



# MAUI COUNTY COUNCIL ON AGING

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## COUNCIL ON AGING

October 8, 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. Thanks for the end of the year luncheon provided by the Maui County Office on Aging (MCOA).

### 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 MCOA Staff and Guests Attending

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 are Ms. Adele Rugg from the Policy Advisory Board for Elderly Affairs (PABEA) that meets on Oahu once a month and Ms. Chris Daek from 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 370 in attendance at the conference.
  - The AAA's (Area Agencies on Aging) started on Monday, discussing how the world is changing and COA has all ready started discussing this as well as the Business Acumen.
  - The other days of the conference presented several national speakers from across the nation.
  - There were insurance provider companies, other state agencies and the disability community were also in attendance – a very nice cross-section.
  - Maui seems to be doing a really great job and is leading the state.
  - Councilmember G. Riki Hokama is the First Vice President of the National Association of Councils came and addressed the conference members.
  - The insurance providers are scheduling meetings, if not all ready scheduled on my calendar.
  - A retiring geriatrician wants to do a project on Maui next year so we are trying to work out a collaboration with MCOA since Maui does not have a geriatrician.
  - 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), but especially EF has demonstrated a significant reduction in healthcare costs for those people participating.
    - This program has taken off on Maui and did not have any budget so we are using our Administrative budget because we believed in it.
    - There are only four Trainer of Trainers across America and we have one of them on Maui, Ms. Paula Keele. We invested in her being a Trainer of Trainers which builds in stability and we can assist statewide.
  - We are looking 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 addressed her question and stated 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 their progress: arm curls, leg lifts, stand & sit and timed walks. The same would apply for 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 are at: Kahului Union Church, Rosalani Place, Kaunoa, Kalama Heights and Makawao Hongwanji. Hale Mahaolu is our upcoming site(s). Our COA Ms. Heather Greenwood is currently one of our Trainers.

- Ms. Deborah Arendale also let everyone know that on the last day, Dr. Peterson spoke about Alzheimers and Dementia. His presentation was extremely interesting. The cost of Alzheimers to society was far greater than any other illness! Alzheimers

markers in your brain starts at an early age in your brain. His presentation can be found at: [www.nasuad.org/hcbshawaii](http://www.nasuad.org/hcbshawaii) and if you cannot find it, please call upon her.

- 1% is genetically linked.
- There are five things you can do to delay:
  - 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 physicians will not be taking Medicare when the reductions start. That will be a huge impact on a such a small island as Maui when physicians decide not to bill Medicare.

The question then becomes: whether or not people can do their own billing for Medicare and then, the problem becomes the new billing changes to 30,000 codes on October 1, 2014. That will be another total separate issue in the future.

On the other handout entitled, "What Aging Advocates Need to Know About Sequestration," July 2013, put out 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 article, "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, it goes on to say 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 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 to work with for a larger senior population and that's why the business acumen will play such a large part of finding additional sources of revenue to fund 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, being very proactive, keeping people out of the hospital.

Ms. Deborah Arendale agreed, stating that studies have shown that people with chronic diseases tend to require home and community-based services an average of ten to

twelve years. People who are healthy, that maintain a level of health, tend to require home and community-based services for two months.

The Affordable Care Act (ACA) is actually what allows us to have the private funding streams, and the Veterans Directive Home and Community-Based Services is a revenue stream that we are waiting to move forward on and be ready to go.

#### **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, targeting 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 the usage / earmarking of the State and Federal funds and how is it used? Ms. Deborah Arendale clarified that the County Council must approve every position, and allows every new hire with the ADRC funds. The funds are a lump sum and can be used either toward personnel or programs.

#### **IX. Regional / Subject Reports:**

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

- On November 8<sup>th</sup> 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 Tomiko's position at the VA office which is the Veteran's Counselor IV position. That would leave one position still available serving Maui County. This position must have a Bachelors 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 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 all ready over one hundred and fifty volunteers signed up to cook, greet, serve and deliver 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 talking stages to 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 22<sup>nd</sup>. She will become a Master Trainer after this class and so Lanai will then become self sufficient and she will be able to train more trainers after this class.

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 in free classrooms. It usually is 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 and looking into it with funding and grants for facility. The hospital has about eleven or ten Long-Term Care beds but not Independent Living / Assisted Living. 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 just occurred with a family looking for respite care for their father. That is such an expensive cost to move their father to Maui while the family could visit another island, but instead another family member came back to Lanai to take care of their father. Ms. Deborah Arendale responded that MCOA does arrange respite care for families that qualify for it but there is nothing in-between Independent Living and the hospital Long-Term Living beds.

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 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 11<sup>th</sup> 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 2<sup>nd</sup>.

During the week of December 16-20th, their Kupuna will be bell ringers at the stores as their contribution to the community.

Recently through their 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 had a Caregiver workshop conducted by Kathy Couch of the Maui Day Care Center entitled, "Understanding the Older Adult." There were fifteen participants and provided them with facts on Dementia and Alzheimers, caregiver tips and understanding the emotions of an aging loved one.
- HuiKo'oPu held its quarterly meeting on November 7<sup>th</sup> 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 that the services are duplicated.
- 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 also 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 also was a program that had a nutritional class that also did 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 27<sup>th</sup>. 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 9<sup>th</sup>. Tania has supplied this link from KHON2-TV: <http://www.khon2.com/news/cracked-sidewalks-create-obstacles-for-molokais-disabled-community#.Un6M-sTROTM.email>. Daniel Emhof at AKAKU does a wonderful job and has offered to do the next upcoming project and Fair. Molokai has been very proactive.

#### **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 as someone who has all ready made a lot of great contributions today and is usually a part of COA by being behind the camera, but we are very happy to have you as part of the COA!

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

**E. MCOA Report:**

- Senior Fair Report by Ms Norma Circle:  
It was well attended and was held in late October when it was very hot. It was suggested that we move the date to an earlier time to avoid the hot time of year. It was also mentioned to possibly move it to an earlier time of day since the seniors are there before it starts. Ms. Nancy Tamashiro mentioned that if that happens, 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 get the link for us. (The link will not be available until the week of January 6<sup>th</sup> due to technical problems a AKAKU).

- Caregivers Conference Report by Ms. Norma Circle.  
It was very good at a new venue at the Makena Beach and Golf Resort but was well attended with wonderful speakers: Mr. Robert Romasco, National President of AARP and Dr. Laura Mosqueda, Chair, Family Medicine & Geriatrics, UC Irvine.

Great feedback from Ms. Nancy Tamashiro and Ms. MaryMargaret Baker on the conference, the speakers, the Prosecutor's office, the lunch, and Mr. Chivo Ching-Johnson and AKAKU also taped the main speakers and Ms. Heather Greenwood's session. These links will also be available for you. (The link will not be available until the week of January 6<sup>th</sup> due to technical problems a AKAKU).

Ms. Heather Greenwood also commented on the new format with the afternoon breakout session and the great speakers. Ms. Nancy Tamashiro asked if she heard correctly that Ms. Deborah Arendale said she would invite the Prosecutors Office to do a presentation with COA? Ms. Deborah Arendale commented that they are so effective and such an incredible resource that we should plan a half-day workshop with the Prosecutors Office for the COA.

- Sunshine Law Agenda Training with Ms. Deborah Arendale:  
After our last COA meeting, Corporation Counsel provided Agenda training and so our agenda looks a little different and we are doing things differently so that we fully meet with the Sunshine Law requirements. If you are going to speak here, we need to have your details and content and it has to be transparent for the public in the event that they may want to come and 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. So we would like to request receiving your report notes seven to ten days prior so we can prepare our agenda for posting. .

- Have a Heart for Seniors Planning Update Report by Ms. Deborah Arendale:  
We are still in the planning stages and are planning to make it an annual event for February to be Home Revision Month. This pilot program is beginning to hopefully become a successful program. We have been joined by Habitat for Humanity and their CEO, Ms. Sherry Dodson is excited to join us.

- Upcoming Events:
  - There are various holiday events for seniors around the island but MCOA is attending rather than hosting.
  - Ms. Sandy McGuinness, 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 our lives. The 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),
 which support or hinder independent lifestyle choices and participation of individuals in their communities as they age. The Maui meeting will be Tuesday, December 17<sup>th</sup>, from 10 am at the UH Maui College Cooperative Extension Services Office. For more information, please call: 956-7212.
  - Ms. MaryMargaret Baker inquired about the Caregivers Conference focus group and if that was the same person and group as this CFL? Ms. Deborah Arendale clarified that the focus group at the Caregivers Conference was by Ms. Heather Chun and that was based on the Lifespan Respite Grant received by the Executive Office on Aging. They want to pilot a program on Maui based on the Village Movement. It's a time banking initiative for caregivers respite. The traditional way we have funded services for seniors will not be an effective way in the near future so this is another initiative.
  - Ms. Heather Greenwood will have the 2014 Powerful Tools for Caregivers schedule and send it to the MCOA office to put it up on the ADRC website and will email it to Jill for distribution to the COA members. The schedule will include all parts of the island, at least one on Lanai and two or more on Molokai plus a new connection with Liberty Dialysis on Molokai.
  - Ms. Nancy Tamashiro reported a bit of sad news that in the last two months, Lanai has had thirteen deaths.
- 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 they will be honoring all of the State honorees on Friday, May 16<sup>th</sup> on Oahu.

Every month, we meet with Kupuna Caucus and Senator Susie Chun Oakland combines it with the PABEA meetings so we learned that there is a proposed legislation for the next legislative session and according to the State Representatives and Senators, we are at the top of the list to receive funds for seniors. It looks very positive that we will be receiving these funds, plus the Governor is one of us and is a strong proponent for this funding.

Ms. Adele Rugg pleaded with the Editor/Publisher of the Generations Magazine and he came to visit Maui so the next issue will be about Maui County. She introduced him to Ms. Valerie Janikowski on Lanai, and insisted that he visit both Lanai and Molokai because we have such incredible seniors throughout the County.

The 2014 Senior Fair has all ready been scheduled for the last Saturday in October which is the 25<sup>th</sup> and will be at the War Memorial Gym.

Lastly, congratulations to 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.
- Mr. William Myrter asked about bus stops and benches for seniors with the question if there are enough because he sees seniors sitting on the curb and on the ground. Also, there are no bus stops at certain locations so how do you get one? Can we contact Ms. Joanne Weiner's office to inquire about having her as a guest for the next meeting?

**XII. Motion to Adjourn**

Chair Rhonda Fosbinder stated that it is now 2 pm and asked if someone wanted to make a motion to adjourn. Motion to adjourn was made by Ms. MaryMargaret Baker and seconded by Mr. Chivo Ching-Johnson.