



hawaii pacific gerontological society

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HPGS members are welcome to submit articles of interest, pictures and articles from events, notices of job openings, committee reports, etc. Please submit your article and/or picture by the second Friday of every month to Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com.

PRESIDENT'S MESSAGE



PERCY IHARA, PRESIDENT

Welcome back everyone to this months information packed newsletter. I'm hoping you have been reading our monthly HPGS newsletter, as we have been adding important events, resourceful information, accolades, promotions and employment opportunities.

The biggest news for me is the tremendous growth in last months webinar by Martha Khlopin who presented on Medicare. More and more of us are taking advantage of these monthly webinars.

Thank you to Martha and all our past presenters as we had 140 sign up; however, with all our busy schedules only actually 87 attended. Please continue to send in your presentation surveys as that is great information we and the presenters can use for the future. We are opening up all our webinars to anyone that wants to gain more knowledge on our aging topics so please pass the webinar information to your network of friends.

Don't miss this months webinar on one of the fastest growing crimes and its so sad that it is happening to our Kupuna, featuring Senior Prosecuting Attorney Scott Spallina. Thursday, August 25th from 11:30am to 12:45pm.

Register at: <https://cc.readytalk.com/r/kelz1cta1uob&eom>

10TH ANNUAL "AGING IN PLACE"

The 10th annual "Aging in Place" workshops will be held on August 20th at the Ala Moana Hotel from 8:30am to 2:30pm. This is FREE to the public, with no reservations required for any of the 21 different workshops on aging-related topics. Attendees can take their time to visit over 60 exhibitors who provide products or services for seniors. It is a must-attend event for seniors, their families, and caregivers. Please pass the information on to your family, friends and co-workers.

MISSION STATEMENT

The mission of the Hawaii Pacific Gerontological Society shall be to provide professionals and students in the field of aging with vital information, workshops, networking, and scholarships to enhance the gerontology workforce, to support the creation of needed policies and programs, and to deliver excellent service to the aging population in Hawaii and the Pacific.

2016 Hawaii Pacific Gerontological Society Conference

Excitement is in the air as HPGS members register and look forward to this biennial conference which will be held Monday and Tuesday, **September 12th and 13th** at the Hyatt Regency Beach Resort & Spa. There are registrations, emails, and calls from all over Oahu, as well as neighbor islands.



The HPGS website has all the information about every day and minute of the conference. Just a couple highlights are the keynote speakers of both days. "Rethinking Older Adult Volunteer Engagement - from Nice to Necessary," presented by **Mikel Herrington** will be on Monday. He is the Director of the Office of Field Liaison and Acting Director of Senior Corps, where one of his jobs is overseeing the development of policy and procedures related to Foster Grandparent, Senior Companion, and RSVP.



Dr. Emi Kiyota will present "Ibashi: Elders as Agents of Change" on Tuesday. Dr. Kiyota was inspired by living with elders in a nursing home during her graduate studies. She now provides expert advice on designing age-friendly housing, hospitals, and clinical-care centers in the U.S., Europe, Asia and Africa.

If you have not registered for the 2016 HPGS Conference, check our website at www.hpgs.org and do it today!

SCHOLARSHIPS

2016 HPGS Gerontology Scholarship Winners

The HPGS Scholarship Committee awarded three scholarships of \$2,000 each to help defray school expenses for deserving students from UH and Chaminade. These awards are available to students from all UH campuses; HPU; Chaminade; and BYU-Hawaii. This year, there were thirteen excellent applicants, making it difficult for the Committee to choose just three awardees.

Congratulations go out to **Ms. Phoebe Hwang**, who is a candidate for a doctorate in public health at the University of Hawaii at Manoa. She expects to graduate in Spring 2017. Ms. Hwang is especially interested in factors which will allow older people to retain independence throughout their later years. She is particularly interested in the role of exercise in this process. Her dissertation title is, Identifying Factors That Determine Elder Physical Activity Behaviors. She plans to examine how sociodemographic factors affect the relationship between early life adversity and elder physical activity, using a global health model. Although still a doctoral candidate, she has written a number of papers, and given presentations on various aspects of physical activity and aging at national and international conferences.

Ms. Yeu-Tyng Ruby Yang is enrolled in the Master of Science in Adult Gerontology Primary Care Nurse Practitioner program, School of Nursing and Dental Hygiene, at the University of Hawaii at Manoa, and expects to graduate in December 2017. There is a great need for adult nurse practitioners, especially in areas where there are few medical doctors, and the University of Hawaii is playing an important role in meeting this need. Ms. Yang interned at the Tufts University Human Nutrition Research Center on Aging in Boston, before coming to the University of Hawaii. Her passion for adult gerontology nursing first developed during her senior year of college, when she participated in health-related research studies of older people.

Ms. Leslie-Ann C. Kondo is working towards a Bachelor of Science in Nursing degree at Chaminade University. She anticipates graduating in May 2017. In addition to coursework in aging and death and dying, Ms. Kondo volunteered at Moilili Community Seniors Center for her service learning project. She has also had seven years experience as a personal care assistant, with clients ranging from those needing 24 hour skilled care to end-of-life care. Her interest in a career in geriatric nursing started when helping her grandfather deal with a prolonged illness. She finds caring for the elderly to be incredibly gratifying, and her long-term goal is to obtain a Masters degree as a family nurse practitioner.

The 10th Annual Aging in Place Workshop

Saturday, August 20, 8:30am – 2:30pm
Ala Moana Hotel *No Reservations Required



GENERATIONS MAGAZINE

For more information, call 808-234-3117

OVER 60 EXHIBITORS

Room Sponsors	EXHIBITORS	KOKUA CARE	KALAKAUA GARDENS	GET2INSURANCE.COM	CARDON OUTREACH	AARP
8:30-9:15	HIBISCUS ROOM How to Finance your Long-Term Care Needs <i>Michael Yee, CFP, Ameriprise Financial</i>	CARNATION ROOM Declutter and Age in Place <i>Cynthia Arnold, De-clutter Hawaii</i>	PAKALANA ROOM Common Questions About Long-Term Care Facilities <i>Steve Nawahine, Kalakaua Gardens</i>	PLUMERIA ROOM 10 Warning Signs of Alzheimers <i>Pamela Ah-Nee, Alzheimer's Association</i>	ILIMA ROOM How Medicare Works for You <i>Martha Kihlopin, Get2Insurance.com</i>	GARDEN LANAI Home Modifications <i>Curt Kurtiu, CK Independent Living Builders</i>
9:30-10:15	Aging in Place— Use Your Home Equity to Stay at Home <i>Percy Ihara, Aging Specialist</i>	Where do we go from here? Care options <i>Hope Young, Kokua Care</i>	Active Aging for Good Health and Longevity <i>Diane Cadinha, Personal Trainer for Seniors</i>	Fall Prevention: Aging Isn't for Sissies <i>Stan Michaels, Dept. of Health</i>	Understanding Medicaid <i>Cassandra Stewart, Cardon Outreach</i>	Prepare to Care <i>Patricia Bemis, RN</i>
10:30-11:15	Estate Planning for You and Your Family <i>Stephen Yin, Attorney at Law</i>	Senior Living Options <i>Dan Ihara, Keller Williams</i>	Healthy Aging With Water Therapy <i>Julie Moon, Physical Therapist</i>	The Anti-Cancer, Anti-Diabetes Lifestyle <i>Dr. Shintani</i>	Everything You Wanted to Know About Social Security <i>Jane Yamamoto-Burigsay, Social Security Admin.</i>	Advanced Care Planning <i>Lori Protzman, RN</i>
Mid-Day Break	Fall Prevention Video Showing	Visit Exhibitors (Open all day) Over 60 Exhibitors	Visit Exhibitors (Open all day) Over 60 Exhibitors	Visit Exhibitors (Open all day) Over 60 Exhibitors	Visit Exhibitors (Open all day) Over 60 Exhibitors	Visit Exhibitors (Open all day) Over 60 Exhibitors
11:45-12:30	How to Finance your Long-Term Care Needs <i>Michael Yee, CFP, Ameriprise Financial</i>	Declutter and Age in Place <i>Cynthia Arnold, De-clutter Hawaii</i>	Common Questions About Long-Term Care Facilities <i>Steve Nawahine, Kalakaua Gardens</i>	10 Warning Signs of Alzheimer's <i>Pamela Ah-Nee, Alzheimer's Association</i>	How Medicare Works for You <i>Martha Kihlopin, Get2Insurance.com</i>	Reboot Your Life with Life Reimagined <i>Jackie Boland, AARP</i>
12:45-1:30	Aging in Place— Use Your Home Equity to Stay at Home <i>Percy Ihara, Aging Specialist</i>	Where do we go from here? Care options <i>Hope Young, Kokua Care</i>	Active Aging for Good Health and Longevity <i>Diane Cadinha, Personal Trainer for Seniors</i>	Fall Prevention: Aging Isn't for Sissies <i>Stan Michaels, Dept. of Health</i>	Understanding Medicaid <i>Cassandra Stewart, Cardon Outreach</i>	Social Media and Apps <i>Ryan Ozawa & Bert Lum</i>
1:45-2:30	Estate Planning for You and Your Family <i>Stephen Yin, Attorney at Law</i>	Senior Living Options <i>Dan Ihara, Keller Williams</i>	Healthy Aging With Water Therapy <i>Julie Moon, Physical Therapist</i>	The Anti-Cancer, Anti-Diabetes Lifestyle <i>Dr. Shintani</i>	Everything You Wanted to Know About Social Security <i>Jane Yamamoto-Burigsay, Social Security Admin.</i>	Improve Your Cyber-Security <i>Chris Duque, Honolulu Department of the Prosecuting Attorney</i>

