



DEPARTMENT OF HEALTH

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Alan K. Ibrao, Randal Lau, Diane Terada, and Violet Horvath receive Fall Prevention Awards for outstanding community service

HONOLULU – The Hawai'i State Department of Health (DOH) Emergency Medical Services and Injury Prevention System Branch (EMSIPSB) and the Hawai'i Fall Prevention Consortium today announced the recipients of the Annual Fall Prevention Awards for Outstanding Community Service. Four individuals were presented with special trophies and proclamations at an event at the Queen's Conference Center in Honolulu.

In Hawai'i, a senior is transported to an emergency room because of an injury from a fall nearly every hour of each day. With more than 8,050 injuries from falls occurring among seniors every year, the toll in human suffering is staggering. Each year, the Hawai'i Fall Prevention Consortium identifies individuals with unique and passionate dedication to reducing the number and severity of injuries from falls among seniors, and honors their efforts to promote fall prevention initiatives in Hawai'i.

"Senior falls result in serious injury and tragedy throughout the year but are especially heartbreaking for families during the holiday season," said Alvin C. Bronstein MD, FACEP, chief of DOH's Emergency Medical Services and Injury Prevention System Branch. "We are pleased to honor the compassion and dedication shown by the amazing volunteers who work to prevent senior falls and their serious impact on individuals and families."

This year's four honorees are:

- **Alan K. Ibrao, Officer, Honolulu Police Department Community Outreach Division** Ibrao is the driving force behind "Aloha No Na Kupuna," an annual Christmas community event promoting senior health and safety and celebrating the spirit of giving in the lives of seniors. Each year, Ibrao coordinates the event which brings together educational resources from the HPD, State of Hawai'i, and the Department of the Prosecuting Attorney. More than 100 seniors are bussed to the event, and Ibrao is behind the volunteers from the Leeward Tai Chi Ohana that demonstrate the tai chi movements that help improve balance and prevent falls for all the seniors in attendance. "Officer Ibrao's dedication to seniors is the motivation for all of us to enjoy tai chi with the kupuna," said Glenn Sakai, Certified Instructor for the Tai Chi for Health Institute. "He is truly a community treasure."
- **Randal Lau, certified instructor, Tai Chi for Health Institute (TCHI)**
Lau has provided his extensive knowledge in fall prevention and eastern healing with skills in Shaolin Kung Fu, Qi Gung, and as a licensed massage therapist to offer unique resources to seniors. A retired teacher with a master's degree in education, Lau's expertise has provided invaluable support to the Fall Prevention Consortium in building its volunteer base.

"You can hear the compassion for the seniors he works with in the tone of his voice. And you can read in his eyes, that he loves the work he does and truly cherishes the seniors he works with," said

Ileina Ferrier, master trainer, Tai Chi for Health Institute. "Randy is a true gift to our state and its kupuna."

- **Diane Terada, division administrator, Community & Senior Services, Catholic Charities Hawai'i**
Terada is recognized for her deep and heartfelt work, making each task one of compassion and kindness. With an inexhaustible source of energy and enthusiasm, Terada never fails to express gratitude and genuine concern for all challenges, big or small.

"Diane is a giving and compassionate health care professional. Working under her guidance, Catholic Charities senior programs have grown to be some of the finest in the state." said Suzanne Chun Oakland, program coordinator, Lanakila Multi-Purpose Senior Center. "Diane is truly amazing, and her compassion is evident in everything she does."

- **Violet Horvath, director of Pacific Disabilities Center (PDC)**
Many believe Horvath has been the inspiration and driving force behind the growth and success of PDC which provides physical and vocational rehabilitation for persons with disabilities and administers other projects. Horvath has also provided **mentoring and support for neurotrauma programs and activities, and support for the Fall Prevention Consortium and its state conference.**

"We are very lucky that Violet has the ability and foresight to envision programs that would benefit Hawaii's seniors," said Stanley Michaels, senior fall prevention coordinator at DOH. "We are eternally grateful to Violet and her team for guiding these initiatives to fruition."

Department of Health Acknowledges 15 Craigside

The Hawaii Department of Health, EMSIPSB and the Fall Prevention Consortium in 2017 awarded a special Fall Prevention Perpetual Trophy to honor 15 Craigside's dedication to preventing falls. The trophy is displayed at the retirement community in Nuuanu and each year honorees names are engraved beside previous winners.

"At 15 Craigside, we are pleased to honor these selfless individuals that have dedicated so much of themselves to assist our kupuna with living safer, more independent lives," said Bree Komagome, administrator of 15 Craigside, which sponsors and supports a number fall prevention initiatives, including TCHI instructor workshops.

More Information

A complete summary of the fall prevention campaign, special videos for seniors and/or their caregivers, and a recap of accomplishments is online at nogethurt.hawaii.gov. To participate in senior fall prevention activities, contact Stan Michaels of DOH's EMS Injury Prevention Program at (808) 733-9202 or stanley.michaels@doh.hawaii.gov.

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