



President's Message



I hope 2017 will be filled with much happiness. What do you do to fill your day? For me, everyday that I wake up is a blessing. Each day starts with a walk with my dog, Brownie. My goal for 2017 is to walk at least 2017 miles. So far, I'm hitting my goal of an average of 5.5 miles a day. Another goal is to eat healthier, which is a bit more challenging, as I love my sweets. Last year, I had the best lab results for my cholesterol and blood sugar numbers by cutting down on eating white rice and breads. My doctor was impressed, and so was I.

I believe that YOLO – You Only Live Once, so I still splurge and allow myself some indulgences every once in a while. Ok – maybe more than once in a while. I'll be attending a small 60th birthday celebration in Las Vegas with some of my classmates in March. Then in April, fly to Portland to see my daughter receive her Masters Degree in Education. In between these trips, I'll be flying to Honolulu to attend HSTA-R meetings. The other days are spent babysitting my grandchildren and hanging out at Kamana Center, where I take several classes and teach 2 card making classes. Lastly, I try to make people's lives better with my two side businesses – one creates safe havens in your house by reducing the amount of chemicals, and the other allows you to be creative.

Looking forward, we have the opening of the Legislature, and we will be looking out for the rights of our retirees.

I hope to see many of you at one of our annual meetings in Hilo or Kona.

Kim
President



Hospice Light Up a Life

On Saturday, December 10, seven members and a daughter volunteered at the annual HOSPICE "Light Up a Life" fundraising event, which ran from 10:00 a.m. to 7:00 p.m. at Macy's men's department store entrance. Each shift was 2.5 hours long. A big mahalo to Niyati Brown, Frankie Stapleton, Lila Moore and her daughter Theresa, Ingrid Nishimoto, Rebecca Mitchel, Gary Kaku and Steve Nemeth for graciously donating their time, aloha and Christmas spirit!

Mele Kalikimaka and Maluhia Ma Ma Honua (Peace on Earth)
Betty Ann Yoshimura (volunteer coordinator)

Act 69 (HB 2252 HD1 SD1 CD1)

Act 69 was signed by Governor David Ige and will become effective in July, 2017. HSTA-Retired supported this bill over the last legislative biennium. We are thankful to all our Hawaii County legislators and others who aided in the passage of this bill which has significant impact on seniors. This Act requires hospitals and other health service providers to adopt and maintain written discharge policies that are consistent with recent updated federal regulations. Each hospital/health service patient can designate a caregiver who can participate in the discharge planning. Prior to the patient's discharge, the caregiver can receive instructions related to the patient's after-care needs. The patient's designated caregiver is notified when the patient's discharge or transfer is to occur. Although some hospitals/health care providers may currently have similar policies, this Act 69 mandates that all health service providers have a policy in place that meets current federal regulations.

Did You Know?

Most HMSA members qualify for a program called Care Access Assistance Program (CAAP). This program assists HMSA members with travel for access to specialty care from HMSA participating providers on another island when that care is not available on the member's home island. How does it work? Your doctor has to determine that the appropriate specialty care is not available on your home island. He/she then refers you to an HMSA participating specialist on another island. Your doctor then completes a CAAP request form and faxes it to HMSA prior to your appointment. HMSA's Medical Management department will review the request and notify you by letter if your request meets program guidelines. If the request is approved, you can make your own travel arrangements or have HMSA assist in booking the flight. At your appointment, the physician seen signs a certification letter that you need to submit to HMSA with your air travel receipt. HMSA will reimburse you up to a set amount for each one way segment of your travel. Any needed follow-up appointment to the same provider can be requested by contacting HMSA by phone, fax or e-mail. Up to a maximum of 10 round trips in a calendar year can be requested. If you think you qualify for the Care Access Assistance Program, talk to your primary care doctor or contact HMSA for more details.

Help Needed

If you would like to help with the State VEX Robotic Championship or Onizuka Day, please email Art Kimura, art@higp.hawaii.edu, cell phone 808-9876798 and cc me at kimkspringer@gmail.com.

Calendar of Activities

East Hawaii – Community Service, January 5, 2017, Fourth Annual High School State VEX Robotic Championship, (<https://www.robotevents.com/robotcompetitions/vex-robotics-competition/RE-VRC-17-4784.html>), Keau High School cafeteria/music room

January 28, 2017 – Community Service, Astronaut Onizuka Science Day, UHH

February 2, 2017 – Annual General Membership Meeting.

West Hawaii - January 26, 2017 – Annual General Membership Meeting –WH Civic Center

SAVE THE DATE! Annual Meeting Set for February 2, 2017

Our annual meeting is scheduled for Thursday, February 2, 2017 at the Naniloa Hotel. Lunch will be catered, and more details are forthcoming. Officer Corina McLellan of the South Hilo Community Police will do a presentation.



Steve Nemeth
Vice President

HOLIDAY SPIRIT CRAFTED

HSTA-R Hawaii Chapter President and Crafter Extraordinaire Kim Springer put West Hawaii Community Club members in the holiday spirit at the West Hawaii Civic Center council meeting room on December 8. Under Kim's tutelage and encouragement, participants made Christmas cards and Kisses candy Christmas trees for timely sharing with family and friends.

The meticulously-prepared craft kits included written instructions for learners who needed that reference. Others managed by listening to and observing the demonstrations. Interludes of absolute silence indicated that the determined retirees were rapt with concentration. Nimble fingers and steady hands were especially necessary to regulate and apply glue in the correct spots and avoid spilling spoonfuls of glitter. As in all classrooms, peer assistance prevailed.

The hard work of the crafters was rewarded by a tasty potluck lunch and talk story time on the lanai.

Mahalo is extended to Kim and husband Michael, who made the trip from Hilo with a wagonload of supplies for the productive workshop, and to WHCC President Jo Iwane and Vice-President Virginia Halliday for organizing the activity and securing the comfortable venue.



Happy New Year!

From Steve Nemeth <steve.nemeth891@gmail.com>: Our General Membership meeting for HSTA-R Hawaii District is scheduled for Thursday, February 2, 2017. It will be at the Ho'omalimali Room at the Naniloa Hotel. The meeting will be from 9:00 - 1:00. Lunch will be soup, salad, & sandwiches. Cost for members is \$10.00. Non-members' cost is \$20.00. To reserve a seat, please send a check (made out to HSTA-R Hawaii District) for the proper amount, to Steve Nemeth, 891 Waianuenue Ave., Hilo, Hawaii 96720. Checks should be received by Steve no later than January 23, 2017. Please bring a donation of non-perishable food items for the Food Basket. If you prefer to make a monetary donation, that would be great, too!



Kim K. Springer
1722 Kaiiao Street
Hilo, HI 96720

stamp

If you have any suggestions regarding retirement issues, please email Gary Kaku at kakug001@hawaii.rr.com with your concerns so he can take them to the RIC. (Retirement Issues Committee) Your input is important to us.

From Niyati Brown <niyati333@oal.com>: We need people to fill positions on the Big Island HSTA-R council and Delegate Assembly attendees. We have lots of positions to fill. If you want to be a candidate on the ballot, you have to get your name and information to me as soon as possible, but no later than January 18. We vote at our two annual meetings in Hilo and Kona, so waste no time in calling me at 854-1236 so I can add you to the ballot. Mahalo for your willingness to run for a position on the council or to attend the Delegate Assembly in the spring on O'ahu.

Last call for volunteers for Onizuka Day (January 28). If you're interested in volunteering, please email Art Kimura <art@higp.hawaii.edu> and cc Betty Ann Yoshimura <kyoko.y003@yahoo.com> and me <kimkspringer@gmail.com>

Hawaii District Council 2016 – 2018

President – Kim Springer
Vice President – Stephen Nemeth
Secretary – Lorraine Hora
Treasurer – Lois Shimizu
Council At-Large – Betty Ann Yoshimura
Gary Kaku
Ingrid Nishimoto
Cynthia “Niyati” Sallee-Brown
Bonnie Burke
Cheryl Kiefer
Julie Countess
WHCC President – JoAnn Iwane
State Director – Stephen Ono

State Website:

<http://www.hstaretired.org/>

Published using PagePlus11
georgeito_12@msn.com