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**HPGS 15th Biennial Conference:
Leaving a Legacy: Recreating our Work and Life**

Hawaii Convention Center
September 15-16, 2008
8:30 a.m. – 5:30 p.m.

For more information, please visit the HPGS Conference webpage at <http://www.hpgs.org/conference.htm>. For questions, leave a message at (808) 271-0325 or e-mail hpgsconf@gmail.com

Aging Issues – A Recap of the 2008 Legislature

*By: Wes Lum,
UH Center for Aging Research and Education*

Kudos to the Hawaii State Legislature for prioritizing aging issues during this past legislative session. The Kupuna Caucus and Joint Legislative Committee on Family Caregiving rallied during these tough economic times to ensure that our kupuna and their family caregivers were taken care of.

Senate Bill No. 2830 was referred to as the Caregiver Omnibus Bill because the legislation contained provisions that:

1. Extended the existence of the Joint Legislative Committee on Family Caregiving for two years and changed its name to the Joint Legislative Committee on Aging in Place;
2. Required the Executive Office on Aging (EOA) to design a Cash and Counseling program for non-Medicaid recipients;
3. Authorized the Kupuna Care program to include overnight, weekend, and emergency respite, as well as to provide grants to caregivers and for home modification;
4. Appropriated \$500,000 for Kupuna Care services such as case management, meals, bathing, chore, and assisted transportation services;

"Aging Issues" continued from page 1:

5. Established a Grandparents Raising Grandchildren Task Force.
6. Required the EOA to conduct an inventory of respite services; and
7. Increased payments for adult residential care home operators.

This bill was placed on the Governor's potential veto list. The Governor said that SB 2830 "appropriates funds outside of the balanced budget plan and creates new unfunded programs for adult care." The Hawaii Family Caregiver Coalition and the Hawaii Coalition of Caregivers called, emailed, and rallied the Governor to enact this bill. The Governor signed the bill into law, but line-item vetoed the \$500,000 for Kupuna Care services. In an unusual move, the Legislature came back into a one-day session and overrode the Governor's line-item veto.

Other important aging- and family-caregiver related bills that passed the Legislature include:

- HB 2520 – Establishes a working group to explore the provision of wage replacement benefits to employees who need time off from work to care for a family member with a serious health condition.
- SB 2150 – Expands the adult protective services law by extending protections to vulnerable adults.
- SB 3255 – Establishes long-term care policy goals and guiding principles, and a long-term care commission to identify needed reforms of Hawaii's long-term care system.
- HB 7 – Directs the Governor to participate in the I-Save Rx prescription drug program to provide residents with increased access to affordable drugs.
- HB 357 – Appropriates \$1 million for pedestrian safety.

While there is still much work to be done to improve Hawaii's long-term care system, the Legislature did a tremendous job of taking care of Hawaii's elders and their family caregivers during the 2007-2009 biennium. They deserve a round of applause for their leadership!

HPGS NEWS

Message from the President



"Leaving a Legacy" is the theme of the HPGS Conference this year and is intended to be a potent message and call to action. Legacy can be defined in a number of ways: as money or property bequeathed to someone, as some physical or

ideological concept inherited from a predecessor, or as the descendant of an alumnus. We are all in a position to leave a legacy or to continue one from our ancestors. So what are we going to do to create our own legacy, and what will we leave behind for future generations to benefit from this action or decision? Not all of us will be able to set up multi-million dollar charitable foundations or fund a hospital wing in our family name, nor should we all have to aspire to that level in order to make an impact. As members of HPGS, we can increase our knowledge and skill in addressing the gerontological field of services, so that we are better prepared to work with the largest growing sector of our population, and ensure that client-centered services are readily available and affordable. In addition we need to reach out and draw in our younger generation to share in this commitment and knowledge, so the continuity in gerontological services is cemented.

Your participation in our professional conference and in other HPGS activities is intended to help you create a lasting legacy for yourself and for

gerontology. Let's take that building step today, knowing that tomorrow will be a better place because you did so. See all of you at the conference on September 15-16, 2008.

Aloha,
Tony Wong

HPGS Quarterly Meetings



The previous HPGS quarterly meeting was held at Wine The Experience in Kilohana Square on June 26, 2008. In addition to enjoying a sampling of wines and light pupus and learning how to bottle wine, **Wes Lum** of the Hawaii Caregiver Coalition spoke about new legislative updates.

The next two HPGS quarterly meetings are tentatively scheduled for the months of **September** (at the HPGS conference) and **December**.

Bubble and Bounce Fundraiser To Benefit HPGS Student Scholarship Program

A fundraiser to benefit the HPGS student scholarship program, established by the Thomas and Elizabeth Brodhead Foundation and individual HPGS member donations, will be held on **November 8, 2008** from **5:30 to 8:30 p.m.** Titled *Invest in Your Future with Bubble and Bounce*, the cocktail party is being held in an HPGS member's vintage 1920's home in Nuuanu valley. In addition to house tours, there will be a martini bar, courtesy of Kai Vodka, a wine bar, and pupus.

The scholarship program was established by HPGS to encourage community college and undergraduate students to pursue careers in the aging field. Glenda Duldulao was recently awarded a 2008 scholarship for \$1,000. Ms. Duldulao is a student at the University of Hawaii at Manoa, pursuing studies in Family Resources with an interest in gerontology.

For more details about *Bubble and Bounce*, please see the invitation included in this newsletter.

NATIONAL NEWS

Estimate Your Future Social Security Benefits

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

Last month Social Security introduced a new "Retirement Estimator" at www.socialsecurity.gov. Getting a personalized online estimate of your future retirement benefits is now easier than ever before.

The online Retirement Estimator is a convenient, secure and quick financial planning tool that lets workers calculate how much they might expect to receive in Social Security benefits when they retire.

The attractive new feature of this calculator is that it eliminates the need to manually key in years of earnings information. It's so easy to use.

Visit www.socialsecurity.gov/estimator. To get an estimate, you'll need to enter your first and last name, date of birth, Social Security number, mother's maiden name and place of birth. If the information matches our records, then you can enter an expected retirement age and future wages. The Estimator combines this information with the information that we have on record, including your yearly earnings, to provide a quick and reliable online benefit estimate.

To protect your privacy, only the *final* retirement estimates are given to you online. The Retirement Estimator does not show your earnings record information on which the final benefit estimate was calculated. And it does not reveal any personal information, such as your address, earnings or other information that could lead to identity theft.

The Estimator also will let you create "what if" scenarios. You can, for example, change "stop work" dates or expected future earnings to create and compare different retirement options.

When you visit our website at www.socialsecurity.gov to see the new Retirement Estimator, take a few minutes to become familiar with our many other online services – including applying online for Social Security retirement and disability benefits.

LOCAL NEWS

The Alzheimer's Association Memory Walk

The Alzheimer's Association-Aloha Chapter will be hosting five walks—in Honolulu, Hilo, Kona, Maui, and Kauai. For more information, please contact **Tom Brehm** at (808) 591-2771 or e-mail tom.brehm@alz.org

Walk	Date and Time	Location
Honolulu	Sunday, Sept. 7 7:00 a.m. start	Fisherman's Wharf/Ala Moana Beach Park
Hilo	Saturday, Sept. 20 7:00 a.m. start	TBA
Kona	Saturday, Oct. 4 7:00 a.m. start	TBA
Maui	Saturday, Oct. 18 7:00 a.m. start	Queen Kaahumanu Center
Kauai	Saturday, Nov. 1 8:00 a.m. start	Kukui Grove Shopping Center

The Hawaii Seniors' Fair The Good Life Expo

Blaisdell Exhibition Hall
September 19, 20 & 21, 2008
8:30 a.m. - 4:30 p.m. each day

Admission is free. There will be 300 exhibit booths - travel, health, finances, mortgages and real estate, beauty, nutrition, flu shots, games, contests, prizes, giveaways, and much more!

KCC Family Caregiver Training Series

Are you caring for an elderly family member? Learn family caregiving skills and how to prevent burnout. The Kupuna Education Center at Kapiolani Community College is continuing to offer their popular Family Caregiver Training Series.

Series I: Family Caregiver Skills: Personal Care and Transfer Techniques

This is a skills-based series condensed into three 2-hour workshops. Participants will learn how to assist with bathing, incontinent care, dressing, oral care, range of motion exercises and proper transfer techniques from the bed, chair and wheelchair. The skills learned in the 3 workshops are based on established techniques for safety, preserving dignity

and the prevention of injury to both the elder and caregiver. Tips on how to take care of you, the caregiver, are also included in each session. The workshops utilize the KCC Nursing Lab facilities and emphasis is placed on direct hands-on skills. Participants are encouraged to practice. Class size is limited and pre-registration is required.

Course No.: 083HSFCG1 **Course Fee:** \$15

Sec	Days	Dates	Time	Room
A	Sat.	Sept. 13, 20, 27	9:00 am- 11:00 am	Kopiko 241-242
B	Tues.	Oct. 14, 21, 28	6:00 pm- 8:00 pm	Kopiko 241-242
C	Sat.	Nov. 15, 22, Dec 6	9:00 am- 11:00 am	Kopiko 241-242

Series II: The Basics of Family Caregiving

Family caregivers of an elder are provided an overview of caregiving during a series of six 2-hour workshops. Participants will learn what is involved in caring for a family elder, the skills that are needed for caregiving, and decision making about providing care to an elder at home. The workshops will include the following topics: assisting with activities of daily living such as dressing, bathing, eating, etc.; normal aging and common chronic health conditions; managing medications; nutrition and diet; community services, legal and financial considerations; memory exercises to keep the aging mind sharp; tips on caring for an elder with Alzheimer’s or other dementias; and how to care for you, the caregiver. Class size is limited and pre-registration is required.

Course No.: 083HSFCG2 **Course Fee:** \$30

Sec	Days	Dates	Time	Room
A	Wed.	Oct. 1, 8, 15, 22, 29, Nov. 5	6:00 pm- 8:00 pm	Kopiko 127-128

To register, call **734-9211** or visit www.kupunaeducation.com
For more information on Kupuna Education Center programs, call **734-9108**.

**KHON's Elderhood Project
Presents the Second Annual
Aging in Place Workshop**

Ala Moana Hotel – Hibiscus Room
Saturday, October 4, 2008
9:00 a.m. – 3:00 p.m.
(doors open at 8:30 a.m.)

There will be a panel of speakers to discuss and answer questions related to “Aging in Place” and various exhibitors and resources. The presentations will be directed to seniors, family and informal caregivers, and people interested in learning more about elder care options. Speakers represent the government, non-profit and private service sectors of the community.

It is open to the public; there is no admission fee.

**Hawaii Caregiver's Conference:
Caring for Family,
Caring For Yourself**

Sheraton Waikiki Hotel
Saturday, November 1, 2008
8:00 a.m. – 3:30 p.m.

This conference is being held in collaboration with the Elderly Affairs Division of the City and County of Honolulu. It will feature keynotes by Dr. Bill Thomas of the Eden Alternative, and Jennie Chin Hansen, AARP National President; a choice of three breakout sessions (21 available); a resource fair and self-care activities like massage and aromatherapy. KHON’s Kirk Matthews will also be awarding the recipient of this year’s family caregiver award.

The deadline to register is October 21, 2008. The cost is \$45 for family and volunteer caregivers and \$60 for professionals. For questions regarding the conference, please contact the senior helpline at **768-7700**.

HPGS Membership

The membership year for dues runs from October 1st through September 30th of the following year. It does not follow the regular calendar year.

Membership categories are as follows:

- Regular (\$20)
- Student (\$10)
- Organization (\$50)
- Senior (aged 60+) (\$10)
- Lifetime (\$300)

The expiration date for your membership dues has been printed alongside your name on the mailing label. If the expiration date is missing, we may not have received your check and/or your application is still being processed.

For questions regarding membership, please e-mail [*hpgs.hawaii@gmail.com*](mailto:hpgs.hawaii@gmail.com)

The HPGS Membership Application may be downloaded from the HPGS website at [*http://www.hpgs.org/pdf/HPGSMembershipForm.pdf*](http://www.hpgs.org/pdf/HPGSMembershipForm.pdf)

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 December 2008 issue to [*hpgs.hawaii@gmail.com*](mailto:hpgs.hawaii@gmail.com) by December 1, 2008.

Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.



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