



hawaii pacific gerontological society

Volume 42, No. 12

December 2021

HPGS 2021 BOARD OF DIRECTORS

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Rick Tabor, President Elect
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Sherry Goya, Executive Director
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The 5th annual HPGS fundraiser was held virtually on Thursday November 4th. HPGS was honored to recognize Emmet White, retired CEO of Arcadia and an exemplary community leader. Donations are still being accepted at www.hpgs.org/events.

The Hawaii Pacific Gerontological Society distributes monthly newsletters and hosts quarterly general membership meetings.

HPGS encourages all members to submit articles, email the board with suggestions for speakers, and/or volunteer on a committee.

PRESIDENT'S MESSAGE



DEBBIE KIM MORIKAWA
PRESIDENT

Happy holidays! It's hard to imagine that the year is coming to a close along with my presidency. It's been such an honor to serve as your president this past year. I've learned so much about our organization and its mission from the HPGS board, our members and serving on the conference and fundraising committees.

I'd like to encourage everyone to remember to renew your membership early for 2022 and please reach out to your colleagues and friends who share your passion for ensuring our kūpuna can enjoy an age-friendly future and ask them to join as well. We have come a long way since the initial founding of HPGS in 1979 yet when it comes to the specialized knowledge and resources needed to best serve our kūpuna, we still have a ways to go.

HPGS needs more advocates to share our mission to educate professionals and businesses about the field of aging and to promote policies and programs to ensure an adequate workforce to support this field. It was so inspiring to hear from the presenters at this year's biennial conference. There is so much happening in the field of aging that needs to be shared and celebrated. And thanks to our amazing honoree at HPGS' annual fundraiser, Emmet White, we held a very successful event, raising \$18,320 to support our work.

Thank you again for the privilege and experience of serving as your president this past year and please join me in welcoming our incoming president, Rick Tabor.

Best wishes to all of you this holiday season and into the new year!

MISSION STATEMENT

The mission of HPGS is to increase awareness of and interest in the field of gerontology by providing networking and educational opportunities, as well as scholarships, to Hawaii's workforce or other interested parties, in which to support the creation of needed policies and programs that will enhance the quality and age-friendly services to our Kūpuna in Hawaii.

HPGS 2022 RENEWAL

It's not too early to renew your HPGS membership for 2022. The renewal form was emailed on December 2nd, and Mahalo to those who have already renewed. If you can't find that email, attached to this newsletter is the form. For those who wish to renew with a charge card, please go to www.hpgs.org and process through PayPal. Those renewing with a check, the post office box address is on the form.

HPGS GENERAL MEMBERSHIP MEETING

Attention all HPGS members, our first General Membership Meeting will be one you won't want to miss: Thurs Jan 20 11:30 am - 1:00 pm

Our speaker will be; John McDermott, Director, Hawai'i Long-Term Care Ombudsman.

John will discuss the Ombudsman program with us.

Mission Statement:

To Protect the Human and Civil Rights of Hawaii's Aging Population who Reside in Licensed Long-Term Care Settings through the Provision of Culturally Appropriate Advocacy.

Goal:

- Protect Hawaii's Most Vulnerable Population
- Provide confidential counseling to residents and their families
- Advocate with legislators, facilities, and communities to ensure the care of Hawaii's kupuna remains a priority

We'll hear about;

1. How the Hawai'i Long-Term Care Ombudsman helps Hawai'i's Kūpuna.
2. How you can help.
3. & Let's ask what we'd like to know.

Join Zoom Meeting on Thurs Jan 20 11:30 am,
<https://us02web.zoom.us/j/86330148252>

HPGS 5TH ANNUAL FUNDRAISER

With the generosity of the **Arcadia Family of Companies** making a \$7,000 donation to HPGS on behalf of their board and staff, this year's 5th annual fundraiser received from almost seventy donors a total of \$18,320. This Zoom event took place at Arcadia, with MC Diane Ako at her KITV4 studio, and produced by Olelo from a van in the Arcadia parking lot. Chairperson Kathy Wyatt and her committee did a great job and had the support of the HPGS President Debbie Kim Morikawa along with the Arcadia staff.

Honoring Emmet White was a privilege for HPGS. With his wife Betty, daughter Suzie Schulberg, other family members, board and staff by his side, Emmet graciously accepted accolades from the Governor, Mayor, Legislature, City Council and HPGS.

He wanted HPGS to relay his thankful message:

"Thank you for being a part of HPGS's recognition for me and the Arcadia Family of Companies. Betty and I enjoyed this meaningful experience. Of course, I was a bit embarrassed by the accolades and testimonials, but heartened by all the wonderful things everyone has contributed over many years and which continue to this day. I was a fortunate person for a lot of terrific years. Thanks for thinking of me and supporting HPGS's scholarship fund. It was very much appreciated."

SEASON FOR GIVING

This has been another very interesting and challenging year. Everyone has dealt with the changes in our own way, and we continue on. In this Season of Giving, HPGS member, **Hale Hau'oli Hawai'i**, which is a nonprofit, is reaching out to HPGS members for assistance to continue serving kupuna with the best of care and aloha in a safe and welcoming environment, while giving their caregivers the respite they need from their caregiving responsibilities. Your support will go a long way to provide kupuna with nutritious meals and engaging activities in a safe environment. Please call 808-798-8706 and ask for their donation form to contribute with a credit card, or to ask about their programs. Your donation will be recognized on their website (www.halehauolihawaii.org). Your consideration is appreciated!

RETIREMENT SECURITY IN HAWAI'I BY KATHY WYATT, RN, MSN, MBA, LNHA

Retirement insecurity is one of the most serious challenges facing states today. Most at risk are those private sector workers whose employers do not offer a workplace retirement savings plan. However, the Legislature of the State of Hawai'i has initiated action on this critical issue in addressing retirement security.

In the Regular Session of 2021, the Senate adopted Senate Resolution 76, Senate Draft 1 (SR76). Introduced by Senator Brian Taniguchi, SR76 requested the creation of a Retirement Savings Program Task Force to address the retirement savings crisis in Hawai'i and explore options on how we can help Hawai'i's workers save for their retirement.

The Task Force was comprised of business and non-profit stakeholders, public officials and legislators. We've been meeting since August to study the issue of retirement insecurity and to look at how the state can help our residents save more for their future. We received testimony and insights from local and national experts, as well as from small business owners and financial institutions in Hawai'i. Our findings culminated in a formal Report and Recommendations that was submitted to the Legislature on December 10th. This is very exciting for all small business employees and employers that care about their employees and want to give them an opportunity for retirement security.

EVENTS

St. Francis Caregiver Education & Wellness

Starting in January 2022:

Mondays - 1st and 3rd - Make it happen with Myra (in-person crafting) from 1:30 to 3:30pm

Mondays - every - Big Moves! (exercise with Glen Higa) from 8am to 9am

Call 808-547-8092 or email kasing@stfrancishawaii.com to ask about the many other programs.

The Hawaii State Library and AARP Hawaii are pleased to announce the **Kupuna Digital Literacy and Tutoring Services** available at 4 library locations (3 on Oahu and 1 on Molokai) starting the week of December 12th at different hours and days.

Thursday, December 16th
9am to 12pm
Molokai at 808-553-1765

Friday, December 17th
11am to 2pm
Liliha Library at 808-587-7577

Saturday, December 18th
10am to 1pm
Nanakuli Library at 808-668-5844

Sunday, December 19th
1pm to 4pm
Kaimuki Library at 808-733-8422

If you know of any volunteers who want to help as a tech tutor, and are available on the dates and times for each library, please have them contact the library directly. Both volunteers and people looking for tech help can call the library branch directly for more information or go to kupunatech@yourpubliclibrary

NEW HPGS BOARD MEMBERS

At the HPGS December Board meeting, two new Board members were introduced and approved. They, along with other board members will be inducted at the January 20th HPGS General Membership Meeting.



From the island of Lanai, **Nena Hart** has joined as a valuable asset to that island's Kupuna community. She has her Masters in Nursing Administration and is the founder of Hart Healthcare Solutions, which helps senior care providers take back the operational health of their organization, stop the vicious cycle of agency se and critical staffing, enhance survey outcomes, and ultimately improve patient care and quality of life. She has a desire to positively impact the healthcare system to increase the quality of care and life for our seniors while advocating for senior care providers.



The HPGS Board also welcomes **Judy Mikami**, who was born and raised on Molokai, just being away while in college. She is licensed as an RN, working in the public health sector, and then doing grant writing for the Native Hawaiian Health Care System and other entities in the area of health care. Judy says "As our community has aged and is aging, long-term care options have become more challenging. We have had opportunities to partner with these agencies/organizations to benefit from these shared resources."

KUPUNA CONNECT

Earlier this year, Hawaii Pacific Gerontological Society, in partnership with Age-Friendly Honolulu and Pear Suite, was awarded a Community Care Corps grant to fund Kupuna Connect, an innovative program that utilizes volunteers to boost independence and well-being among older adults and persons with disabilities. Volunteers from across the state will use an omni-channel communication platform to virtually connect with participants to complete a simple well-being assessment, support with age-appropriate resource linking, and follow up with regular check-ins. In addition to addressing social isolation and loneliness, this program will assess and address the social determinants of health—healthy food access, digital literacy, physical activity, and social connections, to name a few. This program will also expose university students to career paths that involve supporting and working with older adults and persons with disabilities.

Volunteers are currently being recruited from local universities, civic organizations, and service clubs; if you would like to volunteer, please register at <https://bit.ly/kupunaconnect>. If you are connected with an organization serving older adults and persons with disabilities and would like to participate, please contact siobhan@pearsuite.com. To learn more about our advisory group, please contact Christy Nishita at cnishita@hawaii.edu.

Kupuna Connect

Become a Virtual Companion

for seniors in need of social support

Participants will receive comprehensive training, experience working with telehealth and health assessment platforms, and a 1-year membership to a professional healthcare association of your choice. All volunteer work will be completed virtually and on your own schedule.

Volunteers will...

- Engage in casual conversations
- Share resources
- Provide friendly check-ins
- Offer basic technology support

Register your interest at bit.ly/kupunaconnect

Volunteers must have a computer or tablet, access to reliable internet, and be able to provide at least four (4) hours of service per month from January to June 2022.



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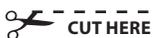
Founded in 1979, the **Hawaii Pacific Gerontological Society** is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership opportunities available to all islands consists of gerontology educators, students, medical 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
Hawaii Pacific Gerontological Society • P. O. Box 3714 • Honolulu, HI 96812 • www.hpgs.org



2022 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.