



hawaii pacific gerontological society

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March 2024

HPGS 2024 BOARD OF DIRECTORS

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Sherry Goya, Executive Director
808-722-8487 • sgoyallc@aol.com

P. O. Box 3714
Honolulu, HI 96812

www.hpgs.org

HPGS.808@gmail.com

HPGS has open enrollment for new members throughout the year. HPGS members may renew for 2024 any time online at www.hpgs.org or print the form and pay with a check.

The Hawaii Pacific Gerontological Society distributes monthly newsletters and hosts three general membership meetings.

HPGS encourages all members to submit articles, email the board with suggestions for speakers, and/or volunteer on a committee.

PRESIDENT'S MESSAGE



LAURIE ADAMSHICK
PRESIDENT

March Greetings to you all!

Last month, on February 28th, the first-of-its-kind Long Term Care Summit was held in Honolulu to solicit ideas and collaboration among representatives from the Legislature, government agencies, the University of Hawaii Center on Aging, and many private participants who provide a range of services to our aging community. As you will read in the short article about it in this newsletter four of us from HPGS were invited to attend. The goal was to work together to advance ideas on improving our long term care system in Hawaii and building our long term care workforce. As potential changemakers, we were motivated by the inspiring messages of Lieutenant Governor Sylvia Luke and Senator Sharon Moriwaki who are both personally committed to spearheading meaningful change. Did you know that 70 percent of those over the age of 65 will need long term care? Our current long term care workforce is woefully inadequate now and not predicted to grow sufficiently to meet this increasing need unless positive changes are made. To emphasize the need to meet these goals, please take a look at the attached statistics and current legislative bills under consideration. This is just the beginning of this group's organized efforts to recommend system-wide change.

On May 16 th we look forward to learning more about Hawaii's Public Health Nurse program from Courtney-Paige DiMaggio, Board member and Public Health Nurse on Molokai. Mark your calendar for this informative presentation at our second General Membership Meeting of the year. Join us at 11:30 am on Zoom via this link: <https://us02web.zoom.us/j/7585097318?pwd=SU1kL3hRUlJyZlNUTitrYXg4aE5yQT09&omn=83995035284>

With the arrival of Spring it is our hope you are feeling renewed in your interest in learning and advancing ideas, efforts and services that support our kupuna and all of us as we age. At HPGS our newsletters and general membership meetings keep you informed and engaged. Our Biennial Conferences provide focused educational content and networking opportunities. Stay in the know and ensure you keep receiving relevant, timely news and information from us by renewing your membership today. For those who have already renewed for 2024, we offer our sincere thanks for your continuing involvement.

With gratitude,
Laurie

MISSION STATEMENT

The mission of HPGS is to increase awareness of and interest in the field of gerontology by providing networking and educational opportunities, as well as scholarships, to Hawaii's workforce or other interested parties, in which to support the creation of needed policies and programs that will enhance the quality and age-friendly services to our Kūpuna in Hawaii.

2024 HPGS MEMBERS

Mahalo to these HPGS members who have renewed their membership since the last newsletter:

15 Craigside
Sara L. Medeiros
Kimberly Oshiro
Gary Simon

If you have not yet done so, we hope you will renew with the attached form or go online at www.hpgs.org and renew with your charge card. An added Mahalo goes out to those who pay the 3% PayPal fee to save HPGS that added cost.

EVENTS

Sat, March 9th, 10am to 11:30am
Zoom & Waipahu Hongwanji Buddhist Temple
“Home Health”
by Corrine Suzuka, Care Resource HI

Wed, March 13th, 10am to 11:30am
Zoom & Honda Hongwanji HI Betsuin
“Hawaii Intergenerational Network & HIN’s Homesharing HI Program”
by Martha Ross, HIN HH Director

Call or email Maria Morales
(808-945-3736)
cgs@projectdana.org

Tues, March 12th,
9:30am check-in to 11am
AARP’s sign-waving rally at the Capitol for Hawaii’s Family Caregiving
RSVP by March 5th,
bento lunch provided
See Flyer Attached

Thurs, May 16th, 11:30am
Via Zoom
HPGS General Membership Meeting
Topic: Public Health Nurses
by Courtney DiMaggio
(Flyer to be in the April HPGS Newsletter)

TONY LENZER SCHOLARSHIP FUND

A big Mahalo goes out to Mark & Carol Ann Solien who made a donation of \$10,000 to the Tony Lenzer Scholarship Fund. Their donation will greatly benefit students enrolled in college, who are seeking to work with Hawaii’s geriatric community. The Workforce Development Committee has already started to work on this year’s scholarship program, so their donation comes at a perfect time.

HPGS 2024 SCHOLARSHIP PROGRAM

Attached to this month’s newsletter is an announcement regarding the 2024 HPGS scholarships available to college students interested in the geriatric field. Applications for undergraduate and graduate students, as well as nursing students, can be found at <http://www.hpgs.org>. All applications must be submitted online, with a deadline of July 3, 2024. Announcement will be made at the September HPGS Board meeting.

HPGS MEMBER NEWS

The Honolulu Star-Advertiser published an article by HPGS members Cullen Hayashida and HPGS Board member Kendi Ho on Tuesday, February 27th on “Key on healthier aging Japan visitors.” Here is an excerpt from that article: “With population aging, Japan has programs to turn ‘silver’ into ‘gold.’ Japan is examining how to keep older adults working longer and create products designed for the senior market. For example, its Silver Human Resource Centers are nationwide senior employment agencies. For adults to explore second careers, many of its universities have created “Premium College.”

LONG TERM CARE SUMMIT

On Wednesday, February 28th, current and past HPGS Presidents, Laurie Adamshick and Kathy Wyatt, and Board members Christy Nishita and Kendi Ho attended the Long Term Care Summit entitled “Call to Action: A Meeting of Champions to Address the Needs, Challenges and Solutions for a Quality Long Term Care System.” They joined participants from the Legislature, MedQuest, Office of Elderly Affairs, geriatricians and other esteemed professionals who gathered to advance ideas for improving the long term care system in Hawaii. Innovative and inspiring programs in Minnesota, California and Washington State were highlighted by representatives from those states. Follow-up meetings are planned to continue the conversation started at this first-of-its kind summit.

EASTER SUNDAY IS MARCH 31ST

Having Easter eggs is a staple in everyone’s house, especially with the keiki coloring boiled eggs, older keiki hiding them, and everyone being sure that the keiki find all of them! Kupuna sit and watch while all the running around to find eggs is happening.

We know that peeling hard-boiled eggs can be frustrating. While everyone seems to have a secret trick, from adding salt to the water to using old eggs, there’s no tip that guarantees flawless eggs every time. However, the easy process of lowering eggs into gently boiling water to cook for 12 minutes, and then dunking them in ice water works wonderfully for easy-peel eggs.

For those who don’t do the “hiding eggs” tradition but love boiled eggs, they can boil, peel, and refrigerate their eggs up to three days in advance. The filling can be mixed up and the eggs assembled up to 24 hours before they are served. Store them in the refrigerator in an airtight plastic container or on an adorable deviled egg plate wrapped in plastic wrap.



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Announcing 2024 Tony Lenzer Undergraduate and Graduate Scholarships!

The Hawaii Pacific Gerontological Society (HPGS) awards scholarships to college students with a serious interest in careers involving aging and older people.

HPGS is proud to offer four(4) undergraduate and graduate scholarships at \$2000 each.

Also, nursing students at undergraduate and graduate levels are eligible for one of four (4) scholarships at \$2000 each.

For more information and to apply for either scholarship, visit:
<https://hpgs.org/scholarship/>

Deadline: July 3, 2024





SHOW YOUR ALOHA FOR HAWAII'S FAMILY CAREGIVERS SIGN WAVING AT THE HAWAII STATE CAPITOL

Hawaii's family caregivers are unsung heroes who care for loved ones and keep them out of costly nursing homes. Many are also working parents who balance child-care, jobs, and caregiving for other family members. Caregivers struggle to provide this care, often at the sacrifice of their own personal health, and financial security. Urge the Legislature to pass the Caregiver Tax Credit (SB 2473/HB 1769) and Family Leave bills (SB 2474/HB 2757). Family caregivers deserve our support.

DATE: TUESDAY, MARCH 12, 2024

TIME: 10:00 – 11:00 AM

(CHECK IN at 9:30 - Meet at AARP Hawaii Tent - Group Photo)

WHERE: HAWAII STATE CAPITOL (Sidewalk facing Beretania Street)

RSVP BY: March 5th

REGISTER: <https://forms.office.com/r/nSmA44hrnZ> (copy and paste in your internet browser)

ATTIRE: Dress comfortably (AARP or a plain red shirt, other organization shirts and colors okay)

PARKING ON OWN: Metered/paid public parking areas near State Capitol – Dept of Health, Underground parking at State Capitol, Iolani Palace, or Alii Parking Garage – entrance from Alakea Street (cash only).

QUESTIONS/INFORMATION: Contact Audrey Suga-Nakagawa (AARP Hawaii)
Email: asuganakagawa@aarp.org or 808 545-6005

The Need

1 in 5



- Hawai'i has the highest life expectancy in the U.S. with a record of 80.7 years
- 1 in 5 people in Hawai'i are 65 years old or older
- Hawai'i's older adult population is growing:
 - 294,254 age 65+ years old in Hawai'i - expected to double by 2060 (nationally)
 - 131,613 age 75+ years old in Hawai'i - 116% increase between 1990 to 2012
 - 37,102 age 85+ years old in Hawai'i - 126% increase projected from 2020 to 2040



70%



- Hawai'i's kūpuna need long-term care (LTC)
 - 70% of people 65+ will need long-term care
 - Of whom, 20% will need long-term care for longer than 5 years
 - 85.9% of people 65+ have 1 or more chronic conditions
 - 37.9% of people 65+ have 1 or more disabilities
- Statewide LTC services and supports
 - 67,000 aging, blind, or disabled Med-Quest members
 - 10,000 received some sort of LTC service or support
 - \$310 million spent on nursing facilities per year (State & Federal \$\$)
 - \$150 million spent on home and community based services per year (State & Federal \$\$)
 - 1,790 statewide community and institutional LTC facilities with 12,942 beds
 - Critical Access Hospitals, Nursing Homes, Assisted Living, Adult Residential Care Homes Types I & II, Expanded, Community Care Foster Family Homes
 - 53,600 persons received Older Americans Act home and community based services
 - 6,100 persons received quality LTC through Kūpuna Care
- Direct Care Workforce
 - 11,860 direct care workers (i.e. personal care aides, home health aides, and nursing assistants) in 2021
 - 3,900 vacant non-physician healthcare positions in 2022
 - 3,300 NEW direct care workers jobs will be needed by 2030
 - 21,500 direct care job openings by 2030 due to new jobs and job separations



VACANT
We're HIRING



Action Now!

We need to act now to establish a person-centered long-term care system and capable workforce to meet the growing population's long-term care needs. Bills that set us on the right path forward:

- **HB2224** - Requires the Executive Office on Aging (EOA) to create a comprehensive long-term care master plan to accomplish long-term care policy goals that, when implemented, ensure the availability of a full continuum of institutional and community-based services. Establishes a long-term care planner position.
- **SB2285** - Amends the functions and duties of the State Health Planning and Development Agency to best implement statewide health planning and reporting including long-term care.
- **SB3383** - Requires EOA to conduct a statewide assessment of the needs of the long-term care workforce for home and community based service providers.
- **HB1827** - Appropriates funds to support healthcare workforce development programs, specifically public high school healthcare workforce certificate program and glidepath program for certified nurse aides.
- **SB849, HB2216, HB1974** - Amends the state supplemental payment ceiling for adult residential care homes, licensed developmental disabilities domiciliary homes, community care foster family homes, certified adult foster homes and increases monthly needs allowance for residents from \$50 to \$75.
- **HB2215** - Increases funding of certain Medicaid home and community-based services, including adult day programs, community care foster family homes, and expanded adult residential care homes.
- **SB2473/HB1769** - Establishes a refundable Family Caregiver Tax Credit for nonpaid family caregivers.
 - Nonpaid family caregivers are a vital part of a successful person-centered long-term care system.

Data Citations

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