



# HAWAII PACIFIC GERONTOLOGICAL SOCIETY

**IMUA KA HEKE**  
**"The Best Go Forward"**

P.O. Box 3714, Honolulu, Hawaii 96812

[www.hpgs.org](http://www.hpgs.org)

[hpss.hawaii@gmail.com](mailto:hpss.hawaii@gmail.com)

**HPGS Quarterly Newsletter**

**Volume 20, Issue 3**

**September 2009**

| <b>HPGS News</b>   |     |
|--|-----|
| Message from the President   | 3-4 |
| September Quarterly Meeting To Be Held In Hilo   | 4   |
| Call For Nominations for 2010 HPGS Board of Directors Slate                                  | 4   |
| Reminder To Pay HPGS Membership Dues   | 4-5 |
| Go Paperless with the HPGS Newsletter!   | 5   |
| HPGS E-mail List   | 5   |
| <b>National News</b>   |     |
| A "Congratulations" Card For New Brides  | 5   |
| <b>Local News</b>  |     |
| Palliative Care and Hospice Care: Key Components to Enhancing the Quality of Patients' Lives | 6-7 |
| Powerful Tools for Caregivers in Hawai'i   | 7   |
| State Presents 2009 Disability Access Conference: Design For All                             | 7-8 |
| Kupuna Education Center's Fall 2009 Offerings  | 8   |

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 November 2009 issue to **[hpss.hawaii@gmail.com](mailto:hpss.hawaii@gmail.com)** by November 11, 2009. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.

## **Working Together For A Strong, Healthy Kaua'i**

*By: Naomi S. Sugihara, Program Specialist  
County of Kaua'i Agency on Elderly Affairs*

For over two years now, seniors on Kaua'i have had an opportunity to participate in a regular, physical activity program called EnhanceFitness (EF), which is designed especially for older adults. It is a group exercise program, which includes a multi-component design, addressing balance, strength, endurance, and flexibility, and is geared to the level of both active and frail older adults.

It is commonly recognized that regular physical activity in the older adult population can decrease the risk of developing high blood pressure, osteoporosis, heart disease, diabetes and depression or help to manage chronic diseases.

The program was developed and tested by researchers at the University of Washington (UW), in collaboration with Senior Services and Group Health Cooperative (GHC) in Seattle, Washington. It is an evidence-based program, with a proven track record of its effectiveness for older adults. The mission of EnhanceFitness is to provide communities with an effective, research-driven program to improve the overall functional fitness and well-being of older adults.

Since 2003, the County of Kaua'i Agency on Elderly Affairs (KAEA) has collaborated in a statewide Healthy Aging Partnership-Empowering Elders initiative, along with the State Executive Office on Aging, Department of Health, University of Hawai'i, Area Agencies on Aging (AAA) and other state and local partners. The goal of the Healthy Aging partnership is to improve the health status of older adults through improved nutrition and increased physical activity.

*(continued on page 2)*

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In 2006, the KAEA received a 3-year grant from the Administration on Aging (AoA) through the EOA to implement EnhanceFitness. This was part of a national effort to offer evidence-based, disease prevention programs in keeping with the AoA's **Choices for Independence** initiative. In addition, the strategic plan of the AoA has focused on five major goals, one of which is to empower older people to stay active and healthy through evidence-based disease prevention programs. Healthy aging is one of six goals in both the Kaua'i Area Plan and State Plan on Aging and supports older adults to be able to successfully age at home and in their community.



*Kaua'i's Healthy Aging Partnership: (L-R)*  
*Bottom row: Terri Halliday (50+ Lifelong Fitness) and*  
*Charlyn Nakamine (AEA);*  
*Middle row: Melanie Okamoto (Parks & Recreation),*  
*Jan Pascua (Kaua'i District Health Office), Kealoha*  
*Takahashi (AEA), and Celia Melchor-Questin (KEO,*  
*Inc.);*  
*Back row: Naomi Sugihara (AEA), Dr. Arnulfo Diaz, and*  
*Johnny Yago (AEA).*  
*Not pictured: Serena Arts (KCC Nursing Dept.).*

The KAEA has developed partnerships to address and celebrate Kaua'i's Healthy Aging Project. Partners include Kaua'i District Health Office, Kaua'i County Dept. of Parks and Recreation, and 50+ Lifelong Fitness/Terri Halliday. Other partners include Kaua'i Economic Opportunity, Inc., Dr. Arnulfo Diaz, and Kaua'i Community College Nursing Dept. This collaborative effort led to the launch and implementation of EnhanceFitness on July 9, 2007 at two sites located at the Waimea and Koloa Neighborhood Centers. In addition to these two initial sites, the program has since expanded to

a total of six sites at the neighborhood centers, which also include Kekaha, Kaumakani, Lihu'e and Kilauea.

Classes are one hour, held 3 days a week, taught by certified fitness instructors who have received special training in teaching EnhanceFitness. Terri Halliday is Kaua'i's Master Trainer who has received additional training to support and train all EF instructors and see that EnhanceFitness protocols are followed to maintain fidelity to the design of the classes.

The program has served 171 participants, one of whom transfers between sites on Kaua'i and Washington. There are currently 119 active participants enrolled in the program, with 5% who are male participants. Due to the growing interest in EnhanceFitness, a waitlist is currently maintained for those interested in participating. Mean scores compared to all other sites throughout the U.S. indicate that Kaua'i's participants are slightly older by 2 years, with the average age of 76.4 years old. The age range of participants is 60 – 92 years old, with 4 female participants who are 90 years and older. One of them is Bernice Kubota of Koloa, who has been with the program since its inception. She says that she looks forward to being active and having the opportunity for fellowship while doing the exercises. She adds, "the cardio exercises give me stamina and using the weights strengthens my arms and legs. The exercises also help the stiffness in my joints and muscles. We also have excellent instructors!"

Fitness checks are conducted for each participant when they first begin the program and at 4-month intervals to evaluate each participant's functional fitness and progress. Three areas of performance measures are: 1) up and go, which measures agility and balance; 2) arm curls, which measures upper body strength; and 3) chair stands, which measures lower body strength. Thus far, Kaua'i's EF participants have significantly improved in the up and go and chair stands.

Participants have commented that the program has helped to improve their health, strength, posture and balance, and has increased their energy. They enjoy

the opportunity to meet others and make new friends, and have fun while enjoying the benefits of the program. Participation in EF maintains or enhances cardio-respiratory fitness, muscle strength, balance, and flexibility. It also helps to prevent falls, as a result of balance training exercises, and reduces healthcare costs. A recent cost-benefit analysis for Kaua'i's six sites, conducted by a sub-committee with the statewide HAP, indicates that for EF, the investment to return ratio is about 1:2, with the total averted health costs estimated at \$329,088 per year.<sup>1</sup>



*Bernice Kubota (far right) shows that being a young 90 year old doesn't stop her from exercising, along with other participants at the EF Koloa site.*

Kaua'i's EF program was nationally recognized in 2008 during May's Older Americans Month as one of the AoA's Program Champions, supporting its efforts to empower older adults to stay active and healthy. Kaua'i's County Council also presented the AEA with a certificate of recognition for supporting Kaua'i's seniors to take control of their health. This year, the AEA received funding through June 2010 from the County of Kaua'i, thanks to the support from Mayor Bernard Carvalho and the County Council.

EnhanceFitness has provided the opportunity for Kaua'i's older adults to improve their health status and quality of life through physical activity. The Healthy Aging partnership is **"Working Together for a Strong, Healthy Kaua'i"** and helping our older adults to make choices for a healthier future.

<sup>1</sup> Pang, L., Braun, K., Tomioka, M., Watanabe, M., Sugihara, N. (2009) Cost:Benefit Estimates of an Elderly Exercise Program on Kauai

## HPGS NEWS

### Message from the President



*Age is an issue of mind over matter. If you don't mind, it doesn't matter.*

- Mark Twain

*Change is inevitable – except from a vending machine.*

- Robert Gallegger

Confident, resolved, and fulfilled individuals are most likely to age successfully. Being at peace with yourself and the people closest to you effect a graciousness in longevity and in long term care. A family member who ended her days in a Hilo care facility had a recurring dream. In her dream – recalled vividly to her children and care providers – she ascends Mauna Kea to be greeted by persons she could not name. Towards the month of her passing, the people in her dream who greeted her atop Mauna Kea were no longer strangers but family members who had passed earlier.

Would we all not desire a peaceful conclusion to our lives? How we do we achieve the sense and sensibility to accept rather than defy our mortality? Gerontologists are most cognizant of the elements that define successful aging. Are we, however, actively engaged in preparing ourselves for longevity and the possibility of long-term care?

We have the opportunity to lead and teach by example, by making our best preparations for a meaningful and dignified aging experience. While the face and shape of health and social services is changing, the essence of basic human needs and aging is constant. Throughout this century, your knowledge and skills will be in significant demand by a society inadequately prepared for the boomer explosion.

Gerontologists are gifted with foresight of what is beautiful about aging and also what might be

avoided in longevity and long-term care. I encourage you to take those critical steps in planning and preparing for your aging experience. Commit to specific courses of action – wills, health care directives, finances and insurance; initiate family and friend discussions. You will leave for future generations a legacy true to your heart and profession.

Mahalo to Board member Chris Ridley for arranging our September quarterly event in Hilo and guest speaker, Dr. Lam Nguyen, who serves on the Alzheimer's Association national board. Look for HPGS at this year's Senior Expo from September 25-27 – if you would like to volunteer at our booth, e-mail us at [hpgs.hawaii@gmail.com](mailto:hpgs.hawaii@gmail.com). We also thank Joanna Amberger for her timeless talk about financial fraud and to Senator Suzanne Chun-Oakland and committee members for helping us recognize Wes Lum at the June quarterly meeting.

Aloha!  
Pat Sasaki

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## September Quarterly Meeting To Be Held In Hilo

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For the first time, HPGS will be holding its quarterly meeting in Hilo on the Big Island in the form of a free educational seminar being hosted for the general public. This event will be held 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, will provide us with some insight on Alzheimer's disease and other related topics.



For more information or to register for this free seminar, please call **Chris Ridley** at **(808) 443-7360**.

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## Call For Nominations for 2010 HPGS Board of Directors Slate

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The carryover for the 2010 HPGS Board of Directors include President Eldon Wegner, Past President Patricia Sasaki, Secretary Michiyo Tomioka, and Members-at-Large Chris Ridley and Suzie Schulberg.

**There is one vacancy for President-Elect.** Current nominee is:

- Dawn Meaney.

**There is one vacancy for Treasurer.** Current nominee is:

- Kyle Yanabu.

**There are five vacancies for Members-at-Large.** Current nominees are:

- Merlita Compton
- Percy Ihara
- Brenda Lau
- Tony Lenzer
- Leslie Tanoue.

If you would like to nominate anyone for President-Elect, Treasurer, and/or Member-at-Large, please e-mail your nominations, along with their e-mail addresses, to current President-Elect Eldon Wegner at [hpgs.hawaii@gmail.com](mailto:hpgs.hawaii@gmail.com) by Monday, October 5, 2009. Ballots will be mailed out in early October. The new board members will be inducted at the 4<sup>th</sup> HPGS Quarterly Meeting in December.

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## Reminder To Pay HPGS Membership Dues

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***The membership year for dues runs from October 1<sup>st</sup> through September 30<sup>th</sup> 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)

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## Go Paperless with the HPGS Newsletter!

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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](mailto: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!

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### HPGS E-mail List

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

## NATIONAL NEWS

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### A “Congratulations” Card For New Brides

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

Weddings are in season at this time of year. If you’re planning to have one, or know someone who is, make sure you put Social Security on the to-do

list — because we may need to send you a card. A new Social Security card, that is.

If you plan to exchange your maiden name for a married name — including hyphenated names such as Smith-Jones — be sure you let us know.

Telling us about your name change shortly after your marriage will help us accurately keep track of your earnings and will ensure that you and your family get the Social Security retirement, disability or survivors benefits you’re entitled to. Also, if the Internal Revenue Service and Social Security records do not show the same name and Social Security number, your federal income tax refund could be delayed.

If you continue to use your maiden name consistently throughout your working years, you do not need to contact us. But if you decide to change your name at a later time, you should let us know so that we can update your Social Security record and send you a Social Security card with your new name.

There’s no need to pay a third party to mail in the information for you. Changing your name with Social Security is a quick, easy and free service. You’re welcome to visit your local Social Security office or just go online to [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber) and click on “Print an Application Form SS-5.” You also can call us at **1-800-772-1213** to obtain the form.

We will need the completed application along with a marriage certificate or divorce decree verifying your old and new names. If you were born outside the United States, you also need proof of your U.S. citizenship or proof that you are lawfully living in the U.S. You can bring or mail these documents to us.

So remember: if you are getting married and changing your name, let us know. You may already have a slew of cards congratulating you, but we’d like to send you a new card of our own.

## LOCAL NEWS

### Palliative Care and Hospice Care: Key Components to Enhancing the Quality of Patients' Lives

*By: Joy Yadao,  
Executive Director of St. Francis Hospice*

Many of us entered the health care profession because we wanted to make a difference in the lives of others. We're trained to do our best to help others combat a disease or illness or to help them recover as quickly as possible and restore a sense of normalcy in their lives.

We operate from a framework based on curative measures and treat our patients accordingly. Yet, sometimes a cure is not what patients are requesting; they want to alleviate some of their pain from their illness.

St. Francis Healthcare System recently launched St. Francis Palliative Care to help fill a vital need in Hawaii's health care continuum. Turning to palliative care is not a sign that we have given up hope for a patient. In fact, the goal of palliative care is to improve the quality of life and comfort for patients – many of whom are still receiving some form of curative treatment – by relieving pain and suffering caused by serious illness. Palliative care also provides emotional and spiritual support to patients and their families so they can better understand and cope with all aspects of the illness.

Palliative care is specifically for patients living with a serious or advanced illness who are not eligible for hospice. (Hospice care, by definition, is for those who have been determined by a physician to have six or less months to live.) These include patients with cancer who are undergoing treatment, elderly individuals in nursing homes and assisted living centers, and those with end-stage dementia, as well as patients in need of an organ transplant. St. Francis Palliative Care also opened a new outpatient clinic recently as way to reach more patients.

Palliative care is often related to hospice care. All of us have encountered situations where we have acknowledged that a patient will simply not get better. A patient's prognosis may indicate they only have limited time remaining before they expire. In those situations, rather than take heroic efforts to save their lives and, as a result, inadvertently give our patients and their family members a false hope, hospice care is a viable alternative.

Hospice focuses on care for the individual and family, rather than the disease and curative measures. Emphasis is placed on quality of life rather than length of life. The goal of hospice is to provide patients who have a life expectancy of six months or less, based on a physician's prognosis, with palliative and compassionate care so they may live out their last days with purpose, dignity and quality, surrounded by their loved ones in their own home. Although St. Francis Hospice has two hospice facilities in Nuuanu and Ewa, the majority of our hospice care is provided to individuals in their homes.

It is estimated that 50% to 75% of terminally ill people in Hawaii are eligible for hospice care, but only 20% are actually admitted in a program. What keeps people from entering into a hospice program? Some mistakenly equate hospice with a death sentence, a place to die, the last resort when there is no hope. Yet, hospice is about giving and living life, providing comprehensive comfort to terminally ill patients by relieving suffering—physically, emotionally, socially and spiritually.

Since hospice care requires a physician's referral, physicians play a key role in shaping the final days of their patients' lives. The average length of stay for St. Francis Hospice patients is 43 days, but unfortunately, many patients – and their physicians – wait until the very end and the patients die within days of being admitted and do not get to experience all that hospice has to offer. So oftentimes, the only courtesy we can offer to families is death pronouncements.

Hospice helps family members come to terms with impending death. It also helps them care for their

loved one with support from a multidisciplinary team of professionals that includes the physician, nurses, social workers, therapists, chaplains, home health aides, and trained hospice volunteers. A range of bereavement services, including follow-up visits, grief counseling, support groups and memorial services, is also available for one year after a loved one's death.

Hospice care is cost-effective, generally costing less than acute hospital care. Medicare, Medicaid, HMSA, Kaiser and most private insurance policies cover home hospice care.

Over the years, we have received countless letters from patients' families, expressing their appreciation for hospice services—how it made their loved one's final days more meaningful and less painful and how grateful they are for having shared those final days with their dying loved one. It's not surprising, then, that many survivors become hospice volunteers, as a way to give back and help others through the dying process.

As the definition of quality of life and the ways of treating patients evolve, both palliative care and hospice care will become increasingly important in the years ahead.

For more information on St. Francis services, call **547-6500**.

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## Powerful Tools for Caregivers in Hawai`i

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Organizations and agencies that work with family caregivers have a new resource at their fingertips! Thanks to funding from the Maui County Office on Aging, eighteen class leaders from the counties of Maui, Honolulu/Oahu, and Hawai`i spent August 12, 13, and 14<sup>th</sup> in a fantastic training to become certified to lead the 6-week evidence based educational program called Powerful Tools for Caregivers. This series provides family caregivers with tools to:

- Manage stress
- Reduce feelings of guilt, anger, and depression
- Make tough decisions
- Set and reach goals
- Solve difficult problems
- Communicate effectively with family members, doctors, and paid help

Powerful Tools for Caregivers is designed for all types of caregivers, including those who help family members with medications, grocery shopping, transportation, cooking, and cleaning. It's also for those who care for a family member in their home, in a skilled nursing or assisted living facility, or off island. To learn more about bringing this resource to your clientele, contact **Heather Greenwood**, University of Hawaii Cooperative Extension, at [heather.greenwood@hawaii.edu](mailto:heather.greenwood@hawaii.edu) or **(808) 244-3242 ext 226**.

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## State Presents 2009 Disability Access Conference: Design For All

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The State of Hawai`i Disability and Communication Access Board will present the 2009 Disability Access Conference: Design for All on **Wednesday, September 23, 2009 at the Ala Moana Hotel from 8:00 a.m. to 4:30 p.m.** Design for All promotes "people-centered" designs that personify not just accessibility, but the ability to create buildings and facilities that respect people of all ages and abilities, including children, adults, seniors or individuals with disabilities.

The full-day conference will be an opportunity for project and facility managers, design professionals, engineers, and contractors to learn and share ideas on how to create social and physical environments that successfully integrate accessible solutions with diverse user needs.

Featured speakers include Mr. Jack Catlin, AIA who will present a keynote presentation on how universal design was defined and integrated into the design of the Access Living's Headquarters in Chicago, Illinois. The design received the 2007 Barrier-Free America Award from the Paralyzed



Hawaii Pacific Gerontological Society  
P.O. Box 3714  
Honolulu, Hawaii 96812

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(“Design For All,” continued from page 7):

Veterans of America. Ms. Peggy Greenwell of the U.S. Access Board will be presenting the New ADA/ABA Accessibility Guidelines: An Overview of Application, Enforcement and Format.

General registration cost is \$140 prior to August 21, 2009 and \$160 after August 21, 2009. For a student or person with a disability, registration is \$80 prior to August 21 (limited to the first 30 registering), and \$110 after August 21. An advanced program and registration form is available online at [www.hawaii.gov/health/dcab](http://www.hawaii.gov/health/dcab)

The 2009 Accessible Design Award winners will be recognized at the luncheon, which begins at 11:00 a.m. in the Hibiscus Ballroom.

Questions regarding the conference and luncheon can be directed to **Mona Higa** or **Laurie Palenske** at the Disability and Communication Access Board at **586-8121** (v/tty) or via email at [mona.higa@doh.hawaii.gov](mailto:mona.higa@doh.hawaii.gov) or [laurie.palenske@doh.hawaii.gov](mailto:laurie.palenske@doh.hawaii.gov)

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## Kupuna Education Center's Fall 2009 Offerings

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The Fall 2009 schedule of classes for Family Caregivers will start on September 12, 2009.

The online Gerontology course “Aging and Older Adults: A Brief Introduction & Practical Approach” will run from October 5-November 20, 2009.

The first Dine and Lecture Event will feature the former Olympic Gold Weightlifting Champion Tommy Kono. It will be held on Thursday, September 17, 2009 in the Tamarind Room from 11:30 a.m. to 1:30 p.m. at Kapi‘olani Community College. Cost is \$20.00, which will include a delicious, healthy buffet, beverage and dessert. Mr. Kono’s presentation is entitled: “Use It or Lose It: Prescriptions for Mental and Physical Fitness.”

For more information, please call **734-9108** or visit <http://www.kupunaeducation.com>