



MAUI COUNTY COUNCIL ON AGING

CAMERON CENTER • 95 MAHALANI STREET, ROOM 20 • WAILUKU, HAWAII 96793 • PHONE (808) 270-7755 • FAX (808) 270-7935

COUNCIL ON AGING

December 9, 2013

12:00 p.m. - 2:00 p.m.

J. Walter Cameron Center Auditorium
95 Mahalani Street, Wailuku, HI

MEETING MINUTES

PRESENT

MaryMargaret Baker
Chivo Ching-Johnson
Stacy Crivello
Rhonda Fosbinder
Heather Greenwood
Tania Joao
William Myrter
Rosie Poree-Hogin
Robert Santry
Nancy Tamashiro
Gwen Ueoka

EXCUSED

Autumn Arase
Iris Peelua
Dionne Phillips

GUESTS

Chris Daek
Adele Rugg

STAFF

Deborah Arendale
Norma Circle
Christi Keliikoa
James Mariano
Jo Reyes
Richelle Thomson

I. Call to Order

Chair Rhonda Fosbinder called the meeting to order at 12:10 p.m. in the J. Walter Cameron Center Auditorium located at 95 Mahalani Street, Wailuku, Hawaii.

II. Roll Call of Council On Aging (COA) Members

Chair Rhonda Fosbinder then commenced with the roll call and quorum was established so the meeting was able to convene.

III. Introduction of the Maui County Office on Aging (MCOA) Staff and Guests

MCOA staff in attendance included: Ms. Deborah Arendale, Ms. Norma Circle, Ms. Christi Keliikoa, Mr. James Mariano and Ms. Jo Reyes. Our Deputy Corporation Counsel is Ms. Richelle Thomson. Today's guests include: Ms. Adele Rugg from the Policy Advisory Board for Elderly Affairs (PABEA) that meets on Oahu once a month and Ms. Chris Daek of AKAKU.

IV. Review, Correct & Approve Minutes

Chair Rhonda Fosbinder called for a review of the October 8th minutes, asking for any changes or corrections. Ms. MaryMargaret Baker moved to accept the minutes without any corrections and Mr. William Myrter seconded the motion. A unanimous vote carried to accept the October 8, 2013 meeting minutes without any changes.

V. Public Comments and Testimony regarding Agenda Items

None.

VI. 2013 Hawaii HCBS (not an agency: Home & Community-Based Services - general acronym term for in-home services provided for people of all ages) Conference Report to Include: Conference Highlights, Lessons Learned, and Applications for MCOA

- Ms. Deborah Arendale -
 - There were approximately 370 in attendance at the conference.
 - The AAA's (Area Agencies on Aging) participated in a pre-conference session on Monday, discussing how the aging network needs to adapt to the changing marketplace. The COA has already started discussing this as well as the need to increase overall Business Acumen.
 - Several national speakers provided updates regarding trends and innovations occurring throughout the nation during the three days of the conference.
 - Conference attendees included a wide cross-section representing insurance provider companies, other state agencies and the disability community.
 - Maui County was mentioned many times throughout the conference and acknowledged for leading the state in the ADRC initiatives.
 - Councilmember G. Riki Hokama, currently serving as the First Vice President of the National Association of Councils, addressed the conference members.
 - As a result of the conference, two of the insurance providers requested to meet with MCOA to discuss collaboration in the future and a retired geriatrician approached MCOA to discuss the possibility of a collaborative project that would also involve the Hawaii Community Foundation. .
 - Last week, CMS reported that these evidence-based programs: Enhanced Fitness (EF), Better Choices Better Health (BCBH), Powerful Tools for Caregivers (PTC), and the Coleman model of Care Transitions (CCTP), have demonstrated significant reduction in healthcare costs for those people participating. Regarding EF specifically:
 - MCOA initiated EF using Administrative funds as there was no dedicated funding source. We believe that improving the overall health of Maui's seniors will result in cost savings. Public reception and participation in EF have been overwhelmingly positive.
 - There are only four Trainer of Trainers across America in the EF model, and we have one of them on Maui, Ms. Paula Keele. We invested in her being a Trainer of Trainers which builds in sustainability and allows us to assist the AAAs statewide.
 - We hope to start selling our programs like EF, BCBH, PTC and CCTP to the insurance providers.
- Ms. Nancy Tamashiro posed a question: If the insurance company purchases the EF program, will Lanai then have a better chance of receiving the program(s) since they currently do not have the program on Lanai due to no funds? Kaiser is not available on Lanai or Molokai.

Ms. Deborah Arendale responded by clarifying that the reason there is no EF program currently on Lanai is that we need a Master Trainer based on Lanai who can implement the program and do the evidenced-based testing. Every four months there is testing to measure participants' progress with the following: arm curls, leg lifts, stand & sit and timed walks. The same need applies to Molokai. We only have five sites on Maui and there is a waiting list with approximately fifty people. Our Maui seniors have their results trending higher than the national average!

The EF sites currently are at: Kahului Union Church, Roselani Place, Kaunoa, Kalama Heights, and Makawao Hongwanji. Hale Mahaolu is our upcoming site(s). Our COA member, Ms. Heather Greenwood, is currently one of our Trainers.

- Ms. Deborah Arendale also let everyone know that on the last day of the conference, Dr. Peterson spoke about Alzheimer's and Dementia. His presentation was extremely interesting. The cost of Alzheimer's to society is far greater than any other illness! Alzheimer's markers actually appear at an early age in your brain. His presentation can be found at: www.nasuad.org/hcbshawaii and if you cannot find it, please call upon her. Two facts Dr. Peterson mentioned are:
 - 10% of Alzheimer's and/or dementia is genetically linked.
 - There are five things you can do to delay onset:
 - Remain physically active with aerobic exercise
 - Stay intellectually engaged
 - Maintain social networks
 - Eat heart healthy
 - Get plenty of sleep

VII. The Impact of the Affordable Care Act and Sequestration on MCOA, the Aging Network, and Services for Veterans

Ms. Deborah Arendale covered the NASUAD eight page detailed handout showing the Defense Caps and Non-Defense Caps. Just to highlight a main point on page 4, for example, Table 4: Non-Defense Sequestration in 2013 through 2021 (in billions of dollars)* displays the second item "2% Medicare Sequestration" with its percentage cuts rising from 2013 through 2021.

Ms. MaryMargaret Baker read that 25% of physician's fees will be on the chopping block and stated that physicians may stop taking Medicare when the reductions start. That will potentially be a huge impact on a such a small island as Maui if physicians decide not to bill Medicare.

The question then becomes whether or not people can do their own billing for Medicare. Another issue that complicates Medicare billing is the mandatory adoption of ICD-10 billing codes (over 87,000 compared to approximately 4,000 codes currently in use) that will occur on October 1, 2014.

COA members received another handout entitled, "What Aging Advocates Need to Know About Sequestration," July 2013, distributed by the n4a (National Association of Area Agencies on Aging), article three, entitled, "Beyond the First Cut: Sequestration in the Out Years." Ms. Deborah Arendale highlighted this sentence: "The sequester will not be a one year austerity measure unless Congress amends the Budget Control Act (BCA). If left in effect for the full ten years, sequestration will drive \$1.2 trillion in savings, the same target number that the Super Committee was unable to reach. It does so by cutting \$109 billion in each of the next nine fiscal years beyond FY 2013 (i.e., FY 2014-2021).

In summary, the article points out that after 2013, the Members of Congress on Appropriations Committees would have discretion to how best to reach that fiscal year's \$109 billion sequester reduction level. Therefore, it is unclear how the Older Americans Act or Federal funding would affect and ripple down to Maui County other than to say things will get tighter and tougher.

Also, by 2021 our senior population in Maui County will be increased from 32,000 to an estimated 54,000, an increase of 22,000. Therefore, we will have less funding available per person. Funding constraints will be a major reason that business acumen will play such a large part of finding or creating additional sources of revenue to support these programs for our senior and disabled populations.

Mr. Chivo Ching-Johnson commented that by necessity it would seem that we need to prioritize the types of preventive programs for seniors, be very proactive, and keep people out of the hospital.

Ms. Deborah Arendale agreed and stated that studies have shown that people with chronic diseases tend to require home and community-based services an average of ten to twelve years. Conversely, individuals who are healthy and who maintain a level of health, tend to require home and community-based services for an average of two months.

The Affordable Care Act (ACA) is actually one vehicle that allows us to have the private funding streams. The Veterans-Directed Home and Community-Based Services is another revenue stream that we are preparing to implement within the next year.

VIII. MCOA Organizational Chart Review – Current and Proposed

See two attachments. The first is a black and white diagram of the existing MCOA Organizational Chart FY 2013-2014. The colored coded diagram exhibits the MCOA Organizational Chart with the proposed budget expansion for twelve new fee-for-service positions that would be privately funded with a target date of January 2015. The current breakdown of the MCOA office is: nine positions are funded by the Maui County General fund, seven positions are Federally funded (Older Americans funds), and seven positions are State funded (Kupuna Care funds).

Chair Fosbinder questioned how the process to establish usage/earmarking of the State and Federal funds occurs. Ms. Deborah Arendale explained that the County Council must approve every position and new hire with all external funds. The funds received are a lump sum and can be used either toward personnel or programs depending on the constraints of the written agreement with the Hawaii State Executive Office on Aging.

IX. Regional / Subject Reports:

A. Veteran's Affairs Report by Dr. Robert Santry:

- On November 8th the Veterans Resource Center opened at UHMC with Representative Tulsi Gabbard in attendance. There are currently a hundred veterans that are students at the college. The American Legion and the VFW are stagnating and are therefore, setting up satellite organizational mentoring programs for the younger veterans at the college.
- There were over two hundred in attendance at the Veteran's Day Ceremony at the Makawao Veteran's Cemetery.
- Over half of the physicians' positions in the VA are unfilled throughout the State. Vice Chair Santry has been asked by Colonel Hahn to interview for a Veterans Counselor IV position at the Hawaii State Office of Veterans Services. That would leave one position still available serving Maui County. This position must have a Bachelor's degree, serve as a social worker, an employment counselor, have a basic understanding of the state and federal VA Benefits and Services as well as perform the claims process and appeals.
- The Honorable Eric K. Shinseki, Secretary of the Veterans Affairs, gave an additional \$1.5 million dollar grant to the upgrading and cleaning of the Makawao Veteran's Cemetery. This grant is in addition to the recent \$10.5 million given to purchase adjacent land to expand the Makawao Veteran's Cemetery.

B. Lanai Report by Ms. Nancy Tamashiro:

- Planning and preparation for the Annual Lanai Community Christmas Day Luncheon to honor our Senior Citizens is moving along smoothly. There are already over one

hundred and fifty volunteers signed up to cook, greet, serve and deliver food to the homebound.

- Hospice is moving along but it is difficult to predict an actual date when service will commence due to a few bumps in the road, but it will open.
- To this date, one person is being visited on the medication reminder program.
- The 2014 Health Fair is in the planning stages and will take place in August. We will have more to report at the February COA meeting.
- Ms. Val Janikowski has created an Elder Care Resource Guide and distributed them at the past annual Trilogy Turkey Giveaway. Trilogy gives a turkey to every family on Lanai.
- Ms. Heather Greenwood will add her Powerful Tool for Caregivers message as an addendum to Ms. Nancy Tamashiro's Lanai Report. The PHN on Lanai, Ms. Linda Mau, is a trained PTC co-leader and will lead a six consecutive Saturday class starting February 22nd. She will become a Master Trainer after this class and Lanai will then become self-sufficient. Ms. Mau will be able to train more trainers after she achieves Master Trainer status.

Mr. Chivo Ching-Johnson asked what the facility requirements were for PTC? Ms. Heather Greenwood replied that it varies upon the size of the class but it is low tech, with table and chairs in the shape of a "U," handicap accessible and preferably in free classrooms. The class usually occurs in the Lanai Senior Center or Hale Kupuna.

Chair Fosbinder asked if there was a place on Lanai where seniors in need of 24-hour care could reside. Ms. Nancy Tamashiro replied that a new group entitled Lanai Elder Care is actively addressing that issue and exploring funding sources for a facility. The hospital has about ten or eleven Long-Term Care beds, but Lanai has no Independent Living / Assisted Living facility. There is approximately 20.5% of Lanai's population over sixty years of age. There is the need to prioritize for Lanai's senior population, will it be:

- home care
- assisted living
- daycare

It's going to be a slow long process but it needs to get done.

Ms. MaryMargaret Baker also questioned if Respite Care is available on Lanai. Ms. Nancy Tamashiro responded that recently a family sought respite care for their father. Another family member decided to come back to Lanai to provide the needed care. Ms. Deborah Arendale added that MCOA does arrange respite care for families that qualify, but there are no current services available on Lanai between the levels of Independent Living and Nursing Home.

Mr. William Myrter asked about Mr. Larry Ellison's participation on Lanai? Ms. Nancy Tamashiro exclaimed that he is wonderful and supportive of all programs but that everything still takes time.

C. Molokai Report by Ms. Tania Joao:

- Na Puuwai sponsored a Caregiver's workshop on November 6th entitled, "Eden at Home." Thirty-nine caregivers participated in the event. The guest speaker for the event was Dr. Michael Cheang. The workshop used the Eden at Home concepts and The Ten Principles of the Eden Alternatives. The intent was to broaden the awareness and provide tools on improving the quality of life for

elders living at home. A follow up workshop will be held on December 11th to discuss how the learned concepts have helped the caregiver.

- Na Puuwai reported their Adult Day Care has a capacity for twelve and they currently have ten enrolled. Recruitment efforts to enroll two more Kupuna will begin on December 2nd.
- During the week of December 16-20th, Na Puuwai Kupuna will be bell ringers at the stores as their contribution to the community.
- Recently through Na Puuwai's program, the Kupuna created thank you cards and baked goods and gave it to a special person of their choice as a way to say thank you.
- The Molokai Office on Aging sponsored a Caregiver workshop conducted by Kathy Couch of the Maui Day Care Center entitled, "Understanding the Older Adult." There were fifteen participants who received facts on Dementia and Alzheimer's, caregiver tips, and understanding the emotions of an aging loved one.
- HuiKo'o Pu held its quarterly meeting on November 7th and information was exchanged and integrated into the various provider activities.
- There is a lack of communication from Ohana Care when a client is approved for services from them. The lack of communication results in duplication of services for the client. Often it is the assigned provider that notifies MCOA to correct the situation.
- Alu Like has been integrating the Kupuna into the community like kanikapila entertaining the guests at Kumu Farms every week. In exchange they receive a ten percent discount for their vegetables.
- Kupuna are making ceramics at the Molokai Art Center as well as teaming up with Ola Molokai to provide the cultural enrichment while the haumana provides the olelo. This is a Hawaiian immersion class.
- There was a program that had a nutritional class that also performed a nutritional analysis. The food preparation was done with the students who grew and harvested the food from their own land.
- The Kupuna participated in the Grandparent's Day program at Kilohana Elementary School on November 27th. The Kupuna shared their oral history with the students, had breakfast, and did several workshops liked lauhala and inamona making.
- Last year, HCIL, Hale Mahaolu, and MCOA participated in a community awareness activity in which the Kupuna wanted to exhibit the obstacles they encountered on a daily basis while trying to maintain their independence in the community. That activity preceded the Senior and Disability Fair. AKAKU participated in this activity by filming the issues identified by the Kupuna and disabled individuals. In November, AKAKU released the video on Facebook and it got forwarded to KHON2-TV where an edited version was aired on November 9th. Ms. Tania Joao supplied this link from KHON2-TV:
<http://www.khon2.com/news/cracked-sidewalks-create-obstacles-for-molokais-disabled-community#.Un6M-sTRQTM.email>. Ms. Joao reported that Daniel Emhof at AKAKU does a wonderful job and has offered to do the next upcoming project and Fair.

D. Hana Report Status and Discussion:

Ms. Deborah Arendale stated that MCOA has an employee in Hana, Mr. Timmy Satot, who could send a written report every two months. Mr. Chivo Ching-Johnson, the new COA member volunteered to go out to Hana and work with Mr. Timmy Satot, the MCOA employee, and Mr. Clifford Hashimoto, our former COA member who still wanted to do volunteer work in Hana, and report back to the COA..

Chair Fosbinder then introduced Mr. Chivo Ching-Johnson as our newest COA member and is usually a part of COA by being behind the camera for AKAKU.

Ms. Deborah Arendale then made an appeal for the vacant seat on the COA on AKAKU for anyone interested from the Hana area who would like to serve on the COA. Applications are due by December 31st and can be found on the County of Maui website. The term is for five years and we would like anyone interested to apply for the open vacancy seat.

E. MCOA Report:

- Senior Fair Report by Ms. Norma Circle:
This event was well attended and was held in late October. Because the venue was very hot, it was suggested that we move the date to a cooler time. It was also mentioned that we might possibly want move it to an earlier time of day since the seniors arrive before the event starts. Ms. Nancy Tamashiro mentioned that if the event begins even earlier in the day, it would rule out participation from both Lanai and Molokai due to the transportation arrival times. Mr. Chivo Ching-Johnson reported that AKAKU did a very nice report on the Senior Fair and mentioned that he would provide the link for us: <https://vimeo.com/84420967>
- Caregivers Conference Report by Ms. Norma Circle.
This event was held at a very good new venue at the Makena Beach and Golf Resort, was well attended, and featured wonderful speakers: Mr. Robert Romasco, National President of AARP and Dr. Laura Mosqueda, Chair, Family Medicine & Geriatrics, UC Irvine provided the keynote addresses. Courtesy of AKAKU, the opening remarks at the Caregivers Conference: <https://vimeo.com/84436254> as well part 2 of the Caregivers Conference: <https://vimeo.com/84739223>.

Ms. Nancy Tamashiro and Ms. MaryMargaret Baker provided feedback regarding the Caregivers conference with regard to the conference in general, the keynote speakers, the Prosecutor's office, the lunch. Mr. Chivo Ching-Johnson and AKAKU also taped the main speakers as well as Ms. Heather Greenwood's session: <https://vimeo.com/84803426>

The links to access these presentations online will be available to the general public. Courtesy of AKAKU, here is Dr. Mosqueda's break out session link: <https://vimeo.com/84743964> . Thanks to Chivo for obtaining all of these links from AKAKU for these various events.

Ms. Heather Greenwood also commented on the new format with the whole group meeting in the morning for the keynote addresses and then moving to different rooms for the afternoon breakout sessions. Ms. Greenwood stated that she found the keynote speakers of very high quality. Ms. Nancy Tamashiro asked if she heard correctly that Ms. Deborah Arendale said she would invite the Prosecutors Office to participate in a half-day workshop. Ms. Deborah Arendale commented that the Prosecutor's Office provided such an effective session and are an incredible resource. MCOA will work with the Prosecutor's Office to arrange for a half-day workshop for the general public.

- Sunshine Law Agenda Training with Ms. Deborah Arendale:
After our last COA meeting, Corporation Counsel provided Agenda training; therefore, the COA agenda looks a little different. The COA needs to be certain that we fully meet with the Sunshine Law requirements. This means that any COA

member who plans on providing a report will need to provide information as to the details and content of the report for inclusion on the Agenda. This information will increase transparency for the public in the event that an individual may want to attend the COA meeting to comment on the topic.

Ms. Nancy Tamashiro asked about the timeline of the agenda posting. Ms. Deborah Arendale answered that we must post the Agenda one week in advance to the COA meeting, by law. MCOA, therefore, requests that COA members submit Agenda Report details and content approximately ten days prior to the meeting to allow time to prepare the agenda for posting. .

- Have a Heart for Seniors Planning Update Report by Ms. Deborah Arendale: MCOA continues to work with community agencies to plan for this event in February and hope to establish it as annual event. We are hopeful that this pilot program will become a successful program. Habitat for Humanity is actively partnering with us in this effort.
- Upcoming Events:
 - Ms. Sandy Mc Guinness, Coordinator from Maui's Nutrition & Physical Activity Coalition (NPAC) is partnering with the State and National AARP and the County of Maui (COM) to bring Dr. Rodney Harrell from AARP's Washington DC Policy Office to offer a presentation about creating livable communities for all generations. This presentation will be offered on Friday, December 20th from 2:30 pm to 3:30 pm at the Mayor's Office Lounge. RSVPs are required.
 - Ms. Pamela Chow from UH Maui College Cooperative Extension Services Office will be hosting a Maui meeting for Communities for a Lifetime (CFL). CFL project is being developed to assist communities in Hawaii to improve resources and increase capacity for its residents throughout the lifespan. The project goal is to assess the assets and resident perceptions of current and future resources required to improve the liability or "age friendliness" of communities. The theoretical framework focuses on three environmental categories based on the World Health Organization's eight topical features of age-friendly places:
 - Physical (housing, outdoor spaces and buildings, transportation),
 - Social (social participation, respect and social inclusion, civic engagement and employment), and
 - Service (community support and health services, communications and information),These topical features either support or hinder independent lifestyle choices and participation of individuals in their communities as they age. The Maui meeting will be Tuesday, December 17th, from 10 am at the UH Maui College Cooperative Extension Services Office. For more information, please call: 956-7212.
 - Ms. MaryMargaret Baker asked if the Caregivers Conference focus group was the same as the CFL project. Ms. Deborah Arendale clarified that the focus group at the Caregivers Conference was led by Ms. Heather Chun and was result of the Lifespan Respite Grant received by the Hawaii State Executive Office on Aging. EOA is working to begin a pilot program on Maui based on the Village Movement which is a time banking initiative for caregivers' respite. The traditional way we have funded services for seniors will not keep pace with the growing population, so MCOA is working to develop as many

alternative means of providing services as possible. Time Banking may be an effective initiative to meet future needs.

- Ms. Heather Greenwood will have the 2014 Powerful Tools for Caregivers schedule, send it to the MCOA office to publish on the ADRC website, and will email it to Jill for distribution to the COA members. The schedule will include all sessions on Maui, at least one session on Lanai, and two or more sessions on Molokai. Ms Greenwood informed the group that Liberty Dialysis is a new PTC partner on Molokai.
- Ms. Nancy Tamashiro reported that in the last two months Lanai has had thirteen deaths of seniors.
- Policy Advisory Board for Elderly Affairs (PABEA) Report by Ms. Adele Rugg: Ms. Adele Rugg stated that she had the honor of attending the HI HCBS Conference and it was a fabulous conference. She was very proud of the MCOA and of all the work they do for our seniors.

She also recently attended the PABEA meeting and wanted to remind everyone that May is the National Older Americans Month and PABEA will be honoring all of the State honorees on Friday, May 16th on Oahu.

Every month, PABEA members attend the Kupuna Caucus Meeting. At this month's Kupuna Caucus meeting, members discussed the proposed legislation for the next legislative session. According to the State Representatives and Senators, programs for seniors are at the top of the list to receive funding. Therefore, the outlook is very positive that funding for the next fiscal year will remain intact.

Ms. Adele Rugg announced that the next issue of Generations Magazine will highlight Maui County. She informed the group that MEO announced the 2014 Senior Fair has already been scheduled for the last Saturday in October, the 25th, and will be at the War Memorial Gym.

Lastly, Ms. Rugg congratulated the MCOA for a wonderful Caregivers Conference in November at the Makena Beach and Golf Resort.

X. Next Meeting Date: February 11, 2014 from 12 noon at the Cameron Center Auditorium

XI. Call for Agenda Items for Next Meeting

- Ms. MaryMargaret Baker asked about the Focus Group that EOA's Ms. Heather Chun is working on and Ms. Deborah Arendale volunteered to contact her to come and make a presentation.
- Mr. Chivo Ching-Johnson volunteered to go to Hana and report back to COA.
- Mr. William Myrter brought up the topic of bus stops and benches for seniors. He said that he sees seniors sitting on the curb and on the ground while waiting for the bus and he wondered whether or not Maui County has enough available seating. Also, Mr. Myrter would like information about how to install bus stops at additional locations. He requested that MCOA contact Ms. Joanne Weiner's office to inquire about having her as a guest for the next meeting.

XII. Motion to Adjourn

Motion to adjourn was made by Ms. MaryMargaret Baker and seconded by Mr. Chivo Ching-Johnson. The meeting adjourned at 2:00 pm.