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***"Creating a better Hawaii for our elders"***

**HPGS Quarterly Newsletter**

**Volume 22, Issue 1**

**March 2011**

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**Hawaii Pacific  
Gerontological Society (HPGS)**  
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***Upcoming Event:***

**April 8: Sigma Phi Omega's  
"Careers In Aging" Day**

Time: 11:30 a.m. - 1:30 p.m.

Place: University of Hawaii at Manoa,  
Queen Liliuokalani Bldg., Room 412

Ask professionals about their work in  
Aging:

Michael Cheang, DrPH, Convener;  
Christy Nishita, PhD, Research;  
Scott Suzuki, JD, Law;

Wes Lum, PhD, Policy/Government;  
Joe Malalis, RN, MSN, Nursing;  
Kelly Mills-Dick, PhD Candidate,  
Research; and  
Raine Arndt, LSW, Social Work

For more information, contact

Dr. Michael Cheang at  
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**Message from HPGS President  
Dawn Meaney**

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On December 9, 2010, the new officers and board of directors were initiated at the 4th Quarterly Meeting held at the Mandalay Restaurant. Earl Bradbury (member-at-large), James Mariano (member-at-large), Shannon Miyazaki (secretary), Suzie Schulberg (president-elect) and Michiyo Tomioka (member-at-large) were welcomed to the Board and special thanks were given to Eldon Wegner, last year's president, for all of his time and contributions made to HPGS.



I would like to acknowledge Percy Ihara for his commitment and involvement to the HPGS board. Unfortunately due to oversight, there was an overabundance of board members, and Percy voluntarily resigned from his position as member-at-large. Thank you Percy for all of your dedication and support.

*(continued on page 2)*

(continued from page 1):

The year started off with a bang as an all-day board retreat was held at The Plaza at Mililani on January 22, 2011. A large portion of the retreat focused on strategizing how we can increase value and become a stronger professional resource for our HPGS members. Some of the goals set forth for this year include continuing with bi-monthly programs and activities based on last year's survey results, utilizing the expertise of the professionals in the aging network whom make up our membership, and expanding the HPGS website and newsletter.



We are also seeking member participation for those who would like to join one of our many committees. If you are interested in assisting with the Publicity, Communications, Program, Membership, Scholarship, Fundraising or Editorial committees, please email me at [dawn@plazaassistedliving.com](mailto:dawn@plazaassistedliving.com), and I will be happy to put you in touch with the committee chairs. We truly believe that receiving member input will greatly enhance our committees and overall organization.

In continuing with our trend of offering a quarterly meeting on a neighbor island annually, Leslie Tanoue and James Mariano, co-chairs of the Program Committee, are planning to hold this year's second quarterly meeting on the beautiful island of Kauai in the month of June. Be sure to look out for more information on this event as the date gets closer.

I am also excited to report that the planning for the 2012 Biennial Conference is already in motion as conference co-chairs Shannon Miyazaki and Leslie Tanoue begin to prepare for the next conference. Thank you again to last year's co-chairs Eme Kim and Tony Wong for executing a successful conference.

As the year has already started off with positive momentum, I am looking forward to serving my term as president and have full confidence in the officers, board members, and committee chairs that this year will bring forth additions that will increase the value of membership as well as strengthen HPGS as a professional resource.

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### HPGS 1<sup>st</sup> Quarterly Meeting

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Please join HPGS for an informative presentation by Earl Bradbury, Public Health Prevention Specialist from the CDC.

Date: April 7, 2011 (Thursday)  
 Time: 1:00 p.m. – 2:00 p.m.  
 Place: ALU LIKE, Inc.  
 458 Keawe Street  
 Honolulu, HI  
 (Parking is available; please park in the visitor stalls only)  
 Topic: Chronic Disease 2011: Determinates of Health as it relates to the Elderly in Hawaii

After-lunch sweets will be provided.

Please RSVP with **Leslie Tanoue** at **535-6725** no later than Monday, April 4<sup>th</sup>. If you have any questions, please contact Leslie Tanoue.

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### Call for HPGS Newsletter Articles

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Please e-mail 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 2011 issue to [hpgs.hawaii@gmail.com](mailto:hpgs.hawaii@gmail.com) by May 13, 2011. 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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### Medicare: General Enrollment and Information

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

Need Medicare Part B? If you're eligible, now is the time to sign up. The general enrollment period for Medicare Part B runs from January 1 through March 31. Before you make a decision about general enrollment, let us fill you in on some general information.

Medicare is a medical insurance program for retired and disabled people. Some people are covered only by one type of Medicare; others opt to pay extra for more coverage. Understanding Medicare can save you money.

There are four parts to Medicare: Parts A, B, C and D. Part A helps pay for inpatient hospital care, skilled nursing care, hospice care, and other services. Part B helps pay for doctors' fees,

outpatient hospital visits, and other medical services and supplies not covered by Part A. Part C allows you to choose to receive all of your health care services through a provider organization. These plans, known as Medicare Advantage Plans, may help lower your costs of receiving medical services, or you may get extra benefits for an additional monthly fee. You must have both Parts A and B to enroll in Part C. And Part D is the Medicare Prescription Drug Program.

Most people first become eligible for Medicare at age 65, and there is a monthly premium for Medicare Part B. In 2011, the standard premium is \$115.40. Some high-income individuals pay more than the standard premium. Your Part B premium also can be higher if you do not enroll during your initial enrollment period, or when you first become eligible.

There are exceptions to this rule. For example, you can delay your Medicare Part B enrollment without having to pay higher premiums if you are covered under a group health plan based on your own current employment or the current employment of any family member. If this situation applies to you, you can sign up for Medicare Part B without paying higher premiums:

- Any month you are under a group health plan based on your own current employment or the current employment of any family member; or
- Within eight months after your employment or group health plan coverage ends, whichever comes first.

If you are disabled and working (or you have coverage from a working family member), the same rules apply.

Remember: Most people are automatically enrolled in Medicare Part B when they become eligible. If you don't enroll in Medicare Part B when you first become eligible to apply and you don't fit into one of the above categories, you'll have to wait until the general enrollment period, which is January 1 through March 31 of each year. At that time, you may have to pay a higher Medicare Part B premium.



hawaii pacific gerontological society

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For more information about Medicare Parts A, B, C, and D, visit the Centers for Medicare & Medicaid Services (CMS) website at [www.medicare.gov](http://www.medicare.gov) or read our publication on Medicare at [www.socialsecurity.gov/pubs/10043.html](http://www.socialsecurity.gov/pubs/10043.html)

## LOCAL NEWS

### **KCC's Kupuna Connections TV Series Now Viewable on the 'Net**

*By: Toni Hathaway*

Kapiolani Community College's Kupuna Education Center strives to provide the community with resources to promote better eldercare in Hawaii. Kupuna Connections is an on-going television series designed with Hawaii's seniors and their families in mind. Each segment covers a current and practical eldercare topic. Program hosts Cullen

Hayashida and Toni Hathaway of the Kupuna Education Center invite local experts to share their advice with the community. Examples of Kupuna Connections topics include: Fall Prevention, How to Select a Caregiver, Alzheimer's Disease and Injury Prevention for Caregivers.

Segments of the Kupuna Connections TV Series can now be viewed from the website – online, anytime and at your convenience. You can access these videos by going to [www.kupunaeducation.com](http://www.kupunaeducation.com), then click on “Kupuna Connections TV Series - Schedule” in the left column. There, you will find a listing of 30-minute segments that you can view at anytime. New episodes will be added as they are completed.

Check out Kupuna Education Center's website or call (808) 734-9108 for the latest schedule and to suggest new topics. Please help us identify more experts and topics. If you wish to view the regular TV broadcast, go to OIelo Channel 52 every Saturday at 9:30 a.m.