



hawaii pacific gerontological society

Volume 41, No. 7

July 2020

HPGS 2020 BOARD OF DIRECTORS

Officers:

Eileen Phillips, President
Debbie Kim Morikawa, President-Elect
Kathy Wyatt, Past President
Cynthia Arnold, Secretary/Treasurer

Directors:

Laurie Adamshick
Poki'i Balaz
Humberto Blanco
Percy Ihara
Kathy Jaycox
Christy Nishita
Mapuana Taamu
Rick Tabor
John A. H. Tomoso

Sherry Goya, Executive Director
808-722-8487 • sgoyallc@aol.com

P. O. Box 3714
Honolulu, HI 96812
www.hpgs.org

HPGS raises funds and awards scholarships to college students interested in careers involving aging and older people. Each year, HPGS offers Undergraduate and Graduate Scholarships for students enrolled in the University of Hawaii system, Hawaii Pacific University, Chaminade University, and Brigham Young University-Hawaii who have a serious interest in professional work related to aging, long-term care, and/or death and dying. This year, 2 undergraduate and 2 graduate scholarships at \$1,500 each will be awarded. Scholarship applications must be sent by email to sgoyallc@aol.com and must be received by Wednesday July 8, 2020 to be considered for the following academic year.

PRESIDENT'S MESSAGE



EILEEN PHILLIPS, PRESIDENT

Aloha Kakou!

Welcome to the middle of 2020! I am pleased to inform you of some good news! HPGS continues to provide valuable information for the community we serve. Our newsletters will go out to the membership and our webinars are planned for the rest of the year! There will be a virtual HPGS General Membership Meeting on July 23rd with a panel consisting of HPGS Board members. The topic will be on a positive note regarding our Covid-19 situation. Please join us as we discuss: "Working Together through Changing Times". The HPGS board is fortunate enough to have professionals from various fields working with our Kupuna. The discussion will bring us some hope for the future as these organization work together to provide safe care and services for our elderly population. We promise to give you some insight into how organizations are dealing with the pandemic and what this means for the services they provide now and going forward. My hope is that by participating in the meeting, you will gain some perspective, reassurance and hope.

It is time to prepare ourselves with intensive protective measures as the State of Hawaii opens up our islands to additional incoming tourist activity. The beaches and the hotels will be filled again, as summer plans create a constant flow of potential infections into the State. Even though the testing will occur before boarding the plane, there is a level of anxiety I can already feel from our communities we serve. Now is the time to continue with protective measures so they become a "habit" by August. To remind you, here are some guidelines from the CDC (www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html):

- Disinfecting high touch areas: door knobs, faucets, toilet handles, cabinet handles, refrigerator door handles, microwave doors and buttons, toasters, phones, light switches, touch screens, remote controls, keyboards, counters, car doors and steering wheels.
- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- Prepare a bleach solution by mixing:
 - 5 tablespoons (1/3rd cup) bleach per gallon of room temperature water or
 - 4 teaspoons bleach per quart of room temperature water
 - Bleach solutions will be effective for disinfection up to 24 hours.

*Take Care of yourself and your home environment. Keep wearing that mask!
A hui hou!*
Eileen Phillips, RN
HPGS President

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.

WELCOME TO HPGS

INDIVIDUAL

Lola Lackey
Stephen Sugimoto
Jerre Tanner

EVENTS

With identity theft on the rise, **AARP Hawaii** will offer an update on how to protect yourself from the latest scams, from identity theft and imposter scams to selling bogus coronavirus treatments. AARP Hawaii invites members to hear from and question experts from the Department of Justice and Hawaii Office of Consumer Affairs in a tele-town hall and Facebook Live seminar on Thursday, **July 16th at 9 a.m.** The link to register is <https://vekeo.com/aarphawaii/>. To watch the Facebook Live broadcast, go to the Facebook page @AARPHawaii.

Hale Hau'oli Hawai'i Free Virtual Workshops. This 5-part series organized by Kathy Wyatt of Hale Hau'oli and made possible by the City & County of Honolulu, Hawaii Community Foundation and AARP, will include the following topics, all given as 1-hour presentations:

- **Saturday, July 19, 9-10am:**
Dementia Basics with Dr. Poki'i Balaz
- **Saturday, July 25, 9-10am:**
It's All About You, the Caregiver with Dr. Poki'i Balaz
- **Saturday, August 1, 9-10am:**
Caring for the Caregiver: Mindfulness with Rick Tabor
- **Saturday, August 8, 9-10am:**
Deciding for One Who Cannot with Gary Powell
- **Saturday, August 15, 9-10am:**
Planning for the Next Chapter: Incapacity and Dementia with Rulon & Adamshick, Elder Law Attorneys

Registration required at www.halehauolihawaii.org (click on Events) or call (808) 798-8706

GENERAL MEMBERSHIP "VIRTUAL" MEETING ON ZOOM JULY 23RD

HPGS Members are invited to join some of our board members to discuss the pandemic in a positive way! Title of this meeting is "Working Together through Changing Times". Participate on **Zoom** on July 23rd at 11:30am to 1:00pm as we talk with community members about how we could possibly experience something positive from Covid-19. We will discuss how infection control has changed the way we behave in the community, facilities, offices, places of worship and homes. How has this experience affected the relationships we have with each other? What do we think about the lifting of the 14 day quarantine starting August 1st? How do we navigate the future, without really knowing when this virus will be under control? The board members will be asked questions which will stimulate a positive discussion regarding how their businesses have dealt with the pandemic. This will create a venue for further discussion and may give us some hope for the future! The speakers on this panel will include Dr. Poki'i Balaz, (Lunalilo Home); Kathy Wyatt, RN (Hale Hau'oli Adult Day Care Center); John A. Hau'oli Tomoso, MSW, (Good Shepherd Episcopal Church - Maui); Laurie T.S. Adamshick, Esq. (Rulon and Adamshick) and Debbie Kim-Morikawa (GYMGUYZ). Looking forward to seeing you on the screen! Eileen Phillips, RN HPGS President.

MIDWEEK'S ARTICLE ON HPGS

The weekly newspaper that is mailed free to many residents on Oahu is called "MidWeek." HPGS was asked to be a part of their monthly "Proof Positive" article specifically for nonprofits. With the HPGS scholarships made available a couple months ago, the main focus was on the three \$1,500 scholarships available. On the plus-side, HPGS had three new members who read the article and joined.

HPGS MEMBER NEWS



HPGS past-president, Kathy Wyatt, offers: "How the Pandemic has affected kupuna with dementia."

A lot has been said about the vulnerability of kupuna to the Covid-19 virus, but not much has been said about the impact it is having on kupuna with dementia.

It has been documented how adult day care benefits seniors with dementia. It keeps them physically active, mentally stimulated, and they socialize with other seniors during the day. The benefits include prolonging decline in the seniors with dementia.

With the order to stay home for the past three months, I have had several calls from family caregivers saying that their kupuna with dementia is declining by the day because they haven't been getting the stimulation that they had been while attending adult day care. When they return to their adult day care centers, there will be a lot of catching up to do to get them back to where they were when this pandemic first started.

EVENTS

Here is what is on the books for the month of July for **Kokua Mau**:

Every Monday at 3pm, Social Workers have a Zoom meeting to discuss what they have learned, discovered, and best practices during this pandemic. It's a nice chance to check in with each other and network with colleagues.

7/15 5pm-7pm Palliative Pupu via Zoom. Palliative pupu is a clinical review of a case presented with in-depth discussion of what the team encountered and how they supported the patient, loved ones and each other at the end-of-life. Presenters for July are from Navian Hawaii.

7/30 3pm-5pm Kokua Mau Monthly Meeting via Zoom. July's topic is about How has COVID19 changed Advance Care Planning.

Those interested in any of these events can email me at hope@kokuamau.org for a Zoom invitation.

I WEAR MY MASK IN PUBLIC FOR THREE REASONS:

- HUMILITY:** I don't know if I have COVID as it is clear that people can spread the disease before they have symptoms.
- KINDNESS:** I don't know if the person I am near has a child battling cancer, or cares for their elderly mom. While I might be fine, they might not.
- COMMUNITY:** I want my community to thrive, businesses to stay open, employees to stay healthy. Keeping a lid on COVID helps us all!

ROTARY CLUB INFO

Rick Tabor (HPGS Board Member) is the chairman of a new kupuna resource that will be available to our Hawaii Islands starting in July.

Rotary Kokua Kupuna GAMMI Services Available:

- Online grocery and hygiene shopping
- Call Center for call-in grocery orders.
- Requested telephone calls to kupuna to provide time to talk stories, human contact & hear if they're ok.
- Door-to-Door Grocery delivery to kupuna; weekly or bi-weekly.
- Curbside food box pick up from Times or Foodland on Sundays.

If you are interested in volunteering, please go to <https://grammi.io/volunteer>.

If you want to sign up or refer those in need to this service, please go to <https://grammi.io/waitlist>

Contact Rick Tabor at rtabor12@twc.com with any questions.

SOCIAL SECURITY ADMINISTRATION



Securing today
and tomorrow

On behalf of the Social Security Administration (SSA), we want to let you know that during the current coronavirus pandemic, SSA continues to provide help to you and others in your community.

While their offices are not providing service to walk-in visitors due to COVID-19, SSA remains committed to providing ongoing benefits and vital services. SSA asked me to let you know that they remain ready and able to help you by phone with most Social Security matters. You can speak with a representative by calling your local Social Security office or their National 800 Number. They provide local office phone numbers conveniently online with their Social Security Office Locator. SSA also wants you to know they have many secure and convenient online services to:

- Apply for Retirement, Disability, and Medicare benefits,
- Check the status of an application or appeal,
- Request a replacement Social Security card (in most areas),
- Print a benefit verification letter, and
- Much more.

Most business with SSA can be done online, but they know that many people still rely on phone or in-person help. That's why they want you to know you can still count on them by phone. And, if you have a critical situation they cannot help you with by phone or online, they may be able to schedule an appointment for you.

If you need help from SSA, please don't wait until they can see you in person. Reach out now and get the help you need.

Lastly, SSA also understands that getting medical and other documentation can be difficult due to the pandemic. So, they are continuing to extend certain deadlines wherever possible.



PROOF POSITIVE

Supporting Kūpuna Through The Aging Process

By Christy Nishita, Ph.D. at the University of Hawai'i at Mānoa Center on Aging for Hawai'i Pacific Gerontological Society

Organized in 1979, Hawai'i Pacific Gerontological Society is a nonprofit dedicated to improving the quality of life of Hawai'i's older adults. It promotes the understanding of the aging process, supportive services and legislation that helps people age with dignity and grace. HPGS is the largest voluntary, multidisciplinary group in the state committed to dialogue and discussion, networking and information sharing on issues and policies affecting older adults in this geographical area.

There are more than 300 gerontology educators, medical and social service prac-

tioners, caregivers, health care providers, assisted living facilities, individuals, agency personnel, students and organizations from all sectors of the community who make up our statewide membership.

One of the missions of this association is to raise funds and award scholarships to college students interested in careers involving aging and older people. These scholarships are funded by generous donations from the Brodhead family, Assisted Living Options Hawai'i, and many company and individual donors. Each year, HPGS offers undergraduate and graduate scholarships for students



The 2019 Hawai'i Pacific Gerontological Society scholarship awardees gratefully received their certificates and checks at the October 2019 HPGS board meeting. **PHOTOS COURTESY HAWAII PACIFIC GERONTOLOGICAL SOCIETY**

enrolled in the University of Hawai'i system, Hawaii Pacific University, Chaminade University or Brigham Young University-Hawai'i

who have a serious interest in professional work related to aging, long-term care, and/or death and dying. This year, all monies for two undergraduate

and two graduate scholarships at \$1,500 each will be awarded as the 2020 Tony Lenzer Scholarships, through a generous donation from Carol

Ann and Matt Solien. Scholarship applications can be found at hpgs.org/scholarships.html. Applications must be sent by email to Sherry Goya, HPGS executive director, at sgoyallc@aol.com and be received by July 8, to be considered for the following academic year.

HPGS has an open enrollment throughout the year for those interested in opportunities to be a part of an association that educates, communicates and continues to bring together its membership for the common goal of servicing the area's aging communities. Visit hpgs.org for more information.