



hawaii pacific gerontological society

Volume 40, No. 3

March 2019

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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



KATHY WYATT, PRESIDENT

Wow – March already!!

March is a very busy month at the legislature. Many bills related to our Kupuna are in the schedule to be voted on:

SB366 – Appropriates funds to the EOA for the Alzheimer's Disease and Related Dementia Services Coordinator position. The original plan for the program was passed back in 2013 and the position was authorized in 2014, but no funding was ever given to this position, so it has been sitting on a shelf for 6 years! However, this year it looks very promising since there is much more awareness of the crisis

we are facing with Alzheimer's and the number of people affected. Statistics from the Alzheimer's Association show 66,000 caregivers in Hawaii caring for 28,000 kupuna with the disease. This is supposed to increase to 35,000 affected kupuna by 2025. Yes, it's a crisis!

HB465, SB1023, HB467, SB1025 – These are all bills relating to The Kupuna Caregivers Program. They range from stipulating that a working caregiver can be awarded a maximum of \$350 per week for services for their kupuna to limiting the funds to \$70 per week. The outcome of these bills is still unpredictable, but at least the bills are still being discussed. HB469 and SB1027 – Requires health insurance policies and contracts issued after 12/31/19 to provide coverage for the cost of hearing aids for each hearing-impaired ear every thirty-six months in their base plan, or covers a minimum of \$1,500 per hearing aid. These have been on the docket for a couple of years, and hopefully this will come to fruition this year!

There are others out there, and hopefully the funding for the senior-related items will be granted.

March 4th was Alzheimer's Awareness Day at the capitol, and most legislative offices were visited by teams to talk about the coordinator position. The teams were received positively with support from many directions.

March 25th will be Family Caregiver Awareness Day at the capitol, and the visits to the legislators will hopefully help get the Kupuna Caregiver Program the adequate funding that it needs.

Have a great month, and remember – Everyone's Irish on St. Patrick's Day!!

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.

KUPUNA EDUCATION CENTER

Mobility Workshop

Saturday, March 30th
10am to 12pm

Do you help care for a family member or friend who is elderly, frail, disabled, or has a chronic illness? Then this two-hour workshop will teach attendees how to transfer an individual using proper body mechanics wheelchair to bed and bed to wheelchair. Cost is \$20, and the instructor is Jan Thurman. Register at KupunaEducation.com or contact KCC Continuing Education at (808) 734-9211.

SUPPORT GROUPS ON KAUAI

Princeville

Thursday, April 11, 2-3pm
Church of the Pacific
4520 Kapaka Street

Lihue

Thursday, April 18, 2-3pm
Agency on Elderly Affairs
4444 Rice Street, Piikoi B

Westside

Thursday, April 25, 1:30-2:30pm
Kauai Veterans Memorial Hospital
4643 Waimea Canyon Drive

Regency at Puakea

Tuesday, April 30, 5-6:30pm
Kauai Parkinson's Support Group

RSVP 808-245-3200, #8242

HPGS APRIL GENERAL MEMBERSHIP MEETING

The second HPGS General Membership Meeting will be held on Thursday, April 18th from 8:30am in Abe Lee's Classroom at 1585 Kapiolani Blvd, Suite 1518 (building is across the upstairs Macy's at Ala Moana).

The topic is: **Dementia - Tips, Tricks and Resources!** Guest speakers will talk about brain health, caregiving, and which local resources can help. Guest speakers will be from Project Dana and Catholic Charities. All Hawaii families have someone they know with dementia. Take this time to learn for yourself, your family, or your friends. Share your experiences with fellow HPGS members too.

There is NO cost to HPGS members (and you may bring a guest for free) to attend this event; however, RSVPs are required so that the room and refreshments will accommodate everyone. Cost for a third or more guests will be \$5 per person. This is a great time for HPGS members to network with each other and connect with individuals or companies/organizations who may be able to assist you in other ways.

RSVP by April 12th to Sherry Goya, HPGS Executive Director, at sgoyalc@aol.com or call/text her at 808-722-8487. For those who wish to watch the HPGS General Membership Meeting via ZOOM, please email to register through hpgsmembers@gmail.com and you will be given instructions of how to participate. This is perfect for HPGS neighbor-island members, and those on Oahu who cannot attend in person.

HPGS MEMBER NEWS



Hale Hau'oli Hawai'i ("HHH") has received a \$195,000 grant over three years from Hawai'i Community Foundation Kūpuna Aging in Place (KAP) Program for Elderly Services. With this support, HHH will provide Adult Day Care services on Saturdays and Sundays at a reduced cost to seniors and caregiver education. Hale Hau'oli Hawai'i is grateful to the Hawai'i Community Foundation, the May Templeton Hopper Fund, and the Theodore A. Vierra Fund for the generous support that they provide to kūpuna in Hawai'i."

HPGS welcomes new member, **ALTRES**, and were recently found in the Honolulu Star-Advertiser's Bob Sigall column, having made 50 years in business. The article said that in 1969, ALTRES, Anna Bannana's and Magoo's Pizza all traced their roots that year. Bob wrote, "William Guss founded ALTRES as Labor Services Inc. ALTRES is short for Alternative Resources for Business. The original location was in Waikiki. 'When we needed laborers,' son Barron Guss says, 'dad would raise a flag outside the building. The surfers would see it, and those wanting work would come in.'"

HOME CARE by ALTRES MEDICAL



Kaimuki High School's class "Ka'ohana Omele" visited **Manoa Cottage** Kaimuki residents on March 14, 2019. The class, lead by the instructor Robert Yu, sang a variety of songs reflecting the culture and lives of the people of Hawai'i. Manoa Cottage Kaimuki, specializing in dementia and Alzheimer's care, provides daily music and memory programs.

HPGS Board donated "Chicken Soup for the Soul for Caregivers" to neighbor islands. The **Maui Adult Day Care Centers** said the books will add a dynamism and dimension to the Support Group discussions that are held throughout Maui.



NEW HPGS MEMBERS

HPGS Company

Right at Home

Rick Tabor

98-021 Kamehameha Hwy Set 323

Aiea, HI 96701

P: 808-285-5936

E: rick@eldercareoahu.com

Home Care by ALTRES Medical

Kristina Wong

967 Kapiolani Boulevard

Honolulu, HI 96814

P: 808-591-4930

E: kristina.wong@altres.com

W: altreshomecare.com

DEMENTIA CARE WORKSHOPS

April 20 & 27

“Behavioral Changes with Dementia”

Are you a family or professional caregiver? Do you live with someone affected by dementia? Are you facing challenging behaviors with your patients? Become a behavioral detective and learn why people with dementia become combative during daily care routines, how to effectively communicate with them, and how to assist them using visual and verbal cues. Register online at www.KupunaEducation.com. For more information contact Mapuana Taamu at 808-469-5330.

PUBLIC HEALTH TRAINING HUI

April 5th

How being trauma-informed improves public health systems

Contact Steph Moir at 808-591-6508 or publichealthhui@hiphi.org

MEDIATION CENTER OF THE PACIFIC

Kupuna Pono is a program of the Mediation Center of the Pacific that helps families talk about serious topics surrounding caregiving, long-term healthcare plans and end-of-life decisions. While lawyers may help with the paperwork, and counselors help with the personal stress, facilitators can help families engage in these discussions together, without collapsing into shouting matches or extended silence, and craft a family plan for everyone to follow.

Recently, the Kupuna Pono program added family discussions around Advance Healthcare Directives (AD). As a proactive step, elder family members can talk through their decisions with their family and healthcare proxy, so everyone will be on the same page about their future wishes. Guided conversations like these can prevent future conflicts and prepare their support network for what's ahead. Irrespective of whether the elder has completed their AD before the family conference or not, the Kupuna Pono program eases the process of engaging with their family.

To schedule a family conference or find out more information, contact MCP at (808) 521-6767 or email mcp@mediatehawaii.org.

THIS DIABETES CONFERENCE IS NO KA 'OI!



Taking Control Of Your Diabetes® (TCOYD) is hosting an educational conference and interactive health fair in Honolulu Saturday, April 27, from 8:00 a.m. to 5:00 p.m. for people living with diabetes, their loved ones and medical professionals seeking to further their education. Returning to Honolulu for the 20th year, this engaging and entertaining conference brings a host of experiences to encourage people with diabetes to take a more active role in their health

through education, motivation, empowerment and most important... humor! Led by the nation's experts in diabetes care and management, each conference offers an individualized Type 1 Track and Type 2 Track with fun activities and cutting-edge information on the latest diabetes-related technology, medications, exercise and practical dietary advice. Medical professionals attending can also obtain Continuing Medical Education (CME) credits.

Links

- For more information or to register for the patient program online visit: <https://tcoyd.org/tcoyd-honolulu-2019/>
- More information on the patient conference: Honolulu 2019 Patient Conference Brochure
- For more information or to register for the healthcare provider program online visit: <https://tcoyd.org/mtc-honolulu-2019/>
- More information on the medical professional program: Honolulu 2019 CME Making the Connection Program Brochure



Hawaii Pacific Gerontological Society

PRESENTS THE MARCH WEBINAR:

“Advance Care Planning”

SPEAKERS: JEANNETTE KOIJANE & HOPE YOUNG, KOKUA MAU

THURSDAY, MARCH 28TH
11:30 AM – 12:45 PM

LEARNING OBJECTIVES:

- Who needs an Advance Health Care Directive (AHCD)?
- What is POLST (Physicians Order for Life Sustaining Treatment) and when do I need to complete one?
- What is the difference between AHCD and POLST?
- How do these two forms help prevent a crisis in my family?
- How do I find out more information about which form is best for me?

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:
https://zoom.us/webinar/register/WN_ZdH1REAVQcCZjUJA1Alzrg

ABOUT THE SPEAKERS



Jeannette G. Koiwane is the Executive Director of Kokua Mau, a statewide network of organizations and individuals leading a movement to improve care. Jeannette received her graduate degree in Public Health from the University of Hawaii and her undergraduate degree from Cornell University. Jeannette has worked in the US Affiliated Pacific Islands helping to develop palliative care programs through a collaboration with the University of Hawaii Cancer Center and John A. Burns School of Medicine.

Hope Young is the Advance Care Planning Coordinator for Kokua Mau, Hope joined Kokua Mau in 2017 and provides community awareness and coordinates the *Let’s Talk Story* Program for the Speakers Bureau. She received her B.A. from UH West Oahu in Public Administration with a concentration in Health Care Admin. She started in the health care field as a Certified Nurse Aide in a dementia unit, and later moved on to manage a home care agency. She has enjoyed working in various capacities with seniors and the caregiving community for over 15 years. Hope is driven to someday normalize “The Conversation” to ensure everyone’s end-of-life wishes are expressed and honored.



Zoom access provided by



Generations Magazine Mini Aging in Place Workshop “The Realities of Aging”

Workshop Topics Include:
Financial Gerontology, Legal Mistakes, Nonprofit Programs,
City/State Support Services, Fall Prevention Tips,
Long Term Care Options, Reverse Mortgages, Healthy Living
and much more – *including, for all attendees,*
the National Council on Aging’s booklet
“Use Your Home to Stay at Home”

Saturday, **April 13**

Thursday, **May 23**

Saturday, **June 29**

Tuesday, **May 14**

Tuesday, **June 18**

Thursday, **May 30**

Thursday, **June 20**

Ala Moana Pacific Building
1585 Kapiolani Blvd., Suite 1535
(Parking at shopping center, 3rd Floor)

Time: **9–11am**

The Plaza Assisted Living
1048 Kuala St., Pearl City

Time: **9–11am** *Tours Available

Pohai Nani
45-090 Namoku St., Kaneohe

Time: **9–11am** *Tours Available

RSVP Required: **808-234-3117** or **percy@generations808.com**
www.Generations808.com | Facebook: **@genmag808**

