



“Creating a better Hawaii for our elders”

HPGS Quarterly Newsletter

Volume 25, Issue 2

September 2014

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HPGS 18th Biennial Conference:
“Imagine 2030...”
Mobilizing our Communities Across Generations”

September 29, 2014 – September 30, 2014
Hyatt Regency Waikiki Beach Resort and Spa

For more information and to register for the conference, visit our website at www.hpgs.org

HPGS 18th Biennial Conference Features Special Falls Prevention Track!

This year's conference features a special Falls Prevention Track consisting of four outstanding and informative sessions. Please visit <http://hpgs.org/advocacy-outreach.htm> for more details about each session.

Falls Prevention Track: Polypharmacy - The Relationship of Falls and Medications

Dr. Shari Kogan

Falls Prevention Track: Implementing What Works

Moderator BJ Tang- Straub; Panelists, Wes Lum-EOA, Cora Speck-Queens, Mike Hirano-Project Dana, Cullen Hayashida-KCC Kupuna Program

Falls Prevention Track: How to Integrate Tai Chi into your Program or Community

Master Trainer Ileina Ferrier

Falls Prevention Track: Quick & Easy Tips to Fall Proof and Help the Emotional Dynamics of the Elder Residents

David Nakamaejo, Michael Dowell

The conference is less than 30 days away! We look forward to seeing you there!

Message From the HPGS President

Greetings, HPGS Members!

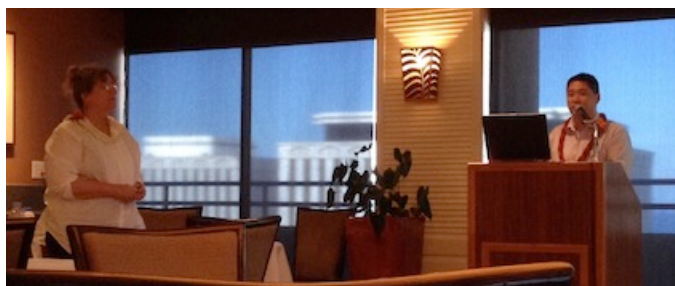
WOW - 2014 is flying by! During the annual Board of Directors Retreat on February 22nd, the Board was unanimous in their commitment to *adding value to HPGS membership*. This would be exemplified through monthly events, information sessions, networking opportunities, and continuing to support students pursuing careers in gerontology via scholarships.



Since the retreat, it has been a busy year! On March 19th, HPGS, along with the Executive Office on Aging, Hawaii Family Caregiver Coalition, St. Francis, 15 Craigsides, and the National Association of

Social Workers Hawaii Chapter, co-sponsored a special presentation by award-winning author **Frances Kakugawa**, called “The Art of Caregiving for Someone with Memory Loss.”

On May 28th, HPGS featured “Hawai`i 2025: State Plan on Alzheimer’s Disease & Related Dementias.” **Wes Lum**, PhD, Director, Executive Office on Aging, and **Jody Mishan**, Coordinator, Hawaii 2025: State Plan on Alzheimer’s Disease & Related Dementias, provided an overview of the State Plan on Alzheimer’s Disease & Related Dementias, including the recommendations, five goals, and most importantly, the next steps for implementation. Thank you to The Plaza Assisted Living for sponsoring this event!



On June 18th, HPGS held a fundraiser with California Pizza Kitchen at Ala Moana. The money raised allows HPGS to support local gerontology initiatives, events, and scholarships. Thank you VERY much to those who participated and contributed to this fundraiser!

On July 8th, Michiyo Tomioka, Board Secretary, and I, traveled to Kauai for the annual HPGS Neighbor Island Quarterly Meeting. “Safe Today, Healthy Tomorrow” was presented by **Rachelle Bachran**, MS, Public Health Educator IV, Chronic Disease Prevention, Health Education Division, Department of Health, Kauai District Health Office. It was so nice to meet and reconnect with HPGS members and colleagues on Kauai! Special ‘MAHALO’ to **Kealoha Takahashi**, **Charlyn Nakamine**, and **Rachelle Bachran** for their assistance in coordinating this meeting!



Our next HPGS event is the 18th Biennial Conference! If you have not already done so, please visit www.hpgs.org to register for “Imagine 2030 - Mobilizing Our Communities Across Generations.” This year’s conference will be held on September 29th-30th, at the Hyatt Regency Waikiki Beach Resort & Spa.

As always, we look forward to meeting and seeing you at HPGS events throughout the year. We also encourage you to invite your friends and colleagues. If you have any feedback, suggestions, questions, or concerns, please feel free to contact me at smiyazaki@plazaassistedliving.com.

Sincerely,
Shannon Miyazaki
HPGS President

Call for HPGS Newsletter Articles

Continue to send in your newsletter articles and pictures! Please e-mail announcements, short articles (3-5 paragraphs long), or pictures (including captions) that may be of interest to individuals in the gerontology community that you want to include in the HPGS November 2014 newsletter to hpgs.hawaii@gmail.com by November 10, 2014. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.

LOCAL NEWS

Hale Mahaolu Ewalu

*Submitted by: Stacey Fukuda,
Development Assistant at Hale Mahaolu
in Kahului, Maui*



Ewalu is Hale Mahaolu's newest senior residential housing project and is currently in the process of being developed in the Kulamalu Town Center in Kula, Maui. The project spans approximately 4 acres and will provide 60 units of much needed affordable housing for our island kupuna. In addition to residential housing, Hale Mahaolu Ewalu will also include a day care facility operated

by Maui Adult Day Care Center (MADCC). This will be MADCC's sixth location and is conveniently located to help serve upcountry residents by providing a social daytime therapeutic program.

Similar to Hale Mahaolu's other housing sites, this project strives to create a safe and pleasant comprehensive living environment complete with a senior center, salon, and office spaces designated for additional senior support services.

For more information about Hale Mahaolu and the upcoming Ewalu senior residential housing project, please visit www.HaleMahaolu.org.

A Summary of Eric Dishman's Talks Earlier This Year

*Submitted by: Karen Ly,
University of Hawaii MSW student*



Eric Dishman describes himself as well experienced in the roles of a patient, caregiver, and patient advocate. His talk focuses on how technology can help change practices concerning aging and health care. Coining global aging as "the other inconvenient truth," the current system of care grounded in a two-hundred year mainframe model of providing health care will not be able to sustain or respond to the needs of the growing aging population. By 2017, the world will reach a crossover point, at which the number of individuals

over the age of 65 will exceed the number of individuals under the age of 5-years old advancing in irreversible growth trend. The issues spawned by global aging pose drastic threat to the economic viability and sustainability of each and every society. As members of the aging population begin to leave the workforce and enter retirement, the disparity in ratio of younger workers replacing them will place greater strain on limited resources. Countries on a macro level will encounter increase in health care costs and economic debt, greater pension responsibilities, and lack of health care workers to meet demands as well as increased burden on caregivers in rising proportions.

In order to address the concerns associated with an increasing aging population and the infrastructures and systems established within current society that will be unable to support their needs, Dishman proposes Intel’s “Shift Left” strategy. Dishman emphasizes the need to shift from the traditional paradigm of “healthcare as usual” which occurs in an expensive centralized hospital to a prevention and team-based model framework that utilizes simple and cost-effective aging-in-place technologies fostering independent living and care at home. “Shifting left” from this mainframe model of health care heavily invested on institutional care like hospitals and nursing homes from highly specialized human capital like doctors and nurses will require “place shift,” “skill shift,” and “time shift” as described by Dishman. Place shifting delineates care that can be managed using lower cost facilities and using hospitals only for treatment of chronic illnesses. “Skill shifting” to offset the burden and responsibilities of doctors and nurses to “new care worker” invented positions with multidisciplinary skills bases. “Time shifting” from a 200-year old paradigm based mainframe model of healthcare to an alternative model system of care that is sustainable and scalable to meet the needs of an aging population that will quadruple in size by 2050.

Intel with Dishman at the forefront has researched and worked to implement delivery reforms utilizing health care and personal technologies to shift care from hospitals to homes to foster independent living. Dishman has assisted over two dozen

countries on the significance of investment in the market and technologies for the aging as well as the growing need for changes in policy and the system of providing health care. Success of Intel’s Shift Left strategy and Dishman’s Personal Health Model (“care networking, care customization, and care anywhere”), will depend greatly on the use of the telehealth system, in which everyday technologies will be used as health monitoring devices. These devices will track daily patterns and trend lines to measure changes in vitals, behaviors, and physical activity. The data will then be sent to the patient’s primary care physician to assess with the ultimate goal of early detection, fostering greater understanding of the patient’s individual condition and improve their overall quality of life.



Global aging is driving every country to explore how to cut health care costs while improving quality and access. As mentioned, while multibillion dollar investments from countries all over the world are expended toward the “invention of a 21st century health care system,” the market in the United States is lagging behind in comparison. Currently, there exists global competition to create the first grid, the IP, know-how, and service models to support technologies for the aging. Challenges associated with implementing this system focus on lack of infrastructure devoted to computing and analytical capacity. In addition, there lack incentives for physicians and health care institutions to adopt these technological systems. Dishman proposes that we use the installed base of information and communication technologies that we already use like our smart phones and fiber optics to change the way we “do care.” Companies should not compete

and waste human resources on building expensive technologies but should work to collectively pay for infrastructure. Dishman advocates for open vendors and software companies to work together and build on a viable open care network and platform.

In Dishman’s long career focused on research and implementation of technologies to improve the quality of life for the growing proportion of individuals over the age of 60, greater success and reform has been garnered in Asia and the European Union than has been established in the United States. Hawaii has been described to have a unique and potentially powerful role in spearheading the development of “the age-friendly cities initiative” within the United States. Dishman highlights the state’s strategic advantages of its small size and capacities in pulling in key individuals and leaders into one meeting. In addition, Hawaii’s location and diverse population characteristics establish the state as a “gateway to Asia.”

NATIONAL NEWS

September Health News



Submitted by:
James Mariano,
HPGS member in Wailuku, Maui

Did you know that September is Healthy Aging month? There’s so much that we can do (many of them, small choices) to live healthy lives. Preventing falls and managing our medications are just two of them.

September 23 is National Fall Prevention Awareness Day. It seems fitting that the first day of fall *is* recognized as Fall Prevention Awareness Day. The consequences of falling aren’t great. The National Council on Aging (www.ncoa.org) has

wonderful resources (toolkit, media, etc) online that are readily available for you to use and share with others. Check it out. Also, the Hawaii State Department of Health has 2 short video segments about falls awareness on its website:

health.hawaii.gov, search ‘Injury Prevention and Control Section.’ HPGS also has a track on falls prevention at this year’s conference which is very exciting.

Sept 27 is National Prescription Drug Take Back Day. What to do with all those expired medications and or supplements? Turn them in to a designated site. Search “National Drug Take Back Day” online. The Office of Diversion Control (under the U.S. Dept of Justice, Drug Enforcement Agency Division) has set up a website with a listing of collections nearest you. No questions will be asked. It’s just one way to ensure that these items don’t end up in our landfills, oceans and water sources. Also, it lessens the chances of others getting a hold of your prescriptions. It doesn’t end there. October is national Talk About Prescriptions Month. Your neighborhood pharmacist can assist with your questions and concerns. There’s always a need to keep our minds on top of these things.

“Social Security Board of Trustees: No Change in Projected Year of Trust Fund Reserve Depletion”

News Release shared by: Jane Yamamoto-Burigsay,
Social Security Public Affairs Specialist in Hawaii

The Social Security Board of Trustees today released its annual report on the long-term financial status of the Social Security Trust Funds. The combined asset reserves of the Old-Age and Survivors Insurance, and Disability Insurance (OASDI) Trust Funds are projected to become depleted in 2033, unchanged from last year, with 77 percent of benefits still payable at that time. The DI Trust Fund will become depleted in 2016, also unchanged from last year’s estimate, with 81 percent of benefits still payable.

In the 2014 Annual Report to Congress, the Trustees announced:

- The combined trust fund reserves are still growing and will continue to do so through 2019. Beginning with 2020, the cost of the program is projected to exceed income.
- The projected point at which the combined trust fund reserves will become depleted, if Congress does not act before then, comes in 2033 – the same as projected last year. At that time, there will be sufficient income coming in to pay 77 percent of scheduled benefits.
- The projected actuarial deficit over the 75-year long-range period is 2.88 percent of taxable payroll -- 0.16 percentage point larger than in last year's report.

"The projected depletion dates of the Social Security Trust Funds have not changed, and three-fourths of benefits would still be payable after depletion. But the fact remains that Congress can ensure the long-term solvency of this vital program by taking action," said Carolyn W. Colvin, Acting Commissioner of Social Security. "The Disability Insurance Trust Fund's projected depletion year remains 2016, and legislative action is needed as soon as possible to address this financial imbalance."

Other highlights of the Trustees Report include:

- Income including interest to the combined OASDI Trust Funds amounted to \$855 billion in 2013. (\$726 billion in net contributions, \$21 billion from taxation of benefits, \$103 billion in interest, and \$5 billion in reimbursements from the General Fund of the Treasury—almost exclusively resulting from the 2012 payroll tax legislation)
- Total expenditures from the combined OASDI Trust Funds amounted to \$823 billion in 2013.
- Non-interest income fell below program costs in 2010 for the first time since 1983. Program costs are projected to exceed non-interest income throughout the remainder of the 75-year period.

- The asset reserves of the combined OASDI Trust Funds increased by \$32 billion in 2013 to a total of \$2.76 trillion.
- During 2013, an estimated 163 million people had earnings covered by Social Security and paid payroll taxes.
- Social Security paid benefits of \$812 billion in calendar year 2013. There were about 58 million beneficiaries at the end of the calendar year.
- The cost of \$6.2 billion to administer the program in 2013 was a very low 0.7 percent of total expenditures.
- The combined Trust Fund asset reserves earned interest at an effective annual rate of 3.8 percent in 2013.

The Board of Trustees is comprised of six members. Four serve by virtue of their positions with the federal government: Jacob J. Lew, Secretary of the Treasury and Managing Trustee; Carolyn W. Colvin, Acting Commissioner of Social Security; Sylvia M. Burwell, Secretary of Health and Human Services; and Thomas E. Perez, Secretary of Labor. The two public trustees are Charles P. Blahous III and Robert D. Reischauer.

The 2014 Trustees Report is posted at www.socialsecurity.gov/OACT/TR/2014/

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Day 1 Keynote



**"Age-Friendly Cities:
Livable Communities
For All Generations"**

Jeannine English, CPA, MBA
President, AARP

Day 1 Featured Speaker



"Age-Friendly Cities"

Mayor Kirk Caldwell
City & County of Honolulu

Day 2 Keynote



**"Lessons in Aging: A
Global Perspective"**

Kate Bunting
CEO, HelpAge USA

Day 2 Featured Speaker



**"Unleashing the
Potential of All
Generations in an
Age-Intentional World"**

Donna Butts
Executive Director,
Generations United

Day 2 Featured Speaker



**"Dementia Friendly
Communities"**

Michael Splaine
CEO, Cognitive Solutions LLC



This year's Conference centers around three areas of focus: **Improving Health**, such as healthy living, disease prevention, healthcare delivery systems, caregiving, and health technology; **Strengthening Economies**, such as economic security, work and leisure activities, business, Innovation, education and training; and **Enabling Community**, such as family support, intergenerational exchange, volunteerism, community well-being, policy and advocacy, and a sustainable environment.

Day One highlights AARP's and the World Health Organization's efforts to create "Age-Friendly Communities" by working with communities across the United States to encourage and promote age-friendly planning and policies. Our Keynote Speaker is AARP National President, Jeannine English who will be joined by Honolulu Mayor Kirk Caldwell. Honolulu has signed on to become an Age Friendly Community.

Day Two features Keynote Speaker, Kate Bunting, the newly named CEO of HelpAge USA, along with Donna Butts, Executive Director of Generations United and Michael Splaine, CEO of Cognitive Solutions LLC. Day Two will conclude with an "Imagine 2030" Brainstorming Session facilitated by Lily Bloom Domingo.

This year HPGS is collaborating with the Falls Consortium to offer a special "Falls Track" on Day One focusing on interventions that reduce the incidence and severity of fall injuries among older adults in Hawaii.

**For more information and to register,
visit www.hpgs.org**



hawaii pacific gerontological society