



WORKING TOGETHER TO HELP OTHERS

Please join us for lunch

MONDAY, July 21, 2008
PLEASE NOTE CHANGE OF DATE TO 3RD MONDAY

11:30 a.m. to 1:00 p.m.

Miyama Main Hall, Harris United Methodist Church
Nuuanu Ave. and South Vineyard Blvd.
Ample parking - driveway off Nuuanu Ave.

AGENDA:

11:30 Luncheon: Hawaiian Stew, Brown Rice, Salad, Dessert, \$5.00 Donation

11:45 Welcome, Introductions and Remarks, Larry Geller, President

12:00 Program Panel:

Rupert Goetz, M.D., Director, Hawaii Transformation Grant, "Integrating an Uncoordinated Mental Health System," (*can this serve as a model for other state social services?*) and **Marya Grambs**, Executive Director, Mental Health America of Hawaii, "What happens to vulnerable youth as they "age out" of foster care, child/adolescent mental health, special education or drop out of high school?"

12:45 Questions and Answers

1:00 Adjourn

Lunch Host: John Cannell

Board meeting: 10:00 a.m. preceding lunch.

About our Program

Mental Health America of Hawaii has been working for Hawaii's mental health for 67 years, dedicated to reducing the stigma of mental illness and improving care, treatment for children, adults and seniors. **Grambs'** talk will focus on vulnerable young adults as they age out of services.

Rupert R. Goetz, M.D., Director of the Hawaii Transformation Grant completed a Psychiatric Residency at the Oregon Health and Sciences University (OHSU) in 1988. Professionally, he first served in 1988 as Director of the Psychiatric Emergency Services, then as the Director of Managed Care for the Department of Psychiatry at the OHSU. In 1995, Dr. Goetz became Medical Director of the Office of Mental Health Services for the State of Oregon. In 2003 he assumed the position of Medical Director for the Hawaii State Hospital, where he served until accepting his current, joint position in 2007. At the John A. Burns School of Medicine in Hawaii, he serves as an Associate Clinical Professor in the Department of

Psychiatry. In 2001, he was elected a Distinguished Fellow of the American Psychiatric Association. Dr. Goetz' practice is in administrative and community psychiatry, with particular attention to primary care-mental health integration and the development of effective mental health systems of care.

Notes from June Program—Hawai`i Gets the Triple Whammy

Henry Curtis, Executive Director of Life of the Land, spoke about his group's intervention in the Public Utilities Commission case regarding HECO's Biofuel's Contract with Imperium Renewables. They plan to import palm oil from Malaysia, ship it to Seattle for refining in Imperium's Grays Harbor plant, and then ship it back to Honolulu. Henry spoke about the worldwide food versus fuel debate, which Imperium called a "silly food versus fuel argument."

Henry reported that the U.S. gets 1.8% of its electricity from oil, while Hawai`i is 78% dependent on oil for electricity. This means that the skyrocketing oil prices produce a triple whammy for Hawai`i

- Outrageous gas prices
- Escalating electricity rates AND
- The rapidly rising cost of food.

We should be encouraging the use of energy resources plentifully available here: sun, ocean waves and wind.

QUOTE OF THE MONTH, *Patsy Takemoto Mink (1927 -2002)*

"We have to build things that we want to see accomplished, in life and in our country, based on our own personal experiences ... to make sure that others ... do not have to suffer the same discrimination."

Slow Medicine

Grounded in research at the Dartmouth Medical School, **slow medicine encourages physicians to put on the brakes when considering care that may have high risks and limited rewards for the elderly**, and it educates patients and families how to push back against emergency room trips and hospitalizations designed for those with treatable illnesses, not the inevitable erosion of advanced age.

The term slow medicine was coined by Dr. Dennis McCullough, a Dartmouth geriatrician, author of *My Mother, Your Mother: Embracing Slow Medicine, the Compassionate Approach to Caring for Your Aging Loved One*.

That means explaining that CPR rarely saves elderly people from cardiac arrest or advising women with broken hips that they may never walk again, with or without surgery, unless they can stand physical therapy.

Reviving Common Cause

Nikki Love (CauseNet@commoncause.org) is working with former Common Cause Hawaii volunteers and building alliances with other reform groups with the intention of reactivating a local chapter here. Below are their tenets:

- **Money in Politics:** We believe that government should be contents of ideas, not checkbooks and that government should put the public interest ahead of the special interests.
- **Election Reform:** From getting rid of electronic voting machines to instituting National Popular Vote to stopping voter intimidation, we're working to make elections fairer and more accurate.

- **Media & Democracy:** We're working to stop the trend of media consolidation in America, and make the media more responsive to the needs of citizens in a democracy.
- **Ethics:** Our government should be open, ethical and accountable. We've been the force behind major ethics reforms in recent years, and we continue to monitor.

Do you remember the Swift Boat Veterans for Truth? They were a shadowy group that made unverified claims about Senator John Kerry's military service during the last presidential election. Each election year, these fringe groups crop up—on both sides—to confuse voters and tar candidates with exaggerations and sometimes outright lies. But this year, the one agency

responsible for policing these groups, the Federal Election Commission (FEC) is closed for business.

Common Cause is leading the fight to get the FEC up and running so that this presidential election doesn't become a charade of dubious claims about the candidates.

New Online Resource About the Needs of Grandparents Raising Grandchildren

Casey Family Programs, the ABA Center on Children and the Law and Generations United have partnered to create the Grandfamilies State Law and Policy Resource Center, at www.grandfamilies.org. The website educates caregivers, legislators, advocates, policymakers and attorneys about state laws and legislation in

support of grandfamilies. The site's easy-to-use database allows for a search of laws and legislation that address common legal questions surrounding kinship care. Analysis, illustrative stories, and related resources accompany each topic.

Promote Tolerance

- Speak up when you hear slurs. Let people know that bias speech is unacceptable. Apathy is as dangerous as hate.
- Cross social boundaries. Seek out opportunities to interact with people who are different from you. Eat lunch with someone new.
- Complain to media outlets when they promote stereotypes.
- Look inside yourself for hidden biases. Take a test at www.hiddenbias.org.
- Encourage your local police force to identify bias-motivated criminal acts as hate crimes.

More on HARA Post-Session Forum

The Good (bills passed by Legislature)

- Passed the Omnibus Caregiving Bill. (*Being considered for veto*)
- Expands the role of Adult Protective Service to help vulnerable adults (financially, physically, socially), not just dependent adults.
- Passed permanent absentee ballots. (*Being considered for veto*)
- Establishing a LTC Study Commission
- Public Funding for Hawaii county candidates. *See below.*

The Bad

- The LTC Ombudsman bill for staff on neighbor Islands did not pass.

The Ugly

- Frustration by administrators, legislators and consumers at the late release of funding for community services.
- Having the Administration pick and choose which bills to implement.

Complete minutes of the session are available at www.kokuacouncil.org.

Congratulations! Governor Lingle opted NOT to list HB 661 for a possible veto, securing the passage of the Big Island Public Funding bill.

Even though the bill includes only one county, it is a great start to help activate people in the political process. Starting with the 2010 Hawaii County Council Elections, we're likely to see more candidates run, higher voter turnout, and more grassroots-oriented campaigns from candidates.

Kory at Voter Owned Elections

Announcements

August 12, 5-7 p.m., Waikiki Yacht Club, Hawaii Women's Political Caucus, 2008 Candidates' Reception, \$40, information: Faye 732-4987, Carolyn 524-0968.

September 15-16, Hawaii Pacific Gerontology Conference, fee includes 2 year membership, breakfast and lunch, information at www.hpgs.org/conference.htm.

September 16-19, 2008 Asia Pacific Volunteer Leadership Conference, Hawai'i Convention Center, for information, telephone (808) 236-9201.

Every Saturday 4-5 pm, KHVH AM 830 Talk Radio, a weekly series for seniors and their families.



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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Who Are We?

The **Kokua Council** is one of Hawaii's oldest advocacy groups. There is a \$5 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., Ample parking and a light lunch are provided for \$5. **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. "

President	Larry Geller, 540-1928, lgeller@igc.org	Treasurer Ed. Fund	T.J. Davies, tjdavies@juno.com
Vice President	Tony Lenzer, 261-2095, tlenzer@hawaii.rr.com	Treasurer Advocacy	Evelyn Shepard, 595-4025
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Secretary		Newsletter	Jeanne Y. Ohta, jyohta@hawaii.rr.com
Website	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 MEMBERS	LIFE MEMBER	ORGANIZATIONAL MEMBERS	
___\$5.00	___\$100.00	___\$25.00	DONATIONS _____

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