

## Kaiser Permanente webinar: "How to Thrive as a Caregiver"

Are you a caregiver and feeling stressed? Join Kaiser Permanente for a webinar on "How to Thrive as a Caregiver." Learn how to prevent caregiver burnout by first taking care of yourself so you can take better care of your loved ones. Get tips on providing the best care, how to make time for yourself, know your caregiver rights, and resources available to support you.

Please join Kaiser for a one-hour webinar on October 27, 2020 from 10:00 – 11:00 a.m.

You do not have to be a Kaiser member but you will need a computer/laptop and an email address. To get started go to [kp.org/wellnessevent](http://kp.org/wellnessevent) and enter the sign-up code "HGEA" under the "New users" heading, then click on the submit button. Provide the requested information to create your account. After you register, you will receive a confirmation email with the link to access the webinar. The webinar is open to all city, state and county employees and retirees.

# CORONAVIRUS Chronicles

Early March was mid-semester for my English class at Kapiolani CC and nutrition class at UH Manoa. I like challenging myself by learning with my young classmates who are probably three times as young as I am. I feel invigorated by the campus atmosphere and these classes are free! The UH's Senior Citizen Visitor Program allows Hawaii residents who are sixty and older to audit classes. I don't need to take the exams and I don't get graded. I also had free ukulele class at Kapaolono Park through the City and County Parks and Recreation Program. As a retiree, "free" is the magic word for me.

My UH classes then transferred to online learning. It was an added challenge to learn English concepts online like metaphors, foreshadowing, themes, and symbolism. The nutrition class was useful; there was something in each online lecture that applied to my diet and health. I was sad when my ukulele class got cut short, but I continued to practice at home. I was able to find the notes to songs by trial and error, picking on the ukulele string one note at a time. My friend Charles would call me up and I'd play for him, "Scarborough Fair" or "Puff, the Magic Dragon."

For fall semester 2020, UH allowed us kupuna to continue taking classes. I have online classes in estate planning and world religion. I have heard that online learning is harder than in-person, and it's true. There are many distractions at home, but I need to try my best to focus. The UH professors and all teachers everywhere, have been working so hard to make online learning work.

Terry Nakamura, Oahu Chapter



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RETIRES UNIT

NON PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
HONOLULU, HI  
PERMIT NO. 180



On Wednesday, August 5, 2020, 26 HGEA members, retirees, staff and family helped sort and fold 21,000 pieces of clothing for the Boys & Girls Club of the Big Island. Adult and children clothing, accessories and shoes donated by Old Navy were stacked by gender and size to be transported by the BGCBI to various locations on the island and given to the public.

## WORDFIND

### TV commercial themes

- Appliances
- Batteries
- Beer
- Cars
- Cell
- Phones
- Cereal
- Cleaners
- Clothes
- Coffee
- Computers
- Credit Cards
- Events
- Insurance
- Jeans
- Makeup
- Movies
- Restaurants
- Shoes
- Soda
- Sports
- Stores
- Tires
- Toys
- Televisions
- Underwear
- Video Games

G R S C S O A S J S N C Y C R E B S E S  
 U L Y T C T E Q E U O N V V T A E N V E  
 H S O A N H R C U M S E I V O M E O E R  
 Z E R R T A N O P X V T L S X N R I N O  
 O S J O A A R U P Z I E P S G S M S T T  
 J F L I I E T U N S A C E R E A L I S S  
 C C B L N E W T A V J V T E Q W V V G U  
 U O P D R V J R L T A A F N B X Z E L N  
 K P F S G N I W E A S Y A A A Q W L A H  
 A W P F V C U D A D F E X E T F J E Z S  
 H M M W E A C G E X N C R L T T V T N S  
 H R X G M E T D R O F U Y C E T H A I E  
 C E L L P H O N E S G N M W R E E B V K  
 S D R A C T I D E R C A S G I J Z T C W  
 D W T M B W X W G L K D M Q E A G L T V  
 K N W I M R J B H E L N E E S E J H L B  
 X L D S R B W P U S Q T V O S D C E P C  
 C A A I J E J P P U Y N O F Q K D B Q U  
 E C N A R U S N I S H O E S A D O S W P  
 D F D M S E N V N N O U T S A X F E K P

# HO'OLAHA

PUBLICATION OF THE RETIRED PEOPLE

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## HO`OLAHA

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## A MESSAGE FROM RETIREES UNIT ADMINISTRATOR

As you already know, since we need to continue staying safe through the COVID-19 pandemic, all retiree activities have been cancelled. That will unfortunately include the cancellation of the Oahu

and Kauai Chapter Christmas parties. Kauai is planning for an April 12, 2021 celebration and Maui Chapter is considering a January New Year party. Information will be provided at a later date. Big Island party is set for January, 2021.

All is not lost as we plan for activities in the comfort of your homes. Zoom meetings are happening everywhere and the Retirees Unit is no exception. Your State Board of Directors has held their last two quarterly meetings via Zoom as well as the Chapter Board meetings this quarter. As of this writing, we have scheduled two statewide zoom "Planning for Retirement" seminars and will be hosting a general membership meeting for Tuesday October 20, 2020 at 9:00 a.m. All you need is a smartphone, laptop or computer, download the Zoom app, and you will get the link to join the meeting. Contact Tammy or Mahie in the HGEA Retirees office for assistance. Don't forget to log in for the Kaiser Caregiver session on October 27, 2020. (See information in the separate Kaiser notice.)

Chapter board elections will be conducted at the March 2021 membership meeting. Please call or email the Retirees Unit if you would like to serve on your chapter board. The Biennial Assembly will be held in June 2021 on Hawaii Island. Delegates are determined by your chapter bylaws. Deadline to submit bylaw resolutions is February 2021.

### VOTE EARLY AND RETURN YOUR BALLOT EARLY! OUR LIVES AND LIVELIHOOD DEPENDS ON IT!

Stay safe,

*Mahie*

## ALL-MAIL GENERAL ELECTION BALLOTS DUE BEFORE NOV. 3

As you cast your ballot in the Nov. 3 General Election, remember this is an all-mail election — ballots will be mailed out in early October and you need to mail back your completed ballot right away to ensure your vote will be counted. Also on the ballot will be charter amendments for the City & County of Honolulu and the County of Maui. Please consider our recommendations to support or oppose these amendments.

# 2020 GENERAL ELECTION ENDORSEMENTS

HGEA announces its slate of candidates for the 2020 General Election. HGEA Island Division and State Political Action Committees, made up of members from all eight bargaining units, the Retirees Unit, and the managerial/excluded MCEC Unit, met via video conferencing to review the results of the Primary Election, interview candidates, and deliberate on additional endorsement recommendations. Please note that many of HGEA's endorsed candidates prevailed in the Primary Election and won outright, and are not included in this list for the General Election.

*(Note: No Action Taken means candidates did not contact HGEA for endorsement consideration in a timely manner or at all. An Open endorsement means the union does not endorse a candidate.)*

### PRESIDENT AND VICE PRESIDENT

Joseph Biden and Kamala Harris

### U.S. CONGRESS

Congressional District 1: Ed Case

Congressional District 2: Kaiali'i Kahele

### STATE SENATE

Hawaii

District 2: Joy San Buenaventura

Maui

District 5: Gilbert Keith-Agaran

Oahu

District 9: Stanley Chang

District 16: Bennette Misalucha

District 19: Kurt Fevella

District 20: Mike Gabbard

District 22: Donovan Dela Cruz

District 25: Chris Lee

### STATE HOUSE OF REPRESENTATIVES

Hawaii

District 1: Mark Nakashima

District 2: Chris Todd

District 3: Richard Onishi

District 4: Greggor Ilagan

District 5: Jeanné Kapela

Kauai

District 14: Nadine Nakamura

District 15: No Action Taken

District 16: Daynette "Dee" Morikawa

### STATE HOUSE OF REPRESENTATIVES

Maui

District 9: Justin Woodson

District 10: No Action Taken

District 11: Open

District 13: Lynn DeCoite

Oahu

District 17: Open

District 18: Mark Hashem

District 19: Bert Kobayashi

District 20: Jackson Sayama

District 22: Adrian Tam

District 24: Della Au Belatti

District 30: Sonny Ganaden

District 33: No Action Taken

District 34: Gregg Takayama

District 35: Roy Takumi

District 36: Trish LaChica

District 37: Ryan Yamane

District 39: Ty Cullen

District 40: No Action Taken

District 41: Open

District 43: Stacelynn Eli

District 44: Cedric Gates

District 45: Lauren Matsumoto

District 47: Sean Quinlan

District 49: Scot Matayoshi

District 50: Patrick Branco

District 51: Lisa Marten

### HONOLULU MAYOR

Keith Amemiya

### HONOLULU PROSECUTOR

Open

### HONOLULU CITY COUNCIL

District III: Esther Kia'aina

District VII: Open

District IX: Will Espero

### HAWAII COUNTY MAYOR

Mitch Roth

### HAWAII COUNTY COUNCIL

District 1: Heather Kimball

District 5: Ikaika Rodenhurst

### KAUAI COUNTY COUNCIL

Addison Bulosan

Bernard Carvalho, Jr.

Mason Chock

Felicia Cowden

Luke Evslin

Arryl Kaneshiro

KipuKai Kualii

### MAUI COUNTY COUNCIL

East Maui: No Action Taken

West Maui: Tamara Paltin

Wailuku-Waihee-Waikapu: No Action Taken

Kahului: Tasha Kama

South Maui: Tom Cook

Makawao-Haiku-Paia: Mike Molina

Upcountry: Yuki Lei Sugimura

Lanai: Gabe Johnson

Molokai: Stacy Crivello

### OFFICE OF HAWAIIAN AFFAIRS (OHA)

At-Large Trustee: Keoni Souza

Hawaii Resident Trustee: No Action Taken

Molokai Resident Trustee: Colette (Piipii) Machado



### CITY & COUNTY OF HONOLULU CHARTER AMENDMENTS

*Shall the Revised City Charter be amended to establish for the Prosecuting Attorney of the City and County of Honolulu a term limit of two consecutive full four-year terms, the same term limit as is applicable to the Mayor and Councilmembers of the City and County of Honolulu?*

**Recommendation: SUPPORT**

*Shall the Revised City Charter be amended to allow the Honolulu Ethics Commission to control its own budget after it has been enacted?*

**Recommendation: SUPPORT**

### COUNTY OF MAUI CHARTER AMENDMENTS

*Shall the Charter be amended, effective January 2, 2023, to reorganize the executive branch for the County of Maui to establish an Office of the Managing Director, wherein a Managing Director, hired by the Mayor through a recruitment and selection process involving the Mayor, Council Chair, and a three-member citizen group, shall function as the County's chief operating officer responsible for the County's daily operations, the appointment and removal of most department heads, and the implementation of County policy; the Mayor shall be the County's chief executive officer responsible for supervising the managing director's work, representing the County in intergovernmental affairs, having the authority to approve or veto bills, nominating board and commission members, and enforcing provisions of the Charter, Count ordinances, and all applicable laws; and authorizing various housekeeping revisions?*

**Recommendation: OPPOSE**

*Shall the Charter be amended, effective January 2, 2021, to authorize the Council to appoint nine (9) members and the Mayor to appoint two (2) members of the 11 member Charter Commission, which is required to study and review the operation of the County government?*

**Recommendation: OPPOSE**