



DEREK S.K. KAWAKAMI, MAYOR  
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## News Release

For Immediate Release: June 2, 2022

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COUNTY OF KAUA'I  
AGENCY ON ELDERLY AFFAIRS  
KEALOHA TAKAHASHI, EXECUTIVE  
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### **Upcoming workshop series aims to help seniors with diabetes**

LĪHU'E – The Agency on Elderly Affairs is accepting registrations for its upcoming Diabetes Self-Management Workshop series, and invites kupuna aged 60 years and older to apply.

“Many of our Kaua'i kupuna have benefitted from our Diabetes Self-Management Program,” said Kealoha Takahashi, Executive for the Agency on Elderly Affairs. “For a limited time, we're offering an opportunity for more seniors to take part in this healthy aging program and learn about self-management and the importance of self-care.”

Developed by Self-Management Resource Center (SMRC), the program is designed to provide support and build confidence in the participants' ability to manage their diabetes while maintaining active and fulfilling lives.

The highly interactive Diabetes Self-Management Workshop series will run for six weeks starting Wednesday, June 22. Classes will be held every Wednesday, from 9 to 10 a.m., via telephone conference call. To gain maximum benefit, participants should plan on attending all six sessions.

Pre-registration is required and is limited to eight participants. Registration will be on a first-come, first-served basis. Once registration is full, anyone interested in participating will be placed on a waitlist for future workshops.

To register for the workshop, contact Johnny Yago at 808-241-4898 or [jyago@kauai.gov](mailto:jyago@kauai.gov).

Among the topics that will be covered are the following:

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

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

The workshop is a part of a statewide initiative called Hawai'i Healthy Aging Partnership – Empowering Elders.

Funding for the program is provided by the U.S. Department of Health and Human Services – Administration on Aging through the state Department of Health – Executive Office on Aging, and County of Kaua'i Agency on Elderly Affairs.

For more information on the Diabetes Self-Management Workshop please visit the Hawai'i Healthy Aging Partnership website, <https://hawaiihealthyaging.org/> or <https://www.kauaiadrc.org/>.

If you need an auxiliary aid/service or other accommodation due to a disability, contact Johnny Yago at 241-4898 or [jyago@kauai.gov](mailto:jyago@kauai.gov) as soon as possible. Requests made as early as possible will allow adequate time to fulfill your request. Upon request, this notice is available in alternate formats such as large print, Braille, or electronic copy.

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