



20/22 Web Series

## Caregiving: Perspectives and Profiles to Empower

2nd Thursday, April – October 10:00 – 11:30 am

To Zoom-Register:

<https://zoom.us/meeting/register/tJMtce-spzgoHtM4sglANWgzd8ilealJBvz9>

The State of Hawaii leads the nation in various statistically significant categories:

- Overall life expectancy at 81.3 years of age.
- 34.4% increase of Medicare beneficiaries from 2010 to 2020, or 71,298 people, bringing the 2020 total to 278,558, according to the Centers for Medicare and Medicaid Services (CMS).
- By 2030, the percentage of people aged 65+ will increase from 19.1% to 23.5%, and the segment of people age 85+ will rise to 3.6%, according to the state Department of Business, Economic Development and Tourism.

These statistics emphasize the undeniable challenge that caregiving poses for many local families now or in the near future, which also impact services and supports for older adults.

Senior Medicare Patrol (SMP) Hawaii invites you to a series of discussions that explore caregiving from the perspective of family members, volunteers, area experts and industry leaders. This is a unique opportunity to gain understanding, insights and resources to better prepare, plan and build for success in your retirement years.

**April 14**

### STARTING WITH OUR STORIES

Volunteers from Hawaii State Health Insurance Information Assistance Program (SHIP), Long-Term Care Ombudsman Program (LTCOP) and SMP Hawaii along with other caregivers from the community will share their personal experiences.

**May 12**

### WHAT CAREGIVERS SHOULD KNOW AND WHY



**Peter Bauer** is the Centers for Medicare & Medicaid Services (CMS) San Francisco Liaison to Hawaii SHIP, SMP Hawaii and a Lead for the National Training Program. Bauer, a returned Peace Corps Volunteer and Beekeeper, holds a Bachelor of Arts Degree from the California State University East Bay in History. His studies have included the History of Medicare, the History of Beekeeping in the America’s and the History of the American West.



**Bryan Fischer**, Communications Lead at Livanta LLC, the Medicare Beneficiary and Family-Centered Care Quality Improvement Organization (BFCC-QIO) Program for healthcare providers, stakeholders, beneficiaries and families in Virginia. He has a Bachelor of Arts Degree in Historic Preservation from Mary Washington College in Fredericksburg. Before joining Livanta in 2015, Fischer worked for the Department of Defense as a senior technical editor. He is a serving line officer in the Maryland State Guard holding the rank of Major.



**Gina Westphal**, Livanta LLC Communications Team Lead in Nevada, where she is involved in community outreach to inform the development of informational and educational programs for stakeholders, partners, providers, beneficiaries and their families. Westphal holds a Master of Arts Degree in Psychology with a certification in Trauma-Focused Behavioral Therapy from Eastern Illinois University. Before joining Livanta in 2016, she worked extensively with veterans and first responders, providing therapy for those afflicted with Post-Traumatic Stress Disorder.

June 9

## ASSURING QUALITY - A HALLMARK OF HEALTHCARE



**Justin Lam** is a Registered Nurse and the Supervisor of the Hawaii State Department of Health (DOH) Licensing Section of the Office of Health Care Assurance (OHCA). He has been with OHCA for seven years and with the DOH for 11 years. Lam provides direct oversight over the licensing and regulation of over 2,000 facilities and agencies across the state. Formerly working in an Adult Residential Care Home (ARCH), as well as being an RN, allow him to be an advocate for caregivers and residents in the facilities that OHCA licenses and certifies.

July 14

**JOIN US FOR SMP HAWAII ANNUAL VOLUNTEER RECOGNITION AND TRAINING EVENT--  
DETAILS TBA**

August 11

## LONG-TERM CARE – COST, CONSEQUENCES AND COVID-19



**Wannette Gaylord**, President of the Alliance of Residential Care Administrators (ARCA), owns five state-licensed ARCHs in Honolulu. Prior to caregiving for more than 20 years, she helped her father's business at age 15. Gaylord advocates on behalf of Hawaii's frail and elderly population, and truly believes it is her privilege to Mālama ka 'āina and Kupuna.



**John McDermott** is the Hawaii State Long-Term Care Ombudsman under the Executive Office on Aging. Born in New York, McDermott has lived in Hawaii since 1985. He has a Master of Divinity from the Jesuit School of Theology at Berkeley and Masters of Social Work from the University of Hawaii at Manoa. McDermott was Director of Social Services at Maunalani and Hale Nani rehab and nursing centers before becoming the state LTC Ombudsman in 1998.



**Lynn Niitani** is the Volunteer Coordinator for LTCOP. With a Masters of Social Work from the University of Hawaii at Manoa, Niitani started her career as a social worker for a local nursing home and was the director of an adult day health center, before overseeing family support and violence prevention programs for the DOH. Like many local professionals, she is balancing work responsibilities while raising a family and caregiving for aging parents.

September 8

## TEN TIPS FOR GETTING HELP WITH YOUR QUESTIONS



**Caroline Cadirao** is the Director of the State of Hawaii Executive Office on Aging. With nearly 20 years of program management experience at the Executive Office on Aging, Cadirao leads the agency in charge of coordinating a statewide system of elder care and caregiver support services in Hawaii. She led the implementation of the Kupuna Caregivers Program, the first program of its kind in the nation that provides a stipend to ease the financial burden on working caregivers of an elderly relative and to prevent or postpone costly institutional care.



**Maria Morales** has been Project Dana's Coordinator for the "Caring for the Caregiver" Support Group (CGSG) Program for the past six years. Project Dana offers support group meetings and counseling services to family caregivers through her program. Morales interned at the Project while completing her undergraduate degree and recently completed a Masters of Social Work Degree.



**Gary A. Powell** is the Executive Director of The Caregiver Foundation, a non-profit in Hawaii serving the practical and emotional needs of seniors, adults with disabilities and their caregivers. He has been with The Foundation for 13 years and has an extensive background in service to the community. Powell is a popular speaker and has authored dozens of publications on topics of Aging and Caregiving.

*Also featuring guest speakers representing various aspects of caregiving, including medical, legal and ethics.*

**October 13**

## **DEVELOPING A NETWORK FOR OUR SHARED JOURNEY**

Volunteers and guest speakers offer their concluding remarks and hear from attendees on lessons learned and takeaways from this SMP Hawaii special series to build a stronger future for quality caregiving in Hawaii.

Since 1997, SMP Hawaii has been part of 54 projects or chapters across the nation and U.S. territories that assist and empower beneficiaries, their family members, and caregivers to prevent, detect and report healthcare fraud, errors and abuse through outreach, counseling, and education. SMP Hawaii is also a referral agency for individuals affected by alleged scams that may be unrelated to healthcare, such as investment, romance, social media, tax and more.

***We are here to help you because it takes our entire state to protect kupuna!***

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**For more SMP Hawaii information or to ask about volunteer opportunities:**

**Contact:** 808-586-7281      **Toll Free:** 1-800-296-9422

**Visit:** [www.smphawaii.org](http://www.smphawaii.org)      **Email:** [info@smphawaii.org](mailto:info@smphawaii.org)      **Facebook:** [smphawaii808](https://www.facebook.com/smphawaii808)

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