



IMUA KA HEKE “The Best Go Forward”

HPGS Quarterly Newsletter

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What Do You Want To Ask the Candidates For Governor?

On October 19, during the HPGS biennial conference, KHON’s Kirk Matthews will moderate a forum for Hawaii’s gubernatorial candidates. We will provide Mr. Matthews questions to ask, reporter style, to help conference attendees learn about candidates’ knowledge, concerns, and visions about Hawaii’s rapidly aging society.

Please send us your comments and, most importantly, your questions for the candidates. Mail them to *HPGS Editorial Committee, HPGS, P. O. Box 3714, Honolulu, Hawaii 96812* or e-mail them to *hpgs.hawaii@gmail.com*.

Hawaii County Office of Aging Receives U.S. Administration on Aging’s Exemplary Partnership Award

By: Audrey Suga-Nakagawa

The Hawai‘i County Office of Aging was honored in February 2010 with the U.S. Administration on Aging’s (AoA) Exemplary Partnership Award at the Administration’s 2010 Grantee National Meeting “Changing Systems Changing Lives” in Alexandria, VA. The partnerships facilitated by the Hawai‘i County Office on Aging with support from the State Executive Office on Aging and the mayor of Hawai‘i County, resulted in co-location of nine major service provider organizations that are now able to serve elderly adults, care providers, persons with disabilities and others in a single location in Hilo. Through this partnership, Hawai‘i County Office of Aging was able to expand services and to provide much-needed space for the Center for Independent Living. A new collaboration with the University of Hawai‘i College of Pharmacy now enables the College to provide on-site medication management without costs to the consumers. The partnering organizations at the Hilo site hold regular

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interdisciplinary team meetings, cross train staff and exchange information and resources. The ADRC has established high standards, through rigorous staff training, for local staff to provide exceptional customer service. Long-term benefits and additional partnerships have already occurred as the result of the co-location initiative.

The ADRC provides the state's older adults, persons with disabilities, family caregivers and the public with information, assistance and referral to resources and supports to help them continue to live in their homes and communities with dignity and independence. Further information about ADRC resources and activities can be found at www.HawaiiADRC.org

HPGS NEWS

HPGS – Stepping It Up A Notch!: Message From HPGS President Eldon Wegner



The annual HPGS Board Retreat was scheduled for Saturday, February 27 – to jog your memory, we all had a tsunami pass for that date. Undaunted, the 5-hour retreat was held on March 13. Thank you to Suzie Schulberg who arranged for us to meet at

Arcadia Retirement Residence, which also donated refreshments and lunch. We had a full agenda of strategic planning and taking care of HPGS business. Picking up on our 2008 Business Plan, we focused on setting objectives for three areas – creating value for our members, sustainability, and building organizational capacity.

In regard to creating value for our members, several steps are underway to make your membership in

HPGS have greater benefit. We decided to move from having quarterly meetings, to having bi-monthly events – more opportunities to network with one another and more chances to hear stimulating presentations or panel discussions related to issues and programs in gerontology. Our program committee, **Dawn Meaney, Leslie Tanoue, and Brenda Lau** wish to solicit ideas from you about your preferences for what gerontology programs, panels on issues, or speakers, you would like us to schedule. You will be hearing from them about this. (Thank you Dawn Meaney for arranging our March Quarterly meeting, a visit to the newest assisted living residence, The Plaze at Mililani.) REQUEST: The program committee could use help with publicity. We hope to increase attendance at our events and believe increasing publicity is a critical step.

We are also enhancing our communications, since we see one function of HPGS as a clearinghouse for information relevant to gerontology in Hawaii. Our website is developing beautifully, thanks to **Suzie Schulberg**. You will find information about HPGS, our conference, our scholarship programs and more. In addition, we have an event calendar and also plan to post papers and opinion pieces.

In addition to the website, we've decided to initiate a monthly HPGS email blast with information and reminders about events and activities in the community relevant to our members. If your organization has an event which you would like to publicize, please send the information and a flier which can be attached to the email to our HPGS email address: hpgs.hawaii@gmail.com REQUEST: Would someone volunteer for sending the monthly email blast? **Michelle Sagacio** manages our email list and the quarterly newsletter, but we would like to give her some additional help. If you enjoy working with communication, this could be the perfect job for you.

In regard to sustainability, we are taking new initiatives to grow our membership and to grow our financial resources. In regard to membership, we are hoping to further HPGS activities on the Neighbor Islands, with the possible goal of having Neighbor Island chapters. This year, we are

continuing to hold one of our quarterly meetings on a Neighbor Island. There will be an HPGS Quarterly meeting on Maui on June 8 at 11 am at Hale Mahaolu, with Colette Browne as the speaker focusing on the Ha Kupuna project regarding Native Hawaiian elder health and long-term care. Thank you to Dawn Meaney for arranging this meeting and hopefully all our members on Maui will be able to attend.

We also believe that HPGS membership should have many more persons engaged in gerontology-related work, especially health professionals who work with seniors. We would like to attract more social workers, nurses, geriatric physicians, and others into our membership. We would also like to partner with other professional organizations on some of our programs. REQUEST: Are you a network type of person? We could use someone who would help us network with other professional organizations, assisting us in getting the word out about our activities, obtaining information for our website and email blasts about activities which our members might find interesting, and exploring possibilities for partnering on some events. If you would be interested in serving this liaison role, please let us know at hpgs.hawaii@gmail.com. This role could be combined with the need for someone to work with our program committee to publicize our events.

We are taking several steps to increase our financial resources, since having adequate funds is necessary to support our programs. The Board voted for a small increase in membership fee, which hasn't increased in many years, and also to increase the age for the senior discount from 55 to 65. We will also have two fund-raising appeals this year. Later this month, you will receive a letter asking for donations to help fund our conference, especially travel for neighbor island members. Due to the economy, many agencies may not support travel this year, but we wish to have support for as many as possible to attend our October biennial conference. In November, we will also send our annual letter asking for donations for our scholarship programs and other HPGS activities. We have also decided to create an HPGS agency endowment fund with the Hawaii Community

Foundation in order to create a stable source of funding and a means for individuals to arrange legacy gifts in their estate planning. We will launch solicitation for the fund in November and give it priority in 2011. We are planning a Summer Jam Dance Party – retro music from the 60's– 80' – for summer 2011 as a major fundraising event. REQUEST: Do you like to plan parties? Please volunteer for the committee to plan this event. We also plan to employ someone part-time to staff the planning. Email us if you are interested!

Building organizational capacity concerns how we organize and use our resources. We are especially focused on increasing the involvement of our HPGS members. In order to step up our activities, we need more hands to help. You will notice the requests above. We invite anyone interested to volunteer to serve on one of our committees. Space doesn't allow me to cover everything, but you will find other activities in this newsletter, including announcements by the scholarship committee co-chaired by **Tony Lenzer** and **Chris Ridley**. **Eme Kim** and **Tony Wong**, co-chairs of the conference planning committee have done a fantastic job, and **Michael Cheang** and **Sarah Yuan**, co-chair of the conference program committee, are putting the final touches on the program. I am so grateful for the wonderful volunteers who work conscientiously for HPGS. However, we don't want to burn anyone out. By becoming involved, you will increase our organizational capacity and also reap the rewards of developing friendships with some wonderful people.

Thank you for continued support of HPGS.

June HPGS Quarterly Meeting To Be Held In Maui

On June 8th, 2010, at 11 a.m., the HPGS quarterly meeting will be held in Kahului, Maui at the Hale Mahaolu Elima site. Guest speaker **Colette Browne**, Co-Principal Investigator of Ha Kupuna will be speaking about the National Resource Center for Native Hawaiian Elders and long-term

care needs. To learn more about Ha Kupuna, you can visit their site at <http://manoa.hawaii.edu/hakupuna/overview.html>.

Following the presentation and lunch, tours will be available for those interested in visiting the Maui Adult Day Care Center, located at Hale Mahaolu. If you are interested in attending the meeting or if you would like more information, contact **Dawn Meaney** at dawn@plazaassistedliving.com. RSVP to Dawn by no later than June 1, 2010 if you are able to attend.

As lunch will be included during the presentation, there is a nominal fee of \$5 for HPGS members and \$7 for non-HPGS members to attend. Please send your check made out to "Hawaii Pacific Gerontological Society" to P.O. Box 3714, Honolulu, HI 96812.

Hale Elima is located at 11 Mahaolu Street in Kahului, Maui. Parking is available in the unnumbered parking stalls and also on Mahaolu Street. To learn more about Hale Mahaolu, you can visit their website at www.halemahaolu.org.

March 2010 HPGS Quarterly Meeting at The Plaza at Mililani

by: Michiyo Tomioka

HPGS members gathered at the Plaza at Mililani, Hawaii's newest Assisted Living Community, on March 27, 2010. The Plaza, which opened in January 2010, is modeled after its sister company, The Plaza at Punchbowl. They provide high quality of care to senior residents who require assisted living services or have memory needs.

It is a five story assisted living apartment complex and is filled with gracefulness. They offer healthy foods and a variety of activities to support healthy lifestyles for their residents. Residents were enjoying activities with staff when we toured the floors.

They also provide weekly housekeeping, weekly linen and personal laundry services to support personal care needs. They truly value *ohana*. The family members are allowed to eat with them and stay with them if they are interested. Pets are also welcomed. We enjoyed the tour. Thank you to Dawn Meaney and her staff for their hospitality.

Save The Date: HPGS 16th Biennial Conference

Preparing for the Aging Tsunami:
Hawaii and Pacific Rim Perspectives

October 18 & 19, 2010

Hilton Hawaiian Village
Honolulu, Hawaii

Donations for the Biennial Conference

We are looking for companies who would like to donate in-kind items for the upcoming HPGS Biennial Conference. Folders, pens, note pads, and nametags are some of the needed items. If your company is interested in making a donation, please contact **Dawn Meaney** at dawn@plazaassistedliving.com.

HPGS Announces New Scholarship Program and Three Award Winners

Assisted Living Options Hawaii (ALOH) has carried out a number of important projects in the housing area since its founding. In 2009, ALOH determined that it no longer wished to continue its activities, and decided to turn all of its remaining funds (\$16,000+) over to HPGS, to use for scholarships and other training activities. For the past several months, HPGS Scholarship Committee

Co-chairs, **Tony Lenzer** and **Chris Ridley**, have worked with ALOH President Cullen Hayashida to develop a specific proposal for use of these funds. This proposal was reviewed and approved by the HPGS Board in March. The new scholarship program has several components, which are summarized below:

(1) up to \$4,000 of the scholarship funds will be used each year

(2) The HPGS scholarship committee will use these funds for three purposes: (a) \$1,000 will go for an additional scholarship to a community college or undergraduate student at a public or private institution in Hawaii who is focused on helping the elderly population; (b) \$1,000 will go for a scholarship to a graduate student, including law and medical students, at a local university, who is focused on helping the elderly population; and (c) \$2,000 will be used to pay all or part of the tuition costs for one or more community practitioners, to allow them to attend a noncredit course or certificate program which provides knowledge or skills helpful in working with older adults.

(3) the ALOH board has requested that this be designated as the ALOH Scholarship Fund.

The Scholarship Committee has used our existing guidelines for selecting the undergraduate or community college student. Guidelines and application forms for the graduate scholarship and the community practitioner award will be available shortly.

We are also pleased to announce that three students have been selected to receive the undergraduate/community college scholarships. They are: **Wan Chian Tsai**, **Colleen Mc Cracken**, and **Cora Godinez**.

Wan Chian Tsai is currently enrolled at the University of Hawaii at Hilo, where she is working on a BS degree in nursing. She has had extensive experience in aging including an MS degree in Gerontology from the University of Southern California. Her career goal is to do geriatric nursing in a hospital setting.

Colleen McCracken's background includes an MS degree in Nutrition from Colorado State University, and many years' experience in programs serving the elderly in nursing homes and hospitals. She is presently working on an AS degree in Nursing at Kauai Community College, and plans to continue her work with the elderly in a hospital setting.

Cora Godinez is working as a home health aide in Maui, where she is enrolled in the nursing program at Maui Community College. She hopes to go on to receive a bachelor's degree in nursing from UH Manoa. She has also worked as a community service representative for a home health and hospice company in California, as well as a resident services coordinator for a retirement community in the same state.

Our congratulations to all three winners of the HPGS and ALOH scholarship awards.

HPGS Endowment Fund

As part of its long range strategic plan, HPGS is seeking to build an endowment for an agency fund that will support program activities that are consistent with our mission. This includes the scholarship program, community projects, educational workshops, and special events. A fundraising committee is spearheading a major campaign to raise at least \$100,000 over the next few years. Co-chaired by former HPGS Presidents – **Pat Sasaki** and **Audrey Suga-Nakagawa**, enthusiastic volunteers are being recruited to plan a series of fundraising events. One possible fundraiser is a Summer Jam featuring live local bands from the 70's disco days at the Point After, Bobby McGee's, and Rumours. (Remember John Travolta in Saturday Night Fever?) Wine tasting, gourmet samplings, and golf or bowling tournaments are other attractions being considered. Members interested in helping this fun(d) group, please contact Pat or Audrey at hpgs.hawaii@gmail.com

HPGS E-mail List

If you would like to receive e-mail updates, please e-mail us at hpgs.hawaii@gmail.com with your name (first and last). Please also inform us if you would like to receive the quarterly newsletter via e-mail instead of snail mail.

Call for HPGS Newsletter Articles

Please email announcements, short articles (3-5 paragraphs long), jokes, cartoons, or pictures (including captions) that may be of interest to individuals in the gerontology community that you want to include in the August 2010 issue to hpgs.hawaii@gmail.com by August 3, 2010. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.

NATIONAL NEWS

Hawai'i's Healthy Aging Partnership- Empowering Elders Program Presented at the Joint Conference of the American Society on Aging and National Council on Aging

By: Michiyo Tomioka



A number of us from Hawai'i attended and presented at the joint conference of the American Society on Aging and National Council on Aging Conference on March 2010. We were very fortunate to present our "Healthy Aging Partnership-Empowering Elders" (HAP-EE) Program at the conference.

HAP-EE is a collaborative project involving the Executive Office on Aging, the Department of Health, the four Area Agencies on Aging, the University of Hawai'i, and providers of health services throughout the state.

This partnership was established in 2003 to improve older adult health by building Aging Network capacity to implement evidence-based prevention programs in Hawai'i. We seek to support the health needs of this growing segment of our community. We want elders to sustain healthy independence and quality of life in their later years.

HAP-EE is replicating and evaluating Senior Services' EnhanceFitness (EF) program and three of Stanford's evidence-based health programs on disease management--the Chronic Disease Self-Management Program (CDSMP), the Arthritis Self-Management Program (ASMP), and the Diabetes Self-Management Program (DSMP). Funding comes from the US Administration on Aging, the National Council on Aging, Kaua'i County, and other sources.

To date, more than 787 individuals have participated in CDSMP, ASMP, and DSMP in all counties, and more than 210 seniors have participated in EF on Kauai.

Findings from our 6-month follow-up suggest that the people who participated in CDSMP, ASMP, or DSMP (n=352), on average, realized a:

- 42% increase in the number of minute per week spent in physical activity.
- 26% reduction in shortness of breath, pain, and fatigue symptoms
- 12% reduction in physician visits, 4% reduction in ER visits, and 24% reduction in hospital days.

Four-month post-test data from EF (n=168) suggests that seniors reported a:

- Improvement in upper- and lower-body strength and mobility.
- 30% increase in number of minutes per week spent in physical activity.
- 38% decrease in number of falls.

For more CDSMP, ASMP, and DSMP information, call **Leslie Tanoue** at (808) 535-1322. For more EF information, call **Naomi Sugihara** at (808) 241- 4475.

Social Security Welcomes Your Ideas

*By: Jane Yamamoto-Burigsay,
Social Security Public Affairs Officer in Hawaii*

In support of President Barack Obama's Transparency and Open Government initiative, Social Security has launched a new Open Government webpage. The new webpage serves as the portal for all agency activities that support the President's Transparency and Open Government initiative. It's open for the public at www.socialsecurity.gov/open.

"Our new Open Government webpage gives Americans an opportunity to give us their ideas on how we can become a more open and transparent agency," said Michael J. Astrue, Commissioner of Social Security. "They will be able to post their ideas on transparency, participation, collaboration, and innovation that should be included in our Open Government Plan. I encourage everyone to visit our webpage and submit their ideas, read and discuss what has been posted, and vote on the ideas that have been submitted."

Anyone is welcome to submit ideas. To send us yours, click on the link at the top right of the webpage that says, "Share your ideas on our open government plan." After agreeing to the terms of participation, the link will take you to a webpage that asks for ideas on how Social Security can:

- work better with others inside and outside

- the government;
- solicit feedback from the public;
- improve the availability and quality of information;
- be more innovative and efficient; and
- create an Open Government Plan.

LOCAL NEWS

2010 Legislative Summary

By: Wes Lum

In spite of Hawaii's weakened economy, our legislators demonstrated their commitment to the health and safety of Hawaii's seniors and their family caregivers. Here is a summary of the aging and family caregiving related bills that passed.

Funding for Senior Services (S.B. No. 2469). Appropriated moneys from the Emergency and Budget Reserve Fund to maintain levels of programs for education, human services, and health. Specifically, this measure appropriated:

- \$3,000,000 in additional Kupuna Care funding, which is in addition to the base funding that is currently administered by the Executive Office on Aging.
- \$500,000 in additional funding for meals for the elderly through the Kupuna Care program.
- \$950,000 in grants for senior centers (Catholic Charities Hawaii - \$350,000; Kapahulu Center - \$300,000; Moiliili Community Center - \$150,000; Waikiki Community Center - \$150,000).
- \$100,000 for the development of the Aging and Disability Resource Center.
- \$125,000 for the Healthy Aging Partnerships Program.
- \$500,000 for Kokua Kalihi Valley Comprehensive Family Services.
- \$200,000 for respite services.

Long-term Care Commission (H.B. No. 1902 enacted as Act 24, SLH 2010). Extended the term of the LTC Commission to the adjournment sine die of the regular session of the 2012 Legislature. This measure also delayed interim and final reports of the LTC Commission on the development of a 5-year plan and proposed system reforms to January 19, 2011 and January 18, 2012, respectively.

Grandparents Raising Grandchildren; Elderly Housing (S.B. No. 2473). Allowed grandchildren of elderly housing project residents to temporarily reside with the residents in certain family crisis situations. This measure also afforded residents evicted for raising grandchildren-in-crisis in their housing project units priority status to return to project housing.

Expanded Adult Residential Care Homes (H.B. No. 2157). Increased capacity from two to three nursing facility level residents in Type I Expanded Adult Residential Care Homes.

Parking for Disabled Persons (S.B. No. 2105). Designated the Disability and Communication Access Board as the issuing agency for removable windshield placards, temporary removable windshield placards, special license plates, and identification cards. This measure also deleted the counties as the issuing agency, and increased the time period that a placard is effective from four to six years.

Joint Legislative Committee on Aging in Place (S.C.R. No. 194). Authorized the Joint Legislative Committee on Aging in Place to continue to meet until June 30, 2012, and to submit additional findings and recommendations to the Legislature no later than twenty days prior to the convening of the regular sessions of 2011 and 2012, respectively.

Home for Life Task Force (H.C.R. No. 13). Extended the deadline for the Home for Life Task Force to report its findings and recommendations to the Legislature to no later than twenty days prior to the convening of the 2011 Regular Session. This measure also authorized the existing members of the Home for Life Task Force to convene to select

persons to fill any positions still vacant due to any non-appointment by the Governor.

Training DHS Workers about Grandparents Raising Grandchildren (S.C.R. No. 79). Urged the Department of Human Services (DHS) to provide orientation and additional training to increase the ability of DHS case workers to address the issues faced by grandparents who raise grandchildren, including increasing case workers' awareness about: (1) local cultural beliefs regarding the important roles of grandparents within the family structure, especially when grandchildren need care; (2) what grandparents experience (fear, helplessness, and anger) when their grandchildren are taken into custody by Child Protective Services or placed in foster care, and the rules for having contact with their grandchildren; and (3) grandparents' need for clear explanations to understand guidelines for managing cases involving children in state custody who need foster care and a safe permanent home. Please take a moment to thank your legislator for their support. The next step is to encourage the Governor to sign these bills into law and then release the moneys.

NYC Boy able to move out of Hale Makua with help of Maui PACE

*By: Denise Wong Thayer,
Hale Makua Health Services Executive Assistant &
Marketing Manager*

John Bellini is known by many as “NYC Boy” because that’s what it says on the Hawaii license plate on his electric wheelchair. He lived at Hale Makua Kahului for two years. He was initially there for physical rehabilitation, and then chose to go back home because he didn’t want to live at a nursing home. When he returned home, he fell several times hurting his shoulder and his hip, and then realized that he needed more help. With limited affordable options for care on Maui, he accepted that Hale Makua was best suited for his needs at the time.

John was born and raised in New York City. At 18, he studied in London as an apprentice to Vidal Sassoon, later becoming a hair stylist for Sassoon in New York. His career as a hair stylist took him to the cities of Paris, Rome, San Francisco and Los Angeles, and he spent time in Arizona, Texas, and Australia as well. Fifteen years ago, he came to visit his daughter on Maui, fell in love with the island, and decided to stay.

When Maui PACE opened in October 2008, John inquired about the program. He met the program's eligibility requirements of being age 55 or older, residing in the service area, and needing nursing home level of care. However he needed to be safely living in the community at the time of enrollment. If he was able to be safely discharged from Hale Makua, he would be able to qualify for PACE. In order to be considered safely living in the community, John needed to find a place to live.

After receiving an electric wheelchair from Girl Scout Troop 993's Make a Wish for Seniors project on October 9, 2008, he applied and was waitlisted for affordable senior housing at nearby Hale Mahaolu. With affordable senior housing on Maui in high demand and short supply, John waited a year before a unit became available for him.

Because Maui PACE provides 24-hour access to a nurse, an in-home nurse aide, home-delivered lunches, and transportation to and from medical appointments, John has achieved his goal of living independently. He rides on his electric wheelchair from Hale Mahaolu in Kahului to the PACE Center daily for breakfast and exercise. While at the PACE Center he is also able to see his physician when necessary. John says "I love the feeling that I can do some things on my own now," and "if I want anything, I just pick-up the phone and call PACE."

St. Francis Combines Stay Healthy at Home and Lifeline To Assist More Older Adults

*by: Cheryl Tamura,
St. Francis Hospice Public Relations Manager*

St. Francis Healthcare System of Hawaii is bundling two of its service lines, the Lifeline personal emergency response system and Stay Healthy at Home telephone information and referral service, to assist more older adults. In addition, St. Francis Lifeline, which connects older adults and disabled individuals to the help they need at the push of a button, is the first to offer the new AutoAlert feature in Hawaii. AutoAlert automatically places a call for help if a fall is detected and the individual can't push the button because he/she is disoriented, immobilized or unconscious. The monitoring unit will immediately contact EMS personnel if there is no response.

St. Francis was the first to introduce Lifeline to Hawaii in 1983 and launched Stay Healthy at Home in May 2009 as a membership-based, efficient model of delivering services for healthy older adults, individuals with a chronic condition, and/or caregivers in the home.

"By combining Lifeline and Stay Healthy at Home, we are making it easier for older adults to live at home safely and independently while having access to a range of services at their fingertips," adds Witty-Oakland. "You'll receive two products for slightly more than the price of one. It is also a way to introduce Stay Healthy at Home, a new service, with an established product like Lifeline that we've been offering for more than 25 years."

Stay Healthy at Home is a health and wellness program that connects individuals to a network of prescreened providers for a range of services, from transportation, housekeeping, meal planning, and financial planning, to end-of-life care. The program is designed to keep individuals out of the hospital and is an affordable alternative to assisted living facilities and nursing homes.

Pricing

The basic Lifeline unit, free installation (\$50 value) and the Stay Healthy at Home telephone information and referral service package is \$49.99 per month; without Stay Healthy at Home, the basic Lifeline unit is \$43 per month with free installation through June 30, 2010. The AutoAlert pendant is available for an additional \$13.50 per month.



hawaii pacific gerontological society

P.O. Box 3714
Honolulu, Hawaii 96812

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Additional services in the home through Stay Healthy at Home are on a fee-for-service basis.

For more information, call Stay Healthy at Home at **547-6500**.

Aging In Place and Long Term Care Workshop on May 27th

Be sure to mark your calendar for May 27th as an Aging in Place and Long Term Care workshop will be held at Alu Like (458 Keawe Street, Honolulu, HI 96813) at 11 a.m. Metlife Home Loans will be sponsoring the event and will provide pizza and drinks. Speakers Percy Ihara of Metlife Home Loans, Michael Yee of Ameriprise, and Robin Liu of John Hancock Financial will come together to provide their expertise on aging in place and long term care issues. RSVP by May 24, 2010 to dawn@plazaassistedliving.com.

Kupuna Education Center Offerings

- Home Care Worker Training (orientation on June 1, 2010)
- Active Aging course for Boomers in Career Transition (starts on June 7, 2010)

Free lectures this summer on Active Aging, taught by the instructors in the KCC Exercise & Sports Sciences Program:

- "Your Body: An Orientation to the Muscles, Bones and Joints Associated with the Shoulder" (May 28, 2010 from 12-1pm in Kopiko 209)
- "Your Doctor Wants You to Exercise, Now What?" (June 18, 12-1pm in Kopiko 209)
- "Oh, My Aching Joints: The Benefits and Challenges of Physical Activity while Dealing with Osteoarthritis" (June 29, 12-1pm in Kopiko 209)

For more information, visit www.kupunaeducation.com or call **734-9108**.