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**“Creating a better Hawaii for our elders”**

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**HPGS Quarterly Newsletter**

**Volume 24, Issue 2**

**June 2013**

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**St. Francis Healthcare System Receives  
\$4 Million Lead Gift from The Clarence T.C. Ching  
Foundation for a 100-Bed Skilled Nursing Facility**

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*Submitted by: Nathan Hokama*



*Construction of the 100-bed Clarence T. C. Ching Skilled Nursing Facility at the Liliha campus of St. Francis Healthcare System of Hawaii is targeted for completion in July 2014. In collaboration with community partners, St. Francis Healthcare System is focusing on post-acute care and providing more skilled nursing beds to meet the needs of Hawaii's growing older adult population. Rendering by MGA Architecture for St. Francis Healthcare System of Hawaii*

A 100-bed skilled nursing facility on St. Francis Healthcare System of Hawaii's Liliha campus will soon fill a vital need for more long-term care beds in the community. The facility, which will occupy three floors in the former hospital building, is targeted to open in late summer 2014.

The announcement, made today by Jerry Correa, president and chief executive officer of St. Francis Healthcare System, comes five months after the sale of St. Francis Healthcare System's West campus assets to The Queen's Health Systems in December 2012.

*(continued on page 2)*

(continued from page 1):

“This is one of our first major projects since the hospitals have been returned to us,” Correa said. “We will continue to focus our attention on what we do best: home- and community-based care to meet the needs of the community and to be a valuable partner to Hawaii’s acute care hospitals.”

#### **\$4 Million Check Presentation**

The Clarence T. C. Ching Foundation presented a symbolic check to St. Francis Healthcare System for \$4 million for the skilled nursing facility, which will be named the Clarence T.C. Ching Skilled Nursing Facility.

The skilled nursing facility primarily serves those who are discharged from an acute hospital care and may need ongoing medical nursing care or specialized rehabilitative services before they are ready to go home.

The skilled nursing facility will be located in the Sullivan Building, the existing building previously used for the hospital. The project, which will cost a total of \$10 million, will consist of converting nearly 50,000 square feet of space on the third, fourth and fifth floors. Most will be private rooms, which will be different from most nursing homes in Hawaii. The targeted completion date for construction is July 2014 and will open later in the year. MGA Architecture has been selected as the project architect.

Families who visit their loved ones at the new Liliha long-term care facility will be able to enjoy a beautiful and comfortable home-like atmosphere and residents will have an expansive activity room with panoramic views of the Honolulu skyline.

“Collaboration is the key to the fruition of this new vision for Liliha,” Correa said. “We appreciate the Clarence T.C. Ching Foundation for being one of the first organizations to step forward with their generous support.”

“We are pleased to support St. Francis Healthcare System and meet the needs of the community,” said Raymond Tam, trustee of the Clarence T. C. Ching

Foundation. “This skilled nursing facility will provide nursing care and rehabilitation with the same quality that has been long been associated with St. Francis.”

#### **Clarence T.C. Ching’s Relation to St. Francis Healthcare System**

Clarence T.C. Ching has a long history with St. Francis. He was a longtime supporter, and served as a board member of the former St. Francis Medical Center until his death.

“Clarence Ching and Sister Maureen Keleher, who led the hospital for 35 years, were very close. She relied on him for his wisdom and good business sense,” said Sister William Marie Eleniki, OSF, president of St. Francis Healthcare Foundation of Hawaii.

Ching was on the committee to raise funds for the construction of the five-story Sullivan Building that included a skilled nursing facility that opened in 1975. Nearly 40 years later, his legacy continues with this newest gift, Sister William Marie said.

#### **Expanding Hospice Care to Liliha**

St. Francis Healthcare System currently provides hospice care in homes, long-term care facilities, and in its two inpatient facilities in Nuuanu and Ewa. Preliminary plans include designating some of the beds in the skilled nursing facility for hospice care, expanding hospice to the Liliha campus.

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### **Message From the HPGS President**

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Aloha HPGS Ohana,

Summer is almost here! In Hawaii, where changes in the season may not be distinct, we have the opportunity to experience beautiful, year-round weather. However, our lives may still be full of transitions of different kinds.

Graduations are one of the transitions that we celebrate this time of year. We congratulate our HPGS Secretary Michiyo Tomioka for the

completion of her Ph.D. in Social Welfare at the University of Hawaii-Manoa’s Myron B. Thompson School of Social Work. Mahalo for all you do for HPGS, Dr. Tomioka!

Many of us also encounter transitions in our life’s work to support older adults. Each day holds new challenges that require caregivers to be in continual state of transition and personal growth. To be flexible and ready to accommodate the changes in an older adult’s physical or mental capabilities is part of the plan.

One of the greatest transitions we face is the death of a loved one. In April, I attended the Association for Death Education & Counseling Conference in Hollywood, California. There were different approaches to grief work at this conference. Two interesting presentations used films as a way to invoke therapeutic discussions. Check out the TV program, “The Mary Tyler Moore Show” (1975) episode, “Chuckles Bites the Dust,” on YouTube, which shows laughter and fear at the funeral scene.

There are other films that deal with this topic. Do you remember *The Big Chill* (1983), *Undertaking Betty* (2002), *Big Fish* (2003), *Elizabethtown* (2005), *Departures* (2008)? Bring out the popcorn, watch these films, and share your thoughts and wishes about end-of-life issues and funeral planning with those close to you.

During that same trip, I was also able to squeeze in the Walk of Fame at the TCL Chinese Theatre, formerly Grauman’s Chinese Theatre and Mann’s Chinese Theatre. It holds nearly 200 Hollywood celebrity handprints, footprints, and autographs. What a way to remember people – some are long gone and some are still earthbound.

As parents, we often take the print of our children’s handprint and footprint when they are still infants to show our children when they’re grown as well as other family and friends. It’s a way to cherish those whom we love and also to celebrate their own personal transformation into adulthood.

Making each day count is important for all of us. Experiment with new ways of celebrating

transitions. A suggested therapeutic activity for families is to create art pieces using handprints and footprints in different colors and display them like a family tree that would show growth, connectedness, and the family’s legacy. It can be done easily by using acrylic paints on paper.

Have a nice summer!

*Felicia Marquez-Wong*

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## HPGS Board of Directors

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### HPGS Officers for 2013

#### **Felicia Marquez-Wong, President**



Felicia Marquez-Wong is currently the Bereavement Services and Social Work Manager at St. Francis Hospice and has been with the organization since 1994. She is a Qualified Clinical Social Worker and is certified in Thanatology: Death, Dying & Bereavement. Ms. Wong is

affiliated with many organizations including the National Association of Social Workers, the Association for Death Education & Counseling, and she was a Co-Founder of the Bereavement Network of Hawaii. In 2011, Ms. Wong was the recipient of the Professional with Heart Award by the Healthcare Association of Hawaii.

#### **Suzie Schulberg, Past-President**



Suzie Schulberg is the Chief Operating Officer at 15 Craigside. She has been with Arcadia Community Services (parent company of 15 Craigside) for 12 years. She has been a member of HPGS for the last 6 years.



**Shannon Miyazaki, President-Elect**

Shannon Miyazaki is the Administrator for The Plaza at Moanalua, an Assisted Living community for seniors. Shannon joined The Plaza Assisted Living team in 2008 as the Activity Director for The Plaza at Punchbowl. Shannon graduated from the

University of Hawaii at Manoa with a Bachelor of Science in Family Resources, Minor in Biology, and an Undergraduate Certificate in Aging. She has been a member of HPGS since 2004.

**Michiyo Tomioka, Secretary**

Michiyo Tomioka is a Research Assistant at the University of Hawai'i at Manoa Office of Public Health Studies and will graduate with her Ph.D. in Social Welfare at the Myron B. Thompson School of Social Work in

August 2013. She has been actively involved with Hawai'i Healthy Aging Partnership, a consortium of professionals from the Executive Office on Aging, Area Agencies on Aging, and eldercare organizations dedicated to increasing evidence-based health promotion programming for older adults, and serves as an evaluator.

**Kyle Yanabu, Treasurer**

Kyle Yanabu is a Financial Advisor with Questar Capital. He has been a member of HPGS since 2006. His personal experience with gerontology has been helping his parents take care of his three grandparents, who all have

received long term care services. That is why he enjoys assisting and educating members and their families on the issues and solutions with long term care.

**At Large Members of the Board****Leanne Clark-Shirley, Ph.D., Member at Large**

Dr. Leanne Clark-Shirley is a Gerontology Research Consultant in aging and long-term care policy and holds a research faculty appointment in the UH JABSOM Department of Geriatric Medicine. Her research centers around formal and informal systems

of long-term care for older adults. She received her Ph.D. in Gerontology in 2012 from the University of Maryland, Baltimore County.

**Merlita Compton, Member at Large**

Merlita Compton is an Elder Services Program Coordinator for Kokua Kalihi Valley (KKV) Comprehensive Family Services. She earned her MPH in Health Services Administration and Planning and an Advance Certificate in Gerontology at the

University of Hawaii Manoa. Merlita has worked 25+ years in providing health care services for older adults. Her leadership of an assessment of needs among Kalihi Valley's culturally diverse, high social and economic need elders was instrumental in the establishment of KKV's Elder Services Program. Over the past 13 years, she has worked to expand this program; focusing on community-based health promotion programs for older adults. She is actively involved in the Hawaii Healthy Aging Partnership (HAP) and coordinating evidenced-based programs in Kalihi Valley. Merlita also

serves as an Advisory Council Member for the Department of Human Services Senior Companion Program.

**Tony Lenzer, Member at Large**

Tony Lenzer is Professor Emeritus of Public Health and former Director of the Center on Aging at the University of Hawaii. Since retiring from UH, Tony has served as aging issues advisor for Senator Les Ihara, Jr., and has been an active advocate for Hawaii's older people and their families.

**Dane Marcouiller, Member at Large**

Dane Marcouiller is an Administrator in Training at Arcadia Retirement Residence. He has been with Arcadia since 2006. Dane graduated from Abilene Christian University with a Bachelor degree in Exercise Science. He has been a member of

HPGS for the past 2 years.

**Christy Nishita, Ph.D., Member at Large**

Dr. Christy Nishita is Interim Director and Researcher at the University of Hawaii Center on Aging. She received her Ph.D. in Gerontology from the University of Southern California. Her focus is on improving community-based long-term care, with

publications on aging in place, nursing home transitions, and health promotion.

**Samantha Tsoi, Member at Large**

Samantha was born and raised on Oahu. She attended the University of Hawaii at Manoa where she received her undergraduate degree in Family

Resources with a Certificate in Aging as well as a Master's in Social Work with an emphasis in Gerontology. She is currently working at Hale Ho Aloha Nursing Home as the Director of Social Services. Samantha has been a member of HPGS since 2005.

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**HPGS Quarterly Meeting in June  
on Maui**

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Please join us for a special presentation co-sponsored by HPGS and MCOA ADRC.

**Move With Balance ® Healthy Aging Activities  
for Brain and Body  
Friday June 14, 2013  
4:00- 5:30 p.m.  
Cameron Center Auditorium  
95 Mahalani Street  
Wailuku, Hi 96793**

Karen Peterson (Giving Back Executive Director) and Peggy Sanches (Giving Back Board President) will discuss Move with Balance, a Maui-born project focused on preventing falls and fall-related injuries, and enhancing brain function and cognitive skills in our growing population of older adults.

Please RSVP to Felicia Marquez Wong at [FMarquezWong@stfrancishawaii.org](mailto:FMarquezWong@stfrancishawaii.org) or Jan Roberson (MCOA) 270-8221 by Friday June 7, 2013. Hope to see you there!

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**Call for HPGS Newsletter Articles**

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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 September 2013 issue to [hpgs.hawaii@gmail.com](mailto:hpgs.hawaii@gmail.com) by August 16, 2013. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.

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## HPGS E-mail List

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If you have not been receiving e-mail updates and would like to, please e-mail us at [hpgs.hawaii@gmail.com](mailto:hpgs.hawaii@gmail.com) with your name (first and last) and e-mail address. Please also inform us if you would like to receive the quarterly newsletter via e-mail instead of snail mail.

## LOCAL NEWS

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### Educational Sessions Provide Valuable Information

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HPGS is committed to providing our members and other professionals with valuable, practical information that you can put to immediate use with those we serve.

At our HPGS quarterly meeting held on March 27<sup>th</sup>, we had great turnout with nearly 70 participants learning how to reduce the burden of caregivers who are caring for those with dementia. "RCI-REACH Intervention for Caregivers of Persons with Dementia" was a welcome, timely topic.



*Left to right: Felicia Marquez-Wong, Valorie Taylor, and Laura Bauer.*

Mahalo to Laura Bauer, MPA, Director of National initiatives for the Rosalynn Carter Institute for

Caregiving, and Valorie Taylor, Gerontology Contracts Manager of Child & Family Service.

Mark your calendar for more great sessions in the coming months:

### **"Move with Balance: Preventing Falls and Fall-Related Injuries"**

**Friday, June 14, 2013**

**4:00 – 5:30 p.m.**

**Cameron Center Auditorium**

**95 Mahalani Street**

**Wailuku, Maui**

Karen Peterson, Giving Back Executive Director, and Peggy Sanches, Giving Back Board President, will discuss Move with Balance, a Maui-based project focused on preventing falls and fall-related injuries, and enhancing brain function and cognitive skills in our growing population of older adults.

Please RSVP to Felicia Marquez-Wong at [FMarquezWong@stfrancishawaii.org](mailto:FMarquezWong@stfrancishawaii.org) or call Jan Roberson (MCOA) at 270-8221 by Friday, June 7, 2013. MCOA ADRC is our co-sponsor.

### **"Your Family, Your Story – A Guide to Digital Storytelling"**

**Thursday, July 11, 2013**

**5:00 – 6:30 p.m.**

**15 Craigside**

**15 Craigside Place, Solarium**

**Honolulu, HI 96817**

Janette Sargent-Hamill, Author & Film Maker, will provide information on how to document family and personal stories that will enlighten and enhance future generations.

Visitor parking is available.

Please RSVP to Felicia Marquez-Wong at [FMarquezWong@stfrancishawaii.org](mailto:FMarquezWong@stfrancishawaii.org) by July 5, 2013. Limited to 80 attendees.



**"No One Has to Die Alone: How to Change the  
End of Life from Fearful to Hopeful"**

**Thursday, September 12, 2013**

**5:00 - 6:30 p.m.**

**15 Craigside**

**15 Craigside Place, Solarium**

**Honolulu, HI 96817**



Lani Leary, Ph.D., Psychotherapist and Author, will identify ways that we can each make a difference in the end of life care of a loved one. Her book, "No One Has to Die Alone: Preparing for a Meaningful Death" was selected as a finalist for the prestigious Books for a Better Life Award. Check out her TEDxHonolulu presentation online at [www.DrLaniLeary.com](http://www.DrLaniLeary.com)

Please RSVP to Felicia Marquez-Wong at [FMarquezWong@StFrancisHawaii.org](mailto:FMarquezWong@StFrancisHawaii.org) by September 5, 2013. Limited to 80 attendees.

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## Other Local Events

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*Submitted by: Curt Kiriu, CAPS, CGP, CR, CF  
President of CK Independent Living Builders*

The BIA (Building Industry Association) of Hawaii will be holding the NAHB's (National Association of Home Builders) CAPS (Certified Aging-In-Place Specialist) course on the following dates/times. You may possibly earn CEU (Continuing Education Credits), and may even qualify for the ETF (Employment and Training Fund) which may cover 50% of the cost of the course. Visit the BIA of Hawaii website at [www.biahawaii.org](http://www.biahawaii.org); or contact Barbara Nishikawa or Lea Wong at 847-4666 for more information.

**CAPS I course will be held on Tuesday, July 16<sup>th</sup>, 8:00 a.m. – 5:00 p.m.**

**CAPS II course will be held on Thursday, July 18<sup>th</sup>, 8:00 a.m. – 5:00 p.m.**

**CAPS I course will be held on Tuesday, August 27<sup>th</sup>, 8:00 a.m. – 5:00 p.m.**

**CAPS II course will be held on Thursday, August 29<sup>th</sup>, 8:00 a.m. – 5:00 p.m.**



AARP will be having a free Homefit Workshop, on **Saturday, July 20<sup>th</sup> from 9 a.m. to 12 noon** at the Ward Warehouse's Kakaako room. The workshop will have information and tips for a comfortable, safe and livable home; and how to assist in recognizing some ways your home can be updated to support your needs, lifestyle and prevent falling at any age. For more information about this AARP event, please call (808) 545-6003 or visit [www.aarp.org/hi](http://www.aarp.org/hi)

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## My Social Security 101 Webinar

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*Submitted by: Jane Yamamoto-Burigsay,  
Social Security Public Affairs Specialist in Hawaii*

Join us for a Webinar on June 12<sup>th</sup>. Space is limited. Reserve your Webinar seat now at: <https://www1.gotomeeting.com/register/146356369> You can also register by visiting [www.hawaiiiship.org](http://www.hawaiiiship.org) and click on "My Social Security 101."

Social security reaches almost every family, and at some point will touch the lives of nearly all Americans. Jane Yamamoto-Burigsay, Public Affairs Specialist with the Social Security Administration, will discuss the various Social Security programs. She will also provide an overview of factors to consider before you retire, how to file, Medicare enrollment periods and the expanded online services including the "My Social

Security" account available at [www.socialsecurity.gov](http://www.socialsecurity.gov) that can help with retirement planning. Sign up now to learn more about what Social Security means to you and your family!

**Title: My Social Security 101**  
**Date: Wednesday, June 12, 2013**  
**Time: 11:00 AM - 12:00 PM HST**

After registering, you will receive a confirmation email containing information about joining the webinar.

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## The Closing of Kupuna Concierge

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*Submitted by: Jim Cone*  
 Vice President/General Manager  
 Kupuna Concierge, Child and Family Service

It is with some sadness that I wanted to let you know that Child & Family Service has decided to close the Kupuna Concierge program at the end of this month. While we were seeing growth in this new social enterprise and our staff provided outstanding service to meet an important and growing need for Kupuna and their loved ones, we could not find a way to make the finances of the program work.

Kupuna Concierge was all about exceptional service and care to Hawaii's kupuna and we had no lack of clients. We could not hire Personal Assistants fast enough. Clinically caring for our elderly is important but as important is the socially caring for them.

To reinforce this thinking, the United Health Foundation just completed a national study that put Hawaii at the very bottom of states that provide "social support" to the elderly. Check out this study at the following link:

<http://www.americashealthrankings.org/Senior/HI> and consider how we as an organization can help to change what should be known as a state that reveres its elders.

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## Learnings from Dr. LaGrand's Presentation

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*Submitted by: Felicia Marquez-Wong*

Dr. Louis LaGrand, an international expert on grief, presented practical insights into grief and the healing process to a crowd of more than 250 people at a free seminar sponsored by the St. Francis Hospice titled, "How to Adapt to Great Loss in Life: Reducing Unnecessary Suffering When Mourning" at Borthwick Mortuary on April 2, 2013. The National Association of Social Workers supported the seminar with CEUs.

He suggested asking yourself questions:

- What do I want? Short Term? Long Term? How will I get there?
- Is this helping me grow?
- Will I choose to be loss oriented or restoration oriented for the rest of my life? (Bitter or better?)
- Will I be flexible?
- What do I say/think to myself when I first wake up?

His suggestions to reduce suffering:

- Strengthen your inner life
- Accept what is
- Let go of resistance
- Learn not to grieve 24/7
- Get rid of your "labels"

Some of his practical tips were:

- Find nurturing connections and work on your head and heart
- Expand your spiritual path
- Develop a grateful attitude
- Get a purpose/mission
- Be a lifelong learner

Dr. Louis LaGrand is the author of "Healing Grief, Finding Peace: 101 Ways to Cope with the Death of Your Loved One" and many other books. For more information on Louis LaGrand, Ph.D., visit his website: [www.extraordinarygriefexperiences.com](http://www.extraordinarygriefexperiences.com)