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

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**HPGS Quarterly Newsletter****Volume 21, Issue 1****February 2010**

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**HPGS Conference News**

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**"Preparing for the Aging Tsunami"  
HPGS's 16th Biennial Conference  
October 18<sup>th</sup> and 19<sup>th</sup>, 2010**

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*By: Michael Cheang and Sarah Yuan*

Mark your calendars! Plans are underway for the 16th HPGS biennial conference scheduled on Oct 18 and 19 at the Hilton Hawaiian Village. As we go to press with this newsletter, teams of volunteers from the various committees have already met for months to plan for this conference. Keynote speakers from Japan and the mainland have been invited, conference halls have been reserved, and funds are being raised to pay for part of the conference expenses.

The theme for this biennial conference focuses on how we (as individuals, family members, professionals, businesses, employers, educators, leaders of our communities, etc.) are preparing for the barrage of baby boomers getting into their older years with perspectives from Hawai'i and the Pacific Rim. Five topical tracks have been identified around this theme.

- 1) Primary Prevention – What are we doing and can do to remain healthy as well as delay impairment and disability in later years?
- 2) Aging in Place – What are the challenges of aging in place? What initiatives are being put in place to address these challenges?
- 3) Long-Term Care – What will the workforce development efforts need to be in order to meet the needs and demands of the baby boomers as they get frail and need long term care services? Where can family caregivers receive timely information and assistance to care for their elders? What will the management of chronic diseases be like with the baby boomer generation?
- 4) Quality of Life in the nursing facilities – What can be done in improving professional caregivers training? How do we ensure the adequacy of case management services? How do we address the issues of intimacy and sexuality as the baby boomers get into their old age years?

*(continued on page 2)***Hawaii Pacific Gerontological  
Society (HPGS)**

P.O. Box 3714, Honolulu, HI 96812  
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website: [www.hpgs.org](http://www.hpgs.org)

(continued from page 1):

5) Private and Public Partnerships – What potentials exist for business owners to cater to the aging baby boomers? How do the banking, retail businesses, and public transportation adjust their products and services to meet the boomers' changing consumption behaviors and demands?

Please consider submitting a proposal for a presentation at this conference. It may be in the form of a paper/lecture, a workshop, a panel of speakers, or a poster. The deadline for presentation proposals is March 1, 2010. Also, please encourage your professional peers to consider submitting a proposal. The details of the call for proposals are available *on [www.hpgs.org](http://www.hpgs.org)*

The conference committee members are excited and are working hard to make this conference relevant, timely, yet interesting and exciting. For example, we will offer a panel discussion on how other countries and states are preparing for their aging tsunamis, and have put together a panel to give an update on the Hawaii long-term care system study that has been conducted recently. We also look forward to, among others, academics describing their research studies and sharing their study findings, and practitioners sharing their best practices.

So, be a part of this educational experience, and please submit your proposals. Also, put Oct 18 and 19 on your calendars. We look forward to seeing you!

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### Seeking Nominations For "Na Lima Kokua" Awards

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*(Please see the insert included in this newsletter.)*

HPGS is currently seeking nominations for this year's "Na Lima Kokua" Awards. These awards will be given to individuals residing in Hawaii, or businesses operating in Hawaii, for two years or

more who have strived to make a unique contribution to the elderly.

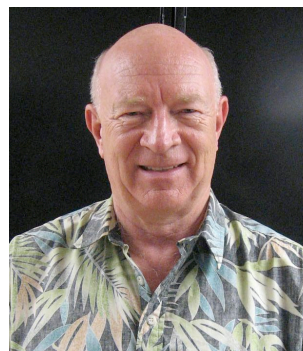
Please submit completed nomination forms by April 1, 2010. For more information, please email **Shannon Miyazaki** at [shannon@plazaassistedliving.com](mailto:shannon@plazaassistedliving.com)

## HPGS NEWS

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### Message from the President

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The 2010 HPGS Board of Directors and Officers were initiated at the December 3<sup>rd</sup> Quarterly meeting, a festive event held at P.F. Chang's Restaurant. Thank you to **Dawn Meaney** and **Kyle Yanabu**, co-chairs of last year's Program Committee, for arranging this for us. I wish to thank **Pat Sasaki**, our 2009 President, for her help and advice in making the transition and am grateful that she will continue on the Board.

The committees and officers have been busy! We held our first Board meeting on January 26, and we will be holding a Board Retreat on Saturday, February 27 at Arcadia; thanks to **Suzie Schulberg** for making this arrangement for us. We will engage in strategic planning for the coming year, building upon the HPGS Business plan and the various ideas which Pat Sasaki offered last year to increase the visibility of HPGS in the aging network. We are also seeking ways that HPGS can offer its members more benefits, and we hope to increase involvement from the Neighbor Islands. **Dawn Meaney** and **Leslie Tanoue**, co-chairs of the Program Committee, are arranging to hold our June Quarterly meeting on Maui this year. HPGS held a successful quarterly meeting last September on the Big Island and we would like to establish the practice of holding one quarterly meeting a year on

a Neighbor Island.

Our Scholarship Committee, co-chaired by **Tony Lenzer** and **Chris Ridley**, have updated the application form for the HPGS Scholarship Program, which supports undergraduate students interested in a career in aging. They have distributed the information to colleges and universities in Hawaii and applications are due on March 31 for \$1000 scholarships for the 2010 Fall semester. **Cullen Hayashida** arranged for HPGS to receive a generous donation of \$16,000 for additional scholarships from the **Board of Assisted Living Options Hawaii (ALOH)**, which is dissolving. These scholarships will be aimed at enhancing the workforce in aging services in Hawaii. More information about these scholarships and the deadline for application will be forthcoming. We are truly grateful to ALOH for working with HPGS to extend training opportunities, which will impact the quality of care for the frail elder population.

The 2010 Biennial HPGS Conference will be held October 18<sup>th</sup> and 19<sup>th</sup> at the Hilton Hawaiian Village. Planning is well along for what will be an exciting conference, thanks to **Tony Wong** and **Eme Kim**, co-chairs of the Conference Committee. **Sarah Yuan** and **Michael Cheang** are once again co-chairing the Conference Program committee, and the call for proposals has been issued with a March 1 deadline.

Another exciting development is the ongoing creation of the HPGS Website [www.hpgs.org](http://www.hpgs.org) **Suzie Schulberg** has done a fantastic job of working with Empowered, our Website developer. The Website has conference and scholarship program information, with downloadable forms and eventually it will be possible to make reservations and make payments on-line. We are also creating a community calendar for aging related activities and events. Our goal is to make the website another valuable benefit offered by HPGS to our community. Check it out!

I wish to express my deep gratitude to all the officers, members of the Board and members of our committees for their dedicated work in getting

HPGS off to such a great start in 2010 and we look forward to an exciting year.

- Eldon Wegner

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## HPGS Quarterly Meeting

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Take a tour of Hawaii's newest Senior Assisted Living Community, The Plaza at Mililani!

Saturday, March 27, 2010

2:00 p.m.

The Plaza at Mililani  
95-1050 Ukuwai Street  
Mililani, HI 96789

If you are able to join us or have any questions, please email **Dawn Meaney** at [dawn@plazaassistedliving.com](mailto:dawn@plazaassistedliving.com) by March 24, 2010.

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## HPGS Scholarship

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The HPGS scholarship program is presently open for receiving applications from students until March 31, 2010. The scholarship is funded by generous donations from the Brodhead Family and many individuals to support community college and undergraduate students who are interested in pursuing careers in gerontology or geriatrics. Scholarship award is \$1,000 and distributed by mid-June 2010. Areas of study can be nursing, social service, psychology, biology, political science, human services, sociology, physical therapy, occupational therapy, speech therapy, etc. Preference will be given to students who have taken (or are currently taking) at least one aging-related community college or university course, or to students who demonstrate an interest in the field of gerontology. Application and guidelines are available on the HPGS website at [www.hpgs.org](http://www.hpgs.org)

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## Call for HPGS Newsletter Articles

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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 May 2010 issue to [hpgs.hawaii@gmail.com](mailto:hpgs.hawaii@gmail.com) by May 11, 2010. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.

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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. Please also inform us if you would like to receive the quarterly newsletter via e-mail instead of snail mail.

# NATIONAL NEWS

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## National Association of Area Agencies on Aging Events

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The National Association of Area Agencies on Aging (n4a) will hold its annual Aging Policy Briefing April 19-20, 2010 at the new Liaison Hotel in Washington, DC. The event offers advocates at all levels insight into federal aging policymaking, the latest news from the Administration and Congress, detailed policy information on many issues, and a chance to share your advocacy strategies and successes with colleagues from around the country. For more information, visit: [www.n4a.org/advocacy/aging-policy-briefing/index.cfm](http://www.n4a.org/advocacy/aging-policy-briefing/index.cfm)

Join the National Association of Area Agencies on Aging (n4a) in St. Louis, MO for its 35th Annual Conference & Tradeshow, July 17-21, 2010. The conference will celebrate, showcase and facilitate the replication of the most innovative policies, programs and services that assist older adults and people with disabilities. For more conference details, visit: <http://www.n4a.org/training-events/annual-conference/>

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## To Tax Or Not To Tax: A Social Security Question

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

When it comes to Social Security benefits, you may be wondering who must pay taxes on them and who does not. Let's look at the numbers.

If you file a federal tax return as an "individual" and your total income is more than \$25,000, then the answer for you is yes: you'll have to pay federal taxes on your benefits. If you file a joint return and you and your spouse have a total income more than \$32,000, you'll be expected to pay federal taxes as well. If your taxable income is below those thresholds, there is no need to pay taxes on your Social Security benefits.

If you need to pay taxes on a portion of your benefits, you will need your SSA-1099. This form shows the total amount of benefits received in the previous year and is used to find out whether any benefits are subject to tax. You will need to submit it when you complete your federal income tax return.

You already should have received your SSA-1099 for tax year 2009 in the mail — they were automatically mailed to all beneficiaries by January 31, 2010. If you receive Social Security and have not yet received a Form SSA-1099 for 2009, you can request a replacement online at [www.socialsecurity.gov/online services](http://www.socialsecurity.gov/online services) or you can call Social Security's toll-free number, **1-800-772-**

**1213** (TTY, 1-800-325-0778) and ask for a replacement SSA-1099 to be mailed to you.

If you would like more information about paying taxes on your Social Security benefits, visit [www.irs.gov](http://www.irs.gov) and read Publication Number 915, Social Security and Equivalent Railroad Retirement Benefits. You also can call the Internal Revenue Service toll-free at **1-800-829-3676** (TTY, 1-800-829-4059).

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## Chubby Checker Announces New “Twist” In Medicare Law

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

If you’ve been thinking about applying for extra help with your Medicare prescription drug costs, then now is the time to get on the dance floor and hop to it.

Chubby Checker, the Grammy Award winning rock and roll legend most known for his hit, “The Twist,” has teamed up with Michael J. Astrue, Commissioner of Social Security, to tell people about a new “twist” in the law. The change in the law makes it easier for people with Medicare to qualify for extra help with their prescription drug costs.

“The changes in the Medicare law will allow hundreds of thousands of Americans who are struggling to pay their prescription drug costs to get extra help during these tough economic times,” said Commissioner Astrue. “I am thrilled that Chubby Checker has volunteered to help us spread this important message through a new television, radio, and Internet spot as well as pamphlets and posters.” “Listen up, America! For 50 years, people of all ages and backgrounds have danced the Twist,” Chubby Checker said. “Now it’s important everyone learn about this new twist in the law. Check it out at [www.socialsecurity.gov](http://www.socialsecurity.gov)”

There are income and resource limits a person needs

to meet to qualify for the extra help. But the new Medicare law eases those requirements in two ways:

- The cash value of life insurance no longer counts as a resource; and
- Assistance people receive from others to pay for household expenses, such as food, rent, mortgage, or utilities, no longer counts as income.

A bonus “twist” is that the application you file for extra help can now start the application process for Medicare Savings Programs as well — state programs that provide help with other Medicare costs. These programs help pay Medicare Part B (medical insurance) premiums. For some people, the Medicare Savings Programs also pay Medicare Part A (hospital insurance) premiums, if any, and Part A and B deductibles and co-payments.

To learn more about the extra help program and to view the new television spot featuring Chubby Checker, visit Social Security online at [www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp)

## LOCAL NEWS

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### 4th Annual Family Caregiver Awareness Day and Resource Fair

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*By: Wes Lum*

The Hawaii Family Caregiver Coalition is organizing the 4th Annual Family Caregiver Awareness Day and Resource Fair, which is scheduled on **Friday, February 26, 2010, from 9:00 a.m. – 1:00 p.m. at the Hawaii State Capitol, 3rd floor**. The purpose of this celebration is to give legislators, family caregivers, and the public the opportunity to learn more about the issues involved with caregiving and about the legislative tools, which, if enacted, would help families meet these responsibilities.

Activities of the day include over 40 exhibits by organizations involved in aging and caregiving services, visits to legislators to brief them on aging and caregiving issues, and a chance to network with people from like-minded organizations.

“In past years, this event has attracted crowds of over 400 people walking the halls of the Capitol, learning about services for seniors, and visiting legislators. There was plenty of good food and many of the grandmothers played ukulele and danced hula. It’s a lot of fun!” says May Fujii Foo, Co-chair of the event.

“In an aging society, families play a critical role in meeting the needs of frail older members. Grandparents often play a similar role in helping their grandchildren, and “the sandwich” generation struggles to balance work, raise their own children, and care for their aging parents. We invite you to join us on Friday, February 26, 2010, in recognizing family caregivers, grandparents, and the many organizations which help support them. We’ll see you soon!” says Lyn Moku, Co-chair of this event.

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### **Encore Career Opportunities For Boomers Available At Kapiolani Community College**

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*By: Toni Hathaway*

Every 7.2 seconds, a baby boomer in America will reach age 62 and will soon be entering a new and uncharted phase of their lives called retirement. Many leave with excitement and anticipation to travel far and wide. Others find more time to golf, fish or spend quality time with their grandchildren. Still others use this time to pursue community projects or advocate for social causes for the betterment of the next generation. Recently, someone who just retired at 62 said, “I have about 20 to 30 more years to live but I don’t know what to do with the rest of my life.” Well, Kapiolani Community College’s Kupuna Education Center has the answer.

The KCC Kupuna Education Center offers a new continuing education course entitled “Encore Career Change and Life Transition for Boomers.” The first group of “students” began classes in January. Attendees appreciate the opportunity to spend the time reflecting on their own goals, dreams, and life purpose. The course provides the opportunity to explore the options for re-careering, semi-retirement or civic engagement. This 4-session course is designed to allow participants to explore and plan for this major life transition by utilizing career transition as the vehicle to explore one’s future potential and choices. Through an understanding of the new workplace realities, participants identify and refocus personal skill sets, unleash creativity, research and retool themselves for new job opportunities, and take steps to ignite and focus their passions to positively impact their communities.

Whether due to lay-off, retirement, boredom or a desire to make an impact in your community or your world, Boomers in or nearing retirement will find this course helpful to plan their next few decades! Current coursework includes: life review, transferrable skills assessment, interest inventory, networking, skill statement writing, resume writing, interview skills, Internet job search, and creating a life change philosophy. Individuals participating in this course are expected to complete self-discovery homework assignments. Husband and wife instructors Drs. Steven (25 years of career exploration experience) and Barbara Cook (Gerontologist) created this course for fellow Boomers who want to make a difference and move forward.

The next course will start in May 2010. Call KCC’s Kupuna Education Center at **734-9108** for more information or go to **[www.kupunaeducation.com](http://www.kupunaeducation.com)**

Those interested in encore career opportunities can also review the continuing education offerings at each of Hawaii’s seven community colleges.



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## The Plaza at Mililani

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*By: Dawn Meaney*

The Plaza at Mililani is a new rental Assisted Living Community that opened its doors to its first residents on January 30, 2010. The 5-story plantation style community offers seniors a rental option where they receive 3 meals a day, weekly housekeeping, weekly linen and personal laundry services, daily activities, scheduled transportation, and access to the nursing staff 24 hours a day.

The Plaza at Mililani, which is located in the serene residential area of Mililani Mauka, was modeled after its sister company, The Plaza at Punchbowl. Both properties are locally owned by MW Group and Sound Health Hawaii, and each location offers various levels of care, including secure Memory Care floors.

For more information about The Plaza at Mililani or to schedule a tour, please call **(808) 626-8807**.

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## Construction Underway on St. Francis Healthcare System's Innovative Senior Living Community in Ewa Beach

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*By: Cheryl Tamura*

St. Francis Healthcare System of Hawaii has begun construction on Franciscan Vistas Ewa, a senior independent living community in Ewa Villages that addresses two critical needs in the Islands: affordable housing and access to healthcare for the rapidly growing elder population.

Franciscan Vistas Ewa will feature 149 one- and two-bedroom affordable rental apartments on six acres that also includes a community center. Apartments, ranging from 530 square feet to 750 square feet, will be for seniors age 62 and above. The 5,000-square-foot community center will serve

as a gathering place for senior residents, offering a broad range of health, recreation, social and cultural programs and activities.

Marketing of the rental apartments will begin in late summer with initial occupancy slated for the end of this year.

In addition, the senior living community will offer "Stay Healthy at Home," St. Francis' health and wellness program that provides access to a range of supportive care services, including case management, transportation, chore services, meal preparation, and advance life planning.

"Franciscan Vistas Ewa is an expression of our commitment to serve Hawaii's seniors, bringing together affordable housing and access to health care," said Sister Agnelle Ching, OSF, St. Francis Healthcare System CEO. "We appreciate all our partners who share our vision in creating healthier communities."

"Demand for these affordable senior units will be high," said Jesse Wu, Vice President / Special Projects of Stanford Carr Development, LLC, which is providing development consulting services to St. Francis. "Together with the senior supportive service program, these units will provide an invaluable asset for the community."

Franciscan Vistas Ewa is being made possible through the assistance of several public agencies and private institutions.

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## New Long Term Care Resource Website

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*By: Audrey Suga-Nakagawa*

Searching for services and programs to care for an elderly or disabled person can be overwhelming for families in crisis. To ease the search, the new Hawaii Aging and Disability Resource Center (ADRC) website ([www.HawaiiADRC.org](http://www.HawaiiADRC.org)) was created to serve as the one stop shop for statewide



hawaii pacific gerontological society

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long-term care information. Consumers can now find different resources available in their communities. The website has a portal entry to each county in Hawaii where consumers can find a resource library of current articles and links to other organizations, a directory of service providers in the community, and downloadable application forms for public programs and government benefits. There is also a local calendar of events and public announcements that may be of interest to elders, people with disabilities, and caregivers. Consumers can get additional help from their local area agencies on aging either by email or phone. All contact information is posted on the county's site. Callers can speak to a staff member for further assistance during business hours. A statewide ADRC phone number is coming soon.

The ADRC is a federal initiative led by the Executive Office on Aging and in conjunction with the four County Area Agencies on Aging. For more information, visit the website:  
[www.HawaiiADRC.org](http://www.HawaiiADRC.org)

## MEMBER SUBMISSION

### Joke: Doctor's Appointment

A woman accompanied her husband to the doctor's office. After his checkup, the doctor called the wife into his office alone. He said, "Your husband is suffering from a very severe stress disorder. If you don't do the following, your husband will surely die." The doctor continued, "Each morning, fix him a healthy breakfast. Be pleasant at all times. For lunch make him a nutritious meal. For dinner, prepare an especially nice meal for him. Don't burden him with chores. Don't discuss your problems with him. It will only make his stress worse. No nagging. And most importantly, make love with your husband several times a week. If you can do this for the next 10 months to a year, I think your husband will regain his health completely." On the way home, the husband asked his wife, "What did the doctor say?" To which his wife responded, "He said you're going to die."