



hawaii pacific gerontological society

Volume 42, No. 1

January 2021

**HPGS 2021 BOARD OF DIRECTORS**

**Officers:**

Debbie Kim Morikawa, President  
Rick Tabor, President Elect  
Eileen Phillips, Past President  
Cynthia Arnold, Secretary/Treasurer

**Directors:**

Laurie Adamshick  
Poki'i Balaz  
Humberto Blanco  
Kathy Jaycox  
Sara Lenzer Medeiros  
Christy Nishita  
Marcie Saquing  
Rick Tabor  
John A. H. Tomoso  
Kathy Wyatt

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

P. O. Box 3714  
Honolulu, HI 96812  
www.hpgs.org  
HPGS.808@gmail.com

The HPGS Board of Directors wishes everyone a very Happy New Year!

The Board will continue to provide monthly newsletters, quarterly general membership meetings, and informative webinars. They hope that HPGS members can become engaged by submitting articles, offering ideas of speakers, and providing information through webinars. Contact Sherry Goya, HPGS Executive Director at 808-722-8487 or sgoyallc@aol.com.

**PRESIDENT'S MESSAGE**



DEBBIE KIM MORIKAWA  
PRESIDENT

Aloha and Happy New Year! It's an honor to serve as your President for 2021.

I'd like to begin by thanking our past President Eileen Phillips, who did an outstanding job of leading us through a very challenging time. In 2020 we transitioned HPGS to a completely virtual format in response to the pandemic. Our monthly board and quarterly General Membership meetings continued seamlessly on Zoom. We had our very first virtual fundraiser, and thanks to our Executive Director, our Fundraising Committee and an amazing honoree, Cullen Hayashida, we were able to raise more than \$12,000 for HPGS' Scholarship Program.

By way of introduction, my college degree is in occupational therapy and I've worked in long-term care for many years during my career. I joined HPGS in the late '80s and rejoined in 2019. And while there have been many advances in the field of aging over the years, and more people entering careers in gerontology, we seem to continue to have a workforce shortage of those caring for our kupuna. With a growing elderly population, HPGS' mission is as critical as ever.

Over this next year, I hope to solicit your ideas on how HPGS can better fulfill our mission of enhancing the workforce and being a stronger resource and support organization for all of you. As the largest networking organization focused on issues affecting older adults, we also want to ensure we have a diverse membership that is both multi-disciplinary and multi-generational.

I'm looking forward to working with all of you and encourage you to reach out to me with your ideas and thoughts.

**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

The Barbara Cox Anthony  
Endowment for Aging at the UH

## MAHALO FOR RENEWING

The HPGS Board would like to  
thank the following companies and  
individuals who have renewed their  
2021 membership:

Attention Plus Care

Karyn Clay

Pamela Cunningham

FirstLight Home Care of Honolulu

Mae Fujii

Babette Galang

Karen Ginoza

Sherry Goya

GYMGUYZ Urban Honolulu

Calvin Hara

Ho'okele Health Navigators, LLC

Judith Mikami

Christy Nishita

Kimberly Oshiro

Margaret Perkinson

Senior Move Managers LLC Declutter Hawaii

Frances Shirota

The Caregiver Foundation

The Ihara Team Keller Williams Honolulu

The Mediation Center of the Pacific

Richard Tokuoka

John A. H. Tomoso

Warren Wong

Kathleen Wyatt

Valerie Yontz

The 2021 HPGS Membership Renewal  
Form is attached for those who are  
not listed above. Mahalo for your  
continued support.

## HPGS GENERAL MEMBERSHIP MEETING

The HPGS Board invites its membership to attend, via  
Zoom, the first General Membership Meeting of 2021 on  
Thursday, January 21st with **Lt. Governor Josh Green** as  
the keynote speaker, starting at 11:30am.



Installation of the 2021 HPGS officers and new board  
members will be held:

Debbie Kim Morikawa, President

Rick Tabor, President Elect

Sara Lenzer Medeiros, Director

Marcie Saquing, Director

The HPGS annual report that recaps what occurred last year will be  
provided by Debbie Kim Morikawa and the membership will be asked to  
approve the 2021 HPGS budget.

No RSVPs are needed to attend the HPGS General Membership Meeting.  
Attendees just need to click on the Zoom meeting link provided:  
<https://us02web.zoom.us/j/81078712290?pwd=NEJTDlJmV1A2U1pFWDVIaXl4VXVmdz09>

## NEW BOARD MEMBERS

The HPGS Board of directors added two new Board members at their  
December 2020 meeting. They are Sara Lenzer Medeiros, from Kona,  
daughter of HPGS founder Tony Lenzer, and Marcie Saquing from Hilo. Both  
will add to the neighbor-island connections that HPGS is looking to nurture.



**Sara Lenzer Medeiros** is a Retired Hawaii public school  
teacher of 25+ years. She has lived in Hawaii for over 50  
years. She grew up in Kailua on Oahu in a multi-generational  
household, and graduated from Kailua High. Sara is keenly  
interested in the lives of our Kupuna, and was volunteering  
at the Hawaii county RSVP senior program until the shut  
down.



**Marcie Saquing** is the Executive Director for Hawaii Island  
Adult Care. Serving East Hawaii for over 44 years, HIAC is  
the largest adult day care center in the State. Providing  
day care for our kupuna and offering caregiver support are  
at the core of HIAC's mission. Born on Maui and raised in  
Hilo, Marcie was a caregiver for her mother for 10 years prior  
to her passing earlier this year. She has a deep compassion for caregivers  
and families. Retired from Kamehameha Schools after 17 years, she enjoys  
spending time with her 5 year old granddaughter, her daughters and is an  
avid tennis player.

## EVENTS

### St. Francis FREE Virtual Classes

#### **Kidney Care Series II: Nutrition**

January 26, 5-7pm

Learn basic nutrition principles and strategies for eating to support your kidney function.

By Stacey Breshears of National Kidney Foundation of Hawaii

#### **Mobility Training**

January 30, 9-11am

Learn how to transfer your loved one safely using proper body mechanics.

By Bryce Sumida, Hale Ho Aloha Nursing

#### **Kidney Care Series III: Physical Activity**

February 2nd, 5-7pm

#### **Kidney Care Series IV: Medication Management**

February 9th, 5-7pm

#### **Ho'okua aina Rooted in Wellness Series**

February 11th, 10-11am

For more information or help with registration or navigating Zoom, contact Maylynn Wong at 808-547-8138 or [mwong@stfrancishawaii.org](mailto:mwong@stfrancishawaii.org).

#### **AARP Hawaii**

#### **Music & Brain Health**

January 27th, 10am

#### **Demystifying Yeast Bread Making**

January 28th, 5pm

#### **Make Popular Pupus**

February 4th, 5pm

Go to [aarp.cvent.com](http://aarp.cvent.com) to register for any of their classes. For more information, contact Jackie Boland at [jboland@aarp.org](mailto:jboland@aarp.org).

## A LITTLE ABOUT WEATHERING IN INDIGENOUS ELDERLY

As discussed recently on NPR, provided by John A. H. Tomoso, HPGS Board Member

When Arline Geronimus was a student at Princeton University in the late 1970s, she worked a part-time job at a school for pregnant teenagers in Trenton, N.J. She quickly noticed that the teenagers at that part-time job were suffering from chronic health conditions that her whiter, better-off Princeton classmates rarely experienced. Geronimus began to wonder: how much of the health problems that the young mothers in Trenton experienced were caused by the stresses of their environment?

It was later, during her graduate studies, that Geronimus came up with the term weathering — a metaphor, she thought, for what she saw happening to their bodies. She meant for weathering to evoke a sense of erosion by constant stress. But also, importantly, the ways that marginalized people and their communities coped with the drumbeat of big and small stressors that marked their lives.

At first, lots of folks in academic circles rolled their eyes at her coinage, arguing on panels and in newspapers that poor, black communities had worse health outcomes than better-off white communities because of unhealthy life choices, and immutable genetic differences. But as the science around genetics and stress physiology became better understood, Geronimus' "weathering" hypothesis started picking up steam in wider circles.

Geronimus, now a public health researcher and professor at the University of Michigan's Population Studies Center, currently focusing on Indigenous Elderly Aging Issues, explained how weathering works, and why it took so long for people to come around to what Geronimus and other public health professionals had been saying for years.

"I've seen over the years of my research and lifetime is that the stressors that impact people of color and Indigenous Elders are chronic and repeated through their whole life course, and in fact may even be at their height in the young adult-through-middle-adult ages rather than in early life. And that increases "General Health Vulnerability" — which is what weathering is.

## KE OLA MAMO

Native Hawaiians have the highest mortality rate of any ethnic group in Hawaii. Heart disease, diabetes, stroke and cancer are the main causes of early death. Ke Ola Mamo's mission is to empower, educate and promote the health and well-being of our Native Hawaiian community. They believe that their patients' needs are of the utmost importance. Their entire team is committed to meeting those needs, and believe in valuing and investing in their staff as that benefits those they are privileged to support as they seek to deliver high quality care and effective positive outcomes.

To get in touch with Ke Ola Mamo, and find out about participating in their programs, contact the office nearest you:

- Administrative Office • 1505 Dillingham Blvd, #205 • 808-848-8000  
[www.keOlaMamo.org](http://www.keOlaMamo.org)
- Urban Honolulu Service District • 1505 Dillingham Blvd, #205 • 808-845-4646
- Wai'anae Service District • 87-2070 Farrington Hwy, #K • 808-668-1110
- Ko'olaupoko Service District • Kahuku Hospital • 808-232-2222
- Ko'olaupoko Service District • 41-253 Ilaupoko St • 808-259-6666
- Kuakini Medical Center • 321 N. Kuakini St, #308 • 808-440-6852



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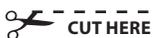
Founded in 1979, the **Hawaii Pacific Gerontological Society** is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership opportunities available to all islands consists of gerontology educators, students, medical and social service personnel, older adults (kupuna), caregivers, companies and organizations from every sector of the community. Federal I.D. #99-0211232

HPGS discusses, networks, and shares information about issues and policies affecting Hawaii kupuna, to include career and job fairs, expos, webinars, etc. They also provide scholarships for undergraduate and graduate students interested in careers in aging, as well as tuition assistance for workers seeking to upgrade their knowledge in this field.

Benefits of an HPGS member includes:

- The HPGS monthly **newsletter** is distributed electronically and filled with age-related news, events, activities, job openings, announcements, and more.
- **Webinars** presented by professionals in the aging field are free to members on a regular basis.
- Throughout the year, there are **events** to bring HPGS members together for timely and relevant issues, discussions, and educational opportunities, as well as networking events and quarterly General Membership Meetings.
- HPGS prides itself in offering **scholarships** for those pursuing education in the field of aging, thus creating fundraising options.
- A two-day biennial **conference** is held in even-numbered years and offers professional and educational venues on aging research, practice and policy for Hawaii, while also attracting national and international participants.
- HPGS members receive electronic **notices** on significant events, opportunities available, and other announcements.
- The HPGS **website** provides a resource of news, events, membership, etc. Company member's information and individual member's names will be placed on the HPGS website.
- There are a number of **committees** where membership involvement is welcomed.

For further information, please contact  
Sherry Goya, HPGS Executive Director at sgoyallc@aol.com or 808-722-8487  
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### 2021 MEMBERSHIP RENEWAL FORM

Contact Name: \_\_\_\_\_

Company/Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Facsimile: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Website: \_\_\_\_\_

Annual dues (check one):

- \$10 for individual 65 and over
- \$20 for individual under 25 years
- \$80 for individual 26 to 64 years
- \$100 for company/organization (includes the contact person listed)
- \$50 for Associate Member (individual of company member)

Date Paid: \_\_\_\_\_

Payment Amount: \_\_\_\_\_

Check Enclosed: # \_\_\_\_\_

Mail this form and check payable to HPGS to P. O. Box 3714 • Honolulu, HI 96812  
To pay by charge card, go to www.hpgs.org and use fillable form.