



hawaii pacific gerontological society

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November 2020

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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!

What a way to start November of 2020!! I am excited to report that the HPGS Scholarship Fundraiser was a HUGE Success! Total amount raised at the writing of this newsletter is \$11,060. Donations may continue to be made at the HPGS.org website through the month of November.

I can say with pride that the very first HPGS Virtual Fundraiser showed our community members how to put an honoree in the spotlight. What a spotlight it was for Dr. Cullen Hayashida! More than 38 people attended the event and many others were present via video testimonial. There was a tear in Cullen's eye as he humbly accepted the praise and soaked in the love, memories, and accolades of his career. His contributions to our Kupuna and their families over the past 40 years continues to prove how one person can make a difference!

I learned that Cullen loves to take people to Zippy's to collaborate on projects. I was amazed to hear how many Kupuna programs have been touched by him and about the new project he is starting in the future! HPGS is grateful for the attendance at this fundraiser, and for Senator Sharon Moriwaki who presented Cullen with a legislative certificate honoring him. Frank DeLima was the emcee and kept the group entertained with stories and a touching song at the end. If you missed it, look for it on our website soon!

I would like to acknowledge the follow for their efforts in putting this together for Dr. Hayashida:

- Debbie Kim Morikawa, Fundraising Committee Chair
- Christy Nishita, Scholarship Committee Chair
- All of the scholarship awardees who attended
- Those special folks who took the time to prepare video testimonials
- Peterson Rosario, Video Production
- Kathy Wyatt, Use of her Zoom account
- Sherry Goya, Executive Director
- Clock & Trophy for engraving the koa clock
- Gail Uruu for the two silk lei
- Musical artist David Tamaoka and his son Paxton for the entertainment before the start of our event
- Frank De Lima who was an amazing emcee that really made the night fun!

A hui hou and have a Safe Thanksgiving!

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.

MUCH MAHALO

HPGS appreciates the many people who made heartfelt donations to their scholarship fund.

\$1,000 or Over

Kathryn Braun & Christopher Conybear
CK Independent Living Builders
Sara Lenzer Mediros

\$200 to \$500

Connect America * Mufi Hannemann
Cullen Hayashida * Kathryn Inkinen
Audrey Kubota * Ono Construction
Douglas Oshiro * Jane Sugimura
Harlow Urabe

Up to \$100

Laurie Adamshick
Cynthia Arnold
Pokii Balaz
Alzheimer's Assn - Kauai
Velda Chong
Susie Chun Oakland
Horace Farr
Dolores Foley
Alvin Fukuda
Jerry Goya
Sherry & Clifford Goya
Albert Hamai
April Hasegawa
Toni Hathaway
Les Ihara, Jr.
Percy Ihara
Wayne Iwaoka
Kathy Jaycox
Roy & Betty Katsuda
Linda Kaululani
Kevin Kawamoto
S. Kidani
Emelyn Kim
Debbie Kim Morikawa
Doug Kreider
Wakako Kusumoto
Ron Matayoshi
Maeona Mendelson
Lynn Mitchell
Marilyn Moku
David Nakamaejo
Lillian Nakamura-Aki
Connie Nakasuji
Christy Nishita
Joseph & Alice Nunogawa
Margaret Perkinson
Eileen Phillips
Alan Raby
Real Estate Referral Center, Inc.
Senior Move Managers
Barbara Service
Gordon Shimizu
Gary Simon
Audrey Suga-Nakagawa
Rick Tabor
Ele Taira
Diane Terada
The Caregiver Foundation
John Tomoso
Sara Tompkison
Gary Watanabe
Eldon Wegner
Joan White
Warren Wong
Trudy Wong
Maylynn Wong
Kathy Wyatt
Karen Yanagida

HPGS 4TH ANNUAL SCHOLARSHIP FUNDRAISER

In mid-March of this year, the HPGS Board had tough decisions to make about their quarterly General Membership Meetings, biennial conference, and their scholarship fundraiser dinner. All were events that would have brought their membership together to be educated, connected, informed and entertained. SOLUTION: Enter the world of Zoom events (except the conference was postponed until September 2021).

Thanks to a great HPGS Fundraiser Committee, headed by Debbie Kim Morikawa, Friday, November 6th showed the Board, HPGS members, and many family and friends of the HPGS and the honoree - Dr. Cullen Hayashida - that the 4th Annual Scholarship Fundraiser was a huge success, raising over \$10,000 for 2021 scholarships. The fundraiser committee consisted of Eileen Phillips, Kathy Wyatt, Cynthia Arnold, Rick Tabor, Christy Nishita, Cullen Hayashida, and Sherry Goya.

The fundraiser event started with a performance by musical artist David Tamaoka, with a little help from his son Paxton. HPGS President Eileen Phillips welcomed everyone and introduced the first guest speaker, Senator Sharon Moriwaki, who wanted to personally honor Cullen for his many years of service to kupuna, as she knew him from his "Kuakini" days. Senator Moriwaki also presented a certificate from the 30th Legislature of the State of Hawaii to honor Dr. Cullen Hayashida. It was signed by Representative Gregg Takayama and Senator Sharon Moriwaki, leaders of the Kupuna Caucus, as well as Speaker of the House Scott Saiki and President of the Senate Ronald Kouchi.



The emcee for the evening was the legendary Mr. Frank De Lima. He started with his "Mask-Maker, Mask-Maker" song and then took off his mask to provide a great time for attendees. Throughout the evening, video presentations were played, where attendees learned about Cullen's dedication to Hawaii's kupuna. He was so touched that tears could be seen going down his face, as did with some attendees. Testimonies were taped, as well as made in person. It seemed like the best place to meet Cullen was at a Zippy's Restaurant.

Given the opportunity to write a few words for this newsletter, Cullen wanted to say:

"Thank you to everyone who participated and supported the HPGS Scholarship Fund. I was overwhelmed by the words of appreciation and the generous donations that exceeded the \$10,000 goal! HPGS will continue its essential work of supporting the next generation of students to pursue a career in gerontology. To my family in Hawaii, my friends and colleagues from Asia to the West Coast, the Farrington High School Class of 1963, and to all of you in Hawaii's aging network, Mahalo for your support!"



EVENTS

Hale Hau'oli Hawaii is offering the following FREE virtual workshops on "Dementia in the Family - Care Options and Resources."

NOV. 21 Derrick Ariyoshi and Joel Nakamura "ElderlyAffairs Division – Resources and Programs Supporting Kupuna and Caregivers"

NOV. 28 Rick Tabor "A Holiday Survival Kit: A Reality Check on Mindfulness"
Register for any or all workshops at www.halehauolihawaii.org

HMOW's Thanksgiving Fund Raiser

Save the date! You're invited to Thanksgiving Day Benefit for Hawai'i Meals on Wheels! Instead of our usual gala, we're holding a drive-through event so that you can enjoy a delicious Thanksgiving meal with your family in the safety and comfort of your own home. Be sure to save the date and sign up to be a sponsor today! Learn more here: <https://mailchi.mp/hmow.org/2020thanksgivinginvite>

Catholic Charities Hawaii Circle of Care for Dementia is announcing the next Workshop Series, **Geriatrician Perspectives on Dementia, Caregiving, and Brain Health**. These workshops are for persons concerned about these issues, especially family or friend caregivers of someone with memory loss in the community. They will also cover important information beneficial for healthcare professionals, as well as professional caregivers and service providers in the field of aging. Presenters will be Dr. Kamal Masaki, MD, and Aida Wen, MD.

For a link to register, call Jody Mishan, (808) 295-2624 or email her at jmishan@hawaii.rr.com

Wed, Nov 18, 10:30am to noon
Healthy Brain Aging & Dementia (Masaki)

Tues, Nov 24, 10-11:30am
Non-Medication Strategies for Dementia Behaviors (Wen)

Thurs, Dec 3, 10-11:30am
Principles of Medication Use in Older People (Masaki)

Thurs, Dec 10, 10-11:30am
The Three D's: Dementia, Delirium, and Depression (Wen)

HPGS GENERAL MEMBERSHIP MEETING

Thursday, October 22nd from 11:30am to 12:30pm via Zoom

Almost forty people, the most ever in attendance, were a part of the HPGS General Membership Meeting of Thursday, October 22nd via Zoom. It was possibly because the speakers represented the four counties of Hawaii - Maui, Kauai, Hawaii Island, and Oahu. The were:



Deborah Stone-Walls, Maui County's Executive on Aging, has been named as one of fifteen voting members from across the nation to serve on the RAISE Family Caregiving Advisory Council (Recognize, Assist, Include, Support, and Engage).



Kealoha Takahashi, Executive on Aging for the County of Kauai, Agency on Elderly Affairs has been serving Kupuna for the past forty-three years. Employment with the County of Kauai began in 1977 in various positions.



William "Horace" Farr, served as the Information System Analyst for twenty-nine years for the Hawaii County Office of Aging. He was assigned as the Acting Executive on Aging last October and this May, accepted the position of the Executive on Aging for Hawaii County.



Derrick Ariyoshi, for the past year, has served as the County Executive for the Elderly Affairs Division, which is the designated Area Agency on Aging for the City and County of Honolulu. Prior to this position, he was Hawaii State Director for the Corporation for National and Community Service (CNCS).

Each speaker was given two questions from HPGS President Eileen Phillips which were answered, and a Q&A was held after all presentations. The entire meeting can be found on www.hpgs.org.

HPGS 2021 MEMBERSHIP DUES

As 2020 comes to a close, the HPGS Board is looking towards 2021 with regularly-scheduled Webinars, General Membership Meetings, the HPGS Biennial Conference and our 5th Annual HPGS Scholarship Fundraiser. Annual membership dues have been the way to accomplish the work that the Board foresees each year. The dues will not increase for 2021 (\$10 for individuals 65 and over, \$20 for individuals under 25, \$80 for individuals 26 to 64, \$100 for company/organizations, and \$50 for an Associate Member). It is hoped that current members will renew in December or January, plus HPGS looks forward to having NEW members. Mahalo to everyone who continue to support HPGS and its mission.

WELCOME TO HPGS

INDIVIDUAL
Calvin Hara

HPGS WEBINARS



Mahalo to Fred Collins, from Valley of the Temples, for his webinar presentation held on October 29th. A lot was learned about that beautiful place on the Windward side, as well as planning ahead for the future.

The November 19th HPGS webinar will be presented by Dr. Poki'i Balaz from 11:30am on Thursday, November 19th. A flyer will be emailed to all HPGS members.

NEW LOCATION

Congratulations to **Hale Hau'oli Hawaii** on opening their second day care location for the convenience of local families. Hale Hau'oli Hawaii II is at St. Timothy's Episcopal Church in the newly renovated Sumida Hall at 98-939 Moanalua Road in Aiea. For more information, call 808-798-8706.

SPECIAL MAHALO



The HPGS Fundraising Committee wanted to do a "shout out" and big MAHALO to **Lei.bling** (homemade ribbon lei and jewelry) for donating the two lei for our Honoree Cullen Hayashida and emcee Frank De Lima to wear on Friday, November 6th at the HPGS 4th Annual Scholarship Fundraiser (Zoom) event. They made for a festive look to the evening. Anyone interested in silk lei, contact Gail Uruu at 808-255-6201 or at lei.blinghawaii@gmail.com.

PURPOSE PALS: HELPING KUPUNA AND KEIKI CONNECT

Christy Nishita, Ph.D., Gerontologist, Mayor's Age-Friendly Honolulu Initiative and UH Center on Aging

Purpose Pals is a virtual intergenerational program led by Christy Nishita and Colby Takeda and in collaboration with Age-Friendly Honolulu, Hawaii Afterschool Alliance, and Blue Zones Project Hawaii. Purpose Pals matches adults (50+) and youth (high school through college age) based on their interests and fosters regular communication using a web-based video conferencing platform. Pals can 'talk story' as often and as long as they would like. The program provides themed conversation starters and online activities to ensure pals have engaging and enriching conversations.



They are recruiting kupuna to be older Pals! Purpose Pals will also be offered for free to schools, youth groups, senior clubs, and senior living facilities. If technology support is needed, training will be provided. Purpose Pals will lessen the challenges of social distancing while building a more age-friendly community! If you are interested in being a Pal, or want to bring Purpose Pals to your group, contact Christy Nishita, co-coordinator at info@purposepals.org and visit www.purposepals.org.

HPGS MEMBER NEWS

Monica Joiner is a new HPGS member who received her BSN in 2009. COVID-19 has transformed the landscape of both our present-day and future healthcare, and has been recently chosen as a scholar for George Washington University's Nurse Practitioner Technology Enhanced Community Health (NP-TECH) program. NP-TECH is an HRSA-supported project, preparing students to address the social determinants of health within underserved communities and how to effectively utilize tele-health technology to help fill health care gaps and provide consistent, quality care to these vulnerable populations. She has particular interest in developing these strengths to reach our kupuna who manage multiple chronic conditions and are faced with various barriers in accessing regular health care. If there are there HPGS members, NP or MD, who care for our kupuna within the outpatient and/or long-term care settings and would like to offer preceptorship and mentorship to Monica, reach out at monicajoiner@gwu.edu.

Lanakila Senior Center has many great things planned in November. They also want to know if you know of anyone in need of any assistive devices, adult diapers or face masks. Through the generosity of others, they have a supply of these items that they would be happy to share with their Center members and others in the community. Please call 847-1322 for further assistance.

The Lamaku Extended Care program, first introduced at The Plaza at Kaneohe, is expanding to **The Plaza at Mililani** in the Spring of 2021. This Plaza exclusive program is designed to offer a continuum of care allowing residents to remain at The Plaza as their mobility declines. With the help of dedicated nurses and care aides, the Lamaku Extended Care program provides around the clock personal care to those residents who are wheelchair and bed bound. Call or schedule a tour at 808-377-5292, plazaassistedliving.com.