



WORKING TOGETHER TO HELP OTHERS

PLEASE JOIN US FOR LUNCH

**Monday, April 17, 2017** Miyama Main Hall, Harris United Methodist Church

**11:30 a.m. to 1:00 p.m.** Nuuanu Ave. and S. Vineyard Blvd.—Ample parking—driveway off Nuuanu Ave

**Agenda:** **Note date change – this month only: meeting is on prior Monday**

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

**12:00 Program: “Legislative last minute action”**

It's conference committee time in the session. About half of the Kupuna Caucus bills are still alive. We will evaluate what bills are still in play, and discuss how to be effective in supporting our agenda in the last few weeks of the session.

**1:00 Adjourn**

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**Kokua Council Windward: Thursday, April 13, 2017: “Historical Look at American Presidents and Their Wives”** **COMMUNITY WELCOME**

Pohai Nani, Club Room, 2<sup>nd</sup> Floor, 45-090 Namoku Street, Kaneohe

**11:30 (Optional) — Buffet Lunch in Dining Room, \$11.** Reservation and Information: Samuel Cox (808) 779-3606 or [revsamuelcox@gmail.com](mailto:revsamuelcox@gmail.com).

**12:30 Program:** Lyle Nelson: “**Historical Look at American Presidents and Their Wives**”

**Lyle Nelson** had a distinguished 30 year career with the Honolulu Star Bulletin. He wrote on subjects including the Vietnam War, aviation news, prep football and the end of UH football in 1960. His work routine led to interviews with hundreds of VIPs ranging from Bush No. 1 to Neil Armstrong and Joe DiMaggio. During this time he researched and wrote his book, *American Presidents*.

Lyle will share some of the highlights of previous Presidents and their wives. There will be time for discussion, including thoughts on our current President.

**1:30 Adjourn**

## Tracking bills toward the end of the Hawaii legislative session

There are two lists of “Measures Pending Action”—one for the House and the other for the Senate—posted on the Capitol website. Those who receive this newsletter electronically may click on the links below. If you receive this as a print copy, the same links are posted at our website, [kokuacouncil.org](http://kokuacouncil.org).

[Measures Pending Action in the House](#)

[Measures Pending Action in the Senate](#)

(Thanks to Senator Les Ihara for his pointer to these useful lists)

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## Summary of our March 28 Meeting: Pharm and Falling

Stan Michaels of DOH provided overview of statistics on falls. For example:

- There are 22,000 serious falls per year in Hawaii.
- Of these, one third are seniors, or one per hour of every day.
- These falls result in 108 deaths, 1,840 hospitalizations, and 8,050 ER visits.
- Over 5 years the ER costs of falls totals \$478 million.
- All costs totals for five years \$1 billion – 90% of which are Medicare or Medicaid
- This amounts to \$517,000 per day.
- Issues include seniors not taking care of their overall physical health; not admitting they are “old;” are vulnerable to pharmaceutical ads telling them there is a chemical fix for everything; gaining weight; and over reliance on over the counter drugs that negatively impact other medications and body chemistry.
- Other issues are neglect of eye care; not “fall proofing” homes for dangers such as slippery throw rugs, or not having adequate railings in bathrooms; not being open about problems with doctors; and not having a pharmacist review all their medications.
- The Department of Health, in partnership with other organizations, distributes thousands of bags of information to local pharmacies once a year. Nevertheless, much more needs to be done.

Patrick Uyemoto, Clinical Pharmacy Manager for Times Supermarket gave a power point presentation and shared samples of several common OTC drugs that could be problematic for seniors. Most of these are antihistamines which affect balance, create dizziness, and contribute to falls. OTC drugs are not bought with any interaction with a pharmacist or other medical specialists. This means that seniors are not given a heads up as to how these drugs could impact their health or how they might interfere with or intensify other medications.

He explained that there are four major elements of how the body deals with medications –

A. Absorption B. Distribution C. Metabolism D. Excretion. For all of these, our bodies perform less efficiently as we age.

- The kidneys do not work as well, meaning they don't clear the drugs out of the system compared to younger people;
- Seniors do not take in as much water as they should;
- Seniors have more fat; all of these intensify the potency and concentration of drugs in the body. For a middle aged person, some meds might be present for less than a day but for seniors it may take three or four days;
- This concentration intensifies potential negative side effects, and the complications due to the presence of multiple medications not yet cleared from the body.
- Some medications are designed as multi-day long-term release. This means that anything that triggers the premature release of the drug puts the patient at risk. Drinking alcohol when taking such medications has serious impacts, and could even cause death;
- He emphasized that every person is somewhat unique, so medical professionals are a little reluctant to make sweeping general statements about the “dangers” of certain individual medications or combinations.
- Nevertheless, both Stan and Patrick agreed that there are information gaps that can put seniors at risk.

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## **Please donate – help support Kokua Council’s lawsuit**

To get the Department of Health to post care home inspection reports as the law requires will involve convincing a judge that they must do that. The lawsuit has been filed. We have legal expenses ahead. **Please contribute to our legal fund to help us win for Hawaii seniors and others needing long term care.**

We’re counting on your help to succeed with this challenge. **Please don’t delay**—send in your contribution as soon as possible.

I want to contribute to Kokua Council’s Legal Fund. Please make checks payable to **Kokua Council** and mark them “**Legal Fund**” at the bottom. Please consult your tax adviser as to applicable tax deductions.

\_\_\_ \$10.00 \_\_\_ \$25.00 \_\_\_ \$100.00 \_\_\_ \$250.00 \_\_\_ Other: \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

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



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

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WORKING TOGETHER TO HELP OTHERS

**April 13 Kokua Council Windward: “Historical Look at American Presidents and Their Wives”**  
**April 17 General Meeting: “Legislative last minute action”**

**Note date change this month to Monday April 17**

### 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 Jim Shon, [Chejudo12@yahoo.com](mailto:Chejudo12@yahoo.com), Secretary Lyn Moku, [lmoku2016@hawaii.rr.com](mailto:lmoku2016@hawaii.rr.com), Treasurer /Advocacy Barbara Service, [barbarajservice@gmail.com](mailto:barbarajservice@gmail.com) Treasurer, Education Fund, T.J. Davies, [tjdavies@juno.com](mailto:tjdavies@juno.com), Board Members Charles Carole, Larry Geller, Marilyn Seely, Lila Mower, Helen Wagner, Newsletter editor: Larry Geller, Emeritus: Sam Cox, Laura Manis, Richard Miller.

**Website:** [www.kokuacouncil.org](http://www.kokuacouncil.org)



### 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 9681