

HEALTHY LIVING

# classes + resources

**Inspire People.  
Inform Choices.  
Improve Health.**

At Kaiser Permanente, we're committed to your total well-being—mind, body, and spirit—because we understand that being healthy is not just about living, it's about living well. Take charge of your health today!



# A HEALTHY YOU

MAUI • JANUARY–JUNE 2020

[kp.org/classes](https://kp.org/classes)



KAISER PERMANENTE® **thrive**

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# Cancer

## Breast Cancer Boot Camp (MEMBERS ONLY)

This supportive group, led by volunteer breast cancer survivors, is designed to help others navigate their own breast cancer journey – through listening, sharing and caring. For members recently diagnosed, this group offers a better understanding from those who have already “walked the walk”. Please bring your questions.

**Fee:** No charge

**Location:**

Maui Lani Medical Office

**Dates/time:** Jan. 13, Feb. 10, Mar. 9, Apr. 13, May 11, Jun. 8; 6-7:30 pm

**For more information:** Call Coleen d’Avignon at 808-281-5295

## Cancer Support Groups

Find comfort, renewed hope, and strength in these weekly support groups offered by Pacific Cancer Foundation.

**Fee:** No charge

**Location:**

Pacific Cancer Foundation Office, Cameron Center, 95 Mahalani Street, Suite 8, Wailuku

**Dates/time:** Mondays, 5:30-6:30 pm for cancer patients and survivors

**Dates/time:** Thursdays, 5:30-6:30 pm for caregivers

**Dates/time:** 3rd Wednesday, 6-7 pm for kids (referral needed)

**For more information:**

Call Pacific Cancer Foundation at 808-242-7661 or Linda at 808-269-3948 or visit [www.pacificcancerfoundation.org](http://www.pacificcancerfoundation.org)

**Instructor:**

Linda Tesar-Amimoto, LMFT, CGT



## Caring Connections – Breast Cancer Peer Mentoring Program (MEMBERS ONLY)

Being diagnosed with breast cancer can bring up many feelings such as fear, uncertainty, or helplessness. But you are not alone. You have a choice of connecting with a breast cancer survivor to help and support you through your journey.

**Fee:** No charge

**To request a peer mentor:** Call toll free 1-844-416-4434

## Gentle Yoga for Cancer Survivors

This class is a collaborative effort between the Pacific Cancer Foundation and Imua Physical Therapy. It is open to cancer survivors of any experience level. The class builds strength, flexibility and balance in safe ways. Stimulate the immune system, build bone density, detoxify the body and cultivate a sense of well-being. Create community, gratitude and hope.

**Fee:** No charge for cancer survivors

**Location:** Imua Physical Therapy, 411 Huku Li’i Place, Suite 101, Kihei

**Date/time:** Saturdays, 9-10 am

**For more information:**

Call Pacific Cancer Foundation at 808-242-7661 or Imua Physical Therapy at 808-879-0077

**Instructor:** Jacky Mulder, Imua Physical Therapy



## Lifestyle Coaching (MEMBERS ONLY)

Get the motivation and guidance you need to take an active role in your health with our wellness coaches. Whether you’re trying to get more active, eat better, manage your weight, quit tobacco, or reduce stress, scheduling a convenient telephone session with your personal coach can help you create—and stick with—a plan for reaching your goals.

**Fee:** No charge

**To make a telephone appointment:** Call 808-432-2260



**kp.org/cancer—you're still in control of your life and have choices about your care.**

Topics include:

- Diagnosis and treatment
- Living with cancer
- Emotional wellness
- Support groups
- Research and clinical trials

**kp.org/watch—**

view videos on:

- Cancer: Coping
- Cancer: Chemotherapy
- Cancer: Radiation Therapy



### **Meditation Class**

This will be an hour of meditation, journaling, and creative activities to bring out body, mind, and spirit to the optimum state of healing; the relaxation state! Bring a friend or come alone. If you can't stay the entire hour, feel free to leave when you please.

**Fee:** No charge for cancer patients, survivors and caregivers

**Location:** Pacific Cancer Foundation Office, Cameron Center, 95 Mahalani St., Suite 8, Wailuku

**Date/time:** Tuesdays, 5-6 pm

**For more information:**

Call Pacific Cancer Foundation at 808-242-7661 or visit [www.pacificcancerfoundation.org](http://www.pacificcancerfoundation.org)

**Instructor:** Carla Jalbert

### **Men's Talk Story Conference Call**

These online meetings are for men dealing with the life changing diagnosis of cancer, including but not limited to: prostate, colorectal, bladder and lung cancer. The meetings focus on peer-to-peer support, education and advocacy. We are here to help!

**Fee:** No charge

**Location:** Online. Join the meeting from a computer, tablet or phone. To call in, dial 646-749-3129 and enter code 222-583-973# and then # again. Or join online at [www.pacificcancerfoundation.org/mens-talk-story/](http://www.pacificcancerfoundation.org/mens-talk-story/).

**Date/time:** Every 1st and 3rd Wednesday, 5:30-7 pm

**For more information:**

Call Pacific Cancer Foundation at 808-242-7661 or Peter Kafka at 808-298-1655 or email [peterk@ancan.org](mailto:peterk@ancan.org)

**Instructor:** Peter Kafka  
(In partnership with Answer Cancer Foundation)

### **Nutritional Support for Cancer Patients**

The Pacific Cancer Foundation provides nutritional counseling to cancer patients before, during and after treatment to help prevent or resolve nutritional deficiencies, achieve and maintain a healthy weight, preserve body mass and minimize nutrition related side effects. Individual counseling sessions and quarterly workshops are available.

**For more information:**

Call Sally Pechstein, MPH, RDN at 808-866-8142 or email [sally@pacificcancerfoundation.org](mailto:sally@pacificcancerfoundation.org)

# Diabetes

## Diabetes Skills and Basics (MEMBERS ONLY)

Get the skills you need to manage your diabetes whether you are newly diagnosed or have had diabetes for a while. Practice meal planning, develop a self-care plan, and learn how to use your blood sugar meter.

**Pre-registration required.**  
(Dates subject to change.)

**Fee:** Usual co-pay

**Location 1:** Lahaina Clinic

**Dates/times:** Thursday, Feb. 6;  
1-4 pm

**Registration:** Call 808-243-6000

**Location 2:**

Maui Lani Medical Office

**Dates/time:** Thursday, Jan. 23,  
Feb. 27, Apr. 23, May 28 or  
June 25; 10 am-1 pm

**Dates/time:** Friday, Feb. 7, Apr. 3,  
May 1 or June 5; 1-4 pm

**Registration:** Call 808-243-6000

**Instructor:**

Kaiser Permanente Dietician



## Kids with Type 1 Diabetes and their Parents Connection

Maui 'Betic Kids is a place for parents of, and kids living with Type 1 diabetes. It's a place to connect, share, support, listen, ask for help, information and more.

**For more information:**

Call Lucia Maya at 808-866-8246, email [lucia@luminousadventures.com](mailto:lucia@luminousadventures.com) or visit our Facebook group page at <https://www.facebook.com/groups/1141090402730824>

## Stop Prediabetes In Its Tracks

(MEMBERS ONLY)

Take the first steps to lower your risk for developing diabetes. Find an eating, exercise, and stress management plan that works for you. Choose goals that set you up for success. Parents are required to attend on behalf of their child.

**Pre-registration required.** (Dates subject to change.)

**Fee:** No charge

**Location 1:** Lahaina Clinic

**Dates/time:** Thursday, Feb. 6;  
10-11:30 am

**Registration:** Call 808-243-6000

**Location 2:**

Maui Lani Medical Office

**Dates/time:** Saturday, Jan. 25,  
Feb. 15, Mar. 21, Apr. 18, May 16  
or June 20; 8:30-10 am

**Registration:** Call 808-243-6000

**Instructor:**

Kaiser Permanente Dietitian

## Type 1 Diabetes Connection

If you have or love someone with Type 1 Diabetes then you are part of the (dia)'Betic Army! This group is open to anyone and meets once a month.

**For more information:** Call Bruce Olsten at 808-264-1299 or Lucia Maya at 808-866-8246, email [MauiBeticArmy@gmail.com](mailto:MauiBeticArmy@gmail.com) or visit our Facebook group page at <https://www.facebook.com/groups/MauiBeticArmy>

# Exercise and Fitness

## Lunchtime Tai Chi

Tai chi is like "meditation in motion" because it promotes serenity through gentle movements, connecting the mind and body. Wear comfortable clothing, flat sandals, and hat & sun protection. Meet at the State Building courtyard by the flagpole.

**Fee:** No charge

**Location:** 54 High St., Wailuku

**Dates/time:** Mondays &  
Thursdays, 12-12:45 pm

**For more information:**

Call 808-984-8200  
(Sponsored by Hawaii Health Dept.)

## Movement and Exercise Classes for Parkinson Patients

This class is open to Parkinson patients and caregivers/companions.

**Fee:** No charge

**Location:** Hale Mahaolu,  
11 Mahaolu Street, Kahului

**Dates/time:**

Tuesdays & Thursdays, 10-11 am

**For more information:**

Call Risa Pascal at 808-281-1224 or email [fitqueen007@earthlink.net](mailto:fitqueen007@earthlink.net)





# Nutrition and Weight Management

## Get Your Plate In Shape

### (MEMBERS ONLY)

Do you wonder what diet is best for you? Should you follow the Mediterranean, plant-based, lower carb or another plan? Learn about how foods can improve your health and which eating style may be most beneficial for your specific health condition(s).

**Pre-registration required.**

**Fee:** No charge

**Location:**

Maui Lani Medical Office

**Dates/time:** Please call for dates and times

**Registration:** Call 808-243-6000

**Instructor:**

Kaiser Permanente Dietitian



## Healthy Kids, Healthy Families

### (MEMBERS ONLY)

Healthy habits begin at home. We will cover eating and meal tips to improve health and energy. Families with children ages 6 to 17 can learn together on how to create a healthy lifestyle.

**Attendance by parent(s) and pre-registration required.**

**Fee:** No charge

**Location:**

Maui Lani Medical Office

**Date/time:** Saturday, Jan. 25, Feb. 15, Mar. 21, Apr. 18, May 16 or June 20; 10:30 am-12 pm

**Registration:** Call 808-243-6000

**Instructor:** Naomi Carreno, RD

## Viva Veggies – Intro to a Plant Strong Diet

### (MEMBERS ONLY)

Learn about Plant Strong eating and how it can improve your health and sense of wellbeing. This 90-minute class will help you understand the elements and benefits of a plant strong diet and provide recipes and cooking tips to transition to a healthier life.

**Pre-registration required.**

**Fee:** No charge

**Location:**

Maui Lani Medical Office

**Dates/time:** Please call for dates and times

**Registration:** Call 808-243-6000

**Instructor:**

Kaiser Permanente Dietitian

## Weight Management & Bariatric Surgery

### (MEMBERS ONLY)

Transform your habits, health, and life! If you need help losing 50 pounds or more, you may qualify to participate in this weight management program. Benefit from a complete medical and case management assessment, with ongoing monitoring and follow-up.

Services include the following:

- More information on individual or family-directed lifestyle and educational classes
- Medical weight monitoring by a physician
- Lifestyle classes and partial meal replacement program with Optifast®
- Bariatric surgery

Attend a free monthly informational session to learn more about your options & fees. No referral needed.

**For more information:**

Call 808-432-7830

## Weight Watchers

For complete information about Weight Watchers programs in Hawaii, call 1-800-651-6000. To find a meeting location near you, log onto [www.weightwatchers.com](http://www.weightwatchers.com) and click on "Find a Meeting" and type in your nearest city or zip code.

# Patient Education

## Adult/Child CPR with AED and Basic First Aid

Gain skills to perform adult cardiopulmonary resuscitation (CPR) and learn to use an automated external defibrillator (AED). You will also learn how to handle fainting, wounds, bleeding, seizures, allergic reactions and more. You'll receive an American Heart Association Heartsaver First Aid and CPR AED Card, valid for 2 yr.

**Fee:** \$75 member, \$80 nonmember

**Date/time:** Call 808-243-6325 (Pre-recorded message with dates/details)

**Registration:** Call 808-243-6484

## Advance Health Care Directives

Discover the importance of documenting end of life decisions, health care, power of attorney, and more. Make decisions now so that your family and friends know exactly what you want in the event you are unable to care for yourself or express your wishes.

**Fee:** No charge

**Date/time:** Wed. Feb. 12, 6-7:30 pm

**Registration:** Call 808-270-7308 (Kaunoa)

**Instructor:** Greg LaGoy, ND, Hospice Maui

## Couples Communication

The heart of a healthy relationship is good communication. Learn ways to bring up difficult topics, reduce defensiveness, and understand each other's perspective. Specifically designed for couples in a committed relationship.

**Pre-registration required.**

**Note:** One participant from each couple must be a Kaiser member.

**Fee:** \$100 per couple (4 classes)

**Location:** Maui Lani Medical Office

**Dates/time:**

**Session 1:** Thursdays, Feb. 13-Mar. 5, 5:30-7 pm

**Session 2:** Thursdays, Apr. 16-May 7, 5:30-7 pm

**For a referral:**

Call 1-888-945-7600, Option 1

## Kidney Education (MEMBERS ONLY)

Learn how kidneys function and how you can manage chronic kidney disease with proper diet, exercise and medications.

**Note:** A nephrology referral is required to attend.

**Pre-registration required.**

**Fee:** Usual office visit co-pay

**Location:** Wailuku Medical Office

**Registration:** Call 808-243-6167

**Instructors:** Dana Newinsky, RN, Ramona Corson, PharmD

# Pregnancy and Parenting

## Basic Infant Care

Learn everything you need to know when it comes to the basics of baby care. Topics include: your baby's hospital stay, coping with crying, Dr. Karp "No Crying" training, sponge and tub bathing, diapering, layette and equipment needs.

**Fee:** \$120 (per family)

**Location:**

Valley Isle Childbirth, Olinda

**Date/time:** Jan. 18, Feb. 29, Apr. 4, May 9 or June 13; 10 am-3:30 pm (lunch break mid-day)

**Registration:** Call 808-572-5237 or visit [www.valleyislechildbirth.com](http://www.valleyislechildbirth.com)

**Instructor:**

Nancy Irvine, Childbirth Educator

## Breast is Best

Breastfeeding is a natural part of the childbearing process but also a learned art. This class is Maui's most comprehensive and will give you skills and information enhance the success of the nursing family. Gain skills on proper latch-on techniques, how to tell if you're making enough milk, problem resolution, organizing your days, and pumping equipment and supplies.

**Fees:** \$35 per family – Discount available for Kaiser Members

**Location:**

Valley Isle Childbirth, Olinda

**Dates/time:** Jan. 25, Mar. 7, Apr. 18, May 16 or June 20; 10 am-12 pm

**Registration:** Call 808-572-5237 or visit [www.valleyislechildbirth.com](http://www.valleyislechildbirth.com)

**Instructor:**

Nancy Irvine, Childbirth Educator







### Breastfeeding and Working

This topic needs a class all by itself. Working mothers need to know when and how to collect their milk and how to safely store and feed it to the baby. You will also learn the best pump for your working situation, how to organize your pumping in the workplace and supplies needed.

**Fee:** \$15 per family

**Location:** Valley Isle Childbirth, Olinda

**Dates/time:** Jan. 25, Mar. 7, Apr. 18, May 16 or June 20; 12:15-1:30 pm

**Registration:** Call 808-572-5237 or visit [www.valleyislechildbirth.com](http://www.valleyislechildbirth.com).

**Instructor:**

Nancy Irvine, Childbirth Educator

### Breastfeeding 101

Expectant mothers gain in-person knowledge on proper latch-on techniques, prevention of problems and how to know if baby is getting enough milk. Fathers, partners and significant others are welcome to accompany the mother to learn the benefits of breastfeeding, how the lactation system works, how to support the new mother and newborn in the first month of life. Open to the public. **Pre-registration required.**

**Fee:** \$45 for group classes for Kaiser members, \$55 private class in your home (pay instructor directly)

**Location:** Group classes offered in Wailuku and Kaiser Maui Lani Medical Office

**Registration:** Text or call 808-283-7139 or email [mauidoula@hotmail.com](mailto:mauidoula@hotmail.com) for specific dates and times.

**Instructor:**

Beautiful Informed Beginnings, LLC – Mary Jane Bennett, IBCLC, LCCE, CD (DONA), ECE

### Childbirth Retreat

Gain a thorough understanding of the birthing process in this one-day workshop. Receive training in both the Lamaze and Bradley birthing techniques and learn how your labor partner can play an active role in the birth of the baby.

**Fees:** \$135 per family – Discount available for Kaiser Members

**Location:**

Valley Isle Childbirth, Olinda

**Dates/time:** Jan. 11, Feb. 22, Mar. 28, May 2 or June 6; 10 am-4:30 pm (lunch break mid-day)

**Registration:** Call 808-572-5237 or visit [www.valleyislechildbirth.com](http://www.valleyislechildbirth.com)

**Instructor:**

Nancy Irvine, Childbirth Educator

### Introduction to the Kaiser Permanente Birth Experience

**(MEMBERS ONLY)**

Labor and delivery is different for every woman, but there are simple steps you can take to prepare yourself for this life-changing experience. Understanding the process and being as prepared as possible will help you feel more relaxed and in control. This class series will help you get ready for labor, birth, and the first few weeks after your baby is born. Topics covered are:

- Signs of labor
- Pain management options
- The delivery experience
- Breastfeeding
- Newborn care

Enroll early enough to participate in the class between 6-8 months of pregnancy. **Pre-registration required.**

**Fee:** \$20.00 (partners welcome)

**Location:**

Maui Lani Medical Office

**Dates/time:** Saturday, Jan. 11, Feb. 29, Apr. 11, May 30 or June 27; 8:30 am-12:30 pm

**Registration:** Call 808-432-2260

**Instructors:** Natalie Marcus, RN, Uilani Gerard, RN, and Kathryn Kaufmann, RN

### WANT TO KNOW MORE?

- Visit [kp.org/pregnancy](http://kp.org/pregnancy) for fertility calculators, baby's development week by week, common tests and procedures and much more!
- Go to [kp.org/video](http://kp.org/video) to watch a video on newborn care
- Visit [kp.org/listen](http://kp.org/listen) to stream or download podcasts on relaxation, sleep, and pregnancy and childbirth



### Keiki Passenger Safety

Is your child's car seat or booster seat installed properly? Find out by getting it checked by a child passenger safety technician certified by the National Highway Traffic Safety Administration (NHTSA).

**Fee:** No charge

**Registration:** Call 808-243-6187

### La Leche League International Maui Chapter (BREASTFEEDING)

La Leche League International is open to breastfeeding women or those planning to breastfeed. It offers a space for you to share experiences and gain encouragement and support from others. Open to the public.

**Fee:** No charge

**Location:** Please call, text or email for location

**Date/time:** Every 4th Thursday of the month, 10-11:30 am

**Registration:**

Text or call 808-283-7139 or email [mauidoula@hotmail.com](mailto:mauidoula@hotmail.com)

**Instructor:**

Mary Jane Bennett, IBCLC, LCCE, CD (DONA), ECE, Lamaze Certified Childbirth Educator

### Lamaze Certified Prepared Childbirth Classes

Enjoy hands-on, experiential group or customized private classes. Learn about the stages and phases, and the anatomy and physiology of labor and birth. Your partner will become more confident in the ability to comfort you in labor and you will both learn coping skills for labor and birth. Gain valuable tools & resources to increase your satisfaction with your birth experience. Whether you decide to have medication or not during labor, the information you gather in this class will prove very valuable no matter what you choose. Open to the public.

**Fee:** \$170 Group Class offered in Wailuku or \$200 Private Class in your own home (\$20 discount for Kaiser Permanente members)

**Registration:**

Text or call 808-283-7139 or email [mauidoula@hotmail.com](mailto:mauidoula@hotmail.com) for dates and times and location.

**Instructor:**

Beautiful Informed Beginnings, LLC – Mary Jane Bennett, IBCLC, LCCE, CD (DONA), ECE, Lamaze Certified Childbirth Educator

## Self Care

### Complementary Care

Take care of the whole you—for less than you might think. As a Kaiser Permanente member, you're eligible for discounted rates for complementary and alternative treatments. ChooseHealthy offers a directory of complementary care providers, an online store, savings on health products and more.

You'll find discounted rates on:

- Acupuncture
- Massage therapy services
- Fitness club memberships
- Chiropractic care
- Herbs, vitamins, and supplements
- Health and fitness books/videos

**For more information:**

Call 1-877-335-2746 (toll free) or visit [kp.org/choosehealthy/hi](http://kp.org/choosehealthy/hi)

### Healing Touch Clinic

Healing Touch is a relaxing, nurturing energy therapy that uses gentle touch to assist in balancing physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard or allopathic medical care. A session lasts for one hour and is provided by volunteer practitioners. Benefits may include stress reduction, decrease in pain and anxiety, and support the healing process.

**Fee:** No charge

**Location:**

Maui Lani Medical Office

**Date/time:** Offered two Tuesdays a month, 5:30 or 6:30 pm appointment times

**Registration:** Call 808-243-6330



## Healing Touch (LEVEL 1)

This gentle form of alternative healing uses hands-on, energy based techniques. Learn the power of touch to promote relaxation, reduce pain and anxiety, speed the healing process, and bring balance to the mind, body and spirit. You'll learn energy anatomy and get hands-on experience giving and receiving heart centered techniques that support health and healing.

Completing this class will qualify you to receive 18 hours of CNE for nurses, and 15 hours for massage therapists.

**Fee:** \$225 Kaiser member, \$250 non-member

**Location:** Hospice Maui, 400 Mahalani Street, Wailuku

### Dates/time:

March 28 & 29, 8 am-6 pm  
(Register by March 16, 2020)

**Registration:** Call 808-344-2823 or email [seporterslcn@hotmail.com](mailto:seporterslcn@hotmail.com)

**Instructor:** Sarah Porter, PhD, RN, CHTP



## Healing Touch (LEVEL 2)

This workshop is for students who have completed the Healing Touch Level 1 class and wish to further their study of Healing Touch.

Topics include how to conduct an intake interview, back techniques and putting together a complete one-hour healing sequence. Emphasis is on developing healing sequences for specific client needs.

**Pre-requisite:** Completion of the Healing Touch (Level 1).

Completing this class will qualify you to receive 17.5 hours of CNE for nurses.

**Fee:** \$225 Kaiser member, \$250 non-member

**Location:** Hospice Maui, 400 Mahalani Street, Wailuku

### Dates/time:

June 6 & 7, 8 am-6 pm  
(Register by May 28, 2020)

**Registration:** Call 808-344-2823 or email [seporterslcn@hotmail.com](mailto:seporterslcn@hotmail.com)

**Instructor:** Sarah Porter, PhD, RN, CHTP

## Mindfulness-Based Stress Reduction Program (MBSR), Part 2

### (OPEN TO THE COMMUNITY)

Expand your mindfulness-based stress reduction skills by participating in our advanced series of classes. In these classes, you will learn to

- Acknowledge your feelings and express them effectively
- Determine when and how to “let go”, and gain skillful communication for interpersonal relationships
- Gain self-reliance by also practicing on your own without the program CD
- Integrate all foundations by keeping up the formal and informal mindfulness practices and create a plan to move forward

**Note:** Completion of part 1 necessary to participate in part 2 classes. Materials purchased in part 1 will be used in part 2.

### Pre-registration required.

**Fee:** \$60 (4 classes)

### Location:

Maui Lani Medical Office

**Date/time:** Tuesdays, Feb. 4-Feb. 25, 5-7 pm

**Registration:** Call 808-432-2260

**Instructor:** Melissa Sutor, MS, MA

## Tobacco Free

### Freedom Kit

This free easy to use kit provides tips and resources to help you quit on your own. Call 808-243-6484 to have one mailed to you today!

### HealthMedia® Breathe

#### (MEMBERS ONLY)

This award-winning online program gives you a personalized quit plan to decrease tobacco dependency, manage withdrawal symptoms, and handle cravings. Once you complete the questionnaire, you'll receive a guide tailored to your individual needs and preferences.

**Registration:** Sign on to [kp.org/healthylifestyles](http://kp.org/healthylifestyles)

### Tobacco Free Telephone Counseling

#### (MEMBERS ONLY)

Certified tobacco counselors will help you develop a quit plan and learn about medications and tips to make quitting easier during four convenient telephone sessions.

**Fee:** No charge

**To make a telephone appointment:** Call 808-643-4622

### Tobacco Free Workshop

#### (MEMBERS ONLY)

This one-hour workshop provides a positive, no-pressure setting to help you develop your own quit plan. Learn how to get support and prevent relapse. Medications to help you quit are also discussed. You'll receive two follow-up telephone counseling sessions to support you during your quit plan. **Pre-registration required.**

**Fee:** No charge

**Date/time:** Offered monthly, call for dates and times.

**Registration:** Call 808-643-4622

## Community Resources

### H.E.A.L. –

#### Helping Ease A Loss

A grief support group offered by Hospice Maui. This group is open to anyone who has experienced the death of a loved one in the last 3 years. It meets weekly at the Hospice Maui office in Wailuku and is free of charge.

**For more information:**

Call Hospice Maui at 808-244-5555

### Hospice Maui

To learn more about the Center's services, stop by its information table at the Maui Lani Medical Office on the 1st Wednesday of each month between 10 am-12 noon.

**For more information:**

Call 808-244-5555

### Islands Hospice

To learn more about their services, stop by its information table at the Maui Lani Medical Office on the 1st Tuesday of each month between 10 am–12 noon or at the Lahaina Clinic on the 2nd Wednesday of every quarter between 9–11 am.

**For more information:**

Call 808-856-8989

### Maui Adult Day Care

To learn more about the Center's services, stop by its information table at the Maui Lani Medical Office on the 2nd Tuesday of each month between 9-11 am.

**For more information:**

Call 808-871-5804

### Maui Parkinson Outreach Support Group

Join others as we discuss our experiences, how to cope with Parkinson Disease, and provide inspiration and support to patients and caregivers.

**Location:** Hale Mahaolu, 11 Mahaolu Street, Kahului

**Date/time:** 1st Tuesday of the month, 8:30-9:30 am

**For more information:** Call Risa Pascal at 808-281-1224 or email [fitqueen007@earthlink.net](mailto:fitqueen007@earthlink.net)

### Organ Transplant Maui Support Group

This support group is for pre and post organ transplant patients and their caregivers and family members. Organ donors are also welcome. We hold free monthly informational group meetings with various doctors and other professionals that can help provide knowledge, support, etc. about organ transplantation. We have kidney and liver transplant recipients, donors and caregivers that have gone through the process and are happy to share their experiences.

**For meeting location and more information:**

Call Kats Anderson at 808-357-8877, email [organtransplantmaui@gmail.com](mailto:organtransplantmaui@gmail.com) or visit [www.organtransplantmaui.org](http://www.organtransplantmaui.org)

### Roselani Place, Maui's Assisted Living Community

Stop by the information table at Maui Lani Medical Office on the 2nd Friday of each month between 10 am-12 noon to learn about their services.

**For more information:**

Call 808-871-7720



# SENIOR HEALTH



## UNDERSTANDING THE OLDER ADULT

Gain a greater awareness and understanding for the emotions our kupuna go through as we have to take over their care. Learn about the factors that contribute to behavior, changes that happen with aging, and valuable tips to provide care with compassion.

**Fee:** No charge

**Location:** Maui Lani Medical Office

**Date/time:** Monday, March 2, 5-6:30 pm

**Registration:** Call 808-270-7308 (Kaunoa)

**Speaker:** Kathleen Couch, Caregiver/Program Coordinator, Maui Adult Day Care Center



## KE OLA 'UHANĒ – A WILLED BODY PROGRAM (LIVE VIDEO CONFERENCE)

There are many benefits of donating your body to science. Aside from benefitting humanity with “one final gift”, donors can rest assured that their donation will be treated with respect and dignity, literally benefitting thousands of people. Along with the satisfaction of knowing that you a made a difference, donors appreciate that their loved ones won't need to worry, as mortuary and crematory costs are free. Join us and learn the other benefits of Ke Ola 'Uhane.

**Fee:** No charge

**Location:** Maui Lani Medical Office

**Date/time:** Monday, April 13, 9-10 am

**Registration:** Call 808-270-7308 (Kaunoa)

**Speaker:** Kurt Schweitzer,  
Director of Donor Services

## WANT TO KNOW MORE?

- Visit [kp.org/seniorhealth](http://kp.org/seniorhealth) for a complete guide to good health
- Go to [kp.org/advancedirectives](http://kp.org/advancedirectives) to get information on how to communicate your health care wishes

## UNDERSTANDING DEMENTIA BEHAVIORS

Many families struggle to understand dementia and what it is. Learn how to identify early, middle and late stage dementia behaviors and gain tips and techniques for working with them.

**Fee:** No charge

**Location:** Maui Lani Medical Office

**Date/time:** Tuesday, May 5, 5-6:30 pm

**Registration:** Call 808-270-7308 (Kaunoa)

**Speaker:** Kathleen Couch, Caregiver/Program Coordinator, Maui Adult Day Care Center

## STABILITY BALL BASICS

This course is a great introductory class to those who are new to the stability ball and would like to try it, or those who already have a ball but don't quite know what to do with it. Stability ball exercises are one of the best ways to strengthen the abdominals and back and increase stability. Learn how to choose the proper size ball and how to use the stability ball for playful and fun low impact aerobics, total body strength and toning (especially the core), flexibility and balance. Class will include a range of seated, standing, and floor ball exercises. Proper posture and biomechanics will be emphasized.

**Fee:** \$12, Due by May 22

**Location:** Kaunoa Senior Center

**Date/time:** (3-part series), June 1, 8 & 15, 10 am-11 am

**Registration:** Call 808-270-7308 (Kaunoa)

**Instructor:** Paula Keele, MS, ACSM, ACE Certified

## TAKE CHARGE...HELP PREVENT HEALTH CARE FRAUD & ABUSE (LIVE VIDEO CONFERENCE)

Learn how Senior Medicare Patrol Hawaii combats Medicare fraud, abuse and errors and how individuals and the Medicare system are impacted.

**Fee:** No charge

**Location:** Maui Lani Medical Office

**Date/time:** Monday, June 8, 9-10 am

**Registration:** Call 808-270-7308 (Kaunoa)

**Speaker:** Kaipolani Cullen, SMP Hawaii Program Manager

## ENHANCE FITNESS®

EnhanceFitness® is a nationally recognized, evidence based exercise program for seniors. It has cardiovascular, balance, strength (using adjustable cuff weights) and flexibility components. Class is led by certified fitness instructors; participants can either sit or stand. Classes are ongoing (3 times/week) at various locations on Maui.

**Fee:** Age 50+, \$20 voluntary contribution/month

**Location:** Maui Lani Medical Office

**Date/time/location:**

Contact Paula Keele at 808-870-5530 for class availability.



## READY, SET, THRIVE!

Inspiration and tools to help you live well

### **kp.org/listen**

Guided imagery programs engage your mind, body, and spirit to help you reduce stress, focus on healthy changes, and promote healing.

### **kp.org/healthtalk**

Explore current health topics and learn the latest tips about healthy living with Kaiser Permanente experts.

### **kp.org/watch**

Look, listen and learn. View health videos whenever and wherever you are.

### **kp.org/healthylifestyles (MEMBERS ONLY)**

Go online and get healthy. Create free, personalized action plans that can help you make healthy choices and stick with them.

### **kp.org/kidwisdom**

It takes smarts to develop healthy habits and stick with them. Check out the kid friendly features and fun activities on this website!



## REGISTER FOR MY HEALTH MANAGER

With My Health Manager on [kp.org](http://kp.org), you can take charge of your health securely online—24 hours a day, 7 days a week. Registering is one of the most important things you can do as a member.

**It's as easy as 1-2-3**

In five minutes you'll get 24/7 access to our online tools for managing your health.

- 1 Have your medical record number handy.
- 2 From your computer, go to [kp.org/registernow](http://kp.org/registernow).
- 3 Enter some basic information and answer a few security questions.

For questions or help registering, call **1-800-556-7677**.

**Manage your health anytime, anywhere**

Once you're registered, you can start using My Health Manager to stay on top of the care you receive at any of our facilities in the region. You can also use My Health Manager to act on behalf of a family member.



**Download the KP app.**



**Visit [kp.org](http://kp.org) from your computer.**





## HAWAII FARM BUREAU FARMER'S MARKETS

### Maui Fresh Farmer's Market

**Location:** Queen Ka'ahumanu Shopping Center

**Date/Time:** 8 am-4 pm,  
Tuesday, Wednesday, Friday

### Farmer's Market of Maui-Kihei

**Location:** 61 South Kihei Road,  
Suda Store parking lot on S. Kihei Road

**Date/Time:** 8 am-4 pm, Monday thru Friday

### Upcountry Farmer's Market

**Location:** Pukalani Longs Drugs at Kulamalu

**Date/Time:** 7 am-12 noon, Saturday

### The Wednesday Market

**Location:** Waipuna Chapel,  
Kula Highway and Omaopio Road

**Date/Time:** 8 am-1 pm, Wednesday

### Farmer's Market of Maui-Honokowai

**Location:** 3636 Lower Honoapiilani Road,  
Lahaina, Hawaiian Motors parking lot  
(across from Honokowai Park)

**Date/Time:** 7-11 am,  
Monday, Wednesday, Friday

### ONO Organic Farms Farmer's Market

**Location:** 149 Hana Highway, Hana

**Date/Time:** All day, Monday & Thursday

### Maui Open Market

**Location:** Maui Tropical Plantation

**Date/Time:** 9 am-3 pm,  
Sunday and Monday

### Napili Farmer's Market

**Location:** 4900 Napilihau Street, Lahaina

**Date/Time:** 8 am-12 pm,  
Wednesday and Saturday

Source: [www.mauicountyfarmbureau.org](http://www.mauicountyfarmbureau.org)  
(listing updated on 5/2018)

## Registration Information

Pre-registration and prepayment for classes and programs are required. This confirms your enrollment in the program so please mark your calendar accordingly.

- **Check the class listings** in this catalog for session information and fees.
- **Classes are open** to all Kaiser Permanente members, and some classes are open to the community.
- **Classes are filled** on a first-come, first-served basis.
- **For more information about a class**, call the number listed underneath the course description.
- **Cancellations:** A class may be cancelled due to low enrollment. If this occurs, you will be notified. Otherwise, consider your registration accepted.
- **Walk-ins are not advised**, as the class may be full or may have been cancelled due to low enrollment.
- **Please check with your physician** before starting any exercise program.
- **For more information/Registration:**  
Michele Pagaduan, Management Assistant  
Phone: 808-432-2260  
E-mail: [michele.k.pagaduan@kp.org](mailto:michele.k.pagaduan@kp.org)  
Health Education Department  
Kaiser Maui Lani Medical Office  
55 Maui Lani Parkway  
Wailuku, HI 96793

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**Health Education Department at**

**808-432-2260**

**[michele.k.pagaduan@kp.org](mailto:michele.k.pagaduan@kp.org)**



Kaiser Permanente  
Prevention & Health Education  
Kaiser Maui Lani Medical Office  
55 Maui Lani Pkwy.  
Wailuku, HI 96793

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## OUR LOCATIONS

**Kihei Clinic:** 1279 South Kihei Road, Suite 120

**Lahaina Clinic:** 910 Wainee Street

**Maui Lani Elua Clinic:** 75 Maui Lani Parkway

**Maui Lani Medical Office:** 55 Maui Lani Parkway

**Wailuku Medical Office:** 80 Mahalani Street

