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Be Prepared...It’s Coming

Will you be ready or be caught unprepared to deal with it? A smooth transition or a catastrophic situation for you and those you are concerned about?

We are talking about the “Aging Tsunami,” a growing shift in our senior population in Hawaii, to the point where by 2020, one of every four residents will be 60 or older. Already we are seeing a trend here that, for every neighborhood of 100 homes, 25 of them are caring for a person over the age of 60. This is not a unique situation for our State – nationally and in the Far East, similar experiences in the demographic shifts of the aging sector are being seen.

Knowing that preparation is the best measure to address this possible crisis, HPGS will be focusing its 2010 Biennial Conference on the theme: **“Preparing for the Aging Tsunami: Hawaii and Pacific Rim Perspectives.”** National, international, and local presenters and interactive workshops will offer opportunities to address the issues and steps we should take to ready our services for the increased demands and anticipated needs of a rapidly expanding senior population. We will explore ideas and methods from other areas of the Pacific and Asia as part of this effort to ensure the “best practices” response.

Mark your calendar to save the date for the **2010 HPGS Biennial Conference on October 18-19, 2010** at the Hilton Hawaiian Village. More information and registration details will be available on our website in the Fall of 2009.

The Graying of Hawaii

On June 18, 2009 at 7:30 pm, PBS Hawaii will present a special two-hour **Island Insights** program featuring the 56-minute independent documentary ***The Graying of Hawaii***. The film explores Hawaii's planning and readiness to address the needs of our rapidly growing elder population.

HPGS NEWS

Message from the President



Measurable Objections

"I am not afraid of death. I just don't want to be there when it happens."

Woody Allen

Those who protested the iconic rocking chair obviously are not babysitting grandchildren. A few may never have grandchildren. For some retirees, avoiding childcare was motivation to get out of the house even if it meant going back to work or volunteering. Today, older workers are putting off retirement entirely or revising their lifestyles due to the economy. And some retirees are now raising *and* financing grandchildren in the absence or neglect of their parents. Super kupuna, I say! Through the latter 20th century, Hawaii's kupuna enjoyed generous earmarks in public funding and, rarely acknowledged, so did the families that benefited from services and activities that augmented and sometimes took the place of family eldercare.

As projected by gerontologists, older adults needs are growing by boomer proportions. Recession, disaster response, national security, wars, energy and environmental challenges now dominate the national agenda. Debates over healthcare and long-term care in the past decade neatly substituted for any real decision-making. Technology meant to speed up and simplify life has also reduced the appeal of hands-on careers in the healthcare and long-term care industries, thus an unchecked free-fall of labor shortages. As ageism thrives in the 21st century, so prevails a lack of critical long-term care planning.

It is a perfect storm as families contend with losses at all fronts – unemployment, reduced employment, threatened loss of healthcare insurance, struggle to retain housing, and the ever-consuming needs of younger and older family members. Today, families

are more defined by common goals, needs and resources than structures – in multigenerational households, in married and unmarried unions, and in the extended family of neighborhood, workplace, and the beachfronts housing the homeless.

How many of us take for granted our ability to live independently, healthily and happily? Would we have a family, a neighborhood or a community to support us in our time of need? Sustenance and companionship are basic needs. And for all other needs, the iconic calabash bowl is shrinking. What are we prepared to do in order to sustain ourselves and our communities? Can we, like the super kupuna, step in and do what it takes to survive and thrive?

On the HPGS Agenda...

We are just about ready to enrich the redesigned website and will expand member outreach by conducting the fall quarterly program in Hilo and, thanks to The Plaza Assisted Living, will participate in the September Senior Expo. Mahalo to Leni Davis, our website warrior and Publicity Co-chair, and to Dawn Meaney and Kyle Yanabu, our hardworking Program Co-chairs!

A sincere mahalo to Kathryn Braun, Merlita Compton, Leslie Tanoue, and Michiyo Tomioka (HPGS Secretary) for an informative presentation on the Healthy Aging Project at our March meeting! Behind the achievements of the Project are aging network staff and volunteers across the State who are dedicated to improving the lives of older adults. At the core of the Healthy Aging Project is the premise that frailties and disabilities are not barriers to achieving and sustaining nutrition and exercise goals in longevity and long-term care.

Please join us for a very special June Quarterly Meeting. Guest speaker Joanna Amburger was among the UH business students who helped develop the HPGS Business Plan. Wes Lum will bring us word about the 2009 Legislative Session.

Aloha!
Pat Sasaki

June Quarterly Meeting

Unirli prego! Please join us! Don't miss out on the upcoming June Quarterly meeting to be held at **Sergio's Italian Restaurant**, at 449 Kapahulu Avenue, on the second floor of the Hee Hing Plaza (the old Sam Choy's restaurant). The meeting is scheduled for **Wednesday, June 24, 2009 from 5:30-8:00 p.m.**

In addition to enjoying some delicious Italian food, we have a full agenda scheduled for the evening. Joanna Amberger of 3 Financial Group will be speaking about how to prevent and avoid financial fraud and scam. In addition, Wes Lum of the Hawaii Caregiver Coalition will be sharing with us the newest legislative updates.

Please encourage your friends, co-workers, family members, and fellow HPGS members to join us. The cost to attend the event is \$15 per person for HPGS members, and \$20 for non-HPGS members.

If you are interested in attending the upcoming meeting, send a check by no later than June 17, 2009 made payable to "HPGS" to:

HPGS
P.O. Box 3714
Honolulu, HI 96812

For more information, please call **Kyle Yanabu** at **224-7502**.

Aging in America Under the Bright Lights of Las Vegas

*By: Eldon L. Wegner,
HPGS President-Elect*

Under the bright lights of Las Vegas, the joint conference of the American Society on Aging (ASA) and the National Council on Aging (NCOA) took place from March 15 - 19, 2009, with the theme, What's New, What's Important, What Works, and How We Can Do It. A number of us from Hawaii attended the conference in weather

actually warmer than we were having in Honolulu. The conference brought together several thousand experts and professionals in gerontology to present research, innovations in programs, and discussions of critical issues in aging facing our society.

The program offered a rich range of session topics and workshops, so it was difficult to make choices. The timing of the conference in the early months of the new Barack Obama Administration lent additional excitement and urgency, as a number of sessions focused on the possibilities for new leadership for the Administration on Aging, and the high priority discussions currently taking place in Washington, D.C. regarding healthcare reform, entitlement reform, and new models relevant to long-term care.

Numerous speakers in the plenary sessions I attended emphasized that this was the critical year for passing healthcare reform legislation. Nearly all the players recognize that our system appears deeply flawed and that the problems of access, cost and quality are becoming more acute. Of course, there is heated disagreement about the various proposals for fixing the problems, but there is optimism that the President's approach of bringing everyone to the table will yield significant reform, even if it doesn't fix everything at once.

Transforming the system is likely to be incremental due to the power of entrenched interests and the history of our institutional arrangements such as employer-based insurance. John Rother, AARP V-P for Policy, gave an excellent presentation as a panel member on the prospects of healthcare reform as it might affect older citizens, describing some of the models being discussed in regard to extending coverage, new practice arrangements, reforming reimbursements to incentivize good practices and team medicine, and to creating better chronic disease management. Congress is in the midst of serious discussion of these options in designing the healthcare reform legislation, and you may wish to express your views by contacting our politicians.

One of the pleasures of attending a national conference is the opportunity to meet old friends, former colleagues and students, and to make new acquaintances with persons who share one's

interests. On the first morning, Dr. Jeanette Takamura was a panelist, and I arrived early in order to greet her and to ask whether she would consider being a keynote speaker at our 2010 HPGS Conference, and she indicated a positive interest. She served on the Obama transition team in recommending directions for the Administration on Aging and in the selection of the new Director. The Conference Planning Committee will be following up with her when she visits Hawaii later this year.

Finally, I attended the all-day National Alliance for Caregiving (NAC)- and the Family Caregiver Alliance (FCA)-sponsored workshop on issues of family caregiving and the experiences of family caregiver coalitions which have been formed in many states. Our own Hawaii Family Caregiving Coalition was held up as a model based on our successes in building a positive program of public education using the media and especially for our political advocacy on behalf of family caregivers.

I know that the others from Hawaii who attended had equally rich experiences, and I recommend to other HPGS members to consider attending next year's meeting in Chicago.

HPGS Scholarship Awardees

The Hawaii Pacific Gerontological Society is pleased to announce the recipients of its gerontology scholarship program. **Ashley Welch** and **Darcy Cluff**, who are both nursing students at Maui Community College were each awarded \$1,000 for their educational support. Congratulations to these two outstanding students.

The purpose of the HPGS scholarship program is to encourage community college and undergraduate students to pursue careers in gerontology. Due to the continuous support from the Thomas and Elizabeth Brodhead Foundation and other private donors, HPGS has been able to award more scholarships to support our future workforce in gerontology. The next scholarship deadline will be announced in the Fall. Undergraduate and community college applicants throughout the State

are encouraged to apply. Applicants can be pursuing different majors but must demonstrate a strong interest in gerontology. Applications can be downloaded from the website: www.hpgs.org or contact us by e-mail hpgs.hawaii@gmail.com

Go Paperless with the HPGS Newsletter!

Unless you have received newsletters in the past via e-mail, you will receive the HPGS quarterly newsletter via mail. In an effort to go green with the HPGS newsletter, please e-mail us at hpgs.hawaii@gmail.com with your name (first and last) and e-mail address. Please join us in our goal to go green—go paperless!

HPGS E-mail List

If you have not been receiving e-mail updates and would like to, please e-mail us at hpgs.hawaii@gmail.com with your name (first and last) and e-mail address.

NATIONAL NEWS

Vice President Biden Announces \$250 Recovery Payments to Go to Social Security and SSI Beneficiaries in May

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

Vice President Joe Biden and Michael J. Astrue, Commissioner of Social Security, announced that the federal government will send out \$250 economic recovery payments to people who receive Social Security and Supplemental Security Income (SSI) benefits beginning in early May 2009 and

continuing throughout the month. No action is required to get the payment, which will be sent separately from the person's regular monthly payment.

"The Social Security Administration and Commissioner Astrue have been working closely with other federal agencies to get these payments out the door in record time and into the hands of folks who need it most," said Vice President Biden. "These are checks that will make a big difference in the lives of older Americans and people with disabilities - many of whom have been hit especially hard by the economic crisis that has swept across the country."

"We have been working diligently to issue the \$250 one-time recovery payments as soon as possible," Commissioner Astrue said. "The legislation requires extensive coordination with other federal agencies and I'm pleased we are on track to issue these recovery payments earlier than the statute requires. Soon more than \$13 billion will be in the hands of more than 50 million Americans."

The American Recovery and Reinvestment Act of 2009 provides for a one-time payment of \$250 to adult Social Security beneficiaries, and to SSI recipients, except those receiving Medicaid in care facilities. To receive the payment the individual must be eligible for Social Security or SSI during the months of November 2008, December 2008 or January 2009.

The legislation also provides for a one-time payment to Veterans Affairs (VA) and Railroad Retirement Board (RRB) beneficiaries. The VA and RRB will be responsible for paying individuals under their respective programs. However, if someone receives Social Security and SSI, VA or RRB benefits, he or she will receive only one \$250 payment. People getting Social Security or SSI should not contact the agency unless a payment is not received by June 4, 2009.

For more detailed information about the \$250 one-time economic recovery payments, go to www.socialsecurity.gov/payment

To learn more about the American Recovery and Reinvestment Act of 2009, go to www.recovery.gov

LOCAL NEWS

Aging and Family Caregiving Legislation Re-cap of the 2009 Legislature

By: Wes Lum

Balancing Work and Eldercare

Educating Employees of Family Leave Benefits (H.B. No. 319). Requires employers to post notice of employees' entitlement to family leave.

Data Collection System for Family Leave (H.B. No. 982). Gathers information about and to assist employees who provide family caregiving services by establishing a web-based, family leave data collection system to gather and analyze family caregiving data for public and private-sector employees, which will be used for the future development and implementation of an efficient state family leave system.

Unemployment Insurance (S.B. No. 1568). Extends unemployment benefits to individuals seeking part-time work and to workers separated from employment for a compelling family reason.

Residential Care

Licensing Home Care Agencies (S.B. No. 415). Protects consumers of home care services by requiring home care agencies to be licensed by the Department of Health.

Regulating Home Care Agencies (S.C.R. No. 7). Requests the Auditor to analyze a proposed measure calling for the regulation of home care agencies by the Department of Health.

Community Care Foster Family Homes (S.B. No. 190). Allows the Department of Human Services to oversee a two-year demonstration project permitting two private-pay individuals to live in the same community care foster family home under specified conditions.

Aging in Place

Home for Life Task Force (S.C.R. No. 7). Creates a Home for Life Task Force to reduce barriers to aging in place and to facilitate multigenerational living.

Aging in Place in Condominiums (H.B. No. 876). Allows the board of a unit owners' association in a condominium, pursuant to a report, observation, or complaint relating to an elderly or disabled unit owner or resident living independently with a physical or mental handicap or disabling condition, to request a functional assessment regarding the condition of the elderly or disabled unit owner or resident and recommendations for services from mental health or medical practitioners, governmental agencies responsible for adult protective services, or non-profit service entities. The person receiving the functional assessment is deemed to be the client of the person or entity conducting the functional assessment.

Programs and Services

End of Life Care (H.B. No. 1379). Ensures that a person's wishes regarding end-of-life care are followed by allowing the use of a standardized "physician orders for life sustaining treatment form" which states an individual's wishes regarding end-of-life treatment in all pre-hospital and healthcare settings.

Working on Unresolved Aging Issues (H.C.R. No. 13). Requests the Executive Office on Aging and the Center on Aging at the University of Hawaii at Manoa to continue their examination of unresolved issues by continuing their research and analyses to: (1) Develop a Cash and Counseling model; (2) Determine how best to compensate caregivers for respite services; (3) Determine best practices for state agencies to collaborate and

coordinate with Area Agencies on Aging and local community service providers (including those for the disabled community); (4) Enhance funding from all sources for Medicaid and Medicare services, including but not limited to, removing or adjusting income limits and non-exempt asset limitations; (5) Determine how best to accommodate language barriers; (6) Determine how best to overcome access to long-term care services barriers; and (7) Identify more funding sources for long-term care services.

Receipt of Federal Stimulus Money for Services (S.B. No. 21). Creates temporary exemptions in procurement and rule making statutes for programs, services, and benefits using funds allocated to the State by the American Recovery and Reinvestment Act of 2009; creates an oversight commission to ensure transparency and accountability.

Healthcare and Prescription Drugs

Remote Dispensing Pharmacies (S.B. No. 585). Expands the ability of individuals in remote areas of the State to gain access to prescription medications through the use of remote dispensing pharmacies.

Planning for Universal Healthcare (H.B. No. 1504). Establishes the Hawaii Health Authority to develop a comprehensive plan to provide universal healthcare in Hawaii.

Hawaii Health Systems Corporation (S.B. No. 1673). Ensures the strength of the State's health care safety net by addressing critical economic shortfalls currently faced by the Hawaii Health Systems Corporation (HHSC) by: (1) Authorizing a facility or regional health care system under the HHSC to transition into a new legal entity; (2) Amending the maintenance of services requirements; (3) Authorizing criminal history record checks; (4) Amending corporation board membership; and (5) Requiring an annual internal audit of the management and operations of the corporation and regions.

Advanced Practice Registered Nurses (H.B. No. 1378). Increases access to health care by: (1) Recognizing advanced practice registered nurses

(APRN) as participating primary health care providers for insurance purposes; (2) Authorizing APRNs to sign documents relating to healthcare for their patients; (3) Clarifying educational and other requirements for APRNs; and (4) Clarifying APRNs' authority with regard to prescriptions for drugs, medical equipment, and therapeutic regimens.

Community Health Centers (H.B. No. 895).

Increases deterrents against the use of tobacco products while ensuring funding for healthcare programs by: (1) Increasing the tobacco tax on tobacco products other than cigarettes and cigars from 40 percent to 70 percent of the wholesale price beginning on September 30, 2009; (2) Increasing the tax on cigars to 50 percent beginning September 30, 2009; and (3) Defining "little cigars" and taxes them as cigarettes.

Long-term Care Insurance and Financial Issues

Long-term Care Insurance (H.B. No. 1075).

Updates various provisions of Article 10H of the Insurance Code, which governs long-term care insurance, to ensure that the law in this area is clear and unambiguous.

Medicare Fee Schedule (H.C.R. No. 34).

Requests Congress to raise the Medicare fee schedule payment amounts for physicians rendering services in Hawaii.

Maluhia Adult Day Health Center Volunteers

By: Jeri Takamiya

Participants of Maluhia Adult Day Health Center (MADHC) are looking for volunteer opportunities to help others in the community. Although all the participants have multiple health issues with an average age of about 85-years-young, they are interested in finding ways to be of assistance to others. We have approximately 50 eager hands to do things such as making leis, folding papers, or assembling packets.

MADHC is open Mondays through Saturdays so participants are available to volunteer on any of these days. If the project requires a visit to your facility, we may be able to bring a small group of volunteers to help.

One of our more popular volunteer projects has been sewing leis to put on the graves at Punchbowl for Memorial Day. There are some participants who are veterans, widows of veterans, or family members of veterans or those on active duty so it is especially touching for them to be able to participate in this event every year. As you can see from the photograph, one of the participants is happily stringing flowers for the 2008 Memorial Day.



If you have a potential volunteer project, please call **Melanie Schulaner** at **832-6155**.

St. Francis Healthcare System of Hawaii Introduces "Stay Healthy at Home"

By: Cheryl Tamura

With the cost of healthcare on the rise and with a limited number of long-term care beds in Hawaii, St. Francis Healthcare System has an innovative, affordable solution to help Hawaii's elderly live independently for as long as possible. The program is aptly called "Stay Healthy at Home," designed to help seniors age safely and gracefully in the comfort of their own homes and to help their caregivers, too.

“With Hawaii’s growing elderly population and St. Francis’ renewed focus on community-based care, we’ve developed a brand new service that meets the needs of seniors right in their own homes,” said Pamela Witty-Oakland, chief administrator of St. Francis Residential Care Community, who oversees the Stay Healthy at Home program. “It’s designed to be very senior-friendly. One phone number will give them access to a full range of services. This includes St. Francis’ existing services and partnerships with organizations that have expertise with other services that seniors need and want.”

A Membership Fee-Based Program

Participants in the membership-based program have access to a wide range of services. Cost for a one-year membership is \$600 a year for an individual and \$900 for a couple. Membership is also available to adult children who serve as caregivers to their parents. Benefits of membership are a home safety evaluation, health screenings, follow-up assessments, chronic disease self-management education, pharmacist medication reviews, information and referral, and financial counseling.

“Stay Healthy at Home is an affordable alternative to assisted living facilities and nursing homes,” added Witty-Oakland. “It’s about \$1.37 a day for peace of mind, especially for caregivers who are working full-time and trying to care for an elderly parent. The role of the caregiver can be overwhelming.”

The program was based on feedback that services are fragmented and caregivers and seniors often don’t know where to begin and whom they can trust for reliable care. Other services that are available on a fee-for-service basis are companion services, housekeeping and yard services, transportation, adult day care, home health, respite to family caregivers, shopping and errands, meal planning and preparation, personal medical alert, hospice care (palliative and end-of-life care), and long-term care insurance.

Another First for St. Francis

The Stay Healthy at Home program is another first for the pioneering St. Francis Healthcare System. St. Francis was the first to bring home health care

and hospice care to Hawaii, understanding that people want to remain at home amid familiar surroundings. Based on that same premise, the Stay Healthy at Home program meets the need of people earlier in the health care continuum while they are still independent and active.

Partners in Stay Healthy at Home to date include Catholic Charities Hawaii, City and County of Honolulu’s Elderly Affairs Division, Hawaii State Department of Health, and National Kidney Foundation of Hawaii. St. Francis’ programs include St. Francis Home Care Services, St. Francis Hospice, St. Francis Lifeline, St. Francis Health Services for Senior Citizens, St. Francis Parish Nurse/Community Outreach Program, St. Francis Palliative Care, Spiritual Services, and Franciscan Adult Day Center.

A Successful Pilot Program

St. Francis introduced Stay Healthy at Home as a pilot program last year at the Honuakaha affordable senior apartment complex in Kakaako, providing medication management, weekly health screenings, educational sessions, and more. The program was also able to refer 20 individuals for services for pain management, respite care, urgent care, transportation, chore services, shopping and bathing and personal care services. Another outreach project is now under way at Kukui Gardens.

For more information about Stay Healthy at Home, call **547-6500** or **1-866-788-6188 toll-free** from the neighbor islands.

Sigma Phi Omega’s 3rd Annual “Careers In Aging” Forum

Sigma Phi Omega – Gamma Omicron chapter held its 3rd Annual “Careers In Aging” Forum at the University of Hawaii at Manoa on April 14, 2009. The panel of speakers consisted of recent graduates from different disciplines. The keynote speaker was Dr. Bill Thomas, Harvard-educated physician, board-certified geriatrician, and founder of the Eden Alternative.



L to R: Jeanine Yonashiro, Joe Malalis, Dr. Ritabelle Fernandes, Dr. Bill Thomas, Merlita Compton, Raine Arndt, and Scott Suzuki.



L to R: Dr. Tony Lenzer, Dr. Eldon Wegner, Dr. Michael, Cheang, and Hawaii LTC Ombudsman John McDermott.



L to R: Dr. Sarah Yuan, Pauline Lynch, Michelle Sagucio, Samantha Tsoi, Dr. Harumi Karel, Dr. Colette Browne, and Dr. Valerie Yontz.

Hawaii Caregiver Workshop: 10 Ways to Increase Flexibility and Strength

A free caregiver workshop is being offered on Saturday, June 20, 2009 from 9:30 a.m. – 11:30 a.m. at Kapiolani Community College, Ohia 118.

Have fun as you learn and practice 10 passive and active range-of-motion techniques that can help build increased strength and flexibility in both you and the person you are caring for. Improve health — whether your elder needs your help with passive range of motion techniques or is able to actively participate in them. Research has proven that some physical activity is better than none at all and can help improve and maintain a person's health status regardless of their current physical condition. Discover new approaches that can bring enjoyment into this important aspect of caregiving and hear about opportunities for learning more hands-on skills through the Caregiver Workshop Series at KCC. This workshop is presented by staff at Kapiolani Community College's Kupuna Education Center.

To register, call **768-7700**.

A Course On Late Life Depression To Be Given In June

This continuing education, non-credit course is entitled "Helping Older Adults Fight Depression: Strategies for Caregivers." The course examines the nature of human depression, how and why it occurs in older adults, and what caregivers can do to help older adults. The course covers treatment and intervention strategies, community resources in Hawaii, and ways to avoid depression as well as recover from it. Aging and cultural issues affecting depression and caregiving issues are also discussed. Teaching/learning modalities include demonstration and practice, group exercises, audio-visual presentations, and lecture. The course instructor is Douglas Kreider, MA, MPH. The tuition is \$15.

The course is offered at Kapiolani Community

College on Wednesdays, June 24, July 1 and 8, 2009, 6:00 p.m. - 8:00 p.m. To register, call **734-9211**, and for more information, call **734-9108**.

The course is also offered at Windward Community College on Saturdays, June 20 and 27, 2009, 9:00 a.m.–12:00 noon. For more information and to register, call **235-7433**.

Recovering Wellness: Helping People with Late Life Depression

A free course for family caregivers is being offered on June 10, 17, and 24, 2009 from 6:00 p.m. – 8:30 p.m. at Roselani Place (Activity Room, 1st Floor) on Kahului, Maui.

For more information and registration, please contact **Bev Lundquist** at **(808) 268-4451**.

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 2009 issue to ***hpgs.hawaii@gmail.com*** by August 12, 2009.

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



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