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**HPGS 15th Biennial Conference
Hawaii Convention Center**

Leaving a Legacy: Recreating our Work and Life

The HPGS 2008 biennial conference will be held in conjunction with the Asia Pacific Conference on Volunteer Administration.

For more information, please visit the HPGS Conference webpage at: <http://www.hpgs.org/conference.htm>

Exhibitors Needed for Biennial Conference

If your company is interested in having an exhibit booth at the upcoming HPGS Biennial conference, contact **Percy Ihara** at pihara@financialfreedom.com. The exhibit will be held on September 16, 2008 from 7:30 a.m. - 4:00 p.m. at the Hawaii Convention Center. Non-profit and government exhibit rates are \$150 and for-profit exhibit rates are \$250.

**Volunteers Sought for
HPGS Committee Positions**

HPGS is moving toward a stronger organizational structure and looking for members to participate in one or more of its committees. The committees are: Nominations, Membership, Program and Continuing Education, Publicity, Newsletter, Biennial Conference, and Constitution and By-Laws. Additional ad hoc committees include: Scholarship, Fundraising, and Editorial. Please contact us by sending your name, contact information, and committee of choice to hpgs.hawaii@gmail.com. Be part of our revitalized HPGS organization!

Newsletter Correction: The name of the scholarship foundation in the article "Hideo and Mieko Yoshinaga Foundation Awards \$25,000 for Nursing Scholarship Endowment" in the February 2008 issue of the HPGS newsletter was incorrectly named. The correct name is **"Nadao and Mieko Yoshinaga Foundation."**

HPGS NEWS

Message from the President



This summer will signal the start of many changes that HPGS will undergo in the next two years. We have just received our business plan developed in cooperation with the UH School of Business (see accompanying article), in addition to the marketing plan completed by consultant

Danielle Lum. Both of them have recommended action steps that the Board of Directors will review for implementation in our efforts to increase our presence in the community on policy-making and resource development issues. At the same time, we will strive for greater membership services and benefits for all of you as members of this organization.

One of the more visible improvements will be the expanded website within the next few months, as we have just signed on with Empowered Hawaii to work with our technical subcommittee to redesign and expand the capabilities to interact with website users. One of the anticipated features of the website will be an issues platform on topics and concerns, developed under our Editorial Subcommittee headed by president-elect Pat Sasaki. Look for some collegial dialogue among members of our gerontological professionals that will be informative and educational on matters that impact our senior community locally and nationally.

Two upcoming HPGS events are intended to offer opportunities for learning and networking in very different fashions. The June 26th event, "Wine – the Experience," will feature **Wes Lum** presenting a recap and analysis of the 2008 legislative session as it related to aging bills. In addition, we will learn a bit about winemaking and sampling in a genial atmosphere among members and friends. The 15th Biennial Conference will provide an expanded international scope when convened on September 15-16, 2008 at the Hawaii Convention Center. Local, national and international presenters will share cutting edge information on gerontological topics to an anticipated audience of several hundred professionals and family caregivers.

Come join us in these events and let us know if you are interested in volunteering for any of the subcommittees that will be implementing our strategic plan. Be a part of our efforts to "leaving a legacy" for Hawaii.

Aloha,
Tony Wong

June Quarterly Meeting

Do not miss out on the upcoming June Quarterly meeting to be held at *Wine The Experience* in Kilohana Square. The meeting is scheduled for **June 26, 2008 from 5:30-8:00 p.m.** In addition to enjoying a sampling of wines and light pupus, **Wes Lum** of the Hawaii Caregiver Coalition will be speaking about new legislative updates.

Please encourage your friends, co-workers, and adult family members to join us. The cost to attend the event is \$25 per person and each person will be going home with their own bottle of wine!

If you are interested in attending the upcoming meeting, send a check by no later than June 20th made payable to "HPGS" to HPGS, P.O. Box 3714, Honolulu, HI 96812.

For more information, please call **Kyle Yanabu** at **224-7502**.

HPGS Quarterly Meetings

The location and date/time of the quarterly meetings will be announced later. The second quarterly meeting this year will be on **June 26, 2008**. The next two meetings are tentatively scheduled for the months of **September** (at the HPGS conference) and **December**.

Business Plan Completed by UH School of Business MBA Team

HPGS collaborated with a team of MBA graduate students from the Shidler College of Business, University of Hawaii at Manoa this Spring 2008 to develop a strategic business plan that specifically addressed organizational planning and fund development. The resulting product integrated the organizational vision with three areas of focus in the business plan:

- **Be a professional resource:** We should be identifying professionals in gerontology as the primary audience for HPGS and be building a strong network of professionals. In doing so, we can successfully reach well beyond this specific audience by helping to improve services, provide new resources and strategies, and most importantly, enhance the lives of the aging community.
- **Achieve sustainability by creating a value creation:** HPGS should present tangible value to its membership as well as external stakeholders and sponsors. Simultaneously, our organization must effectively and continuously communicate this information.
- **Build capacity:** HPGS must solidify and enhance its strong volunteer base, which provides a wealth of resources and capacity for the organization, from board leadership to active, well-organized volunteer committees.

This plan works well within our Five-Year Strategic Plan, and the Board of Directors will be moving forward with the recommendations in the next few months. One of the first visible results will be the revamping of our organizational website, under our

new contract with Empowered Hawaii, effective June 2008.

Mahalo to the UH School of Business and the five MBA graduate students who participated in this joint venture: **Joanna Amberger, Inga Fong, Ikdiko Kern-Harmath, Melissa Szeto Matsuda, and Sandra Ribeiro**. HPGS wishes all of them the best as they have graduated with their Master's Degree in Business Administration in May 2008.

HPGS Scholarship Selects 2008 Recipient

The Hawaii Pacific Gerontological Society is pleased to announce the 2008 recipient of its scholarship program. **Glenda Duldulao** was awarded \$1,000 from HPGS to cover her educational expenses. As the first member in her family to graduate from high school and attend the university, Ms. Duldulao is a junior and pursuing her undergraduate studies in Family Resources with an interest in gerontology at the University of Hawaii at Manoa. We congratulate Ms. Duldulao and wish her great success in her career pursuits.

The purpose of the HPGS scholarship program is to encourage community college and undergraduate students to pursue careers in the aging field. Application for the scholarship program is announced every spring (announcement and deadlines are posted on the HPGS website and newsletter), and awardees are notified by early June.

This program is made possible by generous donations from the Thomas and Elizabeth Brodhead Foundation and individual HPGS members. Contributions are welcomed throughout the year and are tax deductible. HPGS is a private, nonprofit 501 (c) 3 organization. If you wish to support this program, please make the check payable to: Hawaii Pacific Gerontological Society and mail to P.O. Box 3714, Honolulu, Hawaii 96812. For more information about the scholarship program, please email hpgs.hawaii@gmail.com.

NATIONAL NEWS

Children's Book Explains Alzheimer's Disease, Wins Northern California Publishers & Authors Book Awards

By: Dawn Sakamoto
dawn@bookshawaii.net

Hawaii-born author and educator **Frances H. Kakugawa** took home two awards from the Northern California Publishers & Authors (NCPA) group for her latest book, *Wordsworth Dances the Waltz*. The NCPA awards were announced on April 25, 2008, in Sacramento, California. *Wordsworth Dances the Waltz* received the Bronze Award in the Best Book Overall category, as well as the award for Best Illustrated Children's Book. Released in July 2007 by Honolulu-based Watermark Publishing, *Wordsworth Dances the Waltz* uses the character of Wordsworth, the Hawaiian mouse who loves poetry, to introduce children to the concept that as grandparents age, they may become different, and even forget important things.

Kakugawa was featured in September 2007 on KHON2 newscasts with Kirk Matthews and in "The Honolulu Advertiser" for her work helping children and adults to understand Alzheimer's patients and teaching them to deal with the stresses of having a family member afflicted with the disease through journaling and creative writing. *Wordsworth Dances the Waltz* has also been praised by the Midwest Book Review as a "superbly written picturebook story" that "should be a part of every elementary school and community library picturebook collection for young children."

Wordsworth Dances the Waltz is dedicated to author Frances H. Kakugawa's late mother, Matsue, who was afflicted with Alzheimer's disease. Kakugawa was her primary caregiver for five years; during that time she found that poetry and journaling helped to ease the rigorous burden of caregiving. Born and raised in Kapoho on the Big Island of Hawai'i, Kakugawa is a retired O'ahu and

Big Island public school teacher. She has also taught in classrooms in Michigan and Micronesia and served as a teacher trainer at the University of Hawai'i. Kakugawa is currently a Sacramento-area resident and a member of NCPA.

Wordsworth Dances the Waltz is the second book featuring the literary mouse. The first Wordsworth title, *Wordsworth the Poet*, was the recipient of the 2004 Ka Palapala Book Award for Excellence in Children's Books from the Hawai'i Book Publishers' Association. *Wordsworth Dances the Waltz* is a nominee for the 2008 award. In addition to the Wordsworth titles and *Mosaic Moon*, a resource for caregivers with inspirational poetry reflecting the trials and small triumphs of the family caregiver, as well as a how-to guide to creating poetry support groups, Kakugawa has written an entertaining, insightful memoir of classroom life: *Teacher, You Look Like A Horse!* Her books are available at local bookstores, online retailers and direct from the publisher at www.bookshawaii.net.

LOCAL NEWS

"Today's Kupuna" – KHVH Talk Radio Debuts a "Live Call-In" Program A Weekly Series for Seniors and their Families

By: Percy Ihara

Today's Kupuna, a new radio show that will be a weekly series focusing on important issues facing seniors and their families, will debut on KHVH's AM 830 channel from 4:00 p.m. – 5:00 p.m. every Saturday afternoon. This will be a "Live Call-In" show where the public will be able to call in and have their questions answered right there on the radio show.

Host Percy Ihara is a Senior Advocate who has more than 17 years of experience as a mortgage professional. He is dedicated to serving Hawai'i's *kupuna* by providing valuable information and resources for seniors to live a better quality of life.

Each week, an experienced panel of guests will be interviewed about their programs and services. The public will be encouraged to call in with questions.

In coming weeks, *Today's Kupuna* will cover a range of topics affecting our seniors including: elder abuse, assistive technologies to assure long-term independence, caregiving issues, State and City & County services, identity theft, the value of volunteering for better health, veterans' benefits for retirees, financial information for seniors and more.

For more information, please call **946-3888** or email todaykupuna@hotmail.com

Sigma Phi Omega Participated in Careers in Aging Week

By: Michelle Sagucio and Samantha Tsoi

With the start of the new year, the SPO-Gamma Omicron Chapter had been preparing for its 2nd Annual Careers in Aging Day, which was held on April 10, 2008 at the University of Hawaii at Manoa. They had a panel presentation of professionals from various disciplines in the aging field—Dr. Colette Browne from Social Work, Atty. James Pietsch from Law, Dr. Susan Chandler from Public Policy, Dr. Bruce Tamura from Medicine, and Jan Shishido from Kuakini Hospital's Geriatric Center. The main presenter, Dr. Kathryn Braun from Public Health, discussed the pertinent need for gerontologists in our aging society.

The successful event was sponsored by Ha Kupuna (the National Resource Center for Native Hawaiian Elders), the University of Hawaii School of Social Work, the University of Hawaii Center for Aging Research and Education, and AARP, who did a presentation on their “Divided We Fail” campaign.



L to R: Dr. Bruce Tamura, Ms. Jan Shishido, Dr. Susan Chandler, Dr. Kathryn Braun, Atty. James Pietsch, and Dr. Colette Browne.



L to R: Dr. Harumi Karel, Pauline Lynch, Samantha Tsoi, Carolyn Ballou, Michelle Sagucio, and Dr. Colette Browne.

Careers in Aging Week Events at Kapiolani Community College

By: Cullen Hayashida

Kapiolani Community College in Honolulu, Hawaii had two events during the Careers in Aging Week.

1. “Learning from the Wisdom of our Kupuna” This event, which was held on April 14, 2008, was used to share the meaning of *kupuna* and to celebrate seniors as a way of creating an interest in gerontology. There were presentations by seniors on seniors, on intergenerational issues and other ways of connecting seniors with students through music and craft.



Kupuna Education Center and Service Learning Program representatives at the April 2008 KCC Careers in Aging event.

2. KCC also had another event for 160 high school students interested in careers in the Health Sciences. Students from 4 high schools convened on campus and at the opening event, a presentation on the aging revolution was provided and explained how jobs in health and other fields will be greatly expanded because of the growth of the elderly population.



One of several groups of student participants that filled the assembly throughout the day.

NEWS FROM SOCIAL SECURITY

The following two articles were written by
Jane Yamamoto-Burigsay,
Social Security Public Affairs Specialist in Hawaii

First Baby Boomer Retirement Payment Made By Direct Deposit

Baby boomers can be such trendsetters. Take the first baby boomer to receive Social Security retirement benefits, for example.

When Kathy Casey-Kirschling, the nation's first baby boomer, decided it was time to retire, she applied online at www.socialsecurity.gov because she knew it was fast, convenient and secure.

And when the application asked her how she wanted to receive her first payment, she chose the safest, quickest and most convenient way — direct deposit.

No doubt, millions of baby boomers will follow her example. Here's why:

Direct deposit is safe. Your money goes directly to the bank in the form of an electronic transfer so there's no risk of a check being lost or stolen.

Direct deposit is quick. You can sign up at www.socialsecurity.gov/deposit or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778). Your benefit will go automatically into your account every month and you'll have more time to do the things you enjoy.

Direct deposit is convenient. You no longer have to stand in line to cash your check when it arrives, or leave your house in bad weather or worry if you're on vacation or away from home. Your money is as close as your nearest ATM or just the click of a mouse away with online banking.

For more information about direct deposit, go to www.socialsecurity.gov/deposit or visit www.GoDirect.org. To learn more about Social Security's online services, go to www.socialsecurity.gov/onlineservices.

Website Helps People With Disabilities

Social Security touches the lives of people with disabilities every day. That is why we joined 21 other federal agencies to create www.disabilityinfo.gov.

Disabilityinfo.gov is a comprehensive website designed to offer people with disabilities access to important information they can use.

Disabilityinfo.gov is a one-stop website — not only for people with disabilities, but also for older Americans, employers, Social Security beneficiaries, community- and faith-based service providers and others. *Disabilityinfo.gov* features information on a number of related topics. The site is easy to navigate, and is organized into subject areas, including benefits, civil rights, community life, education, employment, health, housing, technology and transportation.

Disabilityinfo.gov also is a useful information and referral tool for responding to the questions and concerns of Social Security's nearly 50 million beneficiaries. Individuals receiving Supplemental Security Income (SSI), disability or retirement benefits, as well as advocates who work with beneficiaries, will find answers to questions about work incentives, the appeals process, Medicare and Medicaid, youth transitioning from school to work, accessible transportation and much more.

If you want to get specific, detailed information about benefits available through Social Security for people with disabilities, you can go straight to the source: www.socialsecurity.gov/disability. On Social Security's website, you can even complete your application over the Internet from the comfort of your own home. Just go to www.socialsecurity.gov/applyfordisability to start your application.

The *Disabilityinfo.gov* web site shares general information about how Social Security can help people with disabilities, and much more. The web site offers a free subscription service where you can

sign up to receive *Disability Connection*, a quarterly newsletter, as well as other e-mail alerts covering information tailored to your individual interests. Just fill in your email address under the gold "subscribe" banner on the right side of the page.

To learn more about information available for people with disabilities, visit www.disabilityinfo.gov. To learn more about Social Security, visit www.socialsecurity.gov.

JOKE OF THE QUARTER

The Nursing Home

A man took his elderly father to a nursing home to check it out. He sat his father down on a sofa in the main aisle way and went to talk with the administrators.

The old man started to tilt slowly toward the left. A doctor came by and said, "Let me help you." The doctor piled several pillows on the left side of the old man so he would stay upright.

The older man started to tilt slowly to the right. An orderly noticed and put several more pillows on his right side to keep him upright.

The old man started to lean forward when a nurse came by and piled several pillows in front of him. About this time, the son returned.

"Well, Dad, isn't this a nice place?"

The old man replied, "I guess it's ok, but they won't let me fart."

HPGS Membership

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 (\$20)
- 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. If the expiration date is missing, we may not have received your check and/or your application is still being processed.

For questions regarding membership, please e-mail hpgs.hawaii@gmail.com

The HPGS Membership Application may be downloaded from the HPGS website at <http://www.hpgs.org/pdf/HPGSMembershipForm.pdf>

Call for HPGS Newsletter Articles

Please email 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 August 2008 issue to hpgs.hawaii@gmail.com by August 15, 2008.

Depending on relevancy, urgency, and available space, not all articles submitted may be included. Content may also be edited.



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