wheels program.

Nā Kūpuna Makamae Center
Pacific Gateway Center
653 Ala Moana Blvd.
Honolulu, HI 96813
(808) 773-7047
http://www.nakupunamakamae.org/

Nā Kūpuna Makamae provides innovative activities dedicated to our seniors, their families and communities that will empower, educate, enlighten and entertain. This center sponsors family caregiver training as well as educational and recreational activities for older adults.

National Association of Retired Federal Employees (NARFE)
300 Ala Moana Blvd., Room 7-213
Honolulu, HI 96850
http://www.narfe.org/home/index.cfm

The National Active and Retired Federal Employees Association (NARFE) is dedicated to protecting and enhancing the earned pay, retirement and health care benefits of federal employees, retirees and their survivors. Members also meet regularly for social and educational purposes. Call to find a chapter near you.
Rotary Club - Hawaii District 5000
P.O. Box 3325
Honolulu, HI 96801
(808) 536-8778
http://rotaryd5000.org/Page/contact

The Rotary Club is a network of neighbors, friends, leaders, and problem-solvers who come together to make positive, lasting change in communities at home and abroad. Call to inquire about the closest regional club near your neighborhood.

Waikiki Community Center
Senior Program
310 Paoakalani Avenue
Honolulu, HI 96815
(808) 923-1802
http://www.waikikicommunitycenter.org/

Waikiki Community Center has a large variety of classes, programs, services, and a staff knowledgeable on public and private programs and services. Seniors are encouraged to be involved in their community through volunteerism, civic engagement, and educational opportunities.
There are a handful of fairs devoted to older adults focusing on different aspects of life. Attending the fairs or expos, it is possible to learn of programs and services and participate in workshops.
Senior Health and Wellness Fairs

Aging in Place Workshop
(808) 234-3117
http://www.generations808.com

This has been an annual educational and exhibit event usually in late summer. Presentations on financial/legal issues, caregiving resources, healthy living tips and state/federal programs for seniors and their families are offered. Sponsored by Generations Magazine.

Hawaii Seniors' Fair
Good Life Expo, Inc.
Neal Blaisdell Exhibition Hall
777 Ward Avenue
Honolulu, HI 96814
(808) 832-7878 Ext. 157
http://www.productionhawaii.com/Events.htm

Hundreds of exhibit booths - travel, health, finances, mortgages & real estate, beauty, nutrition, flu shots, games, contests, prizes, and much more. A free 3-day event usually held in late September is probably Hawaii’s largest senior fair.

Senior Health & Fitness Fair
Hawaii United Okinawa Association
Hawaii Okinawa Center
94-587 Ukee Street
Waipahu, HI 96797
www.huoa.org

This annual fair has exhibits by health, safety, financial, and cultural vendors. Workshops are held throughout the day for seniors.
Volunteer Opportunities

“The meaning of life is to find your gift, the purpose of life is to give it away.”

– William Shakespeare

Aging is a positive time to use your wealth of talent, skills, and experience to benefit older adults and society as a whole. Part of what motivates us is the desire to give back and make a difference or find our purpose. These wants stem from two desires: the desire to make lasting contributions and the desire to feel connected with others, both of which strengthen as we age.

The economic value coupled with our desires are two reasons many seniors are pursuing “encore careers.” Through civic engagement, volunteering and encore careers, baby boomers and older adults are using their experience and talents to benefit local communities and causes.
Volunteer Resources

AARP
Volunteer Opportunities
1132 Bishop Street
Honolulu, HI 96813
(866) 295-7282
http://www.aarp.org/states/hawaii/

Contact AARP to see what volunteer projects or opportunities are available to you to serve your community and share your skills.

Alzheimer's Association - Aloha Chapter
1130 N. Nimitz Highway, Suite A-265
Honolulu, HI 96817
(808) 591-2771
http://www.alz.org/hawaii/in_my_community_participate.asp

The Alzheimer's Association recruits volunteers in the following areas: Special events, the Walk to End Alzheimer's, public education and awareness programs, health fairs and conferences, office help, Speakers Bureau Representative, support group facilitators, and advocacy.

American Red Cross
4155 Diamond Head Road
Honolulu, HI 96815
(808) 734-2101
http://www.redcross.org/local/hawaii/volunteer

Red Cross volunteer opportunities include: serving as a board member, volunteer management; disaster services, hospital volunteers, Thank a Donor callers and clerical/staff support.
Volunteers are committed to identifying unmet needs and addressing them through programs developed and delivered by the members.

Better Business Bureau
1132 Bishop Street
Honolulu, HI 96813
(808) 536-6956
http://www.bbb.org/hawaii/get-involved/volunteer/

Seeks volunteers in the following departments: advertising review program, public phone inquiry assistance program, public outreach program, and the administrative support program.

Corporation for National and Community Service
Department of Human Services
Foster Grandparent Program
1010 Richards Street, Suite #614
Honolulu, HI 96813
(808) 832-5169
https://www.nationalservice.gov/programs/senior-corps

The Foster Grandparent Program is a grant provided by the Corporation for National and Community Service and administered by the State of Hawaii Department of Human Services. Foster Grandparents are role models, mentors, and friends to children with exceptional needs. The program provides a way for low income volunteers age 55 and over to stay active by serving children and youth in their communities. Stipends are available for qualified volunteers.
The Senior Companion Program is a grant provided by the Corporation for National and Community Service and administered by the State of Hawaii Department of Human Services. Senior Companions are age 55 and over who make a difference by providing assistance and friendship to adults who have difficulty with daily living tasks, such as shopping or paying bills. We help these adults remain independent in their homes instead of having to move to more costly institutional care. Senior Companions give families or professional caregivers much needed time off from their duties, run errands, and often provide friendship to their clients. The program provides a small stipend for qualified volunteers.

Hawaii State Judiciary
Volunteers in Service to Public Courts (VIPS)
417 South King Street, Suite 212
Honolulu, HI 96813
(808) 539-4880
http://www.courts.state.hi.us/outreach/volunteer_opportunities

As a volunteer, you can serve as a: Case Aide, Bailiff Aide, Court Clerk Aide, Docent, Computer Operator, Clerical Aide, Court-Appointed Special Advocate, Project Visitation Volunteer, or Kids First Volunteer.
SCSEP provides meaningful part-time subsidized “hands-on” training to low-income seniors aged 55 and older and assist program participants in finding full-time employment. We assist seniors in finding subsidized employment at minimum wage for a maximum of 14 hours a week.

Hawaii Opera Theatre
848 South Beretania Street, Suite 301
Honolulu, HI 96813
(808) 596-7372 (Office)
(808) 596-7858 (Box Office)
https://www.hawaiiopera.org/support-us/volunteer/#sthash.h88X-gLyK.dpbs

Take your interest in opera to the next level. Become a volunteer to enjoy opera action all year. Your time and talent can help make each event a success!

Hawaii State Art Museum
No. 1 Capitol District Building
250 South Hotel Street, 2nd Floor
Honolulu, HI 96813
(808) 586-9959
http://hawaii.gov/sfca/volunteers.html

Volunteers are needed in the following areas: Gallery Attendant - Assist visitors in the galleries, Info Desk Attendant - Greet and orient visitors to the museum, Docent - Conduct tours of the exhibition, Education Assistant - Assist with education programs, Special Events Assistant - Assist staff in event coordination, and General Clerical Help - Assist staff in office chores.
Hawaii State Library
Friends of the Library of Hawaii and other opportunities
Honolulu, HI 96813
(808) 586-3500
http://www.librarieshawaii.org/connect/community/volunteer/


Hawaii State Parks
Kalanimoku Building
1151 Punchbowl Street, Room 310
Honolulu, HI 96813
(808) 587-0300
dlnr@hawaii.gov
http://dlnr.hawaii.gov/dsp/partners/

This program provides willing people with an opportunity to volunteer and assist with special park projects. Visit the website or call to receive more information about maintaining park sites on Oahu.

Hawaii Theatre Center
Usher and Theatre Volunteer Program
1130 Bethel Street
Honolulu, HI 96813
(808) 528-0506

Usher Volunteer Program:
http://www.hawaiitheatre.com/thetheatre/ usher-program/
General Volunteer Program
http://www.hawaiitheatre.com/ support-htc/volunteer/

Whether helping backstage, front-of-the-house ushering, or doing clerical work and projects it the Theatre, the Hawaii Theatre can help you find the right role in their cast- and train you, too! Any amount of time you can spend is much appreciated.
HUGS is an organization dedicated to providing support and enhancing the quality of life for Hawaii’s seriously ill children and their families. Volunteers are the lifeline of HUGS. It is through their tireless dedication that HUGS is able to continue serving Hawaii’s seriously ill children and their families. Volunteer opportunities include: Family Programs, Office Support, and Special Events.

Helping Hands Hawaii
2100 North Nimitz Highway
Honolulu, HI 96819
(808) 536-7234
http://helpinghandshawaii.org/volunteer/

Strengthening the community by enhancing the quality of people's lives through the delivery of goods and services to those in need. Volunteers are an integral part of our ability to provide services. Volunteers can assist with clerical & administrative duties, sorting and stocking items in donation warehouse, or providing assistance to clients through Human Services programs.

Honolulu Botanical Gardens
50 North Vineyard Blvd.
Honolulu, HI 96817
(808) 522-7066
https://www.honolulu.gov/parks/hbg/honolulu-botanical-gardens.html

The Honolulu Botanical Gardens employs the help of many volunteers to aid in the day to day operation of the gardens. Often they have a variety of different volunteer opportunities.
Kokua Kalihi Valley
2239 North School Street
Honolulu, HI 96819
(808) 791-9400
volunteer@kkv.net
http://www.kkv.net/index.php/get-involved

Serve a community that is rich with cultural knowledge, wisdom, and diverse talents. Various kinds of opportunities available depending on your interests.

Lanakila Pacific Meals on Wheels
1809 Bachelot Street
Honolulu, HI 96817
(808) 356-8541
https://www.lanakilapacific.org/volunteer/

Volunteer opportunities for Lanakila Meals on Wheels include: packaging meals, delivering meals, and special projects; Teaching & Learning Centers are looking for volunteers to teach classes, lead activities and join events.

Project Dana
2720 Nako’oko’o Street
Honolulu, HI 96826
(808) 945-3736
http://www.projectdana.org/volunteers/

Volunteers receive initial and continual training, education, and guidance from Project Dana’s staff and professional resource people. The heart of Project Dana is the volunteer who provides services such as: home visits, telephone visits, respite care, family caregivers support, home safety assessments, minor home repairs and light housekeeping, hospital and care home visits, and transportation for medical appointments, grocery shopping, and religious services.
SeniorCorps - RSVP (Retired and Senior Volunteer Program)  
City and County of Honolulu - Elderly Affairs Division  
925 Dillingham Blvd.  
Honolulu, HI 96817  
(808) 768-7700  
https://www.elderlyaffairs.com/site/460/rsvp.aspx

The RSVP Volunteer Program recruits and links adults, age 55 and better, with volunteer opportunities in the community that match their personal interests and make use of their wisdom, skills, and experience. RSVP Volunteers are provided with opportunities to share their skills, talents and experiences as volunteers, enrollment in a nationwide network of one-half million RSVP volunteers, an annual recognition event, supplemental accident/liability insurance coverage, including travel time, a quarterly newsletter, and the opportunities to address community needs while meeting new friends, enhancing skills, learning new skills, and cultivating their community ties.

St. Francis Healthcare System of Hawaii  
Volunteer Opportunities  
2226 Liliha Street, Suite 227  
Honolulu, HI 96817  
(808) 547-8138  
www.stfrancishawaii.org/volunteers

Whether you want to work directly with patients and families or in another role, you can make a big difference in someone’s life. Each program has its own orientation and training requirement. Volunteer in various locations such as St. Francis Hospice, Franciscan Adult Day Center, Franciscan Vistas Ewa, Our Lady of Keaau or the Intergenerational Center.
The Institute for Human Services  
546 Kaaahi Street  
Honolulu, HI 96817  
(808) 447-2810  
https://ihshawaii.org/how-you-can-help/volunteer

Volunteers donate their time and resources by sponsoring and serving meals, providing administrative support, assisting with children's programs, assisting with employment services, and up keeping the Kokua Corner Thrift Shop.

Waikiki Community Center  
2310 Paoakalani Avenue  
Honolulu, HI 96815  
(808) 922-2099  
http://www.waikikicommunitycenter.org/how-to-help/volunteer/

Offers individuals a great way to give back to the community, learn new skills, and help others at the same time. WCC encourages active community participation, social awareness and volunteerism.

Waikiki Health Center  
Friendly Neighbor Program  
277 Ohua Avenue  
Honolulu, HI 96815  
http://waikikihc.org/patients/services/senior-assistance/

Friendly Neighbor Program services include: friendly visits, phone call reassurance, reading mail, light housework, meal preparation, exercise and activities, help with shopping and errands, escorting clients to medical visits, respite services for caregivers, and referrals to additional services.
Senior Discounts

Please note that the information related to the Senior Discounts are based on information obtained in August 2017 and, therefore, prices and discounts may differ and change with time. Please confirm with the vendor to determine whether their discounts are still valid. St. Francis Healthcare System of Hawaii is not liable for any unforeseen error due to inputting or unregistered updates by vendors.

100 Sails Restaurant & Bar
Age 60
Monday – Thursday
(808) 944-4494

Ala Wai Golf Course
Hawaii Resident; Age 65
18-hole round – discounts on weekdays
(808) 733-7387

Anna Miller's Restaurant
Age 62
10% off with free Senior Club card
(808) 487-2421

Bay View Golf Course
Age 55
Discount rate for weekdays and weekends
(808) 247-0451

Big City Diner Restaurant
Age 65
Daily 7:00am to 9:00am
Senior Breakfast
Children's Discovery Center  
Age 62  
Daily Senior Admission Rate  
(808) 524-5437  

Chili's Grill & Bar Restaurant  
10% off everyday  

Consolidated Theatres  
Age 60  
Daily Senior Tickets - $7.50  

Dairy Queen (Ala Moana Shopping Center)  
Age 62  
Daily 10% off all items  
(808) 946-6693  

Denny's Restaurant  
Age 55  
Daily Senior Menu  

Don Quijote  
Age 60  
Tuesday 10% off regular items, 5% off electronics  
Honolulu: (808) 973-4800  
Pearl City: (808) 453-5500  
Waipahu: (808) 678-0710  

Ewa Beach Golf Club  
Senior rates available weekdays  
(808) 689-6565  

Flora Dec Crafts  
Age 55  
Daily 10% off regular prices  
(808) 537-6194
Foodland Supermarket
Age 60
Thursday 5% off all items except magazines and liquor

Genki Sushi Restaurant
Age 65
Monday – Thursday Opening until 4:00pm (multiple locations)
10% off

Goodwill
Age 60
Tuesday 20% off regular prices

Gyotaku Restaurant
Daily; all day Special Senior Menu

Hallmark Card Shop
Senior Discount
Ala Moana Shopping Center
Pearl Ridge Shopping Center
Kahala Mall

Hairscapes
Age 55
Daily 10% daily & 20% off first-time visit
(808) 599-4247

Hawaii Country Club
Senior Rate – weekdays
(808) 621-5654

Hawaiian Airlines 10% off select flights

Hawaii Kai Golf Courses Age 60
Senior discount – weekdays
(808) 395-2358

Hawaii Tech Support
Age 55
Monday - Friday
25% off on-site computer repair & training
(808) 535-9700
IHOP Restaurant
Age 55
Everyday Senior Menu
Multiple locations

Kahuku Golf Course
Age 65
Senior Discount varies with or without Golf ID card for weekday and weekend rates
(808) 293-5842

Kai Appraisal Services, LLC
Age 65
Everyday
10% off standard single family appraisal
(808) 741-1714

Leonard's Bakery
Kamaaina Mondays
10% off
(808) 737-5591

Longs Drugs
Senior Advantage Card
Daily 10% off CVS products and Hallmark cards
Discount on prescriptions if not covered by drug plan

Love's Bakery Thrift Stores
Age 62
Tuesday & Friday 10% off Love's products only
Kalihi: (808) 841-0397
Downtown: (808) 545-1891
Kaneohe: (808) 235-5171
Waipahu: (808) 677-0423

Makino Chaya Restaurant
Age 60
Daily 5% off lunch
Birthdays Free with ID
(808) 486-5100
Manoa Valley Theatre
Age 65
$5 off regular adult price
(808) 988-6131

Maple Gardens Chinese Restaurant
Age 60
Daily Senior Discount
(808) 941-6641

Mililani Golf Club
Age 60
Weekdays Senior Discount
(808) 623-2222

Ohana Hearing Care
Age 59
Daily 15% off service and devices
(808) 593-2137

Olomana Golf Links
Age 55
Kamaaina Seniors Discount
(808) 259-7926

Orange Julius (Ala Moana Shopping Center)
Age 62
Daily 10% off all items
(808) 946-6693

Pagoda Restaurant Age 60
Daily 15% off check total
(808) 954-7423

Pali Golf Course Age 65
Senior discount with Golf ID Card (808) 266-7610
Regal Theatres Age 60 Everyday
Senior Tickets price available
Ross Clothing Age 55 Tuesdays
10% off all items

Savers Discount Department Store Age 55
Mondays
20% off all items
Kalihi: (808) 842-0061, Waipahu: (808) 671-0071

Saint-Germain Bakery
Age 60
Wednesdays
10% off everything except specials

Subway Restaurant
10% off everyday

Sugoi Hawaii (Dillingham Plaza)
Japanese Takeout Lunches
Age 60
Everyday
10% off all items
(808) 841-7984

Supercuts Barber
Age 55 Tuesdays
Senior Discount

Ted Makalena Golf Course
Age 65
Senior discount with Golf ID Card
Weekdays and weekends
(808) 675-6052

The Willows Restaurant
Age 65
Senior Discounts for all meals every day
(808) 952-9200
Waikele Golf Course
Age 60
Senior Kamaaina discounts
Monday-Wednesday
(808) 676-9000

Waikele Shopping Center
Age 55
Tuesdays
10% off (select stores)
(808) 676-5656

Wailana Coffee House
Age 55
10% Senior discounts - Tuesday &
Thursday (808) 955-1764

West Loch Golf Course
Age 65
Senior discount with Golf ID Card for weekdays and
weekends (808) 675-6076

Zippy's Restaurant
Age 65
Everyday - 10% off with $20 Senior Card (Renewable annually)
NOTES
Dear Users,

St. Francis Healthcare System of Hawaii would appreciate your input regarding this Hana Hou Active Aging Handbook. Please inform us of errors, outdated information, or suggestions for inclusions or exclusions. We look forward to ways we can improve of this resource for the community.

1. **Overall assessment**
   On a scale of 1 to 5, how helpful would you rate this handbook?
   Please Circle One of the Statements Below
   
   1 = Not At All Helpful
   2= Slightly Helpful
   3= Somewhat Helpful
   4= Very Helpful
   5 = Extremely Helpful

2. **Errors:** Are there errors that you identified address?

3. **Suggestions for improvements to this handbook**
   Please provide as much information about that service including their contact number or website if possible and how it helps older adults maintain an active lifestyle.

4. **Suggestions for exclusions and why?**

5. **Other suggestions**
   What else can we do to help active older adults and pre-retirees remain engaged?

Mail to: St. Francis Healthcare System, 2226 Liliha Street, Suite 227
Honolulu, HI 96817. Attn: Active Aging Program