

Free SMP Hawaii Presentations to Empower Your Team

- ✓ Take Charge! Help Prevent Healthcare Fraud and Abuse
  - ✓ Avoid Medicare and COVID-19 Scams
  - ✓ Make the Most of Your Medicare Benefits and Services
  - ✓ Sharpen the Fraud Fighter in Us
  - ✓ Understand Prescription and Drug Fraud: Diversion and Abuse
  - ✓ Partner with the Federal Trade Commission & Others to Join the Fight
- Virtual or In-Person Visit: [www.smphawaii.org](http://www.smphawaii.org) or call 808-586-7281

Beware: Online Scams

Volunteer Spotlight

New Tech-Savvy Publication Available

Don't Miss July 14 Major Event

July 2022 The Department of Health/Senior Medicare Patrol Hawaii Working For You



# Kukui Gram

The Kukui Nut (candlenut) is highly revered as Hawaii's State Tree. Kukui symbolizes light, using its oil in lamps to bring light to darkness. Kukui means enlightened, representing wisdom, protection, and peace.

## Celebrating 25 Years of Protecting Kupuna

**Kukui Gram** was created to help older adults to avoid scams and to report anything suspicious.

It takes a village to raise a child, but it takes an entire state to protect our beloved kupuna.

Please send us your stories to share. Mahalo!

Norma Kop, SMP Hawaii Director

Visit: [www.smphawaii.org](http://www.smphawaii.org)

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Facebook: [smphawaii808](https://www.facebook.com/smphawaii808)

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## Imposter scams on the rise with increased sophistication

Scammers use the internet to steal your personal information or trick you into sending them money. That is why it is critical to learn about online or imposter scams to protect your identity. SMP Hawaii will conduct a special event (see article below) to recognize its volunteers and to provide vital data and information on healthcare and other types of fraud and ways to avoid becoming a victim. While the following is a shortlist of Do's and Don'ts when it comes to internet scams, join SMP this Thursday, July 14, to learn more and meet lead experts locally and nationally to strengthen your fraud fighting skills.

These tips can help you keep your computer and personal information safe when going online:

### Do:

- Learn how to spot common scams and fraud. Learn the warning signs of internet fraud, phishing and other online scams.

- Keep your computer software updated.

- Download the latest versions of your operating system, web browsers, and apps.

- Talk to your kids about being safe and responsible online. Find out how you can protect them online by teaching them about the risks.

- Learn the basics of cyber security. Find out what to do during and after cyber-attacks and what you can do beforehand to prevent them.

### Don't:

- Don't use the same passwords for multiple accounts. Never share your passwords with anyone you don't trust.

- Don't give out personal information over unencrypted websites. Only trust encrypted sites that begin with "https" (the "s" means they're secure). They convert your information into a code that prevents exposure to potential scammers. - *usa.gov*

## SMP Hawaii invites guest experts from federal agencies - a "first" for the 50<sup>th</sup> State

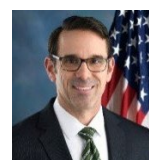
SMP Hawaii invites you to celebrate 25 years of protecting kupuna with its Annual Volunteer Recognition and Training Event on **Thursday, July 14 from 10:00 am – 12:00 pm** via Zoom. *Pre-registration is required.* Volunteers will be recognized for their hours of counseling, outreach and educational efforts and receive special training from both local and national experts, which you may also benefit from. See [Calendar of Events](#) on page 2 for the Zoom pre-registration link.



**Roseann Freitas**  
Better Business Bureau  
*The Psychology of Fraud*



**Sandy Morales**  
SMP – California  
*Brace Yourself: Going After Hospice & Other Money-Making Schemes*



**AJ Monaco**  
Social Security Administration (SSA), Office of the Inspector General (OIG)  
*SSA Scam Awareness*



**Wayland Quon**  
SSA, OIG  
*Cooperative Disability Investigations*

## Volunteer Spotlight in Memoriam: Diane Yukiko Sonoda

Diane Yukiko Maruyama Sonoda passed on peacefully on May 20, 2022. Prior to joining SMP in 2014, Diane practiced law in Hawaii and in New York, in corporate and ERISA law, specializing in employee benefits. Besides SMP, she volunteered at Kuakini Home, Hale Pulama Mau. "During my lifetime, I have been the recipient of the time, generosity, kindness and compassion of others...willing to share their knowledge, wisdom and experiences with me. Volunteering offers me the opportunity to do the same, by giving back...and assisting others to learn about and to prevent becoming victim." In February, Diane sent what would be her final message to SMP Hawaii, wishing the program "the very best" and continue to seek "new opportunities and ways in which to increase awareness of SMP

### Remembering Diane

*Our friendship began instantly at an Executive Office on Aging-SMP sponsored conference, when newly oriented volunteer, Diane Sonoda, accompanied by her husband Don Maruyama, sat beside me. She became a dynamic force in performing various roles with expertise, leadership and dedication. Diane always greeted me with her beautiful smile and encouraging words at every event. Conducting SMP presentations. planning tasks and becoming dual members of Hawaii SHIP, our bond deepened and extended into social activities. She invited me to dine at the Waialae Country Club, advised us on vacations to Japan and joined us in 'ohana activities. She leaves a legacy of continuing outreach at Hale PulaMau, where she volunteered in their Activity Room.*



*Diana Sonoda (right) pictured with friend and fellow volunteer, Mae Fuji.*

and its mission throughout the and its mission throughout the community." Diane's example of humility, kindness, work ethic and professionalism continues to inspire and strengthen SMP Hawaii's commitment.

*This mentor, uncompensated legal advisor, confidante and model of patience, generosity and virtue will continue to inspire me with these loving memories.*

*I'll remember you, keeping you close in my heart*

*When a cool summer breeze touches my cheeks*

*When I feel lonely and need to hear a comforting voice*

*When I see a bright star reminding me of how you shone*

*With loving memories, I promise always to remember you.*

Mae, SMP Hawaii Volunteer

**Ask us about SMP volunteering**

## New Computer Basics resource available for kupuna

SMP Hawaii proudly released its new 4-page publication, *Computer Basics for Kupuna*, to assist older adults to learn about using technology safely, as well as provide key terms in plain language. The brochure contains important specifications and descriptions to help kupuna get the right software and device based on their needs. Online safety tips to protect against identify theft and benefits for using technology safely round out this initial resource. More editions are being plan. Contact SMP Hawaii for your copy.

### Computer Basics for Kupuna

Issue 2022-1



### Know someone who's been scammed?

Join SMP to help beneficiaries and others fight healthcare fraud, errors and abuse. Training is provided for various roles. Learn how to make an immediate and lasting difference!

[www.smphawaii.org](http://www.smphawaii.org)

## Calendar of Events

### 20/22 Webinar Series – Caregiving: Perspectives & Profiles to Empower

Aug 11: Long-Term Care: Cost, Consequences and COVID-19

Sept 8 : Ten Tips For Getting Help With Your Question

Oct 13: Developing a Network for Our Shared Journey

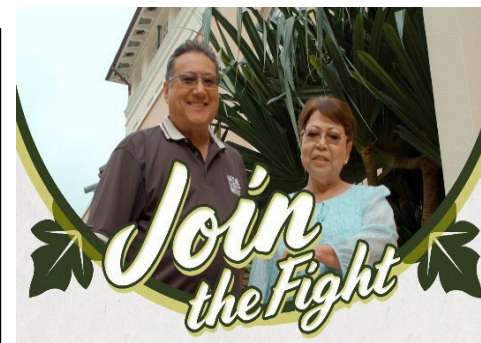
### Annual Volunteer Recognition and Training Event – see page 1

July 14 10:00 am – 12:00 pm

### Link to register for Zoom events:

<https://zoom.us/meeting/register/tJMtce-spzgoHtM4sglANWgzd8iIeaIJBvz9>

Email: [info@smphawaii.org](mailto:info@smphawaii.org) or call: 808-226-4077 for any questions.



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