



hawaii pacific gerontological society

Volume 40, No. 11

November 2019

## HPGS 2019 BOARD OF DIRECTORS

### Officers:

Kathy Wyatt, President  
Eileen Phillips, President-Elect  
Calvin Hara, Past President  
Cynthia Arnold, Secretary/Treasurer

### Directors:

Laurie Adamshick  
Poki'i Balaz  
Humberto Blanco  
Percy Ihara  
Kathy Jaycox  
Debbie Kim Morikawa  
Christy Nishita  
Mapuana Taamu  
Rick Tabor  
John A. H. Tomoso

Sherry Goya, Executive Director  
808-722-8487 • [sgoyallc@aol.com](mailto:sgoyallc@aol.com)

P. O. Box 3714  
Honolulu, HI 96812  
[www.hpgs.org](http://www.hpgs.org)  
[hpgs.808@gmail.com](mailto:hpgs.808@gmail.com)

Do you know someone who's thinking of being a kupuna caregiver/Nursing Assistant or do you want to be a kupuna caregiver Nursing Assistant? Need Training? Need financial assistance? Apply for an HPGS Eldercare Worker Training Award! \$500 scholarships available for training class cost.

Go to  
[hpgs.org/scholarships.html](http://hpgs.org/scholarships.html)  
for information and  
application materials

## PRESIDENT'S MESSAGE



KATHY WYATT, PRESIDENT

We're already getting geared up for the next legislative session! It's difficult to believe that the year is going so fast, and that we are talking about issues for next year. However, the issues at hand are important for our Kupuna and preparing for the good fight is essential.

Kupuna Care is more than 20 years old and was designed to assist a "gap" group, loosely defined as those who didn't qualify for Medicaid BUT could not afford upwards of \$100 per day to have someone come in to provide a range of services, such as homemaker, chores, personal care, etc. The premise behind this was to help folks to age in place and not have to go to nursing homes. The main eligibility requirements included citizenship or legal resident alien status), age (at least 60), income (self-reported and not verified) and deficits in at least 2 Activities of Daily Living. The annual budget for this program is \$9M. Each year, advocates must go back to the legislature to ensure that the \$4.2M supplement is added to the \$4.8M budgeted amount. Approximately 1500 individuals are served each year, statewide.

Kupuna Caregivers, first signed into law in July 2017, had the same eligibility requirements for care recipients WITH THE ADDED REQUIREMENT that the caregiver must work, outside the home, for at least 30 hours per week. Funds are paid to contracted service providers and not the caregiver. \$600,000 was budgeted to start up the program and direct service started in February 2018. The 2018 legislature raised the amount to \$1.2M.

Originally, recipients were able to receive \$350 per week, which was based on the average cost of Adult Day Care at \$70 per day; 5 days per week. In 2019, due to concerns about the small number of persons being served, the legislature lowered the weekly maximum to \$210 and raised the allocation to \$1.5M.

As of summer 2019, approximately 112 individuals had been served by Kupuna Caregivers.

Another senior program of note includes the Aging and Disabilities Resource Center, the one-stop shop, a call center operated by each Area Agency on Aging (the four counties in Hawaii). The \$3.1M funding for the ADRC has been flat for at least 8 years, though costs have increased.

(Continued on Page 2)

## 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.

## EVENTS

### KOKUA COUNCIL

The next Kokua Council meeting will be held at Harris United Methodist Church on the corner of Nuuanu Avenue and South Vineyard Blvd, with ample free parking. The next meeting is Monday, November 25th. The topic discussed will be "Hearing Aids - the best technology, the costs, and why this is related to the isolation of seniors and even early dementia."

### MAUI

November 19th 2019:

#### **ECHO online class- Healthy Living for Your Brain and Body- Newest Research**

Time: 9am-11 am

December 10th Thursday:

#### **Caregiver Cooking Demo, Healthy Living for your Brain and Body**

Time: 3:00-4:30 pm Location: HMSA Center, Pu'unene Shopping Center, 70 Ho'okele Street Kahului, HI 96732

\*\*located by Target in between Ulta Beauty & Massage Envy

December 17th, 2019:

#### **Support Group for Alzheimer's and dementia Caregivers**

Time: 5:30 pm-7:00 pm Location: Maui Memorial Center (Nutrition program room in the cafeteria)

### OAHU

#### **KCC Kupuna Education Center "Intro to Google"**

Classes for \$64  
8 Classes in Nov & Dec  
12:15 to 1:15pm  
734-9108

December 7 & 14

#### **Kapiolani Community Center's Kupuna Education Center Family Caregiving Classes "Stages of Dementia"**

www.kupunaeducation.com  
734-9108

## HPGS DINNER HONORS BARBARA KIM STANTON



A delicious meal, great conversation, and a room full of well-wishers made this year's scholarship fundraiser dinner a huge success, as HPGS honored Barbara Kim Stanton for her service to AARP and Hawaii. She said that she can't believe how busy she has been since retiring; and giving of her time and name for HPGS at this dinner continues to show everyone her dedication to the geriatric field. Monies raised from the dinner will go to the HPGS Scholarship Fund for 2020.

Gerry Silva, past AARP Volunteer State President, shared a beautiful video from an earlier retirement party Barbara had. Kathy Wyatt, HPGS Board President, presented

Barbara with an engraved Koa clock, which she said was much-needed since her other one just stopped. When Barbara took the mic at the end of the evening, she thanked everyone present because she noted that many of the people in the audience have been with her for years, standing by her side. She thanked Senator Les Ihara, Jr., Gerry Silva, AARP and the HPGS Ohana, including Kathy Wyatt and the Board, Executive Director Sherry Goya, and community champions Chaminade Dean Barbara Poole-Street and UH educator Dr. Christy Nishita. Barbara said that she did not do everything alone.



## PRESIDENT'S MESSAGE (CON'T)

Healthy Aging Partnerships include Better Choices, Better Health, which deals with chronic diseases such as diabetes, and EnhancedFitness, an exercise program. Both programs are carefully monitored and show that participants, when rigorously compared to a group who doesn't participate, have measurably better outcomes. Despite these results, the legislature funds Healthy Aging Partnerships about every other year, leaving the programs to scramble for funding in the off-year to keep these valuable programs running.. The annual allotment was \$550,000 for FY2020.

On the horizon and needing to gain traction is funding for hearing aids. A bill to provide funding for hearing aids up to \$1500 per year for each impaired ear comes before the legislature every year, but has yet to get very far. Advocates continue to work on this.

There may very well be more issues brought to the attention of the legislature, and it's important for strong public support, which can be attained by attending the Kupuna Caucus and Kokua Council. Your voice can be heard if you wish to join the team!

## ANNUAL ALZHEIMER'S ASSOCIATION - ALOHA CHAPTER'S OAHU WALK



On behalf of the nearly 29,000 people in Hawaii diagnosed with Alzheimer's disease or another dementia, mahalo for the 1,400 participants who supported the Annual Alzheimer's Association - Aloha Chapter's Oahu Walk to End Alzheimer's. The event took place on Saturday November 9, 2019 at Honolulu's Magic Island. The event raised over \$200,000 in donations and awareness to amplify the much-appreciated efforts to fight dementia.

The route was a manageable 0.7-mile stroll, participants were encouraged to walk 2 to 3 loops around Magic Island. & some Kupuna cheered the walkers on in the fun-filled, entertaining event.

There was a Memory Wall banner where we added the names of our loved ones who participants walked in honor of, a message & some added photos of loved ones to the banner. Hawaii First Lady, Dawn Ige joined the walk & KHON-2 covered the event.



HPGS's board members; Dr. Poki'i Balaz, Calvin Hara & Rick Tabor were participants. and the list of participants goes on.

## HPGS 2020 CONFERENCE LOGO

The HPGS Biennial Conference Committee is looking for an eye-catching LOGO to put on all the forms and booklets for the conference. Please keep in mind that the slogan for the conference is "2020 VISION."

The idea behind this is not just to look at vision, but the Research and Evidence-Based Innovations in the Field of Gerontology. The message HPGS wants to create with this logo is to visualize strategies and techniques that provide new ideas which serve our Kupuna. Examples would be, new strategies in Fall Prevention, alternative treatments, brain health, hearing technologies, etc.

Put your creative genius to work and, if chosen, you will win a FREE conference registration for TWO days, \$100 cash prize, picture in the Conference booklet as the winning entry, and an opportunity for your composition to be seen by hundreds of people at the conference.

Submissions will be judged by the Conference Committee and are due by Monday, December 16th. Email your entry to Sherry Goya, HPGS Executive Director at sgoyallc@aol.com

## KOKUA COUNCIL NEWS

The Kokua Council held its 2019 Legislative Priorities Community Meeting on Monday, October 21st, with more than thirty attendees and seventeen presenters. The presenters outlined the 2019/2020 state legislative issues recommended for the organization's key issues in the upcoming legislative session. Meeting participants selected their priorities and the following were the top issues;

1. Climate Change, Clean energy was the top vote getter.
2. Kupuna Caregivers
3. Homeowner Association (HOA) justice & Education
4. Hawaii Saves
5. Paid Family Leave
6. Changing abuse laws

The entire meeting can be seen at:

<https://www.youtube.com/watch?v=yOKxdsC7clQ&feature=youtu.be>

## LANAKILA MULTI-PURPOSE SENIOR CENTER

With the holiday season fast approaching, the Lanakila Multi-Purpose Senior Center has many special events coming up. We just celebrated our 50th anniversary on November 1st! 370 people came together at Pagoda Hotel International Ballroom to celebrate this special occasion. Over the past 50 years, over 17,000 seniors have been a meaningful part of this gathering place for active seniors to exercise, learn, socialize, be involved in many community service opportunities, and make lifetime friends. Mahalo to our center members and community partners for supporting our Lanakila Multi-Purpose Senior Center and contributing to our kupuna enjoying long, independent, healthy and happy lives! For more information, contact: Susie Chun Oakland via email ([suzanne.oakland@catholiccharitieshawaii.org](mailto:suzanne.oakland@catholiccharitieshawaii.org)) or (808) 847-1322. Their website is [www.CatholicCharitiesHawaii.org](http://www.CatholicCharitiesHawaii.org)



## 2020 HPGS DUES

HPGS has membership dues that cover are January to December, with anyone joining after July 1st, able to join at half the cost. The HPGS Board hopes to retain current members and grow membership in 2020, as the biennial conference will be held in September.

Attached to this month's newsletter is the 2020 Membership Renewal Form should you or your company wish to renew at any time from now until January. The form lists the many benefits you have received as an HPGS member, and membership dues have not increased for 2020.

## HPGS ANNOUNCES ELDERCARE WORKER SCHOLARSHIP

HPGS is pleased to announce a training awards program designed specifically for persons currently working with, or planning to work with, older adults. HPGS will provide two \$500 awards per calendar year (funds permitting) to cover tuition costs for one or more individuals to enroll in a credit or noncredit eldercare worker certificate program, which will enhance their ability to work with older individuals. Selected programs can be either in local classroom settings or online. Visit <http://www.hpgs.org/scholarships.html> for more information.

## MAUI'S 46TH ANNUAL SENIOR FAIR

HPGS's past-president, Calvin Hara, represented the Hawaii Pacific Gerontological Society at Maui's senior fair held Saturday, October 26th at War Memorial. This annual event was presented by the Maui County Office of Aging and Maui Economic Opportunity, Inc. This event drew about 1,200 people this year. As you can see by the photo, many attendees visited the tables.



The HPGS Board thanks Calvin for his representation; also in attendance was Mapuana Taamu, HPGS Board member and chairperson of the HPGS program and membership committees. Many attendees appreciated hearing about the HPGS scholarships. Information about the Eldercare Worker award was provided to the visitors and other exhibitors to help publicize the award. Pictured with Calvin, left, is Deborah Stone-Walls and Anthony Kreig of MCOA.

## HPGS WEBINARS

### OCTOBER WEBINAR

Did you know that Medicare Open Enrollment is now occurring until Dec 7th, 2019? This past Halloween on October 31st Travis Motosue, President of Financial Benefits Insurance, helped our online HPGS community navigate their way through the Medicare.gov website. Travis explained the importance of finding the right plan for your situation. He not only compared insurance companies right before our eyes, he also showed us how to do it! If you're interested in finding out approximate costs of your currently prescribed medications and would like to compare various plans before making a final decision please see the rerun of Travis' webinar by going to [www.hpgs.org](http://www.hpgs.org) and clicking on our WEBINAR tab!

### NOVEMBER WEBINAR

Studies show that as we grow older we prefer to age in place, but as a retiree how am I supposed to find the funds to support that? Please join us on Thursday, November 21st at 11:30am for an educational webinar titled "Aging in Place: How to Fund Your Retirement" with Percy Ihara, Certified Senior Advisor and Reverse Mortgage Specialist. Percy will go into detail about reverse mortgages and how it could benefit your current and future lifestyle. RSVP is required, please copy and paste this link into your internet browser to get started: [https://zoom.us/webinar/register/WN\\_WStXeRH4QpurDkNaAeb4C](https://zoom.us/webinar/register/WN_WStXeRH4QpurDkNaAeb4C)



hawaii pacific gerontological society

Founded in 1979, the **Hawaii Pacific Gerontological Society** is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership opportunities available to all islands consists of gerontology educators, students, medical and social service personnel, older adults (kupuna), caregivers, companies and organizations from every sector of the community. Federal I.D. #99-0211232

HPGS discusses, networks, and shares information about issues and policies affecting Hawaii kupuna, to include career and job fairs, expos, webinars, etc. They also provide scholarships for undergraduate and graduate students interested in careers in aging, as well as tuition assistance for workers seeking to upgrade their knowledge in this field.

Benefits of an HPGS member includes:

- The HPGS monthly **newsletter** is distributed electronically and filled with age-related news, events, activities, job openings, announcements, and more.
- **Webinars** presented by professionals in the aging field are free to members on a regular basis.
- Throughout the year, there are **events** to bring HPGS members together for timely and relevant issues, discussions, and educational opportunities, as well as networking events and quarterly General Membership Meetings.
- HPGS prides itself in offering **scholarships** for those pursuing education in the field of aging, thus creating fundraising options.
- A two-day biennial **conference** is held in even-numbered years and offers professional and educational venues on aging research, practice and policy for Hawaii, while also attracting national and international participants.
- HPGS members receive electronic **notices** on significant events, opportunities available, and other announcements.
- The HPGS **website** provides a resource of news, events, membership, etc. Company member's information and individual member's names will be placed on the HPGS website.
- There are a number of **committees** where membership involvement is welcomed.

For further information, please contact

Sherry Goya, HPGS Executive Director at sgoyallc@aol.com or 808-722-8487

Hawaii Pacific Gerontological Society • P. O. Box 3714 • Honolulu, HI 96812 • [www.hpgs.org](http://www.hpgs.org)



CUT HERE

## 2020 MEMBERSHIP RENEWAL FORM

Contact Name: \_\_\_\_\_

Company/Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Facsimile: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Website: \_\_\_\_\_

Annual dues (check one):

- ☐ \$10 for individual 65 and over
- ☐ \$20 for individual under 25 years
- ☐ \$80 for individual 26 to 64 years
- ☐ \$100 for company/organization (includes the contact person listed)
- ☐ \$50 for Associate Member (individual of company member)

Date Paid: \_\_\_\_\_

Payment Amount: \_\_\_\_\_

Check Enclosed: # \_\_\_\_\_

Mail this form and check payable to HPGS to P. O. Box 3714 • Honolulu, HI 96812

To pay by charge card, go to [www.hpgs.org](http://www.hpgs.org) and use fillable form.



Hawaii Pacific Gerontological Society

PRESENTS THE NOVEMBER WEBINAR:

## ***Aging in Place: How to Fund Your Retirement***

SPEAKER: PERCY IHARA, CLTC, REVERSE MORTGAGE SPECIALIST

**THURSDAY, NOVEMBER 21<sup>st</sup>**  
**11:30 AM – 12:45 PM**

### ***LEARNING OBJECTIVES:***

- Aging in Place 101
- What is a reverse mortgage
- Is a reverse mortgage fit for my situation?
- How do reverse mortgages work?
- Why are reverse mortgages beneficial?
- What are the steps to obtaining a reverse mortgage?

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

[https://zoom.us/webinar/register/WN\\_WStXeRH4QpurDkNaAeb4C](https://zoom.us/webinar/register/WN_WStXeRH4QpurDkNaAeb4C)

### **ABOUT THE SPEAKER**

**Percy Ihara** is a Certified Senior Advisor, Certified in Long Term Care, and the Publisher of Generations Magazine. In 2010, Percy, a seasoned mortgage professional dedicated to working with seniors and their families, took over the reigns of Generations Magazine to become publisher and managing editor. Generations Magazine provides seniors and their families important resource information on various issues facing our mature community, including topics such as healthcare, finances, legal matters, fitness, nutrition and caregiving. Percy is also a Reverse Mortgage Specialist with Retirement Funding Solutions. A Home Equity Conversion Mortgage (HECM), commonly known as a reverse mortgage, is a HUD Program that is insured by the Federal Housing Administration (FHA). NMLS# 582944



*Zoom webinar sponsored by:*

**GENERATIONS** HAWAII'S RESOURCE FOR LIFE



hawaii pacific gerontological society

## **Eldercare Worker Training Award**

**www.hpgs.org**

HPGS is pleased to announce a training awards program designed specifically for persons currently working with, or planning to work with, older adults.

These awards will provide tuition assistance for workers who enroll in credit or noncredit courses and certificate programs, which enhance their knowledge and skills in areas related to aging.

### The Awards Program

HPGS will provide two \$500 awards per calendar year (funds permitting) to cover tuition costs for one or more individuals to enroll in a credit or noncredit eldercare worker certificate program, which will enhance their ability to work with older individuals. Selected programs can be either in local classroom settings or online. Applicants must provide:

1. A copy of your resume detailing prior education and experience particularly in elder related areas.
2. A one-page essay (12pt font, single-spaced) detailing why you want to obtain eldercare worker training and what you plan on doing after the training is complete.
3. Two letters of Recommendation demonstrating your aptitude towards a career working with elders and a commitment to completing the necessary education to work in the field.

### The Application Process

1. Applicants should first identify a eldercare worker program they wish to attend either locally or through the Internet. This is a link to the state certified nurse aide training programs: [https://www.prometric.com/en-us/clients/nurseaide/documents/hawaii/HI\\_RNEvaluators.pdf](https://www.prometric.com/en-us/clients/nurseaide/documents/hawaii/HI_RNEvaluators.pdf)



2. Applicants should then apply to enroll in their selected program of study and simultaneously submit their application for tuition assistance to HPGS under the Eldercare Worker Training Awards program. Submit applications to HPGS via email at least two weeks before starting the program of study. In the subject line, write, "Eldercare Worker Training Award."
3. The HPGS Scholarship Committee will review applications as they receive them, at any time, throughout the year. As soon as an applicant has been accepted into a program, he or she should immediately notify the HPGS Scholarship Committee (Jan Thurman) via email at [jan.thurman@hawaii.edu](mailto:jan.thurman@hawaii.edu) . In the subject line, write "Immediate Attention: Scholarship Committee."
4. HPGS will endeavor to review such applications and make funding decisions, before the start date of such programs. However, submitting an application does not automatically assure funding, nor does it necessarily mean that tuition funds will be available before the program start date. Therefore, applicants should be prepared to pay for the course or program with their own money or other resources. Also, note that this award does not cover books, other training materials, travel, etc.

### Application Materials

Please submit, via email to Jan Thurman at [jan.thurman@hawaii.edu](mailto:jan.thurman@hawaii.edu), the following:

1. The Training Awards Application Form. (The form is found at the end of this information document). Fill out the form and send it as an attachment to your email.
2. An online version of the program brochure or description, or reference to where the material can be found on the Web.
3. A copy of your resume detailing prior education and experience particularly in elder related areas.
4. A one-page essay (12pt font, single-spaced) detailing why you want to obtain eldercare worker training and what you plan on doing after the training is complete.
5. One letter of Recommendation demonstrating your commitment to a career working with elders and a commitment to completing the necessary education to work in the field.



## HPGS Eldercare Worker Training Award Application Form

Name \_\_\_\_\_

Address

\_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Current Job Title \_\_\_\_\_

Name & Address of Employer (if employed)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Title of Program Selected

\_\_\_\_\_

\_\_\_\_\_

Location \_\_\_\_\_

Course Start Date \_\_\_\_\_

Tuition Cost \_\_\_\_\_