



**“Creating a better Hawaii for our elders”**

**HPGS Quarterly Newsletter**

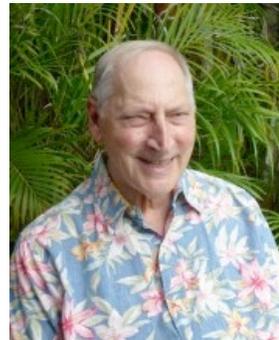
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**Tony Lenzer Recognized with 2013 Andrus Award**

*Retrieved September 14, 2013, from <http://states.aarp.org/tony-lenzer-recognized-with-2013-andrus-award/>*



While working towards a degree in the University of Michigan sociology department, a graduate adviser asked if he knew anything about aging, Dr. Anthony (Tony) Lenzer recalled in an interview.

“What would I know about aging?” he replied, pointing out the department had no courses about aging. “And I didn’t contemplate growing old myself,” Hawaii’s 83-year-old “father of gerontology” added with a laugh.

Lenzer’s distinguished gerontology career began in Ann Arbor as executive secretary of a legislative council on aging. He held that job four years, while doing doctoral work, then taught seven years at the University of Michigan’s School of Public Health where he helped set up a Chronic Disease and Aging Program.

He came to Hawaii in 1969 with his wife and five children to help the University of Hawaii develop its gerontology program, teaching the first course on aging in 1970.

In ensuing years he helped to establish key aging-related organizations. Among them: Hospice Hawaii, the Hawaii Pacific Gerontological Society and the Hawaii Family Caregiver Coalition,

*(continued on page 2)*

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*(continued from page 1):*

of which he is president. He also chairs the legislative committee for the Policy Advisory Board for Elder Affairs in the Executive Office on Aging.

Lenzer is being honored with the 2013 Andrus Award for Community Service, AARP's most prestigious annual recognition for "exemplary volunteer leadership." It is named for AARP's founder, Ethel Percy Andrus, who exemplified AARP's motto: "To serve, not be served."

"Tony Lenzer has dedicated his life to senior issues, and our community is stronger for his efforts," said AARP Hawaii State Director Barbara Kim Stanton. "No one has done more to advance our understanding of what it means to grow older in Hawaii and prepare a generation of state policymakers to begin addressing the challenges and opportunities of our aging population."

He helped create the UH Center on Aging and was its first director in 1988. Obtaining a grant of over \$1 million, the Center team developed an award-winning 13-hour course on aging – "Growing Old in a New Age." It was shown on public television stations across the country and used by more than 100 colleges as a teaching tool.

"It was one of the most fun things," Lenzer said. "We were not ducking showing problems of old age, but we also wanted to show positive aspects of aging – that there were marvelous people 90 years old."

Lenzer has been doing volunteer work for AARP and other organizations since retiring from the UH Center in 1994. He is a volunteer board member for five organizations that advocate for aging, caregiving and disability policies at the Legislature. He helped create the annual "Aging and Disability Issues" report and is working with AARP now to help people understand the benefits of the Affordable Care Act.

Lenzer also supports a public long term care insurance program. Private LTC insurance has helped cover costs for his wife, who is in a care

home. However, he points out that relatively few people buy such insurance.

Where does he get the energy for his volunteer activities, which he calls a "labor of love?" "I'm not like the Octogenarians who claim that drinking three shots of whisky and smoking two cigars every day has kept them going," he joked. He tries to go to the Windward Y gym three days a week and finds naps reinvigorating. "Maybe it's that I generally find what I'm doing interesting, challenging, fun and worthwhile," he said.

This story was written by communications volunteer Helen Altonn.

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## Message From the HPGS President

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Aloha HPGS Ohana!

In our everyday work, we encounter many who are experiencing the challenges of being in the sandwich generation. Many of us may be part of this special group ourselves. We are the generation that may serve both our children and our parents while we ourselves are working demanding jobs with 40+ hour work weeks.

Often, our children look to us for guidance when they face life's changes and transitions. Some examples are: they move to the next grade or have to change schools, they attend college away from the comfort of home or they find their own homes.

On the other side of the spectrum, our older parents may need that same guidance if they have been diagnosed with chronic illnesses that threaten their independence. They may now need support with arranging rides for medical appointments, monitoring medications, meal preparation, and other tasks. The 24-hour supervision may lead to eventually 24-hour total care.

We are willing to make personal and professional sacrifice to care for our aging parents. Yet, we also see family caregivers who are physically, emotionally and spiritually exhausted.

How we respond to these types of challenges in our own lives often determines how effectively we will be able to help others. Do we allow ourselves to seek support when we're in need? Do we try to be all for others to the detriment of our own health and well being?

Let's find ways to embrace life in our journey. Let's give ourselves permission to reach out and ask for help. Let's breathe together, enjoy the moment, practice being grateful and courageous.

To sum it up is a quote from Anne Morrow Lindbergh, author of *Gift from the Sea* who said, "Perhaps this is the most important thing for me to take back from beach-living; simply the memory that each cycle of the tide is valid; each cycle of the wave is valid; each cycle of a relationship is valid."

Mahalo,  
*Felicia Marquez-Wong, L.S.W., Q.C.S.W., C.T.*

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### HPGS Awards Four Gerontology Scholarships for the 2013-2014 Academic Year

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Submitted by: Tony Lenzer, Chair  
HPGS Scholarship Committee

One of the main goals of HPGS is to encourage professional development of students interested in careers related to gerontology and geriatrics. To do so, the Society offers both undergraduate and graduate scholarships. These \$1000 awards are made annually. For the first time, this year, HPGS received applications from all three Hawaii universities: University of Hawaii, Hawaii Pacific University, and Chaminade University.

This month, HPGS president Felicia Marquez-Wong, announced four awards for the coming

academic year. The awardees are: **Charna Underwood**, a student in the Bachelor of Social Work program at UH Manoa; **Jennifer Chomko**, also in the BSW program at UH Manoa; **Gilbert Menor**, a Master of Social Work student at UH Manoa; and **Toni Miller** in the Master of Science and Nursing-Family Nurse Practitioner Program at Hawaii Pacific University.

Ms. Underwood wrote in her essay that family experiences and volunteer work at the Hiolani Care Center at Kahala Nui helped her realized the important role that social workers can play in helping older people, especially those who cannot speak for themselves. Ms. Chomko also became involved in gerontology as a result of experiences with her grandmother who had Alzheimer's disease, and through volunteer work at Kuakini's Hale Pulama Mau. Mr. Menor became interested in gerontology while working as a student assistant for an elderly professor at the University of Hawaii. Again, family experiences also played a role. Ms. Miller, a registered nurse, did not originally plan on working in aging, but found employment in long-term care facilities, where she discovered a passion working with seniors. She is currently also employed at a local hospice program.

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### HPGS Quarterly Meeting Save-the-Date

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Thursday, December 12, 2013  
12:00 noon

**Jade Dynasty Seafood Restaurant**  
*Ho`okipa Terrace, Upper Level 4*  
*Ala Moana Center, 1450 Ala Moana Boulevard,*  
*Honolulu, Hawaii*

Invitation to follow with the cost of lunch.

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### Call for HPGS Newsletter Articles

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Please e-mail announcements, short articles (3-5 paragraphs long), or pictures (including captions)

that may be of interest to individuals in the gerontology community that you want to include in the November 2013 issue to [hpgs.hawaii@gmail.com](mailto:hpgs.hawaii@gmail.com) by November 6, 2013. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.

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## HPGS E-mail List

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If you have not been receiving e-mail updates and would like to, please e-mail us at [hpgs.hawaii@gmail.com](mailto:hpgs.hawaii@gmail.com) with your name (first and last) and e-mail address. Please also inform us if you would like to receive the quarterly newsletter via e-mail instead of snail mail.

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## Tips on Digital Storytelling

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*Submitted by: Janette Sargent-Hamill,  
B.A. Gerontology, Independent Filmmaker*



What do you really know about your great-grandparents or your grandparents? Do you know that if family stories are not documented, they are lost in two generations?

There is no greater gift to family than leaving personal and family stories, in your own words and on film, to great-great grandchildren who may never meet you. You are their link to the past and to previous generations. You can pass along family values, traditions, immigration paths, education and business decisions, and health history. With the world changing at such a rapid pace, the simple things you did when you were young are a mystery to today's youth.

Recent technological advances have made it possible for computer novices of all ages to create

personal documentaries that will be treasured for generations to come. Don't miss this opportunity with your loved ones! Anyone can do this with a little guidance and support.

HPGS sponsored an inspirational Digital Storytelling Workshop on July 11, 2013 at 15 Craigside. I hope all attendees have made at least a little progress with their important family projects.

We covered the following points during the workshop:

- The value in the process for elders, caregivers and family members
- Developing the concept for your project – will you create a photo journal, an intimate family portrait or focus on an elder's life story?
- Find family members who can help with equipment, locating and sorting old photos or film editing
- The importance of customizing interview questions
- The art of conducting a good interview
- How to compose a good camera shot
- How to organize and digitize old photos and other elements for your project
- Where to find historical media to add to your project
- Choose music that fits the mood of the theme
- Where to learn editing skills in your community to finish your project OR create an intergenerational project with middle and high school aged students editing. Perhaps for a school project!

Please visit my website at [www.windwardfilms.com](http://www.windwardfilms.com) to find out more about my work in this field or send an email to [windwardproductions@hawaii.rr.com](mailto:windwardproductions@hawaii.rr.com) to discuss the possibility of setting up a private workshop for your group. The most important thing is to GET STARTED!

**When our storytellers are gone, our history is lost.**