



IMUA KA HEKE "The Best Go Forward"

HPGS Quarterly Newsletter

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Kupuna Adult Care Home Project

Kupuna Education Center at Kapiolani Community College is pleased to announce that the Hawaii Community Foundation has approved its 2-year project to upgrade the training capacity of the residential and foster care home industry in Hawaii.

Adult Residential Care Homes (ARCH), Expanded ARCH and adult foster home staff historically have had limited continuing education and training after becoming certified to provide care. The challenges are significant given the increasing frailty of the residents being admitted.

As the state continues to pursue home and community based placements and the use of care homes for nursing home care, the Kupuna Education Center believes that we must address the needs of small residential homes to provide an optimal quality of care and life for the frail elderly.

Project Overview. Through the Kupuna Adult Care Home Project, the Kupuna Education Center will work with David Nolan and Terri Sult of Chi Partners in California to create a resource and training materials for the small residential homes. By year 2, efforts will be made to address sustainability of the training by converting the materials into digital format.

The first set of modules to be developed will include:

1. Culturally and nutritionally appropriate menus and special diets,
2. A guidebook to providing social and recreational activities and
3. Provisions for effective medication management.

For further information about the Kupuna Adult Home Care Project, contact:

- **Cullen Hayashida**, Ph.D., Principal Investigator at 808-734-9469 or via email at cullen@hawaii.edu
- **Eme Kim**, Project Coordinator at 808-734-9463 or via email at emelynk@hawaii.edu



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HPGS NEWS

Message from the President



Aloha e mahalo nui loa! 2009 concludes with milestones for HPGS, celebrating its 30th year of promoting the issues and concerns of Hawaii's gerontology community and investing in its future through the awarding of scholarships to

Hawaii students. For the first time, a quarterly meeting was conducted on a neighbor island, a practice that will continue next year. Our statewide membership deserves recognition for their ongoing support! Further, neighbor island membership on the HPGS Board – in the person of Chris Ridley – increased scholarship applications from other islands. And we give thanks to the Brodhead Family trust and numerous individuals for their generous donation to our scholarship fund!

HPGS participated in the 2009 Good Life Expo – Senior Fair at Blaisdell and now has a good supply of redesigned brochures, thanks to Dawn Meaney and The Plaza at Punchbowl. *Mahalo nui loa* to **Joan Bedish**, **Michiyo Tomioka** and **Shirley Kidani** for helping me cover the three-day affair. We increased awareness of “gerontology” and its pronunciation.



HPGS did not have “goodies” to give away. We did sell more than 100 copies of Tutu's Stories that were donated by former Board member Mary Jossem for scholarship fundraising. More than 30 contacts were made with professionals who had never heard of HPGS. The fun part of doing *Senior Fair* was the drawing for HPGS awards, as follows: one free registration for 2010 *Aging Tsunami* Conference goes to **Rose Nakamura** of Project Dana. Three free HPGS memberships go to **Marie Espiritu** of Bank of Hawaii, **Donna Schmidt** of Case Management Inc., and the **City Elder Abuse Justice Unit**. We also collected suggested questions to be asked of candidates at the 2010 forum.

I wish to thank our Board and volunteers for giving their time and resources to sustain HPGS! Our collective wish list to Santa includes a fully functioning website! Special thanks to volunteer **Michelle Sagucio** who produces our newsletters and to **Kyle Yanabu** for providing us a meeting space. Thank you to the 2009 Officers and Board of Directors -- **Eldon Wegner**, 2010 President/Nominations; **Michiyo Tomioka**, Secretary; **Jay Duquette**, Treasurer; **Tony Wong**, Past-President; **Joan Bedish**, Fundraising; **Leni Davis** and **Suzie Schulberg**, Publicity; **Dawn Meaney** and **Kyle Yanabu**, Program; **Chris Ridley**, **Audrey Suga-Nakagawa** and **Michael Cheang**, Scholarship; **Percy Ihara**, **Dawn Meaney** and **Chris Ridley**, Membership; **Tony Wong** and **Eme Kim**, Biannual Conference.

Please join us at our December 3rd HPGS Quarterly Meeting (5:00 p.m. at P.F. Chang's on Ala Moana Boulevard) as we induct newly elected HPGS officers and members. We are grateful for your support as we move into the new year.

Aloha!

Pat Sasaki

HPGS Officer and Board Elections For 2010

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

During the month of October 2009, the election of new officers and board members took place by mail ballots sent to the HPGS membership.

Congratulations to the following individuals:

President-Elect – Dawn Urabe Meaney
Treasurer – Kyle Yanabu

2-year term as At-Large Members of the Board of Directors:

Merlita Compton
Percy Ihara
Brenda Lau
Tony Lenzer
Leslie Tanoue

The 2010 Board will also include carry-over members: Eldon Wegner, President; Pat Sasaki, Past-President; Michiyo Tomioka, Secretary; and At-Large Board members Chris Ridley and Suzie Schulberg.

Thank you to these individuals for their willingness to serve HPGS in the coming year. Installation of the 2010 Officers and Board will take place at the 4th Quarterly meeting of 2009 on December 3rd at 5 p.m. at P.F. Chang's China Bistro at 1288 Ala Moana Boulevard, with heavy pupus.

During the coming weeks, we will also be constituting the committees for the 2010 year. The current HPGS committees are Programs/Continuing Education; Membership Committee; Scholarship Committee; Fundraising Committee; 2010 Conference Committee; and Consulting Editorial Board. If you are interested in serving on a committee, please let me know by e-mailing me at elwegner1@yahoo.com and I will forward your name to the appropriate committee chair.

We look forward to an exciting and challenging year in making HPGS an effective organization and in offering the 2010 conference on October 18 and 19, 2010.

HPGS 4th Quarterly Meeting

The next HPGS quarterly meeting will be on **December 3, 2009 at 5:00 p.m. at P.F. Chang's Restaurant** (1288 Ala Moana Blvd # 110). Cost is \$15 per person.

Please RSVP by e-mailing **Kyle Yanabu** at kyanabu@jhnetwork.com. For questions, you may also call him at **224-7502**.

If you are interested in attending the upcoming meeting, send a check by no later than December 1, 2009 made payable to "HPGS" to:

HPGS
P.O. Box 3714
Honolulu, HI 96812

or you may also pay \$15 at the door that day.

Fundraising

*By: Joan Bedish,
HPGS Fundraising Chair*

This year, in lieu of an event, we are asking our members to make a donation to the HPGS Scholarship Fund. If every member donated the cost of a movie ticket or a meal at a fast food restaurant, it would come to a substantial amount and probably would not hurt your pocketbook. If you can give more, that would be wonderful. Remember, this money goes to students who are going into the field of gerontology so ultimately you are helping yourself and your organization. All donations are tax-deductible.

For questions, please e-mail me at 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.

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 February 2010 issue to ***hpgs.hawaii@gmail.com*** by February 10, 2010. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.

Recap: HPGS 3rd Quarterly Meeting in Hilo

For the first time, HPGS held its quarterly meeting in Hilo on the Big Island in the form of a free educational seminar hosted for the general public. The event took place on Thursday, September 17, 2009 at 5:00 p.m. at the Hilo Aging and Disability Resource Center (1055 Kinoole Street in Hilo, Hawaii). Guest Speaker Dr. Lam Nguyen,

Geriatrician at the Queen's Medical Center in Honolulu, provided some insight on Alzheimer's disease and other related topics.



AARP information table



Debra Nakaji (from Services For Seniors) signing in at the sign-in table, with Margie Kanahale (from Volunteer Life Care Center of Hilo) and Dawn Urabe Meaney (from the Plaza at Punchbowl) looking on



The audience listening to Pat Sasaki, HPGS President, and Dr. Lam Nguyen (speaker)



Pat Sasaki and Dr. Lam Nguyen

NATIONAL NEWS

Prompt Passage of Economic Recovery Act Payment for 2010 Needed: Law Does Not Provide for a Social Security Cost-of-Living Adjustment for 2010

*Forwarded by: Jane Yamamoto-Burigsay
Social Security Public Affairs Officer in Hawaii*

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income benefits for more than 57 million Americans will not automatically increase in 2010. This will be the first year without an automatic Cost-of-Living Adjustment (COLA) since they went into effect in 1975.

“Social Security is doing its job helping Americans maintain their standard of living,” Michael J. Astrue, Commissioner of Social Security said. “Last year when consumer prices spiked, largely as a result of higher gas prices, beneficiaries received a 5.8 percent COLA, the largest increase since 1982. This year, in light of the human need, we need to support President Obama’s call for us to make another \$250 recovery payment for 57 million Americans.”

The Social Security Act provides that Social Security and Supplemental Security Income benefits increase automatically each year if there is an increase in the Bureau of Labor Statistics' Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) from the third quarter of the last year to the third quarter of the current year. This year there was no increase in the CPI-W from the third quarter of 2008 to the third quarter of 2009. In addition, because there was no increase in the CPI-W this year, under the law the starting point for determinations regarding a possible 2011 COLA will remain the third quarter of 2008.

Some other changes that would normally take effect in January 2010 based on the increase in average wages also will not take effect, even though average wages did increase. Since there is no COLA, the statute prohibits an increase in the maximum amount of earnings subject to the Social Security tax as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2010.

Information about Medicare changes for 2010, when available, will be found at www.Medicare.gov. The Department of Health and Human Services has not yet announced if there will be any Medicare premium changes for 2010. Should there be an increase in the Medicare Part B premium, the law contains a “hold harmless” provision that protects about 93 percent of Social Security beneficiaries from paying a higher Part B premium, in order to avoid reducing their net Social Security benefit. Those not protected include higher income beneficiaries subject to an income-adjusted Part B premium and beneficiaries newly entitled to Part B in 2010. On September 24th, the House passed legislation by 406-18 that would, on a fully paid-for basis, prevent abnormally large premium increases. The President is calling on the Senate to enact this legislation before it becomes too late for the Social Security Administration to update its computer systems to implement this needed change.

For additional information about the 2010 COLA, go to www.socialsecurity.gov/cola

LOCAL NEWS

Program That Helps Older Adults Live At Home Longer Celebrates First Anniversary

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

Hale Makua Health Services' newest program, Maui PACE (Program of All-inclusive Care for the Elderly), celebrated its first anniversary on October 1, 2009. Maui PACE has provided a wide array of healthcare services to 22 of Maui's older adults, with the goal of helping them live safely in their own homes and communities for as long as possible.

Sally Sarmiento is one of these individuals, and she has been with the program since its inception. Sally grew up in Hilo and then moved to the mainland from Maryland to Arizona, and finally to Washington. While living in Washington, she got sick frequently and her doctor told her she needed to move to a warmer climate. So, Sally left Washington, moving away from her husband and settling into a home with one of her children on Maui. Even in the warm, temperate Hawaii weather, she still had dizzy spells and on occasion, fell because of the dizziness. Sally's children were concerned about leaving her at home alone all day while they were at work, but did not want her living in a nursing home. The opening of Maui PACE in October 2008 was perfect timing and the ideal healthcare solution for both Sally and her family. Initially, Sally had some reservations about joining Maui PACE, since it meant giving up her own physician for a Maui PACE physician. However, the benefits of the program have far outweighed not seeing the physician she had grown accustomed to. Sally now enjoys that the program takes care of all her medications and medical needs, which lifts the burden off her and her family.

Sally visits the Maui PACE Center to attend the Adult Day Health program on weekdays, where she socializes with other program participants, does exercises and rehab treatment for her lower back, receives her medications and medical exams, makes crafts and loves to play dominos with her new friends. Her health has improved tremendously. Sally works with a dietician to create a menu based on a Renal Diet because of her diabetes. The Maui PACE dietician also gives her a chart of healthy foods that she can eat at home when she is not at Day Health. Having a dietician recommend meals that are good for her diabetes has helped so much that the deterioration of her kidney has stopped, which means that she will not have to start dialysis.

Dependable Ongoing Training For Family Caregivers and Home Care Workers at Kapiolani Community College

Kapiolani Community College's Kupuna Education Center has regularly scheduled ongoing classes for Family Caregivers and Home Care Workers. Current and upcoming classes are posted on their website at www.kupunaeducation.com. According to the student evaluations, typically over 90% report that their ability to apply the skills learned to care for an elder has improved through the training.

Family Caregiver Course attendees had these comments:

- "Now I have a better understanding of the techniques to bath a bedridden elder. Working on a mannequin really helped and it was great to talk to classmates to share mutual information, problems, and solutions."
- "The hands-on learning, helpful hints, and information on resources and supplies for bathing, oral care, and transfers were really helpful."
- "It was good to be able to actually work with a person lying there and assist with the Range of Motion Exercises."

- “The instructor gave us very practical information especially regarding working with a reluctant elder. I appreciate her knowledge and compassion.”
- “Such a wealth of info! Technique is really key!”

Students in the **Elder Stay@Home Program for Home Care Workers** say:

- “I am glad the information taught highlighted treating the elder as a partner not just someone to care for and always including their current skills/abilities before just doing the task.”
- “I liked the emphasis on respect, dignity, and privacy of the elder being cared for and to be gentle, kind and respectful at all times.”
- “The process of aging and how it relates to the type of care required was the most important information to me. Being aware of systemic changes helps me to better understand why certain procedures are needed.”
- “Every part of this class is important to me. I have gained so much. I am forever grateful.”
- “Learning the skills more in detail and being a really good and efficient caregiver for the elders. I just want to be the best of MY ability to care for the elder population in the future.”

The family caregivers and home care workers are very excited about their training and proud of their achievements. Please spread the word so more caregivers and potential home care workers can learn about the Kupuna Education Center classes.

Call **734-9108** or visit their website at **www.kupunaeducation.com** for more detailed information or to consult with **Toni Hathaway**, MSW, Education Coordinator.

Workshop: Planning and Paying for Long Term Care

By: Jackie Boland

In early December, AARP Hawaii is sponsoring consumer-focused long-term care information sessions on the islands of Hawaii, Kauai, Maui and Oahu to help residents get a handle on decisions about their future care.

This is an educational offering to help individuals and families prepare for their care needs—including the pros and cons of personal financing options such as long-term care insurance and reverse mortgages. This event does **NOT** include promotional or sales information on specific products or brands.

The featured speaker is one of the country’s top experts on consumer long-term care financing. **Enid Kassner** is Director of Independent Living and Long-term Care at AARP’s Public Policy Institute.

December 1 (Kona) - Outrigger Keauhou Beach Resort, Kahaluu 1 & 2 (9 – 11 a.m.)

Register online at

<http://longtermcarekona.eventbrite.com> or call toll-free 877-926-8300 (until 4 p.m. daily)

December 2 (Kauai) – Aston Aloha Beach Resort, Alii Room (9 – 11 a.m.)

Register online at

<http://longtermcarekauai.eventbrite.com> or call toll-free 877-926-8300 (until 4 p.m. daily)

December 3 (Oahu) – Ala Moana Hotel, Garden Lanai (8 – 10 a.m.)

Register online at

<http://longtermcarehonolulu.eventbrite.com> or call toll-free 877-926-8300 (until 4 p.m. daily)

December 4 (Maui) – MEO Family Center (9 – 11 a.m.)

Register online at



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<http://longtermcaremaui.eventbrite.com> or call toll
-free 877-926-8300 (until 4 p.m. daily)

Register: All events are free and open to the public, but pre-registration is required. For more information, call **AARP Hawaii** at **808-545-6006**.

Hawaii boomers who have helped a frail or sick parent search for a nursing home or hire a home care aide are learning hard lessons early: Long-term care is expensive—it can cost upwards of \$100,000 a year—and only those who are virtually impoverished qualify for government aid.

But as daunting as the cost of long-term care can be, not having a plan in place can be even more costly in the long run.

About the speaker:

Enid Kassner has over 25 years experience in the field of aging as a policy analyst, researcher, author, lobbyist, and speaker on a broad range of issues

including long-term services and supports, Medicaid, and long-term care insurance. An expert on long-term care consumer issues, she oversees research and policy development that focus on expanding consumer access and choice to an array of affordable long-term care options, with an emphasis on improving home and community-based services, supporting family caregivers, and making communities more livable. The mission of the Public Policy Institute is to inform and stimulate sound and creative policies for all as we age.