



hawaii pacific gerontological society

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**HPGS 2022 BOARD OF DIRECTORS**

**Officers:**

Rick Tabor, President  
Poki'i Balaz, President-Elect  
Cynthia Arnold, Secretary/Treasurer

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Sherry Goya, Executive Director  
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HPGS has open enrollment for new members throughout the year. Current HPGS members may renew for 2022 any time online at [www.hpgs.org](http://www.hpgs.org) or print the form and pay with a check.

The Hawaii Pacific Gerontological Society distributes monthly newsletters and hosts quarterly general membership meetings.

HPGS encourages all members to submit articles, email the board with suggestions for speakers, and/or volunteer on a committee.

**PRESIDENT'S MESSAGE**



RICK TABOR  
PRESIDENT

Thank you for allowing me to serve as your president this year. I hope your first month of the year was a safe one for you and your loved ones. It was an honor to be inducted along with president elect Poki'i Balaz, secretary/treasurer Cynthia Arnold, and new Board members Nena Hart and Judith Mikami. "My actions are my only true belongings. I'll always walk as if I'm kissing the Earth with my feet. Rest in Peace," Thich Nhat Hanh.

Special thank you to John McDermott, head of the Hawai'i Long-Term Care Program, for sharing his wealth of information at the January 20th HPGS General Membership Meeting. A summary of John's presentation is on page 2 of this newsletter.

We look forward to seeing everyone at our next General Membership Meetings on May 19th and September 15th. Your suggested topics are always appreciated. Feel free to contact Sherry Goya, HPGS Executive Director, at [sgoyallc@aol.com](mailto:sgoyallc@aol.com) or call her at 808-722-8487.

In other exciting news, we've added a **Job Board** to our Website at [www.hpgs.org](http://www.hpgs.org), under the "Resources" heading. Listings of job and volunteer openings are welcome from HPGS members.

As part of our educational goals, we'd like to share the various Kūpuna legislation being considered in this year's state legislative session. We do so for our awareness, as these bills will likely be of a gerontological importance to some of us, if not now, in tomorrow's future.

The Legislative Kūpuna Caucus selected five Kūpuna bill priorities listed below:

**Amend Our Care Our Choice Act HB 1823**

Authorizes advanced practice registered nurses, in addition to physicians, to practice medical aid in dying in accordance with their scope of practice and prescribing authority. Authorizes psychiatric mental health nurse practitioners

*(Continued on Page 3)*

**MISSION STATEMENT**

The mission of HPGS is to increase awareness of and interest in the field of gerontology by providing networking and educational opportunities, as well as scholarships, to Hawaii's workforce or other interested parties, in which to support the creation of needed policies and programs that will enhance the quality and age-friendly services to our Kūpuna in Hawaii.

## HPGS JOB BOARD

The HPGS Publicity, Editorial & Website Committee, headed by Chairperson Laurie Adamshick, has created the **HPGS JOB BOARD** at [www.hpgs.org](http://www.hpgs.org), under the "Resources" heading. This added benefit is ONLY for HPGS members to post their available jobs and/or volunteer opportunities. The website listings are open to the general public and provides contact information. Check out the current listings. Any HPGS member who has renewed for 2022 may submit a listing.

## HPGS 2022 RENEWAL

Mahalo to the following companies and individuals who have renewed their 2022 HPGS membership as of the writing of this issue:

AARP Hawaii

Andrew Mason

David Rockemann

Firstlight Home Care of Honolulu

GYMGUYZ Urban Honolulu

Hale Hauoli Hawaii

Ho`oNani Adult Care Services, Inc.

Judith Sykes

Karen Ginoza

Kathy Jaycox

Kimberly Oshiro

Sara Lenzer Medeiros

Senior Move Managers LLC

Declutter Hawaii

The Ihara Team Keller Williams  
Honolulu

Valerie Yontz

If your name is was not listed in this or was not in the January HPGS newsletter, please submit your 2022 membership dues online at [www.hpgs.org](http://www.hpgs.org) (under Membership). If you wish to pay with a check, please use the attached 2022 HPGS Renewal Form.

## HPGS GENERAL MEMBERSHIP MEETING

The first **HPGS General Membership Meeting** of 2022 was held on Thursday, January 20th, from 11:30am. After Sherry Goya, HPGS Executive Director, inducted the 2022 officers of the Board and the two new board members, HPGS President Rick Tabor introduced **John McDermott**, head of the Hawai'i's Long Term Care Ombudsman Program since 1998.

*Their Mission is to protect the human and civil rights of Hawaii's aging population who reside in licensed long-term care settings through the provision of culturally sensitive advocacy.*

John had a very interesting and informative presentation, where Zoom attendees learned so much about the history, functions, levels of care, online reports, volunteering, etc. for the Hawaii Ombudsman program. For instance, the "ombudsman" concept was created in Sweden in 1809. In the US, it was federally mandated under the Older Americans Act of 1965, with a pilot grant project in Hawaii in 1975. A federal amendment in 1978 required that every state have a Long-Term Care (LTC) Ombudsman office; so in 1979, there was an Ombudsman budget regulation act in Hawaii.

Nursing homes are the second most highest regulated industry, with the Nursing Home Reform Act updated about four years ago. John is the ONLY Ombudsman in Hawaii; however, in 2017, an Ombudsman was approved for Maui, Hilo, Kona, Kauai and two for Oahu. John depends on volunteers and had over 200 certified volunteers before the pandemic; but now he has about twenty. Also due to Covid-19, John is in the office on the 4th floor at 465 South King Street on Wednesdays and Fridays, working remotely all other days, providing service to all Hawaii islands.

It was interesting to know that the Ombudsman office is not just for "elderly," but they are an advocate for anyone living in a long-term care facility. Functions of the office are spelled out by federal and state laws below:

- Identify, investigate and resolve complaints.
- Protect health, safety, welfare and rights of residents.
- Inform residents/families about obtaining services by providers or outside agencies.
- Provide technical support to Resident and Family Councils.
- Ensure residents have "regular and timely access" to services...quarterly visits.
- Represent interests of residents before government agencies.
- Analyze, comment on, and monitor development and implementation of federal, state, and local laws, regulations and other governmental policies and actions (Kupuna Caucus and PABEA).

John talked about the levels of care, from Acute (hospital), Skilled and Intermediate (nursing home, CCFCC, Expanded ARCH), Custodial (ARCH or Adult Day Care/Respite Care Assisted Living) and Assisted Living (same facility as level of care changes), and Independent (group home, boarding home, senior home, own home). Healthcare Facility Inspection Reports are on the DOH website in alphabetical order.

Anyone interested in volunteering as an Ombudsman should call 808-586-7268. Their website is <https://www.hi-ltc-ombudsman.org/>

## HAWAII ISLAND NEWS

The Hawaii County Office of Aging provides a monthly newsletter called "The Silver Bulletin." If you would like to receive a copy, call the Office of Aging at 808-961-8600 and indicate whether you would like the newsletter emailed or mailed (will need complete email or mailing address). The office wants to be that One-Stop-Shop for your Aging and Disability resource needs and provide information for older individuals, caregivers and people with disabilities. If you are deciding what changes, you may face in 2022, or are looking for information regarding choices for your current needs, please call our Aging and Disability Resource Center (ADRC) at the following number, (808) 961-8626. Their trained Aging and Disability Service Specialists are available and happy to assist you, with a goal and mission is to help empower you in making better decisions in Hilo (808-961-8626) and Kailua-Kona (808-323-4390), Monday through Friday from 7:45am-4:30pm (closed on holidays).

## ON AGING IN 2022

The American Society on Aging (ASA) will be holding their annual conference "On Aging in 2022" in New Orleans, LA, from April 11th to 14th. Attendees can earn CEU's, will have 270+ hours of educational sessions, network with others, and meet or reconnect with over 2,000 ASA members. Get more information at [asaging.org](http://asaging.org).

## KUNG HEE FAT CHOY

Here's an easy Almond Cookie recipe to celebrate the Year of the Tiger.

3 cups flour  
1-1/2 cup shortening  
1 cup sugar  
1/4 tsp baking powder  
1 egg

1 tbsp almond liquid  
Mix ingredients and drop in round circles onto a baking sheet. Bake at 350 degrees for 20 minutes.

## PRESIDENT'S MESSAGE (CON'T)

and clinical nurse specialists, in addition to psychiatrists, psychologists, and clinical social workers, to provide counseling to a qualified patient. Reduces the mandatory waiting period between oral requests from twenty days to fifteen days. Waives the mandatory waiting period for those terminally ill individuals not expected to survive the mandatory waiting period.

### **Long Term Care Ombudsman Program: Add five positions**

There is only one full-time ombudsman position (retiring in 2023) to cover almost 13,000 residents needing care statewide. Add up to five positions to allow for adequate staffing and transition.

### **Establish long-term rental assistance for seniors**

Establish the long-term rental assistance pilot program to be administered by the Hawaii Public Housing Authority for individuals over sixty years old who are homeless, or at imminent risk of becoming homeless.

### **Extend driver license renewal period for seniors**

Extend the renewal period from two years to four years for licensees who are seventy years of age or older but younger than eighty years of age.

### **Add State funding to the Hawaii State Health Insurance Assistance Program (SHIP)**

SHIP is a crucial program administered by the Hawaii Department of Health Executive Office on Aging to help people to navigate Medicare and make informed health insurance decisions. Add State funding to this 100% federally funded program to enhance services.

A proposal to merge the Kūpuna Care and Kūpuna Caregivers programs to provide more flexibility bill will be introduced as part of the administration's package. Bill numbers are pending at the time of this newsletter.

January 19th marked the opening of this year's state legislative session. The state capital remains closed to the public, except for by appointment with covid protocols. Hopefully our virus situation settles down in the near future. It would be nice to shake hands and hug again. For now, we'll just stand back and wave, vaccinate, mask up and wash our hands. Please be well.

Aside from all of that, if you, our much appreciated HPGS members, have thoughts or suggestions, anything you'd like to see from HPGS, please let us know. We value our shared Kūpuna vision and appreciate your membership. Which reminds me, our membership renewal runs on the calendar year. Happy New Year! Thank you to those who have renewed their memberships. Gentle reminder to you who are ready to renew, now would be a great time, if you could please. Mahalo and have a wonderful Valentine's Day.

*Remember; In life surround yourself with those who light your path. Heather Stillufsen*  
*The meaning of life is to find your gift. The purpose of life is to give it away. Pablo Picasso*