



hawaii pacific gerontological society

Volume 38, No. 8

August 2017

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808-722-8487 • sgoyallc@aol.com

P. O. Box 3714  
Honolulu, HI 96812  
www.hpgs.org

HPGS members are welcome to submit articles of interest, pictures and articles from events, notices of job openings, committee reports, etc. Please submit your article and/or picture by the second Monday of every month to Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com.

**PRESIDENT'S MESSAGE**



PERCY IHARA, PRESIDENT

First off, we have CANCELLED HPGS's first Job Fair on August 26th at Catholic Charities Keeuamoku Campus due to a low turnout of members companies to participate. There are so many job fairs with much larger draws in many industries that we may want partner with other healthcare associations or the like. Let us know if you hear of any other associations that we may be able to partner with.

HPGS webinar for August will focus on the huge problem of falls with Stan Michaels of the Department of Health. Falls are the most common cause of unintentional fatal injuries in Hawaii averaging more than 90 senior incidents each year. Falls are also the state's leading cause of non-fatal injuries, resulting in nearly 22,000 emergency-room visits and 2,700 hospitalizations each year. Of the 22,000; each year 8,000 + seniors over 65 are transported by an ambulance to an emergency room, just because of a fall injury. That is almost one every hour...! The risk of it becoming fatal increases dramatically with age, and the emotional and fiscal burden associated with fall injuries are staggering. We have to fix this...!

Don't forget that we have our past webinars on our YouTube page under Hawaii Pacific Gerontological Society and don't forget to **"subscribe"** to our channel so you will find all the new webinars posted there. We have scheduled webinars each of the last Thursday of every month for the rest of the year.

Please pass on the word of the 11th Annual Aging in Place workshop at the Ala Moana Hotel on Saturday, August 19th from 8:30am-2:30pm. There will be 36 workshops on "Aging in Place" for seniors and their families. It is a FREE event with no RSVP required and parking at the shopping center.

Lastly, if you have a chance, check out hpgs.org to see our brand new look, with added information and pictures. Comments, additions and changes that will enhance the HPGS website should be emailed to Sherry Goya, HPGS Executive Director at sgoyallc@aol.com.

**MISSION STATEMENT**

The mission of the Hawaii Pacific Gerontological Society shall be to provide professionals and students in the field of aging with vital information, workshops, networking, and scholarships to enhance the gerontology workforce, to support the creation of needed policies and programs, and to deliver excellent service to the aging population in Hawaii and the Pacific.

## WELCOME NEW HPGS MEMBERS

### **Individual Member**

Sheri M. P. Nishimura  
Jenny Lee

### **Company Member**

#### **AARP**

Jackie Boland  
1132 Bishop Street, #1920  
Honolulu, HI 96813  
Phone: 808-545-6003  
Fax: 808-537-2288  
Email: jboland@aarp.org  
www.aarp.org/hi

#### **Cardax Inc.**

Randall Mau  
2800 Woodlawn Drive, #129  
Honolulu, HI 96822  
Phone: 808-735-4942  
Cell: 808-285-4942  
Email: rmau@cardaxpharma.com  
www.cardaxpharma.com

#### **Copeland Insurance Group**

Margaret Wong  
1360 S. Beretania Street, #209  
Honolulu, HI 96814  
Phone: 808-591-4812  
Fax: 808-589-2399  
Email: margaret@  
copelandgroupusa.com  
www.copelandgroupusa.com

#### **CG Refresh and Renew**

Pamela Scott Ah-Nee  
180 Kinoole Street, #205  
Hilo, HI 96720  
Cell: 808-291-3966  
Office: 808-291-5539  
Email: pahnee@cgregreshandrenew.com  
www.cgregreshandrenew.com

#### **Hoomaluhia Senior Services**

Gary Stice  
46-535 Haiku Plantations Place  
Kaneohe, HI 96744  
Phone: 808-247-3637  
Fax: 808-235-2644  
Email: hoomaluhiaseniorservices@  
gmail.com

#### **Palolo Chinese Home**

Darlene Nakayama  
2459 10th Avenue  
Honolulu, HI 96816  
Phone: 808-732-0488  
Fax: 808-748-4916  
Email: dnakayama@palolohome.org  
www.palolohome.org

## MAHALO HPGS

The HPGS Board of Directors made a \$500 donation to the Hawaii Family Caregiver Coalition to support the underwriting of their 2017 Aging & Disability Report to support their mission of promoting policies and programs which enhance the health and welfare of caregivers and their recipients of their care. Gary Simon, President of HFCC wrote in a thank you letter, "We are deeply grateful to HPGS for its annual financial support of the Aging & Disability Report."

## CLASSES AVAILABLE

St. Francis Healthcare System of Hawaii  
Classes to Empower Caregivers  
2226 Liliha Street, Weinberg Building

### ***Mobility Training***

Saturday, August 19th  
9am to 11am  
Room 202  
(Cost is only \$10 per person)

### ***Smooth Retirement Transition***

Saturdays, August 22nd & 29th  
6pm to 8pm  
Room 224  
Register at 547-8117 (Cost is \$50)

### ***Living Wills***

Tuesday, August 29th  
5:30 to 7pm  
Room 202  
(Cost is only \$10 per person)

### ***Taking Care of #1***

#### ***Importance of Active Aging***

Wednesday, August 30th  
5pm to 6:30pm  
Room 202  
(Cost is only \$10 per person)

### ***Fall Prevention & Senior Exercises***

Saturday, September 2nd  
9am to 11am  
Room 224  
(Cost is only \$10 per person)

To register, contact Maylynn Wong at  
mwong@stfrancishawaii.org  
808-547-8138

## HPGS JOB FAIR

The HPGS President has decided to cancel the HPGS Job Fair since participation is half of what he had expected. The idea was good, initial interest hopeful, and the attempt admirable; however, with the job fair that happened at the Blaisdell, and many individual companies advertising for their own job fairs, HPGS could not compete with them, as well as HPGS members marketing for staff openings. This was clearly a vision of the HPGS President to assist the association members to come together for industry staffing and thanks those who submitted registrations. There is hope that participation from HPGS members will come should there be a Job Fair in the future.

## THE BENEFITS OF PET THERAPY



### Manoa Cottage's Labradoodle

For over 7 years, "Ehu," Manoa Cottage's therapy dog has provided companionship to residents at the Manoa care homes and at the Kaimuki/Kapahulu skilled nursing facility. Pet therapy is considered as a non-pharmacological approach to providing resident care.

Ehu was specially chosen for her affectionate temperament and high intelligence. Ehu was trained as a therapy dog by Hawaii Fi-Do Service Dog Trainers. She has had 3 litters of puppies (31 puppies), 6 of which have been trained as service or pet therapy dogs and placed with individuals or facilities.

Everyday Ehu brings comfort and smiles to residents. For more information about Manoa Cottage's pet therapy program, contact Calvin Hara at 426-7852 or [c.hara@mckaimuki.com](mailto:c.hara@mckaimuki.com).

## HPGS SCHOLARSHIPS AWARDED

The HPGS scholarship fund awarded two students enrolled in Hawaii universities who have a strong commitment in a career related to aging, long-term care, and/or death and dying. It is hoped that the \$1,000 scholarship will help defray costs for their 2017-2018 academic year. The HPGS Board and Scholarship Committee are happy to announce these two winners:



### Leilani Maxera

"I am grateful beyond words to receive a scholarship from the Hawaii Pacific Gerontological Society. I am attending Hawaii Pacific University part-time in order to get my Master of Social Work degree. While the program does not have an official gerontology concentration, I am tailoring my studies to focus on aging, advance care planning, and end-of-life

issues. My capstone is focused on home-based funerals and their effects on the bereavement process. I look forward to graduation, when I will be switching careers to work in the gerontology field. Thank you so much to HPGS for their generosity and support, and for the great work that they are doing for our community."



### Ruby Young

I would like to take this opportunity to thank you for selecting me as a recipient of this year's Hawaii Pacific Gerontological Society Scholarship. As one of this year's recipients, I am grateful for the opportunities this award will provide me.

Pursuing a master's degree in adult-gerontology nurse practitioner (AGNP) at the The University of Hawai'i at Mānoa has always been my dream. In addition to being a student, I work as a staff nurse at the Hi'olani Care Center at Kahala Nui. Everyday, I get to make a difference in lives of the senior residents by providing skilled nursing care. It has been such a rewarding experience as I develop both personal and professional relationships with the residents at Kahala Nui. Last year, I had an opportunity to attend Hawaii Pacific Gerontological Society's Biennial Conference, where I had an opportunity to meet speakers, stakeholders, professionals, and volunteers all across the state and country. It opened my eyes to see the impact we can make to solve the issues facing our older adults today. As I conclude the final chapter of my graduate studies, I am excited and challenged to serve and provide quality health care to adults and older adults in Hawaii. Once again, thank you for your financial support in my education. Your generosity truly makes a difference.

## WORKSHOP SERIES

### **Challenging Behaviors**

Friday, August 18th, 3:30-5:30pm  
Kahala Nui

Contact Jody Mishan  
(808) 295-2624  
jmishan@hawaii.edu

This workshop series is made possible by a grant to UH Center on Aging from the Administration on Community Living/Administration on Aging for the *Alzheimer's Disease Initiative – Specialized Supportive Services Program*.

## BECOMING AN HPGS MEMBER IS EASY!

With the new website for the Hawaii Pacific Gerontological Society up and running, the very first NEW HPGS membership form was completed, with payment made via PayPal. New "Individual" member, **Jenny Lee**, was very gracious and helpful in communicating with the HPGS Executive Director to get this first enrollment and payment made all online. It was quite simple and easy to fill out the form under "Membership" and pay online with PayPal. Since the dues are half price after July, however, Jenny emailed that it showed the full price. Not to worry, the HPGS Webmaster made the change and now all dues are at half price for the remainder of 2017. HPGS welcomes new members throughout the year, so please let others know to join you today!

## NEWS FROM EOA

The information below is on a new law signed last month and is offered from the Hawaii Executive Office on Aging by Philip Ana, Long Term Care Disability Specialist (Phone: 808-586-7265).

In July 2017 Governor David Ige signed into law, HB 607 appropriating \$600,000 to the Executive Office on Aging (EOA) to establish the Kupuna Caregivers program, aimed at supporting working caregivers. Recognizing the tremendous contributions of caregivers, the bill provides financial assistance to support employed caregivers to remain in the workforce, provided certain criteria are met. EOA and the county Area Agencies on Aging are working to develop and implement the program.

### ELIGIBILITY

- Qualified Caregivers must be employed at least 30 hours a week by one or more employers and provide care directly to a care recipient.  
list end
- A Care Recipient is someone who:
  - Is a citizen of the United States or a qualified alien
  - Is 60 years of age or older
  - Is not covered by any comparable government or private home and community-based care service, except kupuna care services
  - Does not reside in a long-term care facility and
  - Has impairments of at least:
    - Two activities of daily living or
    - Two instrumental activities of daily living or
    - One activity of daily living and one instrumental activity of daily living or
    - Substantive cognitive impairment requiring substantial supervision

Assistance may also be provided now through other ADRC programs.

### TIMELINE

EOA plans to launch the Kupuna Caregivers program in 2018. Contact your county Aging and Disability Resource Center at:  
ADRC Statewide Phone Number: 643-2372  
ADRC TTY Line: 643-0899  
<http://www.hawaiiadrc.org>

# The 11th Annual Aging in Place Workshop

Saturday, August 19, 8:30am – 2:30pm  
Ala Moana Hotel \*No Reservations Required



For information, call 808-234-3117

		Room Sponsors		AARP HAWAII	DE-CLUTTER HAWAII	LUNA ACUPUNCTURE & WELLNESS INC.	FINANCIAL BENEFITS INSURANCE, INC.	MEDDATA	RETIREMENT FUNDING SOLUTIONS
		HIBISCUS ROOM	CARNATION ROOM	PAKALANA ROOM	PLUMERIA ROOM	ILIMA ROOM	GARDEN LANAI		
AM Session	8:30 – 9:15	<b>Understanding Dementia &amp; Steps for a Healthy Brain</b> <i>Dr. Kamal Masaki, MD</i>	<b>Declutter &amp; Age in Place</b> <i>Cynthia Arnold, De-clutter Hawaii</i>	<b>Health Benefits of Acupuncture &amp; Chinese Medicine</b> <i>James Carter, L.Ac.</i>	<b>Learn All About Your Medicare Benefits</b> <i>Travis &amp; Ed Motosue, Financial Benefits Insurance, Inc.</i>	<b>Understanding Medicaid</b> <i>Cassandra Stewart, MedData</i>	<b>Aging in Place – Use Your Home Equity to Stay at Home</b> <i>Percy Ihara, Reverse Mortgage Specialist</i>		
	9:30 – 10:15	<b>Understanding Healthy Sleep &amp; Sleep Disorders</b> <i>Dr. Gabriele Barathlen, MD, PhD, Sleep Center Hawaii</i>	<b>Senior Living Options And Increasing the Value of Your Home</b> <i>Powered by the Ihara Team</i>	<b>Maximize Your Golden Years with Physical Therapy</b> <i>Kai Morigawara, PT, DPT Prime Physical Therapy</i>	<b>Basics of Memory Loss, Dementia &amp; Alzheimer's Disease</b> <i>Christine Payne, Alzheimer's Assoc. – Aloha Chapter</i>	<b>Long-Term Care Options</b> <i>Steve Nawahine, General Manager, Kalakaua Gardens</i>	<b>How to Finance your Long-Term Care Needs</b> <i>Michael Yee, CFP, Ameriprise Financial</i>		
	10:30 – 11:15	<b>Improving Life at Home for Caregivers &amp; Elders</b> <i>Dr. Michael Cheang, DrPH</i>	<b>Confused About Home Care?</b> <i>Janet Grace, Attention Plus Care</i>	<b>Diabetes Self Management Program</b> <i>Dawn Pasikala, RN, National Kidney Foundation of Hawaii</i>	<b>Everything You Wanted to Know About Social Security</b> <i>Jane Burigsay, SSA</i>	<b>Family Caregivers: Who's Taking Care of You?</b> <i>Annette Pang, Family Caregiver Coach</i>	<b>Estate Planning for You &amp; Your Family</b> <i>Stephen Yim, Attorney at Law</i>		
Mid-Day Break	<i>Fall Prevention Video Showing</i>	<i>Visit Exhibitors (Open all day) Over 70 Exhibitors</i>	<i>Visit Exhibitors (Open all day) Over 70 Exhibitors</i>	<i>Visit Exhibitors (Open all day) Over 70 Exhibitors</i>	<i>Visit Exhibitors (Open all day) Over 70 Exhibitors</i>	<i>Visit Exhibitors (Open all day) Over 70 Exhibitors</i>	<i>Visit Exhibitors (Open all day) Over 70 Exhibitors</i>		
PM Session	11:45 – 12:30	<b>Get Fit &amp; De-stress in No Time</b> <i>Makana Risser Chai, Author &amp; Wellness Consultant</i>	<b>Declutter &amp; Age in Place</b> <i>Cynthia Arnold, De-clutter Hawaii</i>	<b>Health Benefits of Acupuncture &amp; Chinese Medicine</b> <i>James Carter, L.Ac.</i>	<b>Learn All About Your Medicare Benefits</b> <i>Travis &amp; Ed Motosue, Financial Benefits Insurance, Inc.</i>	<b>Understanding Medicaid</b> <i>Cassandra Stewart, MedData</i>	<b>Aging in Place – Use Your Home Equity to Stay at Home</b> <i>Percy Ihara, Reverse Mortgage Specialist</i>		
	12:45 – 1:30	<b>Modify Your Home for Life</b> <i>Curt Kiriu, Certified Aging in Place Specialist, CK Independent Builders</i>	<b>Senior Living Options And Increasing the Value of Your Home</b> <i>Powered by the Ihara Team</i>	<b>Maximize Your Golden Years with Physical Therapy</b> <i>Kai Morigawara, PT, DPT Prime Physical Therapy</i>	<b>Basics of Memory Loss, Dementia &amp; Alzheimer's Disease</b> <i>Christine Payne, Alzheimer's Assoc. – Aloha Chapter</i>	<b>Long-Term Care Options</b> <i>Steve Nawahine, General Manager, Kalakaua Gardens</i>	<b>How to Finance your Long-Term Care Needs</b> <i>Michael Yee, CFP, Ameriprise Financial</i>		
	1:45 – 2:30	<b>Transportation Solutions &amp; More</b> <i>Panel + Cora Speck, Outreach Coordinator, Queens Medical Center</i>	<b>Confused About Home Care?</b> <i>Janet Grace, Attention Plus Care</i>	<b>Kidney 101</b> <i>Melissa Guzman, Dietician, National Kidney Foundation of Hawaii</i>	<b>Everything You Wanted to Know About Social Security</b> <i>Jane Burigsay, SSA</i>	<b>Family Caregivers: Who's Taking Care of You?</b> <i>Annette Pang, Family Caregiver Coach</i>	<b>Estate Planning for You &amp; Your Family</b> <i>Stephen Yim, Attorney at Law</i>		

**You are invited**

**FREE webinar!!**

# HPGS AUGUST Webinar

**Senior Fall Prevention with Stan Michaels**

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**Thursday, August 31**

**11:30am - 12:45pm**

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**To join the Hawaii Pacific Gerontological Society's webinar log on to:**

**<https://zoom.us/webinar/register/142c4ae2e5b177a2c5b9141539e44ee6>**

- Falls are the leading cause of fatal injuries for Hawaii Seniors (84 per year).
- Falls are the leading cause for senior Traumatic Brain Injuries
- Falls are reported every hour, 24 hours a day, by ER having Seniors transported by ambulance.
- Falls result in 1970 Hospitalizations per year.
- Falls number and rate of hospitalizations increase with age. (85+ year olds are 10 times more likely to fall than 65-69 year olds).
- Fall injury can devastate the entire family.
- Falls can be prevented by simple planning and changes made to accommodate the needs of the Senior in the home.
- Falls can be less devastating if the Senior takes charge of their own well being by hydrating properly, eating nutritionally, making safe decisions when climbing, constantly be aware of water or objects on the floor and ALWAYS let your doctor know if you feel dizzy or if you have fallen.

**Stan Michaels, is with the Injury Prevention and Control Branch of the Hawaii Department of Health in Honolulu.**



**(808) 733-9202 stanley.j.michaels@doh.hawaii.gov**