



“Creating a better Hawaii for our elders”

HPGS Quarterly Newsletter

Volume 22, Issue 3

September 2011

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**Hawaii Pacific
Gerontological Society (HPGS)**
P.O. Box 3714
Honolulu, HI 96812
e-mail: hpgs.hawaii@gmail.com

**Save the Date for the
HPGS 2012 Biennial Conference**

The Hawaii Pacific Gerontological Society 2012 Biennial Conference, “Transforming Hawaii’s Aging Future: Innovate, Integrate, & Invigorate,” will be held on September 10-11, 2012 at the Tapa Tower of the Hilton Hawaiian Village Resort & Spa. If you would like more information or are interested in joining the planning committee, please contact the conference co-chairs, **Shannon Miyazaki** at shannon@plazaassistedliving.com or **Leslie Tanoue** at letanou@alulike.org.

**Hawaii’s Senior Medicare Patrol
Receives National Award**

*Submitted by: Adele Ching,
Coordinator, Senior Medicare Patrol (SMP Hawaii)
at the Executive Office on Aging*

The Administration on Aging and the Centers for Medicare & Medicaid Services presented the “Innovation in Program Capacity Building and Outreach Award” to the Hawaii Senior Medicare Patrol (“SMP Hawaii”) at the 2011 SMP National Conference, held at the Omni Shoreham Hotel in Washington, D.C., August 9-11, 2011. The award recognized the innovative statewide volunteer recruitment and educational outreach campaign that SMP Hawaii conducted under the SMP Capacity Building Grant. Through a combination of radio, TV, and print ads, the Hawaii SMP increased its volunteer enrollment by almost 75%, in addition to reaching limited English proficient populations in Hawaii to alert them to the danger of Medicare identity theft. Four of 55 total SMP projects in the U.S., Guam, Puerto Rico, and the Virgin Islands received the award. The conference featured a display of SMP educational outreach products, including SMP Hawaii’s recently-released durable medical equipment fraud brochure.

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The Senior Medicare Patrol is a program established by federal law in 1997 and administered by the U.S. Administration on Aging. The goal of the SMP program is to recruit and train retired professionals to educate their communities to detect and report health care fraud and abuse and to help persons with Medicare and Medicaid to correct billing errors.

In Hawaii, the SMP is based in the State Executive Office on Aging. Dr. Wes Lum, Director of the Executive Office on Aging, Adele Ching, SMP Hawaii Coordinator, and Laurel Paleka, SMP Hawaii Assistant attended the SMP National Conference. While there, they were briefed on health care fraud schemes, law enforcement actions, and SMP outreach initiatives under the theme: “2011 SMP National Conference—Leading the Grassroots Fight Against Fraud.”

For more information, contact:
Wes Lum, Ph.D.
Director, Executive Office on Aging
Phone: (808) 586-0100

Adele Ching
Program Specialist, Executive Office on Aging
Phone: (808) 586-7281



Attending the 2011 SMP National Conference in Washington, D.C., in August were Laurie Paleka, SMP Assistant; Adele Ching, SMP Coordinator; and Wes Lum, Executive Office on Aging Director.

Message From the President



It is hard to believe that my term as President is nearly complete. 2011 has been a banner year due to the hard working efforts of the society's members who made a commitment to improving the lives of Hawaii's kupuna.

On June 28th, Felicia Marquez-Wong provided HPGS members and guests with a heartfelt presentation on the grief journey. Those in attendance were treated to a delicious lunch sponsored by St. Francis Healthcare System of Hawaii and left with a greater understanding of hospice services and the meaning it can have on an individual's life. On behalf of HPGS, thank you for your inspiration and generosity.



If you haven't already heard, HPGS is coming to the island of Kauai. Mark your calendars for September 19th when Dr. Kathryn Braun will be sharing her knowledge on developing objectives and evaluation criteria for the HPGS Quarterly Meeting. You won't want to miss out on her Chocolate Chip Cookie Intervention. A special thanks to the Regency at Puakea who will be hosting the venue for this event and also providing tours and refreshments.

Every September, those in the gerontology field attend the 3-day Hawaii Seniors' Fair - The Good Life Expo at the Blaisdell Exhibition Hall. This year's expo will be held on September 23 to 25 and promises to offer resources, services and networking opportunities for seniors and those involved in the gerontology profession. Please stop

by and visit us at the Diamond Head Tabletop "I" to learn more about the upcoming Biennial Conference and to receive other HPGS updates. We are also seeking members who are interested in volunteering to work shifts during the fair. A special mahalo goes out to Wilson Homecare for sponsoring our booth.

Last but not least, it's that time of the year again when we are actively looking for individuals to join the HPGS Board of Directors. If you are interested in running for election or would like to nominate an individual, please contact Suzie Schulberg at ssschulberg@15craigsideside.org.

Together we have contributed to making more improvements and advancements to the HPGS organization. I would like to thank the Officers and Board Members for their continued commitment and time.

I look forward to seeing all of you at the upcoming HPGS events and at the Senior Expo!

Warm Wishes,
Dawn Meaney
HPGS President

HPGS 3rd Quarterly Meeting on Kauai

HPGS Members, friends and colleagues, please join us for a special presentation by Dr. Kathryn Braun.



Dr. Kathryn L. Braun is Professor of Public Health and Social Work at the University of Hawai'i, and chair of the Doctor of Public Health (DrPH) program. She also serves as Co-Principal Investigator of 'Imi Hale—

Native Hawaiian Cancer Network and Co-Investigator of Hā Kūpuna National Resource Center for Native Hawaiian Elders. Dr. Braun is known for her work in community-based participatory research in cancer and gerontology, and she has published more than 130 peer-reviewed

journal articles on these topics. She was President of HPGS in 1987.

At this HPGS meeting, you will hone your evaluation skills by developing SMART objectives and evaluation criteria for Dr. Braun's chocolate chip cookie intervention. The goal of this intervention is to increase happiness by providing people with the best chocolate chip cookies in Hawai'i, but she needs help developing an evaluation plan for this intervention. Come prepared to eat cookies and help her develop a plan!

Monday, September 19, 2011

9:00 – 11:00 a.m.

Regency at Puakea

2130 Kaneka Street in Lihue, Activities Room

A tour of the Regency at Puakea will be available after the presentation. Please note if you will participate in the tour when you send in your RSVP. Parking available with carpooling appreciated.

RSVP to letanou@alulike.org by Wednesday, September 14, 2011. Hope to see you there!

HPGS 4th Quarterly Meeting

Save the date for the 4th Quarterly Meeting: **December 8, 2011**. Newly elected board members will be inducted at this meeting. More information will be forthcoming.

2011 HPGS Scholarship Awardees

Congratulations to the following individuals who received HPGS Scholarship Awards this year:

Cecilia Gregory, HPGS Graduate Scholarship
Lauren Ho, HPGS Graduate Scholarship
Mollye Lewis, ALOH Eldercare Worker Award
Emily Maeda, HPGS Undergraduate Scholarship
Deanna Wong, HPGS Undergraduate Scholarship

Reminder: Please Pay HPGS Membership Dues

The membership year for dues runs from October 1st through September 30th of the following year. It does not follow the regular calendar year.

Membership categories are as follows:

- Regular (\$25)
- 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 on your HPGS newsletter. If the expiration date is missing, we may not have received your check and/or your application is still being processed.

For the membership renewal form, please visit our website at www.hpgs.org. Mail your membership renewal form and check payable to "HPGS" to:

HPGS
P.O. Box 3714
Honolulu, HI 96812

For membership questions and/or to update your contact information, please e-mail hpgs.hawaii@gmail.com

Call for HPGS Newsletter Articles

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 November 2011 issue to hpgs.hawaii@gmail.com by November 9, 2011. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.

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

HPGS NEIGHBOR ISLAND NEWS

Aloha Kakou from Moku o Keawe (Hawaii Island)

*Submitted by: Nona B. Wilson, RN, BSN, MSA,
HPGS coordinator for Hawaii Island*

Alzheimer's Association to offer free online learning series sponsored by AARP Hawaii. This is to help family and volunteer caregivers by making it easier to get training on their own schedule. "What Now?" is a free, four-part caregiver training series that will be offered online beginning August 17. Register at: <http://hiwhatnow.eventbrite.com>. If no computer, call the Alzheimer's Association on O'ahu at 591-2771 or toll free at 1-800-272-3900.

The Centurian Project involves contacting Social Security Administration centenarians 100 years of age and older to verify their continued survival, identify possible payee issues; ensure their continued eligibility for benefits and to make sure they are being paid the correct amount of benefits. The San Francisco Region has a web-based application through which they track Centenarians and document the result of the interviews on the website. The SF web based application was expanded nationally. All regions will now use this website to reach out to centenarians in their region and conduct interviews.

Our island has 20 centenarians. Hilo SSA representatives will be contacting our beneficiaries to conduct the interviews in the near future.

NATIONAL NEWS

All Social Security Offices to Begin Closing 30 Minutes Early

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

Effective August 15, 2011, Social Security offices in the local area will be open to the public Monday through Friday from 8:30 a.m. to 3:00 p.m. – a reduction of 30 minutes each weekday.

While agency employees will continue to work their regular hours, this shorter public window will allow them to complete face-to-face service with the visiting public without incurring the cost of overtime. Congress provided Social Security with nearly \$1 billion less than the President requested for the budget this fiscal year, which makes it impossible for the agency to provide the amount of overtime needed to handle service to the public as we have in the past.

Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform us of a change of address or telephone number may do so at www.socialsecurity.gov or by dialing our toll-free number, **1-800-772-1213**. People who are deaf or hard of hearing may call our TTY number, **1-800-325-0778**.

LOCAL NEWS

Franciscan Vistas Ewa Provides Affordable Housing and Wellness for Hawaii's Older Adults

*Submitted by: Nathan K. Hokama, APR
Strategic Communication Solutions, LLC*



Franciscan Vistas Ewa Apartments (exterior)

Franciscan Vistas Ewa, a new \$40 million senior living community in historic Ewa Villages, celebrated its grand opening on July 12, providing a new housing and wellness solution for Hawaii's older adults.

The 149-unit community, located at 91-1471 Miula Street, addresses two of the greatest challenges facing Hawaii's rapidly growing older adult population: affordable housing and access to health and wellness services. It provides an affordable alternative for older adults living on limited, fixed incomes.



Kitchen

Construction began in January 2010 and the sixth and final apartment building was completed in May

2011. As of mid-August, there were 13 remaining units available for rent.

“With 128 years of health care experience in Hawaii, the Franciscan Sisters recognized the need for a healthy community that fosters an active lifestyle to help people remain independent for as long as possible,” said Pamela Witty-Oakland, Chief Administrator of St. Francis Residential Care Community.

Unlike any other affordable independent living community, Franciscan Vistas Ewa has a wellness component as an added benefit to encourage seniors to stay active and healthy through the promotion of socialization. Fitness and educational programs are offered to assist residents with sustaining better health so that they may prolong their stay in their own home. Generally, such amenities are available in independent living communities for those who are more affluent.



Pool

“Franciscan Vistas Ewa is a model community where affordable housing meets wellness with condo-style living accommodations,” Witty-Oakland added.

Rental units are reserved for tenants 62 and older with household incomes no more than 60 percent of Honolulu's median annual income, or \$41,700 for a single person or \$47,640 for a family of two. Initial monthly rents are \$745 for 530-square-foot one-bedroom units and \$885 for 750-square-foot two-bedroom units. All individuals in the household must be 62 years and older. Indigo Real Estate Services is serving as the property manager. For

more information or an application, please call **808-681-4000**.

Stanford Carr Development LLC, which served as the development consultant to St. Francis, provided expertise in all phases of real estate development, including securing land use approvals, community design, permits, and affordable housing financing.

Learning Opportunity for Chronic Disease Self-Management Program

By: Michiyo Tomioka and Merlita Compton



Hawaii's Healthy Aging Partnership will have a presentation at the Hawaii Primary Care Association 2011 Annual Conference. The topic is “Chronic Disease Self-Management Program – Empowering the Person.” The presentation will feature Stanford University's Chronic Disease Self-Management Program and will share how our Hawaii's older adults benefited from the program.

Please join us at the Hilton Hawaiian Village in the Coral Ballroom on September 29 and 30, 2011.

Regular registration fee is \$300 (full conference) or \$150 (single day). For more information, visit <http://www.hawaiipca.net/78/>

SMP Hawaii Releases Durable Medical Equipment Fraud Brochure

*Submitted by: Adele Ching,
Coordinator, Senior Medicare Patrol (SMP
Hawaii) at the Executive Office on Aging*

SMP Hawaii, Hawaii's Senior Medicare Patrol Project released in July 2011 a brochure about durable medical equipment (DME) fraud. It is based on a brochure written by the Michigan Medicare/Medicaid Assistance (MMAP). SMP Hawaii volunteers Marv and Michele Paularena revised the MMAP brochure, taking into consideration comments about the MMAP brochure that SMP Hawaii solicited from social workers and discharge planners at Hawaii hospitals and skilled nursing facilities. The brochure briefly describes DME fraud, how to protect against DME fraud, and to whom to report potential fraud. Financial support for this project came from the Senior Medicare Patrol Project Grant from the U.S. Administration on Aging and a contribution from HMSA.

SMP Hawaii is based in the State Executive Office on Aging. For copies of the DME fraud brochure, call **Adele Ching**, SMP Hawaii Coordinator, at **586-7281** or **800-296-9422** or e-mail her at adele.ching@doh.hawaii.gov.

Kupuna Education Center's Fall Schedule

KCC is offering several series of workshops designed specifically for family caregivers interested in learning skills for the care of their elderly parents, spouse or relative.

Listed below are some of their class offerings. To register for all classes, call **734-9211**. For more information, visit their website at www.kupunaeducation.com or call **734-9108**.

Hands-On Skills for Family Caregivers

The three 2-hour workshops use the KCC Nursing Lab. Learn how to assist an elder with a bed bath, incontinent care, dressing, oral care, range of motion exercises and correct transfer techniques from the bed, chair and wheelchair.

Instructors: Lynn Domaloan, RN; Manu Maunupau, LPN; Ann Low PT, MCSP

Course No.: 113HSFCG1

Course Fee: \$15

Room: Kopiko 241

Sec	Days	Dates	Time
A	S	Sept. 10, 17, 24	9:00-11:00 a.m.
B	T	Oct. 11, 18, 25	6:00-8:00 p.m.
C	W	Nov. 2, 9, 16	6:00-8:00 p.m.

What Family Caregivers Want and Need to Know

During six 2-hour workshops, learn practical and helpful ways to care for an elder and how to make decisions about providing care. Topics include: normal aging and common chronic health conditions, managing medications, nutrition and diet, community services, legal and financial considerations, and tips on caring for an elder with Alzheimer's or other dementias.

Instructor: Emelyn Kim, MS

Course No.: 113HSFCG2

Course Fee: \$30

Room: Kopiko 209

Sec	Days	Dates	Time
A	S	Sept. 24, Oct. 8, 15, 22, 29, Nov. 5 (no class on Oct. 1)	9:00-11:00 a.m.

Fall Prevention

Learn how to prevent falls through information, resources, and exercise. Participants with significant balance problems should be accompanied by a family member or caregiver.

Instructor: Ann Low, PT, MCSP

Course No.: 113HSAA2

Course Fee: \$30

Room: Kauila 202-204



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Fall Prevention:

Sec	Days	Dates	Time
A	S	Oct. 15, 22, Nov. 5, 9 (no class Oct. 29, Nov. 12)	11:00- 12:30 p.m.

Dealing With Your Parents' Stuff

You started out pitching in when your parents asked for a little help and over time you've taken on more and greater responsibilities. Contending with both physical and cognitive changes, they are more overwhelmed than ever; bills go unpaid, the house is cluttered, and all the signs tell you it's time to take charge and make necessary decisions. Students will purchase the workbook "Getting It Together Before You Go—How to Organize Your Life, Estate and Personal Wishes" from the instructor for \$12.45 at the first class.

Instructor: Barbara Cook, MA, DC

Course No.: 113HSFCG4

Course Fee: \$30

Room: Kopiko 127

Dealing With Your Parents' Stuff:

Sec	Days	Dates	Time
A	W	Oct. 26, Nov. 2, 9, 16	6:30-8:30 p.m.

Hawaii Seniors' Fair – the Good Life Expo

September 23-25, 2011

Neal Blaisdell Exhibition Hall

(777 Ward Avenue, Honolulu, HI 96814)

8:30 a.m. - 4:30 p.m.

Free admission