



“Creating a better Hawaii for our elders”

HPGS Quarterly Newsletter

Volume 23, Issue 3

October 2012

HPGS News

Message From the HPGS President	2-3
Pictures From the 17 th HPGS Biennial Conference: Transforming Hawaii's Aging Future: Innovate, Integrate, and Invigorate	3-4
HPGS Quarterly Meeting	4
Call for HPGS Newsletter Articles	4
HPGS E-mail List	4

Local and National News

St. Francis Intergenerational Center in Ewa Villages Will Open In January 2013	5-6
St. Francis Healthcare Foundation of Hawaii Awarded \$5.3 Million Grant for Three-Year Telehealth Project	6-7
The Medicare Age Is Still 65	7
Electronic Payments: The Best (and Soon Only) Way To Get Your Benefits	7-8

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Hawaii's Senior Medicare Patrol Recognized with Two Awards

By: Adele Ching

A television public service announcement (PSA) for Hawaii's Senior Medicare Patrol ("SMP Hawaii") received a Koa Hammer Award at the 29th Annual Koa Anvil Awards, hosted by the Public Relations Society of America Hawaii Chapter on July 26, 2012. Olomana Marketing produced the award-winning PSA. The PSA may be viewed on YouTube at <http://youtu.be/h3M2OwAlQaE>

The PSA was part of SMP Hawaii's media campaign to boost its volunteer force. The U.S. Administration on Aging and the Centers for Medicare and Medicaid Services recognized that campaign with an "Innovation in Program Capacity Building and Outreach Award," presented to SMP Hawaii at the 2011 SMP National Conference in Washington, D.C. (See HPGS Quarterly Newsletter, Volume 22, Issue 3, September 2011).

On August 15, 2012, at the SMP Regional Conference in Denver, Colorado, the Administration for Community Living presented a Certificate of Award to one SMP in each of Regions VIII, IX, and X. For Region IX, which comprises the SMPs in Hawaii, California, Nevada, Arizona, and Guam, SMP Hawaii received the Certificate of Award for "Outstanding Outreach Strategies to Hard to Reach Populations." Those strategies included outreach to limited English proficient Ilokano-speaking Filipino Medicare beneficiaries through Medicare Fraud Prevention Town Hall Meetings on Kauai, Lanai, Maui, and Hawaii; translations of Medicare fraud prevention print materials; and media outreach through PSAs on KNDI 1270 AM Radio. The State Office on Language Access was the primary partner in the endeavor. Hawaii's Area Agencies on Aging and Filipino Community Councils also participated.

The Senior Medicare Patrol is a program established by federal law in 1997 and funded by a grant from the U.S. Administration for Community Living. Hawaii's SMP is based in the State Executive

(continued on page 2)

Office on Aging. HPGS members Adele Ching is the SMP coordinator and Laurie Paleka is the SMP assistant and coordinator of volunteers.

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 to correct billing errors. In a breakout session at the 2010 HPGS Conference, SMP Hawaii presented a panel of state and federal authorities that investigate Medicare and Medicaid fraud.

For more information about SMP Hawaii, go to <http://www.smphawaii.org/>

For more information, contact:

Adele Ching

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Coordinator, SMP Hawaii

Phone: (80) 586-7281

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Koa Anvil Award

Olomana Marketing presents the Koa Anvil Award to SMP Hawaii at the Executive Office on Aging.

Left to right: Carissa Langley (Olomana Marketing), Laurie Paleka (EOA/SMP), Dustin Cook (Olomana Marketing), Adele Ching (EOA/SMP), and Anna Cwirko-Godycki (Administration for Community Living). Adele holds the 2011 award from the Administration on Aging and the Centers for Medicare and Medicaid

Services that recognized SMP Hawaii's media campaign.



Outreach to Hard to Reach Populations

SMP Hawaii returns from the 2012 SMP Regional Conference in Denver, Colorado, with a Certificate of Award from the Administration on Community Living for outstanding outreach to limited English proficient populations. Left to right: Laurie Paleka (EOA/SMP), Serafin Colmenares, Ph.D. (Office of Language Access), Adele Ching (EOA/SMP), and Wes Lum, Ph.D. (EOA).

Message From the HPGS President



2012 has flown by! I can't believe my term as your President is coming to an end. Thank all of you for the opportunity to serve HPGS over the last year. This experience, paired with involvement in this year's Biennial Conference, has re-opened my eyes to the important crossroads we are at with our fast growing aging population in Hawaii. We must make a commitment to each other to continue to develop and follow a path that ensures accessibility and quality for all as we age.

It has been a pleasure working with the various members, committees, Board members and Officers as I have experienced the strong volunteer commitment that goes into ensuring that the HPGS mission is carried out and fulfilled.

To the Officers, Board members and volunteers-special thanks to all of you for your commitment and support. I am so grateful to have worked alongside of you. Thank you to **Dawn Meaney** (Past President/Fundraising), **Shannon Miyazaki** (Secretary/Conference), **Kyle Yanabu** (Treasurer/Fundraising), **Felicia Marquez-Wong** (President Elect/Programs & Continuing Education/Nominations), **Christy Nishita** (Member-at- Large/Programs & Continuing Education), **Michiyo Tomioka** (Member-at- Large/Publicity), **Earl Bradbury** (Member-at- Large/Communication/Website, Membership), **Merlita Compton** (Member-at- Large/Publicity), **Tony Lenzer** (Member-at- Large/Scholarship), **Dane Marcouiller** (Member-at- Large/Communication/Website), and **Tony Wong** (Member-at- Large). I would also like to acknowledge and thank **Michelle Sagucio** for managing the newsletter and email blast communications.

Congratulations to Shannon Miyazaki and her Conference Committee on developing, planning and executing a truly effective and meaningful Conference. This team set the bar high and it is my hope that we are able to deliver the same caliber in 2014!

Please join us at our December Quarterly Meeting on December 5th at the Jade Dynasty Seafood Restaurant as I pass the baton on to next year's President, **Felicia Marquez-Wong**, and she installs her new 2013 Board of Directors and Officers.

Have a safe and happy holiday season!

Mahalo,
Suzie Schulberg

Pictures From 17th HPGS Biennial Conference: Transforming Hawaii's Aging Future: Innovate, Integrate, and Invigorate



Keynote Speaker: Dr. Jeannette Takamura



Dr. Kathryn Braun and International Attendees



Long-Term Care Segment

*Lunch**Lively Breakout Session*

HPGS Quarterly Meeting

HPGS Members, Friends, and Colleagues, please join us. We will meet our new Board Members and bid aloha and mahalo to our out-going Board Members at our next HPGS Quarterly Meeting on

**Wednesday, December 5, 2012
11:00 a.m.**

**Jade Dynasty Seafood Restaurant
Ho'okipa Terrace, Upper Level 4
Ala Moana Center, 1450 Ala Moana Boulevard**

Parking is free. SE Parking on 4A is the closest to the restaurant.
Cost: \$15.00

Lunch will include 3 types of dim sum: shrimp dumplings, steamed dumplings, seafood bean curd rolls; mixed seafood with tofu soup; string bean with pork and chili sauce; stir-fry noodle, and mango pudding.

Please RSVP to
FMarquezWong@stfrancishawaii.org
by November 14, 2012.

Pre-payment by check to HPGS will confirm your reservation. Please mail your check for \$15.00 payable to HPGS by November 21, 2012:

HPGS
P.O. Box 3714
Honolulu, Hawaii 96812

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 December 2012 issue to hpgs.hawaii@gmail.com by December 15, 2012. 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.

LOCAL AND NATIONAL NEWS

St. Francis Intergenerational Center in Ewa Villages Will Open in January 2013

Submitted by: Nathan Hokama



West Oahu residents will soon have one convenient location for both adult day care and preschool when the new St. Francis Intergenerational Center in Ewa Villages opens in January 2013. The \$8 million project, which broke ground in March 2012, is now in the final stages of construction.

“It has been a year of hard work and it’s exciting to see everything coming to fruition,” said Sister William Marie Eleniki, OSF, President of St. Francis Healthcare Foundation, which raised the capital for this project and other programs and services of St. Francis Healthcare System of Hawaii.

Funding for the St. Francis Intergenerational Center came from The Harry & Jeanette Weinberg Foundation, Inc., Community Development Block Grant funds from U.S. Department of Housing & Urban Development through the City & County of Honolulu, State of Hawaii Grant-In-Aid funds, and

other generous private donations.

When completed, the St. Francis Intergenerational Center will feature four preschool classrooms, an adult day care activity room with separate room for relaxation, a kitchen, and lanai, all on one story and under one roof. Coastal Construction is the project’s general contractor.

The adult day care center, which will be nearly 4,000 square feet, will be able to comfortably accommodate up to 42 participants per day. The nearly 5,000-sq.-ft. Montessori-type preschool has the capacity to serve 92 children from ages 3 to 6 years old to prepare them for kindergarten.

Although the two programs will operate separately, the proximity of the adult day care and preschool will create opportunities for intergenerational interaction. Modeled after the intergenerational programs at Franciscan Adult Day Center in Manoa, another program of St. Francis Healthcare System, the new St. Francis Intergenerational Center will offer shared activities, including cultural celebrations, art and music that transcend the age differences of the participants.

“The Sisters of St. Francis are committed to identifying the needs within the community and meeting those needs,” said Jerry Correa, President and Chief Executive Officer for St. Francis Healthcare System. “Less than 20 years from now, 20 percent of Oahu residents will be age 65 years old or older. In anticipation of our aging population, we’re investing in infrastructure to meet the growing demand for these services. We’re raising the bar in quality care and convenience for West Oahu residents, who can drop off grandparents and their children in a single location before they head off to work.”

The adult day care will offer supervised support and assistance with activities of daily living for seniors who need some kind of assistance and cannot be left safely at home alone. Caregivers under stress from 24/7 care giving of a family member may also welcome St. Francis Intergenerational Center for respite.

For more information or to request an application for the preschool or adult day care, call 547-6500.

St. Francis Healthcare Foundation of Hawaii Awarded \$5.3 Million Grant for Three-Year Telehealth Project

Submitted by: Nathan Hokama

Admissions to hospitals and emergency room visits can be costly for patients and create emotional turmoil for families. With healthcare reform, patient readmissions can also be costly for hospitals. The good news: a newly funded local project is seeking to lower the likelihood of these occurrences to enhance the quality of life for Hawaii's patients. Based on the track record of previous projects that were led by veteran medical researcher Steven Berman, MD, this new project is very promising.

St. Francis Healthcare Foundation of Hawaii has been awarded \$5,299,706 for a three-year telehealth project from the U.S. Department of Health and Human Services to monitor high-risk patients with complex health needs at home to prevent hospitalizations and emergency room visits.

The project is one of three in the state selected to receive funding from the Health Care Innovation Award program, established under the Affordable Care Act. The program encourages the development of new delivery or payment models to improve access to quality care and patient outcomes, while lowering healthcare costs. Hawaii received a total of \$23 million in Health Care Innovation Award grants.

“We’re always looking for new, innovative ways to help Hawaii’s elders and those with chronic conditions, so this project is important to St. Francis Healthcare System as a home and community based provider,” said Sister William Marie Eleniki, OSF, President of the St. Francis Healthcare Foundation of Hawaii. “We’re delighted to be continuing our long-standing partnership with Dr. Berman.”

Dr. Berman brings extensive experience in research and clinical care for Hawaii’s vulnerable populations. He currently serves as Principal Director of H.O.P.E. Project (Home Outreach Program for Eldercare) in collaboration with the St. Francis Healthcare Foundation, and prior to that served as served as Principal Investigator for a Renal Database Project with St. Francis Medical Center from 2001 to 2006. Dr. Berman also served as Director of Infection Control and Epidemiology for Saint Francis Medical Center from 1994 to 2005.

He also received grants for two other major projects for which he served as Principal Investigator. One project involved a study of dialysis patients to predict the risk of hospitalization and the other assessed the impact on the economic and quality of life of high-risk patients and their caregivers using remote technologies, the later of which is a four-year project that will be completed this year.

“We’ve been able to demonstrate that integrating technology with clinical care is empowering for patients as they take ownership of their own health and change their behaviors to reduce the number of hospitalizations and emergency room visits,” Dr. Berman said. “We’re building upon our pilot project that worked with high-risk dialysis patients and are excited to be taking our research to a new level.”

In past studies led by Dr. Berman, hospitalizations and emergency room visits dropped by 40 percent in the telehealth intervention group compared to a control group. Dr. Berman hopes to take this same methodology and model of care and replicate the results with two other high-risk groups: outpatients with complex health needs and patients discharged from hospitals who have been diagnosed with heart failure, pneumonia, or acute myocardial infarction.

The program involves a physician-directed plan of care that includes having the patients monitor their blood pressure or blood glucose levels on a daily basis. These measurements are uploaded automatically via telehealth equipment and reviewed by a nurse. If there are any measurements that are outside of the normal range, a nurse will contact the patient to arrange for a consultation with

the physician. This allows immediate intervention rather than waiting for a patient’s next scheduled office visit or having a patient show up in a hospital emergency room. The project is estimated to save about \$10.4 million in health care costs over the three-year period.

For this new project, Dr. Berman is partnering with the Hawaii Medical Service Association (HMSA), which covers more than 600,000 lives, including 150,000 Medicare Advantage subscribers and Medicaid patients, and the Hawaii State Health System Corporation (HSHSC), the state’s hospital system that includes rural, underserved areas of Oahu and the neighbor islands, and whose patient base is composed of about 60 percent Medicare and Medicaid patients.

If you would like to learn more about this project, call Tamami Harada, Research Administrative Assistant at (808) 547-6761 or the St. Francis Healthcare Foundation at 547-8030.

The Medicare Age Is Still 65

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

If you’re in your sixties, you probably know that the age to receive full retirement benefits has changed. But it’s important to remember that the age to begin receiving Medicare has not — it is still 65. Even if you have decided to wait until after you are age 65 to apply for retirement benefits, most people should start getting Medicare coverage at age 65.

If you would like to begin your Medicare coverage when you first become eligible, we suggest that you apply within three months of reaching age 65. You can do it online in as little as 10 minutes at www.socialsecurity.gov/medicareonly.

At the website, you’ll find more than just the online Medicare application. You’ll also find information about Medicare, and have the opportunity to watch some short videos about applying for Medicare

online. One is a family reunion for the cast of *The Patty Duke Show*. In another, Patty Duke and George Takei go boldly where *you* should be going — online.

Why go online to apply for Medicare? Because it’s fast, easy, and secure. You don’t need an appointment and you can avoid waiting in traffic or in line. As long as you have ten minutes to spare, you have time to complete and submit your online Medicare application.

People who started receiving Social Security retirement or disability benefits before age 65 do not need to apply; they will be automatically enrolled in Medicare.

There is no additional charge for Medicare hospital insurance (Part A) since you already paid for it by working and paying Medicare tax. However, there is a monthly premium for medical insurance (Part B). If you already have other health insurance when you become eligible for Medicare, you should consider whether you want to apply for the medical insurance. To learn more about Medicare and some options for choosing coverage, read the online publication, *Medicare*, at www.socialsecurity.gov/pubs/10043.html or visit www.Medicare.gov.

To learn more about applying for Medicare Only using the online application, please visit www.socialsecurity.gov/medicareonly.

Electronic Payments: The Best (and Soon Only) Way To Get Your Benefits

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

Chances are, if you receive Social Security benefits, Supplemental Security Income (SSI), or any federal payment, you receive it electronically. More than 90 percent of people getting monthly Social



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Security benefits already receive electronic payments. If you don't yet, that's about to change.

There is a U.S. Department of Treasury rule that does away with paper checks for most federal benefit and non-tax payments by March 1, 2013. With a few exceptions, this mandate includes Social Security, SSI, Veterans Affairs, Railroad Retirement Board, Office of Personnel Management benefits, and other non-tax payments.

People required to switch have the option of direct deposit to a bank or credit union account or they can have their monthly payment directed into a Direct Express® debit card account (Treasury's debit card program). Please visit www.godirect.org to learn more.

So, why the push for electronic payments instead of paper checks received in the mail? There's a list of reasons an electronic payment is better than an old-fashioned paper check.

- It's safer: no risk of checks being lost or stolen;

- It's easy and reliable: no need to wait for the mail or go to the bank to cash a check;
- It saves taxpayers money: no cost for postage and paper and printing; Treasury estimates this will save taxpayers \$1 billion over 10 years; and
- It's good for the environment: it saves paper and eliminates the need for physical transportation.

If you still get your check in the mail, don't wait for the new rule to go into effect next year— sign up for electronic payments now. Please visit www.godirect.org today and begin getting your Social Security and SSI payments the safe, easy, reliable way — electronically.