



Lunalilo Home
Caring for our Kūpuna with Aloha
for over 130 Years

Mālama i Nā Kūpuna

Caregiver Workshop Series

Lunalilo Home is pleased to present the *Mālama I Nā Kūpuna Caregiver Workshop Series*- a special caregiver support series for Lunalilo Home's 'ohana and caregiving community to enhance skills in providing respectful, loving, and quality care for kupuna (elders).

Healthy Eating- Local Style: Nutrition, Food & Special Diets for Kupuna

As elderly individuals continue to age, nutritional habits become more important and vital to their overall health than ever before. When the elderly eat nutritious meals, they can maintain sharp minds and alertness, increase their energy levels, and increase their overall lifespans. On the other hand, kupuna can also face challenges when trying to maintain their nutrition; such as eating the appropriate foods for health conditions (diabetes, heart disease, renal disease), preparing appropriate consistency or textured food for dysphagia, or eating the wrong types of foods by accident.

Come and learn more about how to prepare nutritional and delicious meals to meet the specific dietary needs of elders, and how to modify local favorite recipes to ensure kupuna can continue to enjoy their favorite foods.

Guest Presenters: **Terry Leong**, Licensed Registered Dietitian

Date: **Saturday, October 26, 2013**

Time: **10 am – 11:30 am**

Location: **Lunalilo Home**
501 Kekauluohi Street
Honolulu, HI 96825
395-1000

Admission Fee: Free

RSVP: Call **395-1000** or email **info@lunalilo.org**
Space is limited. Please RSVP to confirm your space.

Lunalilo Home and Trust, established by the will of King William Charles Lunalilo, is a 501(c)(3) not-for-profit organization that has been in operation since 1883, providing compassionate residential care, adult day care, and meals to the population of elderly Native Hawaiians, their families and our communities.