



“Creating a better Hawaii for our elders”

HPGS Quarterly Newsletter

Volume 22, Issue 4

December 2011

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Message From the President



As my term has come to an end, I would like to thank all of you for allowing me the opportunity to serve as your 2011 HPGS President. It has been a pleasure working with the various members, committees, Board members and Officers as I have experienced the strong volunteer commitment that goes into ensuring that the HPGS mission is carried out and fulfilled.

To the Officers, Board members and volunteers-special thanks to all of you for your commitment and support. I am so grateful to have worked alongside of you. Thank you to **Eldon Wegner** (Past President/Editorial), **Shannon Miyazaki** (Secretary/Conference), **Kyle Yanabu** (Treasurer/Fundraising), **Suzie Schulberg** (President Elect/Communications/Nominations), **Leslie Tanoue** (Member-at-Large/Programs & Continuing Education/Conference), **Michiyo Tomioka** (Member-at-Large/Publicity), **Earl Bradbury** (Member-at-Large/Publicity), **Merlita Compton** (Member-at-Large/Membership), **Tony Lenzer** (Member-at-Large/Scholarship), **Brenda Lau** (Member-at-Large/Publicity), and **James Mariano** (Member-at-Large/Programs & Continuing Education. I would also like to acknowledge **Michelle Sagucio** for managing the newsletter and email blast communications, as well as **Leslie Tanoue** and **Alu Like** for hosting our HPGS meetings.

Please join us at our December Quarterly Meeting on December 8th at the Seafood Village Chinese Cuisine as I pass the baton on to next year’s President, **Suzie Schulberg**, and she installs her new 2012 Board of Directors and Officers.

Have a safe and happy holiday season.

Mahalo,
Dawn Meaney
HPGS 2011 President

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Nishimoto Presents in Hilo on Sexuality in Elders

Submitted by: Chris Ridley

Hawaii Pacific Gerontological Society (HPGS) provided the Big Island professional caregivers a workshop on Sexuality in the Elderly. HPGS supported Tripler Oncology Nurse, Pat Nishimoto, to speak to professional caregivers at the Hilo Aging and Disability Resource Center.

Sexuality is part of our human nature. During our adulthood, we privately develop ways to express our uniqueness and needs in this area. Sexual urges and desires do not disappear. In the aging process, many issues can arise.

In most cases there is not just one cause for a sexual issue; there are often several causes. It is important to look at the problem from three different points of view, namely physical causes, psychological causes and social causes.

Physical complications can include medical conditions (including decreasing hormones, taking longer to get aroused, loss of ability to have an erection, drying out of female organs with thinning of the vaginal membrane leading to potential pain during friction, arthritis, cardiac problems, medications, etc.) and living location.

Psychological issues can include already having one partner that is deceased or forgotten, forbidden thoughts, anxiety, society rules of Elders not being allowed to act on sexual thoughts, stress, depression, taking longer to get aroused and desire to make love can decrease.

Social aspects can include privacy, economics, communication, new societal rules and group living.

Issues and solutions to problems were discussed at the workshop. One staff spoke of male Elders' difficulty in having an erection and how this impacted their self-esteem. Another caregiver spoke of caregivers being misunderstood by the care

receiver during caregiving and inappropriate sexual advances initiated by the care receiver. Additional situations were discussed about two confused adults in a group home cuddling. Nishimoto had many solutions from medical to psychological and social interventions.

Sexuality must be included as an important and needed topic for Elders. Sex is more than intercourse. Touching and cuddling are an important part of sexual activity. As issues arise in the aging process, our sexuality is a healthy part that must be addressed.

HPGS 4th Quarterly Meeting

We will meet our new Board Members and bid aloha to our out-going Board Members.

Thursday, December 8, 2011

11:00 am

Seafood Village Chinese Cuisine
Hyatt Regency Waikiki Beach Resort & Spa
2424 Kalakaua Avenue

Cost \$14.00

Lunch will include: Chinese chicken salad; 4 types of dim sum – manapua, spring roll, pork hash, half moon; Beef broccoli; Roast chicken; Stir fry veggies; Seafood fried rice; and Almond float

Parking is available at the Hyatt; \$3.00 for self-park or \$4.00 for valet

RSVP to letanou@alulike.org by Monday, November 28th. Pre-Payment by check to HPGS will confirm your reservation

Please mail your check for \$14.00 payable to "HPGS" by December 1, 2011 to:

HPGS
P.O. Box 3714
Honolulu, HI 96812

HPGS Special Invitation Event Hosted by Senior Move Managers, LLC

Senior Move Managers LLC is the first and only Full Member of the National Association of Senior Move Managers (NASMM) in Hawaii. As our population continues to age and baby boomers begin to seek services for their parents and themselves, many in our industry will look for other alternatives. Senior Move Managers has been focused on educating our islands retirees and has been seen as the leader in this growing new industry of senior services. This local, family owned and operated business is designed to help seniors and their families downsize, declutter and transition to more appropriate housing. From retirement community and care home move-ins to just downsizing and decluttering so that they may enjoy aging in place, many seniors appreciate having the help of a nationally certified Senior Move Manager.

Come learn about this new business in a growing new industry. Cynthia Goya Arnold, Vice President of Operations, along with Dan Ihara, CEO and his wife Julie Ihara, COO will be sharing these new and innovative solutions to a growing issue for retirees.

Wednesday, December 7, 2011

5:30 – 7:30 pm

15 Craigsides

(located at 15 Craigsides Place in Nuuanu)

5:30 pm: Networking and Pupus

6:15 pm: Senior Move Managers LLC Presentation

7:00 pm: Tour 15 Craigsides

RSVP to seniormovers@gmail.com by Monday, December 5, 2011.

Donations to HPGS

We invite you to consider a donation to HPGS as part of your year-end charitable giving. HPGS is a 501c (3) organization and your donation is tax

deductible to the extent allowed by the law. Please consider a donation of any amount. Even small donations contribute to the resources we need to expand our programs. To donate, please make your check payable to "HPGS" and mail to HPGS, P.O. Box 3714, Honolulu, HI 96812.

Reminder: Please Pay HPGS Membership Dues

The membership year for dues runs from October 1st through September 30th of the following year. It does not follow the regular calendar year.

Membership categories are as follows:

- Regular (\$25)
- Student (\$10)
- Organization (\$50)
- Senior (aged 60+) (\$10)
- Lifetime (\$300)

The expiration date for your membership dues has been printed alongside your name on the mailing label on your HPGS newsletter. If the expiration date is missing, we may not have received your check and/or your application is still being processed.

For the membership renewal form, please visit our website at www.hpgs.org. Mail your membership renewal form and check payable to "HPGS" to HPGS, P.O. Box 3714, Honolulu, HI 96812.

Call for HPGS Newsletter Articles

Please e-mail announcements, short articles (3-5 paragraphs long), jokes, cartoons, or pictures (including captions) that may be of interest to individuals in the gerontology community that you want to include in the February 2012 issue to hpgs.hawaii@gmail.com by February 15, 2012. Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.



hawaii pacific gerontological society

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HPGS Membership Updates

We are updating our membership roster. If you would like to update your contact information or if you have not been receiving the quarterly newsletters, please send your updated contact information to **Merlita Compton** at mcompton@kkv.net

LOCAL NEWS

Active and Pro-Active Aging: You Can Be the Solution and So Can Your Clients

Submitted by: Toni Hathaway

More than 80% of Hawaii's Kupuna (elders) want

to age-in-place in their own homes according to a recent AARP Survey. Kapi'olani Community College's Kupuna Education Center has classes to help you and your clients be the solution.

Become a:

- Confident Caregiver by taking Family Caregiver Training
- Compassionate Home Care Worker who provides care with aloha and skill by taking the Elder Stay@Home Program
- Active and Engaged Retiree by taking the Fall Prevention Class
- Pro-active and Rewired Employee or Volunteer by taking the Career Transitions for Boomers Class
- Informed and Educated Employee of senior programs by taking the Aging & Older Adults Online Class

Classes start again in January 2012. Go to www.kupunaeducation.com or call **734-9108** for more information.