

WORKING TOGETHER TO HELP OTHERS

PLEASE JOIN US FOR LUNCH

Monday, October 26, 2015 Miyama Main Hall, Harris United Methodist Church

11:30 a.m. to 1:30 p.m. Nuuanu Ave. and S. Vineyard Blvd.—Ample parking—driveway off Nuuanu Ave

Agenda:

11:30 **Luncheon (optional): Various Pizzas, Salad, and Dessert**—\$5.00 Donation

11:55 **Welcome, Introductions and Remarks**

12:00 **Program: Annual Community Forum "Be Part of the Solution"**: Panel of leaders of legislative caucuses, non-profits, service providers, administrators and community members like you. Vote on top issues.

The **Annual Community Forum** is step 1 in forming Kokua Council's 2016 legislative priorities. Meet and talk with issue leaders over lunch. Ask to speak if you like.

1:30 **Adjourn**

Announcing: Our new chapter, Kokua Council Windward

Kokua Council is excited to announce our new chapter, on the Windward side of Oahu. We will meet on the 2nd Thursday of every month at Pohai Nani Retirement Community, 2nd Floor Club Room, 45-090 Namokua Street, Kaneohe. Call Samuel Cox for reservations or information. (808) 779-3606 or revsamuelcox@gmail.com.

Thursday, November 12 Meeting

11:30 Optional buffet lunch is available for \$10 in the dining room

12:30 **Program: Kupuna Care** with Tony Lenzer and Bruce McCullough

The December Meeting will be Thursday, December 10

October 24, 2015: Long Term Care Forum sponsored jointly by FACE (Faith Action for Community Equity) and the UH Manoa School of Nursing and Dental Hygiene

(see p.3)

San Francisco makes citizen participation in city planning a reality

San Francisco, like Honolulu, New York and many other municipalities, has a critical shortage of affordable housing. San Franciscans, unlike those of us living in Honolulu, have been invited to participate in finding solutions through cooperative urban planning.

As an example this year saw the convening of the [Market Street Prototyping Festival](#), dedicated as "a new way of thinking about how we engage all San Franciscans in shaping the future of their city." The program, which will continue through 2018, encourages genuine citizen participation. Honolulu has nothing like it, and as a result, developers of ultra-luxury condominium towers have become the loudest voices in urban planning.

Our approach is not likely to produce affordable housing in the quantity necessary to meet the demand. For one thing, the City's definition of affordable simply isn't, well, *affordable* enough, and there is no rent control or stabilization (as San Francisco and New York have, for example) that would assure affordable rents on into the future.

The development industry wields the power of the purse in Hawaii, but we must find a way to have our voices heard.

Editorial: Social Security and the 2016 elections—Take action or take the consequences

Many seniors believe that any changes to Social Security that Congress may enact will not affect them, and so they have remained detached from the controversies that threaten the system. It's time to get real—Social Security is being cut *right now*.

This month the Social Security Administration announced that there will be no COLA (Cost of Living Adjustment) for 2016. Because the cost of living for those on a fixed income has increased, this is the same as a cut for seniors and other Social Security beneficiaries.

Congress had nothing to do with this, let's be clear, but neither have they moved to strengthen Social Security. Quite the opposite.

The COLA is the mechanism that enables seniors to *barely keep even* with the cost of living and expenses that they and other beneficiaries experience. In fact, the COLA, which is based on the cost of living for people who are still working, is already insufficient to keep seniors whole. Seniors and those with disabilities have different spending patterns than those who are still working. Medical costs for older people, for example, have increased over the past several years and yet the COLA doesn't reflect that.

Most Republicans running for president have said they want to cut benefits substantially or eliminate Social Security outright. Two of the declared Democratic candidates say they want to expand the program and correct the COLA calculation. While Kokua Council is non-partisan, we can suggest that each presidential candidate be asked, in the debates leading up to the 2016 elections, to state their plans for Social Security and Medicare should they be elected. Some have already refused to do so.

What's at stake is either further erosion or complete elimination of benefits that may represent half or more of older people's incomes.

It is up to us to demand to hear the position of each candidate. And each of us must weigh their replies as we decide how to vote next year. But before the elections, if we simply remain silent, we will lose the chance to influence the policies of the presidential candidates.

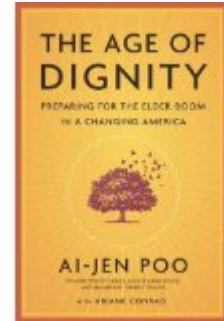
This means doing more than simply watching the debates on TV. Seniors need to weigh in and make their voices heard.

See also: http://www.huffingtonpost.com/nancy-altman/social-security-and-the-r_b_7957778.html

October 24, 2015: Long Term Care Forum sponsored jointly by FACE (Faith Action for Community Equity) and the UH Manoa School of Nursing and Dental Hygiene

Location: UH Manoa Art Auditorium. Registration: 8 a.m. \$5 fee includes lunch (parking is extra). RSVP at facehawaii.org/care/

"Join us as we discuss the future of Long Term Care in the state of Hawai'i and what it means not only for our kupuna, but generations to come. The forum/call to action will feature various experts on long term care, as well as the 2014 MacArthur Genius Award recipient and author of "Age of Dignity: Preparing for the Elder Boom in a Changing America", Ai Jen Poo. It will also provide an opportunity for the participants to commit to act on this issue.



This event is open to the community and is jointly sponsored by the Faith Action for Community Equity (FACE), the University of Hawaii at Mānoa School of Nursing & Dental Hygiene; and with financial support from Caring Across Generations and AARP."

Support the CARE Act—SB296—in the 2016 legislative session

What it Does: The CARE Act requires hospitals to ask patients if they have a caregiver and if so, it requires them to record the caretaker's name and contact information with the permission of patient. If no caretaker is reported, that should also be recorded in the patient file. The Act would also require hospitals to notify caregivers of discharge plans and consult with them about any questions related to post-discharge patient needs (e.g., special diet, wound care, assistive devices, medications). Additionally, the Act would require hospitals to provide contact information for any outside resources required by the discharge plan (e.g., therapies, home health, etc.) and offer training for any skills the caregiver may need for after-care responsibilities (e.g., dressing changes, transfer/lifting of patient, etc.).

1. This practice is recognized as important to good care in geriatrics. Transitions of care are the most dangerous times for patients, and good communication with caregivers is crucial to avoid mistakes, omissions, and gaps in care.
2. The practice of involving and educating caregivers about what to expect after discharge from the hospital has been shown to improve quality of care, and to reduce ER visits and hospital re-admissions. Because of these improved outcomes, many hospitals already make this standard of practice.
3. The principles outlined in the Act are consistent with models of coordinated care that are being implemented throughout the healthcare system. Additionally, 18 other states have passed this legislation and about 20 others are considering similar actions.
4. Since many older adults have some cognitive impairment/dementia or may otherwise experience temporary memory impairment after illness or injury, it is crucial to be sensitive to these issues when giving discharge instructions for medications, follow up appointments, etc. This Act would prevent the dangerous mistake of expecting a person who is sick or otherwise impaired to take on primary responsibility for remembering and implementing discharge instructions.
5. Relying on outside community organizations or agencies to coordinate after-care responsibilities would create unnecessary gaps in care and communication. Providing these services at the site of care (the hospital) reduces the number of times information needs to be relayed between parties, and thus minimizes the potential for misunderstanding and miscommunication.

[Excerpted from a summary prepared by the PABEA (Policy Advisory Board for Elder Affairs) Legislative Committee]



Kokua Council for Senior Citizens of Hawaii Education Fund, Inc.
 20 South Vineyard Blvd.
 Honolulu, HI 96813
<http://www.kokuacouncil.org>

Return Service requested

Non Profit Org.
 US Postage
 PAID
 Kailua, HI
 Permit No. 623

WORKING TOGETHER TO HELP OTHERS

Please join us on Monday, October 26, 2015: Annual Community Forum "Be Part of the Solution"
New: Kokua Council Windward, **Thursday, November 12, Kupuna Care**

Who Are We?

Kokua Council is one of Hawaii's oldest advocacy groups. There is a **\$10.00 annual membership** to defray printing and postage costs. At each meeting, topical issues are presented for discussion and possible action. We embrace diversity and extend a special invitation to any senior or intergenerational-minded individual interested in advocating for these important issues in Hawaii. All are welcome. **WHEN:** 4th Monday of every month, 11:30 a.m. to 1:00 p.m. **WHERE:** Harris United Methodist Church @ Nuuanu and Vineyard Blvd. There is ample parking. A light lunch is provided for a \$5 donation. **REACH US** c/o Harris United Methodist Church, 20 South Vineyard, Honolulu, Hawaii 96813

Mission: "Kokua Council advocates and seeks to empower seniors and other concerned citizens to be effective advocates in shaping the future and well-being of our community, with particular attention to those needing help in advocating for themselves."

Board Members

Vice President Laura Manis, 597-8838, manis1350@gmail.com
 Secretary Helen Wagner, 247-7962, helennjeff@hawaii.rr.com
 Treasurer /Advocacy Barbara Service, 732-3688

Treasurer, Education Fund, T.J. Davies, tjdavies@juno.com
 Charles Carole, Samuel Cox Marc Delorme
 Richard Miller, Marilyn Seeley, Jim Shon, Larry Geller
Website: www.kokuacouncil.org Newsletter editor: Larry Geller

JOIN KOKUA COUNCIL!

Yes! I want to join Kokua Council. Here are my annual dues and my contact information. I understand that my phone number will be added to the Kokua Phone Tree and I will receive the monthly newsletter and occasional e-mails. Our fiscal year starts in January. Please make checks payable to **Kokua Council**.

Individual Member __ \$10.00 Life Member __ \$100.00 Organizational Member __ \$25.00

Donations: 501(c)(4) Advocacy _____ Education Fund: 501(c)(3) _____ (Tax Deductible)

Date _____

Name _____ Phone _____ Fax _____ Email _____

Address _____ City _____ State _____ Zip Code _____

Mail to: Treasurer, Kokua Council, Harris United Methodist Church, 20 S. Vineyard Blvd., Honolulu, HI 96813