



hawaii pacific gerontological society

Volume 38, No. 9

September 2017

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HPGS members are welcome to submit articles of interest, pictures and articles from events, notices of job openings, committee reports, etc. Please submit your article and/or picture by the second Monday of every month to Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com.

PRESIDENT'S MESSAGE



PERCY IHARA, PRESIDENT

This month your HPGS board has been very active in planning the rest of 2017. We have a number of activities coming up in November, so hold onto your laptops and smart phones.

First off, we have our September webinar next **Thursday, September 28th** and it is a good one! I personally, and am sure like you in the field, receive many questions about post acute care from families all the time. Tyrus Lefler, LHNA and Jon Canella, MSW, currently work with Hawaii's families, hospitals, nursing centers, care homes, assisted living and retirement communities to provide care to those needing a

higher level of care. The goal is to "do the right thing" by providing the care and tools needed to transition their residents and patients back to a life as normal as possible.

The **Thursday, October 26th** webinar will be on how to finance long term care with one of Hawaii's leading experts in this field, Certified Financial Advisor, Michael Yee. Don't forget all our past webinars are posted on the HPGS.org website for viewing at your own time. These webinars are open to the public; so tell your co-workers, friends and families.

There will be two HPGS events in November, when we will be partnering with the non-profit Faith Action In Community Equality (FACE) to sponsor an event for the caregiving community where we will be showing the documentary movie "Care" and having a panel discussion with experts in the field on caregivers. The event will be at the Catholic Charities Keeaumoku Campus on **Saturday, November 11th** from 9-11am. The second event will be an HPGS Scholarship Fundraiser to honor Dr. Anthony Lenzer on **Monday, November 15th** at Kahala Nui from 5:30pm to 8:00pm.

Lastly, the HPGS Board would like to thank **Martha Khlopin** for her dedication over the past year and accepted her resignation due to a very busy work load, which includes her popular Medicare Moment with Martha radio show. Please contact Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com if you would like to volunteer as a Board member.

MISSION STATEMENT

The mission of the Hawaii Pacific Gerontological Society shall be to provide professionals and students in the field of aging with vital information, workshops, networking, and scholarships to enhance the gerontology workforce, to support the creation of needed policies and programs, and to deliver excellent service to the aging population in Hawaii and the Pacific.

WELCOME NEW HPGS MEMBERS

Individual Member

Chris Prendergast
Hope Young

Company Member

Captain Cook Coin Co. of Hon.

P. O. Box 29933
Honolulu, HI 96816
Phone: 808-531-2702
Email: captaincookcoin@aol.com
Website: captaincookcoin.com

Care Sift

Haziel Mitchell
47-740 Hui Kelu St, #2
Kaneohe, HI 96744
Phone: 808-279-3144
Fax: 855-279-3144
Email: haziel.mitchell@gmail.com
Website: caresift.com

Caregivers Heart Hawaii

Sharalyn DeMonte
91-1121 Keanu Drive, #108 PMB 193
Ewa Beach, HI 96706
Phone: 808-425-5101
Email: kuunani@caregivershearhawaii.com
Website: <http://www.caregivershearhawaii.com>

Emeritus College

Farah Doiguchi
874 Dillingham Blvd
Honolulu, HI 96817
Phone: 808-845-9451
Email: farah@hawaii.edu
Website: pcatt.org/emeritus

GymGuyz Urban Honolulu

Debbie Kim Morikawa
2131 Hunnewell Street
Honolulu, HI 96822
Phone: 808-295-1163
Email: debbie.kim.morikawa@gymguyz.com
Website: www.gymguyz.com/urban-honolulu/

Myles Dias Fitness Hawaii LLC

Myles Dias
444 Lawelawe Street
Honolulu, HI 96821
Phone: 808-358-1670
Email: mylesdiasfitness@gmail.com
Website: www.futureofseniorfitness.com

AGING AND DYING WITH DIGNITY

Adults are increasingly interested in learning about issues and choices surrounding aging and the end-of-life. Life expectancy in the 21st Century has reached levels never seen before, bringing unique challenges and opportunities. And, despite the universality of death, the inventions of new technologies and political circumstances have created more ambiguities regarding the definition of death, and how to deal with the dying. These conflicts have increased the need for more informed decision-making regarding end-of-life issues. Individuals who make an effort to learn about the options may be in a better position to influence events in their own lives and those of their loved ones. In this course, we will: 1) discuss and clarify options regarding aging, dying, and end-of-life issues, 2) provide information and discuss our experiences in the areas of elder care, hospice care, financial matters, long term care, advanced directives, POLSTs, and 3) review, discuss, and make decisions regarding advanced care planning options.

- **Instructors:** Tony Lenzer, Prof. Emer., UHM Public Health; and Joel Merchant, Sociologist, Consultant
- **Dates:** Wednesdays, Oct. 4, 11, 18, 25, Nov. 1, 2017
- **Time:** 10 am to Noon
- **Location:** Krauss 112
- **Enrollment Limit:** 15

Interested people can call OLLI at 956-8224 or email mandryk@hawaii.edu.

AARP EVENTS

Saturday, 9/30/17 from 1 PM to 4 PM

AARP Think of Your Future Workshop

Ho'omaluhia Botanical Garden
45-680 Luluku Rd, Kaneohe, HI
Cost: Free

Register: <https://aarp.cvent.com/future9-30>
or toll free 1-877-926-8300

Description: Learn about 10 Steps to Get Ready for Retirement, Social Security Retiree Benefits, and Medicare basics at this free workshop to help people plan for the future. Session is facilitated by trained volunteers and includes no sales or promotions.

Saturday, 10/14 at 9:00 AM to 2:30 PM

Women and Money: Secure Your Future

Kaunoa Center in Sprecklesville
401 Alakapa Place, Paia, HI 96779
Cost \$5. Lunch will be provided. Feel free to bring your own if you have dietary restrictions.

Register at aarp.cvent.com/women10-14 or call 1-877-926-8300.

Description: On average, women live longer, make less money, and leave work more often to care for children and parents. Learn how to address these unique challenges. Join other women in a supportive learning environment. Get information you want to make smart, fact-based financial decisions to plan your future. Choose from 8 workshop topics.

MEDICARE 101



With the support of Kaiser Permanente, HPGS offered a "Medicare 101" workshop on Wednesday, August 30th at 801 South Street's meeting room. Although a small and intimate group, Kaiser's Charina Masatsugu did a great job in the presentation and answering many questions from under 65, almost 65, and over 65 attendees. What a great learning experience for those who knew nothing about Medicare. HPGS hopes to do similar workshops for its members and families - keep an eye out in future monthly HPGS newsletters.

HADI SPEAKERS BUREAU

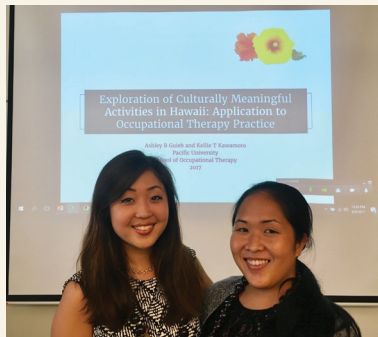
The University of Hawaii Center on Aging's (UH COA) Hawaii Alzheimer's Disease Initiative (HADI) is a federal grant from Administration for Community Living given to UH COA to increase services and supports for persons living with memory loss and their caregivers, and to increase dementia-capability in our state.

As part of the grant activities, HADI has a Speakers Bureau with dementia-related topics, available for associations, businesses, groups, organizations and educational venues.

Topics include: Palliative Care for Persons Living with Advanced Dementia; Hospice and Dementia; The Grief Journey of Caregiving and Dementia; Caregiver Self-Care; Advance Care Planning for Persons with Memory Loss: The Conversation; Brain Health & Risk Factors for Dementia; Non-Medication Strategies for Dementia Behaviors; Planning for Incapacity: Legal Issues and Memory Loss; Long-Term Care Financing Options to Plan for Incapacity.

For inquiries, please contact Jody Mishan at jmishan@hawaii.rr.com or call (808) 295-2624.

HPGS MEMBER NEWS



Ashley Guieb and Kellie Kawamoto recently graduated as Doctors of Occupational Therapy from **Pacific University** in Hillsboro, Oregon. Their capstone project addresses the issue of health and health care disparities among racial and ethnic minorities in the United States. This issue is personal to them because they both identify as ethnic minorities that were born and raised in Hawaii. Their project aimed to increase awareness and educate our colleagues and

the larger public on the cultural values, beliefs, and issues related to health and health care of various ethnic groups that are prominent in Hawaii.

Despite significant improvements in the overall health of the nation, racial and ethnic minority populations continue to experience a vast amount of health and healthcare disparities. The purpose of their paper was to (1) review health care disparities experienced by ethnic and racial minority populations, (2) explore how occupational therapy has the potential to limit health care disparities by addressing cultural factors throughout the occupational therapy process, and (3) describe how information gathered from a capstone project which explored culturally appropriate services in senior communities in Hawaii can be implemented into occupational therapy practice. The end product of the capstone project was an educational manual to assist occupational therapy practitioners in delivering client-centered and culturally relevant care. Information was gathered by employing a mixed methods design of conducting an extensive literature and resource review and collecting quantitative and qualitative data at three senior communities in Hawaii. The final product can be accessed at: <https://www.dropbox.com/s/fydkdhkumd0ih4n/Cultural%20Educational%20Material.pdf?dl=0>

Team **Hale Hau'oli Hawaii** participated in the Walk To End Alzheimer's event on Saturday, September 2nd. It was a perfect morning for a walk, with a lot of fun, and a huge turnout! Their team was #4 IN THE STATE for raising funds for the cause. Congratulations to HPGS Board Member Kathy Wyatt, her staff, family and friends.



The Ihara Team has created Silver Spoons Hawaii, a 501(c)(3) nonprofit organization. Dan & Julie Ihara, with The Complete Solution, are dedicated to providing senior living option services to seniors who do not have the financial means to create and be in an environment that is safe and suitable for their life journey. They are very excited about their *Silver Spoons Launch Celebration Fundraiser* that will be held on Tuesday, November 14th from 5pm to 9pm at the Artistry Honolulu. They are looking for companies and individuals who would like to support Silver Spoons by sponsoring a table, donating prizes or silent auction items, or volunteering their time to help at the event. For more information, please contact Steve Arakawa, Silver Spoons Executive Director at 808-798-2870 or email him at stevena@iharateam.com

HONORING HAWAII'S GERONTOLOGY PIONEER DR. ANTHONY LENZER



Gerontology has been Tony's life-long interest and career. In 1969, he came to the UH's School of Public Health to establish a Gerontology Program, and to support aging research and teaching across the Manoa campus. From 1988 to 1993, Tony also served as the first Director of the UH Center on Aging. He was also the first President of HPGS, and currently serves as Emeritus Board Member. Tony is active with the Kokua Council, the Policy Advisory Board for Elder Affairs, the Hawaii Family Caregiver Coalition, and the Hawaii Alliance for Retired Americans.

Please join HPGS in honoring Dr. Anthony Lenzer on Monday, November 13th, from 5:30pm to 8:00pm at Kahala Nui, located at 4389 Malia Street.

Cost is \$75 per person, with all proceeds going to the HPGS Scholarship Fund to support those studying in the field of aging.

Seating is limited, and reservations are being taken through the HPGS website at www.hpgs.org, under EVENTS. Payment may be made with check, if mailed in, or through PayPal on the website's fillable form.

HPGS WEBSITE

All past and current HPGS newsletters are placed on the HPGS website, as well as webinars sponsored by HPGS. Any suggestions, additions, deletions or changes to the HPGS website (www.hpgs.org) should be emailed to Sherry Goya, HPGS Executive Director at sgoyallc@aol.com. Most importantly, the HPGS Membership Application is on the website for members to recommend other individuals, companies or organizations to join.

AGE-FRIENDLY HONOLULU

HPGS past president, Christy Nishita, is excited to share a new Age-Friendly Honolulu project and is asking for your help.



In collaboration with AARP Hawaii and various business associations, the Age-Friendly Honolulu Initiative is developing an age-friendly business campaign to help local businesses better support the needs of older adult consumers. The campaign will begin with a marketing campaign offering simple, yet powerful tips to help employees engage with seniors by making them aware of the various physical and cognitive challenges that may come with the aging process.

To prepare for this phase of the campaign, we are asking older adults across the state to complete a simple, 10-minute survey about their experiences with businesses in Hawaii. Please help us to reach a diverse range of older adults ages 50 and over by encouraging them to complete the survey here: <http://tiny.cc/Kind2KupunaSurvey>

PRINTED SURVEYS – A PDF version of the survey is attached to this newsletter, but if you would like printed versions of the survey mailed to you, please email Colby at ctakeda@plazaassistedliving.com and note the amount of surveys being requested and the address that the surveys should be sent to.

SHARE ON SOCIAL MEDIA - If you have social media, please help us spread the word by sharing the following message and link with the attached logo:

Hawaii seniors ages 50+: Please help Age-Friendly Honolulu and share your experience with local businesses: <http://tiny.cc/Kind2KupunaSurvey>

Please also share with your family or friends who are over the age of 50 and a resident of Hawaii. They can take this short, 10-minute survey and share their thoughts on businesses in Honolulu. All responses will remain anonymous and will contribute to a statewide initiative by Age-Friendly Honolulu, with support from AARP Hawaii.

Please complete this survey by end of day, Tuesday October 3, 2017. Any questions? Contact Christy Nishita at 808.956.5001

Thank you for your time and support!
Christy Nishita and Colby Takeda
Project Coordinators

You are invited

FREE webinar!!

HPGS SEPTEMBER Webinar

Post-Acute Care for Seniors - What are the options?

Presented By Tyrus Lefler, LHNA & Jon Cannella, MSW, from the Care Center of Honolulu

Thursday, September 28th 11:30am - 12:45pm

To join the webinar log on to:

<https://zoom.us/webinar/register/0c1433d6d739b3577c24e00bf0acd2b8>

Post-acute care settings include long-term care hospitals (LTCHs), in-patient rehabilitation facilities (IRFs), skilled nursing facilities (SNFs) and home health agencies.

How do you prepare for the unknown. One day your fine, and the next day you are suffering from stroke paralysis or a fractured hip. This webinar will help you to prepare for an unexpected health crisis.

Tyrus Lefler, LHNA & and Jon Canella, MSW, currently work with Hawaii's families, hospitals, nursing centers, care homes, assisted living and retirement communities to provide care to those needing a higher level of care. The goal is to "do the right thing," by providing the care and tools needed to transition their residents and patients back to a life as normal as possible.

They will also discuss how Post Acute care is funded. Medicare, Medicaid, Managed Care, or private pay, Tyrus and Jon will be able to answer your questions.

The Care Center of Honolulu (CCOH), is a long-term care facility located in Honolulu. The Center accommodates residents in a nurturing and supportive environment. CCOH meets State and Federal standards and is Medicare/Medicaid certified. We accept private payment, health insurance plans, Workers Compensation, as well as Medicare and Medicaid approved reimbursements. A plan can be tailored for you which incorporates any number of the above methods of payment.

www.ccoh.us 808 531-5302



(l-r Tyrus Lefler, LNHA & Jon Canella, MSW)



Kind2Kupuna: An Age-Friendly Business Initiative

Welcome!

Thank you for your willingness to take this short 10-minute survey about businesses in Hawaii!
Your open and honest feedback will help Age-Friendly Honolulu support businesses—from grocery stores and restaurants to hotels and healthcare facilities—and advocate for consumers of all ages.

Please proceed to take this survey if you meet the following criteria:

1. You are age 50 or older
2. You live in the State of Hawaii



Kind2Kupuna: An Age-Friendly Business Initiative

Your Impression of Businesses in Hawaii

1. Name 3 of your favorite businesses that you frequently visit.

Business #1

Business #2

Business #3

2. What are some reasons that make these businesses your favorite?

3. What challenges or problems do you experience when you visit local businesses (Check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Overhead music too loud | <input type="checkbox"/> Employees or staff talking too quickly or soft |
| <input type="checkbox"/> Difficulty getting inside the business | <input type="checkbox"/> Difficulty understanding what employee/staff are saying |
| <input type="checkbox"/> Difficulty getting around the business due to narrow aisles/pathways | <input type="checkbox"/> Employees not greeting you with a smile or providing eye contact |
| <input type="checkbox"/> Difficulty reading signage or menus | <input type="checkbox"/> Employees ignoring you and not providing good customer service |
| <input type="checkbox"/> Difficulty reaching items | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Other (please specify) | |

4. Please describe the biggest challenge or problem you have experienced at a store, restaurant, or other business.

5. "Age-friendly businesses" understand the needs of older adult customers and value their business. For example, an "age-friendly" business is accessible, and employees are trained to be aware of the unique needs of the older adult population and able to help them.

In your perspective, how "age-friendly" are businesses in Hawaii?

Not At All Age-Friendly	Slightly Age-Friendly	Moderately Age-Friendly	Very Age-Friendly	Extremely Age-Friendly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. How important is it to you that a business is "age-friendly?"

Not at all important	Slightly important	Fairly Important	Important	Extremely important
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. What are some businesses that you consider to be "age-friendly" and why?

8. Name some businesses that you consider to NOT be "age-friendly" and why?



Kind2Kupuna: An Age-Friendly Business Initiative

Feedback on the 8 Tips to Better Serve Kupuna

8 TIPS TO BETTER SUPPORT KUPUNA

1. **START WITH ALOHA** - Greet guests with a smile and use eye contact, personalized greetings, and welcome/help them at the entrance when possible.
2. **STEP INTO THEIR SHOES** - Be aware of the unique needs and interests of older adults and support them with patience, empathy, and respect.
3. **COMMUNICATE CLEARLY** - Speak at an appropriate volume level, lower background music or noise, avoid company slang, and when in doubt- write it out.
4. **PRIORITIZE SAFETY & ACCESSIBILITY** - Position products in arm's reach, use proper lighting, and keep all entrances and pathways clear of trip and fall hazards.
5. **BE MINDFUL OF MEMORY LOSS** -If you observe signs of dementia (such as confusion, wandering), support their cognitive needs by giving simple instructions, providing reminders, and offering additional assistance in a dignified way.
6. **LEND A HAND** - To support the challenges that may occur with aging, offering assistance can demonstrate respect and good customer service in a courteous, thoughtful manner. Go the extra mile!
7. **MAKE IT READABLE** - Use large, easy-to-read text, when possible, or use other ways to enlarge print to support low vision.
8. **CELEBRATE KUPUNA** - Show your appreciation by offering any available senior discounts, memberships, or other free or affordable services to build customer loyalty.

9. How important do you feel each of the 8 tips above are for a business to be "age-friendly?"

	Not at all important	Slightly important	Moderately Important	Very important	Extremely important
1. START WITH ALOHA	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. STEP INTO THEIR SHOES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. COMMUNICATE CLEARLY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. PRIORITIZE SAFETY & ACCESSIBILITY	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. BE MINDFUL OF MEMORY LOSS	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. LEND A HAND	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. MAKE IT READABLE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. CELEBRATE KUPUNA	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. What other factors, besides those mentioned above, do businesses need to address to become "age-friendly?"

11. If a business follows the 8 tips listed above, how "age-friendly" do you believe it will be?

Not At All Age-Friendly	Slightly Age-Friendly	Moderately Age-Friendly	Very Age-Friendly	Extremely Age-Friendly
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. If a business DID follow the 8 tips above, how likely are you to be a customer?

Not likely at all	Slightly likely	Moderately likely	Very likely	Extremely likely
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. If a business did NOT follow the 8 tips above, how likely are you to be a customer?

Not likely at all	Slightly likely	Moderately likely	Very likely	Extremely likely
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. What factors are most important when choosing a business to visit (i.e. price, location, staff, product selection, discounts, etc.)?



Kind2Kupuna: An Age-Friendly Business Initiative

About You

15. What is your gender?

- ☐ Male
- ☐ Female
- ☐ Other

16. What is your age category?

- | | |
|-----------------------------|-----------------------------|
| <input type="radio"/> 50-59 | <input type="radio"/> 80-89 |
| <input type="radio"/> 60-69 | <input type="radio"/> 90+ |
| <input type="radio"/> 70-79 | |

17. What island do you currently live on?

- | | |
|-----------------------------|----------------------------------|
| <input type="radio"/> Oahu | <input type="radio"/> Big Island |
| <input type="radio"/> Kauai | <input type="radio"/> Molokai |
| <input type="radio"/> Maui | <input type="radio"/> Lanai |

18. What do you consider your neighborhood as?

- ☐ Urban
- ☐ Suburban
- ☐ Rural

19. Do you use any of the following? (Check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Glasses | <input type="checkbox"/> Wheelchair |
| <input type="checkbox"/> Hearing Aid or Device | <input type="checkbox"/> Scooter |
| <input type="checkbox"/> Walker | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Other aid (please specify) | |

20. How do you travel to businesses (stores, restaurants, etc)?

- | | |
|--|---|
| <input type="radio"/> Car | <input type="radio"/> Handi-Van |
| <input type="radio"/> Bus | <input type="radio"/> Cab or Ride Share (Uber/Lyft) |
| <input type="radio"/> Walk | |
| <input type="radio"/> Other (please specify) | |

21. When you go to a shop, restaurant, or other business, who do you typically go with?

- ☐ Family member or friend
- ☐ Caregiver
- ☐ I go alone
- ☐ Other (please specify)

Thank you! Questions? Please email or call Christy Nishita at cnishita@hawaii.edu or 808.956.5001 To return this survey, you can scan and email to cnishita@hawaii.edu OR mail to:

University of Hawaii at Manoa
Center on Aging
c/o Christy Nishita
Gartley Hall
2430 Campus Road
Honolulu, Hawaii 96822.