



hawaii pacific gerontological society

Volume 40, No. 6

June 2019

HPGS 2019 BOARD OF DIRECTORS

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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

Older American's Month, which is May, by proclamation of the Governor, finished with a bang at the Hawai'i Outstanding Older Americans Awards Ceremony, held on June 7 at 15 Craigsid Retirement Home. Family and friends from neighbor islands and Honolulu gathered for the awards ceremony and an outstanding luncheon generously served by the staff at 15 Craigsid, part of the Arcadia Family of Companies.

The program began with Gary Simon, chair of the Policy Advisory Board for Elder Affairs, who introduced the Master of Ceremonies, Rep. Gregg Takayama. Governor Ige was unable to attend, but asked Dr. Bruce Anderson of the Department of Health, to read the Proclamation given by the Governor.

As each honoree was introduced, they were presented with a special lei, an engraved medallion, and a certificate from the Governor. The winners from each island are listed below. Maui had a tie for the female honoree, so there were two. Unfortunately, one of them, Mrs. Louise Corpuz, passed away two days before the Maui Outstanding Older Americans Celebration. She was represented at the awards ceremony by her two daughters.

- From Hawaii County, Mrs. Lora C. Akase-Nagle and Mr. James Waddington
- From Maui County, Mrs. Louise Corpuz, Mrs. Dorothy Tolliver, and Mr. Kimokeo Kapahulehua
- From Honolulu County, Mrs. Mary Miyawaki and Mr. Dominador Macatumbus
- From Kaua'i County, Mrs. Jean M. Dobashi and Mr. Neil F. Brosnahan

Their bios are very impressive and it reminds us of how much older Americans contribute to our society.

These honorees were well deserving of this honor, and we congratulate them for their accomplishments.

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

HEALTH AND WELLNESS FAIR

The Lanakila Multi-Purpose Senior Center will be holding a Health and Wellness Fair of fun and educational topics and activities on **Friday, June 21st** from 9am to 11am at 1640 Lanakila Avenue in Kalihi. For more information, call 808-847-1322.

PROPERTY TAX CREDIT WORKSHOP TO LOWER YOUR PROPERTY TAXES

The City & County of Honolulu offers a real property tax credit to property owners who meet certain eligibility requirements. Applicants who qualify are entitled to a tax credit equal to the amount of taxes owed for the current tax year that exceed 3% of the titleholders' combined gross income. This tax credit will be applied to next year's taxes. Annual filing is required for this credit. Learn about the City and County of Honolulu's real property tax credit for homeowners to help homeowners' reduce their property taxes if they meet certain eligibility requirements that homeowners must have a home exemption in effect at the time of application and for the subsequent tax year; any of the titleholders do not own any other property anywhere; and the combined income of all titleholders cannot exceed \$60,000.

The workshop will be held at:
Place: Lanakila Senior Center
Date: June 25, 2019
Time: 11:00am – 2:00pm

Applications will be available to apply for this program. Assistance to complete the application will be provided at the workshop. Please call Arce at 768-3977 if you have any questions.



From left to right: Mrs. Lora C. Akase-Nagle, Hawaii County, Mr. James Waddington, Hawaii County, Mrs. Juliana Patao, Daughter of deceased, Mrs. Louise Corpuz, Maui County, Mrs. Christina Eckhart, Daughter of deceased, Mrs. Louise Corpuz, Maui County, Mrs. Dorothy Tolliver Maui County, Mr. Kimokeo Kapahulehua, Maui County, Ms. Wanda Anae-Onishi, from EOA, representing Mrs. Mary Miyawaki, Honolulu County, Mr. Dominador Macatumbas, Honolulu County, Mrs. Jean M. Dobashi, Kaua'i County, Mr. Neil F. Brosnahan, Kaua'i County



From left to right: Mrs. Lora C. Akase-Nagle, Hawaii County, Mr. James Waddington, Hawaii County, Mrs. Juliana Patao, Daughter of deceased, Mrs. Louise Corpuz, Maui County, Mrs. Christina Eckhart, Daughter of deceased, Mrs. Louise Corpuz, Maui County, Mrs. Dorothy Tolliver, Maui County, Mr. Kimokeo Kapahulehua, Maui County, Ms. Wanda Anae-Onishi, from EOA, representing Mrs. Mary Miyawaki, Honolulu County, Mr. Dominador Macatumbas, Honolulu County, Mrs. Jean M. Dobashi, Kaua'i County, Mr. Neil F. Brosnahan, Kaua'i County

Standing from left to right: Gregg Takayama, Gary Simon, Chair of PABEA, Dr. Bruce Anderson, DOH, Caroline Cadirao, Programs and Systems Manager, EOA, Wanda from EOA listed above, Kealoha Takahashi, Kaua'i County Office on Aging

HPGS WELCOMES NEW BOARD MEMBER



At the June 13th HPGS Board meeting, Rick Tabor, Operations Manager of Oahu's Right at Home, was voted in as a Director. His primary responsibility is to help Right at Home become Hawaii's primary in-home eldercare provider service through; reliable, well-trained, supervised, best practice care provider services tailored to meet each individual's needs. Rick has been in the helping field for forty-two years. He says, "compassion is an action word with no boundaries," and his passion for living a life of dignity with Love, Laughter & the Aloha Lifestyle is something Rick embraces and how he lives his humble life.

DEMENTIA YOUTUBE STORY

There is a city in Belgium which is considered the most “dementia-friendly” city because of what they have done with residents, stores, police, etc. by educating everyone about individuals with dementia. If you have time, watch the NBC report at: https://youtu.be/LED9zMTY_M0

EVENTS

LEEWARD SENIOR FAIR

The Hawaii United Okinawa Association will be holding their annual Senior Health & Fitness Fair on Friday, June 14th from 9am to 1pm at the Hawaii Okinawa Center at 94-587 Ukee Street in the Waipio Business Park.

MEMORY CARE CONFERENCE

The Plaza presents their 2nd annual Halia Memory Care Conference on Friday, June 21st from 8am to 12noon at the Hyatt Regency Waikiki. The nationally-renowned experts on Alzheimers and dementia will be Jeffrey Cummings, MD, SeD, Elizabeth Edgerly, PHD, and David Troxel, MPH. Admission is with a \$50 donation. Registration is online at MemoryCareConference.com

KUPUNA WELLNESS FAIR

The third annual Kupuna Wellness Fair at **‘Ilima at Leihano** will be held on Saturday, July 20th from 9am to 12noon. It will feature food, crafts, activities, live entertainment and Hawaii’s own, Frank De Lima. This free event is open to the public, held on the spacious grounds of the ‘Ilima at Leihano community, located at 739 Leihano Street in the heart of Kapolei. Complimentary valet parking will be available to all fair attendees. The first 150 guests will also get a complimentary tote bag.

AGING IN PLACE

Mark your calendar for the 13th Annual Aging in Place workshops which will be held on August 17th from 8:30am to 2:30pm at the Ala Moana Hotel. The program schedule will be in the June/ July Generations Magazine and is in this newsletter.

HPGS JULY GENERAL MEMBERSHIP MEETING

The third HPGS General Membership Meeting for 2019 will be held on Thursday, July 18th from 8:30am in the classroom of Abe Lee Seminars, 1585 Kapiolani Blvd, #1518 (park at the upstairs Macy’s lot, the building is on the mountain side, and go up the escalator).

A very timely and relevant topic will be discussed by Christy Nishita, Ph.D., a gerontologist at the University of Hawaii Center on Aging, representing the Mayor’s Age-Friendly Honolulu Initiative and its Kind2Kupuna business program. She will discuss this program which raises awareness on how to better support kupuna customers and clients with physical and cognitive disabilities. Input from HPGS kupuna members on the program are welcomed.



A presentation will also be made by Senator Sharon Moriwaki, from the Kupuna Caucus, to give HPGS members an update on the 2019 legislative session bills which were signed into law relating to kupuna, along with Caroline Cadirao who is the manager for the program and systems management of the Executive Office on Aging. This will be a great opportunity to learn from the top people in the know.

2019 LEGISLATIVE SESSION

At the end of this newsletter is a one-page summary of the key funding for senior programs from the 2019 legislative session. It was prepared by Jim Shon of the Kokua Council, with the help of the Executive Office on Aging. The HPGS quarterly General Membership Meeting, to be held on Thursday, July 18th from 8:30am will feature Senator Sharon Moriwaki from the Kokua Caucus, with assistance from the Executive office on Aging, talking about some of these key legislations.

HPGS MEMBER DONATES GLASSES

A great MAHALO to the residents of Kalakaua Gardens (an HPGS member), who have graciously donated their used eyeglasses to the Kahalu’u Lions Club, where HPGS Board member Mapuana Taamu is the current president. Lions have recognized the urgent need for corrective lenses in low and middle income countries who lack access to basic eye care services. They collect usable glasses in their communities to support the Lions Recycle For Sight Program. The used eyeglasses will be cleaned, counted and shipped off to an official Lions Eyeglass Recycling Center for processing. From there, the glasses are sorted and placed in inventory for distribution to optical missions around the world.



Lions Clubs are part of an International Organization that focus on five major goals; vision, hunger, environment, diabetes and pediatric cancer. Lions in Hawaii, from the Big Island to Kauai, proudly provide selfless volunteerism with service projects in local communities and help strengthen leaders of tomorrow. Anyone over the age of 18 are invited to join the Lions Clubs’ growing membership! For more information about District 50 Hawaii Lions Clubs please visit www.HawaiiLions.org

EVENTS

2019 WORKSHOP SERIES

The first of six workshops for caregivers of persons living with memory loss will be held on Friday, July 5th from 4:30 to 6:30pm at Catholic Charities Hawaii. The first workshop's title is **"Normal vs. Not Normal Aging - Understanding the Difference** presented by Dorothy Colby, a Certified Positive Approach to Care Trainer and national Mentor, with more than 20 years of professional and personal experience caring for people with dementia. This is a FREE series, but space is limited. Registration is required at: <http://bit.ly/pachawaii2019>. For questions about the workshops or if you're unable to register online, please contact: Jody Mishan at 808-295-2624 or jmishan@hawaii.rr.com.

SCHOLARSHIP DEADLINES

The deadline for the UH Center on Aging & HPGS Scholarship in Aging is Monday, July 8th to be considered for the following academic year. This year, there will be two \$1,000 scholarships to an undergraduate student majoring in Nursing or Social Work OR a graduate student in the Nursing or Social Work programs at the University of Hawaii at Manoa. For any questions, please contact Dejah Fa'asoa at 808-956-5001.

The deadline for the HPGS Undergraduate and Graduate Scholarships for 2019 is Monday, July 15th to be considered for the following academic year. This year, HPGS will offer three \$2,000 awards. For questions, contact Christy Nishita at cnishita@hawaii.edu.

Information for all scholarships can be found at www.hpgs.org under Scholarships.

HPGS MAY WEBINAR

On May 30th HPGS hosted Dr. Warren Wong who talked about the new and improved MemorC App which is geared toward Alzheimer's patients and the people who love them. This app features various games with photographs, such as 2x2 puzzles, name this person, and also serves as a communication device between caregivers and the person with Alzheimers. As of now the app is only available on the Apple Store and is recommended for iPads or iPhones. Dr. Wong and his team share the same vision of merging technology with our geriatric population to reach memories and increase engagement between generations. Find the full webinar at www.HPGS.org under the webinar tab.

UH WOMEN'S TRACK & FIELD TEAM



The University of Hawai'i, Manoa, Women's Track and Field Team visited Manoa Cottage Care Homes and had a great time talking story with residents. Everyone had a wonderful time to have inter-generational sharing.

ALZHEIMER/DEMENTIA SEMINAR

Sunday, June 23rd from 11:30am to 2pm at Pohai Nani Retirement Community Club Room

See the attached flyer in this newsletter, entitled "Normal vs. Not Normal Aging: Understanding the Difference"

KOKUA MAU'S CARE CONFERENCE

Registration is now open for the National Hospice and Palliative Care Organization (NHPCO) 2019 Virtual Conference on July 17th and 18th. This event is streamed live from the East Coast and will offer up to 8 CME for physicians and nurses, non-clinical professionals will receive a certificate for attendance. Seating is limited, register for one or both days, doors open at 6:00 am, live-streaming starts at 6:30 am -11:30 am. Special thanks to Chaminade School of Nursing for hosting the event on campus. View Agenda at <https://www.nhpc.org/2019-virtual-conference-agenda>. The palliative care conference is organized and presented by the National Hospice and Palliative Care Organization (NHPCO), the American Academy of Hospice and Palliative Medicine (AAHPM) and the Hospice and Palliative Nurses Association (HPNA). This is a great opportunity to earn continuing education credits from national experts without having to leave Hawaii. Register at <http://events.r20.constantcontact.com/register/event?oeidk=a07egdsrfui7d2d2d79&llr=5aacnscab>



Until there's a cure, there's care



Normal vs. Not Normal

Aging: Understanding the Difference

Presented by PAC Hawaii Certified Trainers; Pat Bemis and Mapuana Taamu

Location: Pohai Nani Retirement Community, Club Room

Time: 12:00-2:00 -Arrive by 11:30 if purchasing Sunday Brunch

Day: Sunday, June 23rd

Cost: 15.00 for community; *Free for Pohai Nani Staff*

Must register on <https://www.eventbrite.com/e/normal-vs-not-normal-aging-understanding-the-difference-tickets-62413985912>

Please join Positive Approach to Care Trainers Pat Bemis and Mapuana Taamu for a workshop developed by Teepa Snow (www.teepasnow.com) that will provide essential information on how to have a positive and meaningful relationship with people who are living with Alzheimer's and other forms of dementia throughout their journey. This seminar will help care providers and family members who are trying to cope with the changes and challenges that happen with dementia.

This 2-hour workshop will help learners recognize and understand "normal" and "not normal" aging. Participants will develop better observation skills to recognize and intervene effectively when behavioral challenges occur. Learn to develop new skills related to approach, cueing, and ability to connect with people affected by dementia. The workshop will also address typical issues that occur from early stages of the condition through mid-disease, and into the final care concerns that are part of the progression.

Since this is during lunch, you are welcome to bring your own lunch or purchase Sunday Brunch in the main dining room for \$32.28. If purchasing brunch, you will need to arrive 30 minutes early (11:30a) to fill out a Pohai Nani Guest Meal Reservation, pay the receptionist with cash or credit card and have adequate time to go through the buffet line. You will bring your meal into the Club Room.

Please contact Judy Knutson, Wellness Program Director, for more information (808) 236-7832.



Hawaii Pacific Gerontological Society

PRESENTS THE JUNE WEBINAR:

“Positive Approach to Dementia Care: Techniques and Tips for Communication”

SPEAKER: MAPUANA TAAMU, MEMORY FRIENDS LLC

**THURSDAY, JUNE 27TH
11:30 AM – 12:45 PM**

LEARNING OBJECTIVES:

- What is dementia?
- Why do challenging behaviors occur with dementia?
- How do our human senses play a role in caregiving?
- What is the positive physical approach?
- How can caregivers provide independence by doing WITH rather than TO their person with dementia?

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

https://zoom.us/webinar/register/WN_IqbngbVxQ1Sb75ZiOSAsMQ

ABOUT THE SPEAKER

Mapuana Taamu is the owner and lead consultant of Hawaii Memory Friends LLC. She is a Certified Positive Approach to Care Trainer and Certified Nurse Aide with more than 7 years of hands-on experience working with patients living with dementia. She alternates teaching dementia care classes at 15 Craigside, Pohai Nani and the Kupuna Education Center at Kapiolani Community College. Mapuana is a Board of Director of the Hawaii Pacific Gerontological Society in which she chairs the Membership Committee as well as the Programs & Continuing Education Committee. She is the current President of the Kahalu’u Lions Club and Zone Chairperson for Region III Zone I of the District 50 Hawaii Lions Club Organization. She currently works as a part-time Registered Behavioral Technician for children with Autism and is privately seeing patients for dementia-related behavioral consultations. With her passion for challenging behaviors, Mapuana is a patient advocate.



Zoom webinar sponsored by:



Webinar location sponsored by:



Hawaii Pacific Gerontological Society

July General Membership Meeting



EXECUTIVE OFFICE ON AGING

Thursday, July 18th, 2019

8:30am - 10:30am



Presentations will be made by Senator Sharon Moriwaki from the Kupuna Caucus, giving a legislative update on the 2019 bills relating to our kupuna, along with Caroline Cadirao from the Executive Office on Aging.

Christy Nishita, Ph.D. is a gerontologist at UH, representing the Mayor's Age-Friendly Honolulu initiative and it's Kind2Kupuna business program. She will discuss this program that raises awareness on how to better support kupuna customers and clients with physical and cognitive disabilities. Input from HPGS kupuna members on the program are welcomed!

Location: Abe Lee Seminars

(Free parking nearest Macy's at Ala Moana Shopping Center's 3rd level)

Address: 1585 Kapiolani Blvd, Suite #1518

Cost: FREE for HPGS members plus one guest;

\$5 for any additional guests

RSVP to Sherry Goya (No later than July 17th)

SGoyaLLC@gmail.com 808-722-8487

Seating is Limited!

***Lite refreshments & coffee provided

Key Funding For Senior Programs from the 2019 Legislative Session

Kupuna Care Bill:

https://www.capitol.hawaii.gov/session2019/bills/HB465_SD2_.htm

Kupuna Caregivers

https://www.capitol.hawaii.gov/session2019/bills/SB1025_HD2_.htm

Alzheimer's Bill

https://www.capitol.hawaii.gov/session2019/bills/SB366_HD2_.htm

Healthy Aging

https://www.capitol.hawaii.gov/session2019/bills/HB468_SD2_.htm

Program	SFY 2017-18	SFY 2018-19	SFY 2019-20	SFY 2020-21	2 Yer Diff
Kupuna Care	\$4,145,695 HB100 worksheets pg 490	\$3,877,063 HB1900 worksheets pg 357	\$4,145,695 HB 465	\$4,145,695 HB 465	
	EOA budget \$4.8M recurring	EOA budget \$4.8M recurring	EOA budget \$4.8M recurring HB2	EOA budget \$4.8M recurring HB2	
Caregivers	\$600K Act 102	\$1.2M HB1900 worksheets pg 357	\$1.5 mil. SB 1025	0	
Hthy Aging	\$500K Act 103		\$550,000 HB 468	0	
Alzheimer's			\$59,616 SB 366	\$59,616 SB 366	New

HB 1248 RELATING TO ELECTIONS ALL VOTE BY MAIL IN 2020

https://www.capitol.hawaii.gov/measure_indiv.aspx?billtype=HB&billnumber=1248&year=2019

Provided by Jim Shon, Kokua Council, with input from the EOA.

The 13th Annual Aging in Place Workshop
 Sat, August 17, 8:30am–2:30pm, Ala Moana Hotel
 No Reservation Required. For information, call 808-234-3117



	HIBISCUS ROOM	GARDEN LANAI	PAKALANA ROOM	PLUMERIA ROOM	ILIMA ROOM	CARNATION ROOM
AM Session	8:30–9:15 “Happy Aging” with a Plethora of Resources <i>Kathy Wyatt</i> <i>Hale Hauoli Hawai‘i</i>	Building Wealth Through a 1031 Exchange <i>Kent Leong</i> <i>Keller Williams</i>	Learn About All the Medicare Benefits <i>Ed/Travis Motosue</i> <i>Financial Benefits, Inc.</i>	The “NEW” Reverse Mortgage <i>Percy Ihara</i> <i>Retirement Funding Solutions</i>	Normal & Not Normal Aging with Dementia <i>Mapuana Taamu,</i> <i>Certified PAC Trainer</i>	Common Questions About Caregiving <i>Eileen Phillips, RN</i> <i>Attention Plus Care</i>
	9:30–10:15 Get Extra Help With Medicare <i>Margaret Wong</i> <i>Copeland Insurance</i>	Declutter & Age in Place <i>Cynthia Arnold</i> <i>De-clutter Hawaii</i>	Social Security — Securing Today & Tomorrow <i>Jane Burigsay</i> <i>Social Security Admin.</i>	Preparing for the Unexpected <i>Michael Yee, CFP</i> <i>Ameriprise Financial</i>	Functional Aging <i>Fran Patoskie,</i> <i>Certified Personal Trainer</i>	The Key to Health & Longevity, Your Inflammatory Health <i>David Watumull</i> <i>ZanthoSyn</i>
	10:30–11:15 3 Secrets From Smart Families During Aging & Dying <i>Annette Pang,</i> <i>Family Caregiver Coach</i>	Straight Talk on Retirement Planning <i>Terry Lee, President & CEO</i> <i>Lee Financial Group Hawaii, Inc.</i>	Understanding Medicaid for Long-term Care <i>Cassandra Stewart</i> <i>MedData</i>	Estate Planning: A Thanatologist Perspective <i>Stephen B. Yim, Esq.</i> & <i>Monica Yempuku, JD</i>	Successful Aging and Brain Health <i>Dr. Aida Wen</i>	Aging & Hearing Loss <i>Kaiser Permanente</i>
Mid-Day Break	Visit Exhibitors (Open all day)	Visit Exhibitors (Open all day)	Visit Exhibitors (Open all day)	Visit Exhibitors (Open all day)	Visit Exhibitors (Open all day)	Visit Exhibitors (Open all day)
PM Session	11:30–12:15 “Happy Aging” with a Plethora of Resources <i>Kathy Wyatt</i> <i>Hale Hauoli Hawai‘i</i>	Building Wealth Through a 1031 Exchange <i>Kent Leong</i> <i>Keller Williams</i>	Learn About All the Medicare Benefits <i>Ed/Travis Motosue</i> <i>Financial Benefits, Inc.</i>	The “NEW” Reverse Mortgage <i>Percy Ihara</i> <i>Retirement Funding Solutions</i>	Normal & Not Normal Aging with Dementia <i>Mapuana Taamu,</i> <i>Certified PAC Trainer</i>	Common Questions About Caregiving <i>Eileen Phillips, RN</i> <i>Attention Plus Care</i>
	12:30–1:15 Get Extra Help With Medicare <i>Margaret Wong</i> <i>Copeland Insurance</i>	Declutter & Age in Place <i>Cynthia Arnold</i> <i>De-clutter Hawaii</i>	Social Security — Securing Today & Tomorrow <i>Jane Burigsay</i> <i>Social Security Admin.</i>	Preparing for the Unexpected <i>Michael Yee, CFP</i> <i>Ameriprise Financial</i>	Functional Aging <i>Fran Patoskie,</i> <i>Certified Personal Trainer</i>	The Key to Health & Longevity, Your Inflammatory Health <i>David Watumull</i> <i>ZanthoSyn</i>
	1:30–2:15 3 Secrets From Smart Families During Aging & Dying <i>Annette Pang,</i> <i>Family Caregiver Coach</i>	Straight Talk on Retirement Planning <i>Terry Lee, President & CEO</i> <i>Lee Financial Group Hawaii, Inc.</i>	Understanding Medicaid for Long-term Care <i>Cassandra Stewart</i> <i>MedData</i>	Estate Planning: A Thanatologist Perspective <i>Stephen B. Yim, Esq.</i> & <i>Monica Yempuku, JD</i>	Non-Medication Strategies for Dementia Behaviors <i>Dr. Aida Wen</i>	Caregiver’s Checklist for Medicare Annual Enrollment <i>Pamela Cunningham</i> <i>Kaiser Permanente</i>

