



Kupuna Connections

Kapiolani Community College's TV Series Dedicated to Hawaii's Seniors and Their Families!

Hosted by Cullen Hayashida & David Nakamaejo

**August 23 – December 21, 2008
Saturdays at 5:30pm & Sundays at 6:30am
On Channel 55 (1/2 hr)*
Oahu, Kauai, Maui and Hawaii**

Sample of Topics

- How Seniors Can be Hi-Tech
- Adult Day Care
- Residential Options for Seniors
- The Illuminated Life: Plans for A Productive Retirement
- City's Information and Referral Service for Seniors
- Keeping our Brains Healthy
- Update on Retirement and Assisted Living Facilities
- Why Volunteer? Volunteer Opportunities
- Home Care
- Meals on Wheels Program
- What Are Type II Care Homes?
- Respiratory Do's and Don'ts for Seniors

Call to suggest topics or issues that you would like to see on

Kupuna Connections

Oahu – Call (808) 734-9469

Email: cullen@hawaii.edu

* Schedule valid from August 23-December 21, 2008

This program is produced by Kapiolani Community College's
Center for Excellence in Learning, Teaching and Technology (CELTT)

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Fall 2008 – Cable Channel 55

Saturdays 5:30 PM to 6:00 PM – Oahu, Kaua'i, Maui, Hawai'i

(rebroadcast) Sundays 6:30 AM to 7:00 AM – O'ahu, Kaua'i, Maui, Hawai'i

Month	Date	Session	TRT
Aug	8/23, 24	301: Physical Therapy	29:30
	8/30, 31	304: Managing Your Medication	28:32
Sept	9/6, 7	302: Occupational Therapy on Home Modification	29:35
	9/13, 14	303: Affordable Home Repair Loan Program	25:54
	9/20, 21	305: Walkers: What's Available? How to Select?	29:35
	9/27, 28	306: Managing Arthritis Pain	28:16
Oct	10/4, 5	209: End of Life Hospice Care	27:52
	10/11, 12	210: Helping Seniors Prepare for Medical Emergencies	27:46
	10/18, 19	303: Affordable Home Repair Loan Program	25:54
	10/25, 26	216: Respiratory Problems for Seniors	29:16
Nov	11/1, 2	301: Physical Therapy	29:30
	11/8, 9	304: Managing Your Medication	28:32
	11/15, 16	302: Occupational Therapy on Home Modification	29:35
	11/22, 23	303: Affordable Home Repair Loan Program	25:54
	11/29, 30	305: Walkers: What's Available? How to Select?	29:35
Dec	12/6, 7	306: Managing Arthritis Pain	28:16
	12/13, 14	209: End of Life Hospice Care	27:52
	12/20, 21	210: Helping Seniors Prepare for Medical Emergencies	27:46