



St. Francis

HEALTHCARE SYSTEM OF HAWAII

A Legacy of Caring for Hawaii's People

Live Every Moment

Meet the Experts on Aging

Whether it's information on healthier living, aging in place, or being prepared for the your future healthcare needs, St. Francis Healthcare System partners with experts to ensure you can age successfully. Classes are \$10 each.

All sessions will be held at the St. Francis Kūpuna Village in Liliha, Weinberg Building, 5th Floor Executive Conference Room unless otherwise indicated. Space is limited. Contact Maylynn Wong to register today at mwong@stfrancishawaii.org or (808) 547-8138.

Fall Prevention & Core Exercises for Seniors

Saturday, September 1, 2018
9 am – 11 am

Learn how to prevent falls and learn core exercises needed to help improve mobility. Speaker: Julie Okamura, PT, Hoku Physical Therapy LLC

Senior Nutrition & Liquid Supplements

Saturday, October 13, 2018
9 am – 11 am

You are what you eat! This session will address the needs of our frail and disabled loved ones AND your needs as caregivers. Learn basic information about nutritional principles and practical tips to create meals with restricting sugar, salt, and fat. Speaker: **Mary Arakaki**, Registered Dietician, specializing in geriatric nutrition

Home Modifications

Saturday, October 20, 2018
9 am – 11 am

Most seniors want to age in place, but their current living conditions may not be accessible to match their changing physical conditions. Speaker: **Curt Kiriu**, General Contractor and Certified Aging in Place Instructor for Hawaii Building Industry Association

Mobility Training

Monday, October 22, 2018
5 pm – 7 pm

Learn how to transfer your loved one using proper body mechanics safely: wheelchair transfers from bed to chair and chair to car, and the proper use of assisted devices.

Speaker: **Bryce Sumida**, Doctor of Physical Therapy, with experience in rehabilitation

Leaving a Legacy Active Aging Workshop

Wednesday, October 24, 2018
5 pm – 7 pm

Weinberg Building
Room 203

Bring your memorabilia or copies of photos to start a legacy project. Students from the UH John A. Burns School of Medicine – Communication & Disorder program will assist you on this project. Speaker: **Shari Goo-Yoshino**, SLP Instructor at UH John A. Burns School of Medicine, Communications & Disorders

Understanding Trusts, Advance Healthcare Directives, Power of Attorney

Wednesday, November 7, 2018
5 pm – 7 pm

Explore important subjects that we often put off – durable power of attorney, advance care directives, living wills, estates and trusts.

Speaker: **Kristin Lambert-Bryant**, a Honolulu estate planning attorney and lecturer on elder law at the University of Hawaii Elder Law program

Understanding Alzheimer's and Other Dementias

Wednesday, November 14, 2018
5 pm – 7 pm

Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Learn about the warning signs and symptoms of Alzheimer's and other dementias. Learn tips and techniques to use with your loved one. Speaker: **Lyn Moku**, Alzheimer's Association