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News Release

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Workshop series designed to help seniors manage diabetes

LĪHU'E – Over the last few years, many Kaua'i kupuna 60 and older have benefitted from the Diabetes Self-Management Program offered by the Agency on Elderly Affairs (AEA).

Developed by Stanford University, the program is designed to provide support and build confidence in the participants' ability to manage their diabetes while maintaining active and fulfilling lives.

"I encourage our kupuna to sign up for the upcoming workshop series to learn about ways to improve their health. Past participants have told us that they've gained a lot from the experience," said Executive on Aging Kealoha Takahashi.

The popular six-week series starts on Thursday, April 27, and will be held from 2 to 4:30 p.m. at the Kōloa Neighborhood Center. Pre-registration is required. The class size is limited to 16 participants and their caregivers.

The cost of the workshop is \$12 for seniors 60 years and older and their caregivers. It includes a book titled "Living a Healthy Life with Chronic Conditions" and a CD.

If space is available, younger people will be able to attend the workshop for a \$40 fee.

Among the topics that will be covered are:

- Techniques on how to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Exercises for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication.
- How to work more effectively with health care providers

Participants will make weekly action plans, share experiences, and help each other solve the challenges they encounter with the skills and techniques learned in the workshop.

The workshop series is part of a statewide initiative called “Healthy Aging Partnership – Empowering Elders.”

Funding for the program is provided by the U.S. Department of Health and Human Services (DOHHS), Administration on Aging through the state Department of Health, Executive Office on Aging, AEA and the DOHHS’ Communities Putting Prevention to Work program.

To register or to request an ASL interpreter, materials in an alternate format or other auxiliary aid support, please contact Johnny Yago at 241-4470 or jyago@kauai.gov at least seven days before the workshop starts.