



WORKING TOGETHER TO HELP OTHERS

PLEASE JOIN US FOR LUNCH

Tuesday, March 28, 2017 Miyama Main Hall, Harris United Methodist Church

11:30 a.m. to 1:00 p.m. Nuuanu Ave. and S. Vineyard Blvd.—Ample parking—driveway off Nuuanu Ave

Agenda: **Note date change – this month only: meeting is on Tuesday**

11:30 Luncheon (optional): Various Pizzas, Salad, and Dessert—\$5.00 Donation

12:00 Program: Patrick Uyemoto and Stan Michaels, **“Pharm and Falling: Fall Prevention and the Relationship with Medications”** (see more on this program inside)

Patrick Uyemoto, Pharm.D. is the Clinical Pharmacy Manager at Times Supermarkets. Patrick manages the Times Pharmacy Clinical Service division and the AADE accredited Times Diabetes Care Center program.

Stan Michaels, MFA is Senior Fall Prevention Coordinator and Public Health Educator in the DOH-Emergency Medical Services and Injury Prevention Systems Branch.

1:00 Adjourn

Kokua Council Windward: Thursday, March 9, 2017: “Compassion and Choices” **COMMUNITY WELCOME**

Pohai Nani, Club Room, 2nd Floor, 45-090 Namoku Street, Kaneohe

11:30 (Optional) — Buffet Lunch in Dining Room, \$11. Reservation and Information: Samuel Cox (808) 779-3606 or revsamuelcox@gmail.com.

12:30 Program: Mary Steiner: **“Compassion and Choices”**

Mary Steiner is campaign manager of Compassion & Choices Hawaii. She leads initiatives in advocacy, education and end-of-life care in the state.

Prior to working with Compassion & Choices, for almost 20 years, Mary was CEO of The Outdoor Circle a Hawaii non-profit organization.

1:30 Adjourn

March program: Pharm and Falling

Join pharmaceutical professionals and the Department of Health's Fall Prevention program in a discussion of the danger of falls among seniors, and the way in which certain medications may contribute to falling.

By Stan Michaels – Department of Health

“There I was, the Hawai'i State Fall Prevention Coordinator, fallen, spread eagled, with a dent in my car door in the shape of my own forehead. It happened so fast, one second of inattention and I was flat on the ground. And to make matters worse, I had just left the quarterly meeting of the Hawai'i Fall Prevention Consortium.

First, it's important to know that falls are the most common fatal unintentional injuries in our state. Second, falls are the leading cause of nonfatal injuries among Hawai'i residents with more than 21,000 emergency room visits per year. That's more than two falls every single hour. That's a lot of pain, misery and money. And the majority of the fallers are 65 years or older. One single moment of inattention and, in my case, stupidity, and I fell. However, this fall (like most others) was preventable...

At 72 years of age, and with lousy balance, I cannot afford to make these mistakes. I know that we all have friends who have tripped, fallen, collided with their dog, slipped in their bathtub or in some other way fallen and severely injured themselves. We are all old enough to know better—we must stop being inattentive especially while walking. While walking, walk and watch where you put your feet. If you want to chat with a friend while walking make sure you are on a level path with no obstructions. Don't stop walking, as it is one of the best things we can do to stay active and strong. Just be careful and don't forget to raise your head and look several feet ahead now and then so that you can respond to obstacles or a change in terrain, grade and, yes, as with my case ... curbs. ...”

You can prevent falls and stay independent by taking these simple precautions.

- 1) Medication— Some medications cause dizziness, which can lead to falls. Be proactive and make an appointment with your doctor or pharmacist today to review your medications, including any over-the-counter drugs and supplements.
- 2) Exercise— Balance and strength are essential to preventing falls. Be active and do simple movements — walk, garden, yoga, swim, dance, tai chi — every day to prevent a fall.
- 3) Vision— Maintaining good vision helps with balance and safety. Be proactive and have your eyes and eyewear checked at least once a year.
- 4) Remove Hazards— Make your home safer by removing fall hazards. Keep pathways clear and the floor free of objects. For a home safety checklist, visit www.nogethurt.hawaii.gov.

From the November/December 2009 issue of Today's Geriatric Medicine

<http://www.todaysgeriatricmedicine.com/archive/110909p8.shtml>

Medication's Impact on Falls By Nancy C. Brahm, PharmD, MS, BCPP, CGP, and Kimberly M. Crosby, PharmD, BCPS, CGP Aging Well

“Inappropriate medication use leading to medication-related falls has been a concern since the 1990s when Mark H. Beers, MD, and colleagues first developed criteria for inappropriate medication use. Inappropriate medication use in older adults has received increased attention in the literature. Up to 24% of community-based residents and 40% of nursing home populations received at least one medication meeting Beers’ criteria. A recent review of national data found at least one medication considered inappropriate was prescribed in approximately 8% of ambulatory care visits for older adult patients...

“The use of multiple medications cannot be overlooked as a significant fall risk factor. A variety of medication categories may predispose an individual to falls. Analgesics, including both opioid and nonsteroidal anti-inflammatory drugs (NSAIDs); anticonvulsants; and antidepressants may cause side effects such as sedation, lethargy, confusion, double vision, motor incoordination, dizziness, and weakness. Medications that have significant anticholinergic effects, such as antihistamines, metoclopramide, promethazine, muscle relaxants, and medications used to treat urinary incontinence (oxybutynin and tolterodine), may cause sedation, confusion, incoordination, or dizziness. Many anti-Parkinson’s agents may result in dyskinesia, confusion, and delirium, which can increase the risk of falling.

“Medications used chronically to treat hypertension, Parkinson’s disease, and angina can result in orthostatic hypotension-related falls. A meta-analysis of psychotropic drugs and the risk for falls found that the odds ratio for falling was increased when any psychotropic drug was used in an older adult patient.”

Please donate – help support Kokua Council’s lawsuit

To get the Department of Health to post care home inspection reports as the law requires will involve convincing a judge that they must do that. The lawsuit has been filed. We have legal expenses ahead. **Please contribute to our legal fund to help us win for Hawaii seniors and others needing long term care.**

We’re counting on your help to succeed with this challenge. **Please don’t delay**—send in your contribution as soon as possible.

I want to contribute to Kokua Council’s Legal Fund. Please make checks payable to **Kokua Council** and mark them **“Legal Fund”** at the bottom. Please consult your tax adviser as to applicable tax deductions.

\$10.00 **\$25.00** **\$100.00** **\$250.00** **Other:** _____

Date _____

Name _____ Phone _____ Email _____

Address _____ City _____ State _____ Zip Code _____

Mail to: Treasurer, Kokua Council, Harris United Methodist Church, 20 S. Vineyard Blvd., Honolulu, HI 96813



Kokua Council for Senior Citizens of Hawaii Education Fund, Inc.
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 Honolulu, HI 96813
<http://www.kokuacouncil.org>

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March 9 Kokua Council Windward: “Compassion and Choices”

March 28 General Meeting: “Pharm and Falling: Fall Prevention and the Relationship with Medications”
Note date change this month to Tuesday March 28

Who Are We?

Kokua Council is one of Hawaii’s oldest advocacy groups. There is a **\$10.00 annual membership** to defray printing and postage costs. At each meeting, topical issues are presented for discussion and possible action. We embrace diversity and extend a special invitation to any senior or intergenerational-minded individual interested in advocating for these important issues in Hawaii. All are welcome.

WHEN: 4th Monday of every month, 11:30 a.m. to 1:00 p.m. WHERE: Harris United Methodist Church @ Nuuanu and Vineyard Blvd. There is ample parking. A light lunch is provided for a \$5 donation. **REACH US** c/o Harris United Methodist Church, 20 South Vineyard, Honolulu, Hawaii 96813

Mission: “Kokua Council advocates and seeks 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.”

Board Members

Vice President Jim Shon, Chejudo12@yahoo.com, Secretary Lyn Moku, lmoku2016@hawaii.rr.com, Treasurer /Advocacy Barbara Service, barbarajservice@gmail.com Treasurer, Education Fund, T.J. Davies, tjdavies@juno.com, Board Members Charles Carole, Larry Geller, Marilyn Seely, Lila Mower, Helen Wagner, Newsletter editor: Larry Geller, Emeritus: Sam Cox, Laura Manis, Richard Miller.

Website: www.kokuacouncil.org



JOIN KOKUA COUNCIL!

Yes! I want to join Kokua Council. Here are my annual dues and my contact information. I understand that my phone number will be added to the Kokua Phone Tree and I will receive the monthly newsletter and occasional e-mails. Our fiscal year starts in January. Please make checks payable to **Kokua Council**.

Individual Member __ **\$10.00** Life Member __ **\$100.00** Organizational Member __ **\$25.00**

Donations: 501(c)(4) Advocacy _____ Education Fund: 501(c)(3) _____ (Tax Deductible)

Date _____

Name _____ Phone _____ Fax _____ Email _____

Address _____ City _____ State _____ Zip Code _____

Mail to: Treasurer, Kokua Council, Harris United Methodist Church, 20 S. Vineyard Blvd., Honolulu, HI 9681