



hawaii pacific gerontological society

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September 2021

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HPGS members who have not yet renewed for 2021 should go to www.hpgs.org (under Membership) and renew in order to get a discount at the HPGS Biennial Conference set for September 15th & 16th.

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

With the HPGS Biennial Conference being held in two weeks, I've been immersing myself in a lecture series on Reframing Aging, put out by the Frameworks Institute. And while I've only gone through about half of the series, I decided it's time that I learn to both talk-the-talk and walk-the-talk by sharing some of what I'm learning with you. If you are interested in listening to this lecture series yourself, it's free, just click on this link or go to <https://frameworksacademy.org/products/reframing-aging>.

Part of HPGS' mission is to increase awareness and support for policies and programs to enhance the quality of life and services to our kūpuna in Hawai'i. It's therefore important for us to find a way to create a hopeful and positive vision of aging while balancing the possibility of frailty. What I've learned so far from this series is that even though most of us have chosen to work with older adults because we find it positive and fulfilling there are still many negative themes that we perpetuate without even realizing it.

According to the Frameworks Institute, most people view aging as "an inevitable and inescapable process of deterioration and decline". And when we advocate for resources and supports for a frail and aging population we may be inadvertently perpetuating this fatalistic view. How we refer to "older people" can also create an "us" versus "them" proposition where people who are older are considered separate and apart from us. This can also lead to "zero-sum" thinking where those who are younger feel that more resources for older people means less resources for younger people.

And while frailty is real and does need to be addressed, it's important to note that it's not the whole story of aging. By focusing too heavily on the difficulties we may experience later in life we may cause people to avoid thinking about or taking action to prevent certain conditions from occurring or dismiss frailty as something that other people experience, but not me.

One of the first steps to reframing aging is to change our narratives. It's common to talk about "older people" as a discrete population when describing what "their" needs are, the "us" versus "them" proposition. Instead it's recommended that we use more inclusive terms like, "as we get older we may need . . ." Changing our narratives to increase positive attitudes towards aging and decrease negative attitudes to allow us to embrace aging is not an easy process. But we need to begin somewhere and I'm committing to taking the first steps. I hope you will all join me on this journey.

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.

WELCOME TO HPGS

INDIVIDUAL

Lillian Lechler
Patricia Gonsalves
Julie Kajiwara
Laurie-Jean Martin
Emily Medeiros
Celia Melchor-Questin

Company

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EVENTS

HPGS Biennial Conference
September 15 & 16
8:30 am to 4:30 pm

Senior Medicare Patrol Hawaii
webinars:

September 14 -- 10:15 am - 11:00 am
Social Security Administration: Our
Partner in Fighting Fraud
By Jane Burigsay, Social Security
Administration

September 20 -- 10:15 am - 11:00 am
Elder Law: Planning Now
For the Future
By Laurie T.S. Adamshick, Esq.,
Rulon & Adamshick LLC

Join via Zoom using this link:
<https://zoom.us/j/3124825354?pwd=MHE4Y0pDWHIZenZCcmRKcJRCaS9Gdz09>



HPGS General Membership Meeting
Thursday, October 21st
11:30am via Zoom
"The future of palliative care"
Jeannette Koijane
Kokua Mau

2021 HPGS CONFERENCE

In just 15 days from today, September 1st, the Hawaii Pacific Gerontological Society will hold the first of their two-day conference which was postponed in 2020. The committee, lead by Eileen Phillips and Kathy Wyatt, has worked tirelessly to bring fourteen speakers and sixteen video presentations from Hawaii, the Mainland and foreign countries. The two-day agenda is attached to this newsletter as a review to those who will be attending and to entice those who have not yet registered. For those who have registered, the full-color, complete conference program will be emailed September 1st at 12:00 pm. If not received, email Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com to confirm your registration. There is still time to attend by going to www.hpgs.org and go to CONFERENCE.

A special Mahalo goes to the sponsors of the HPGS conference who contributed as of August 31st:

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HPGS MEMBER NEWS



Finding convenient parking when taking older adults to appointments and outings can add to the stress of caregiving. PARKLINQ offers a convenient solution: a simple downloadable app that provides a birds-eye view of a graphical map to pinpoint available parking areas in real time. Caregivers can find, reserve, and pay for an affordable parking space in advance by using their mobile phone with their credit card, Apple Pay or Google Pay. If caregivers want to skip downloading the app, they can just tap their mobile phone on PARKLINQ's smart sign or sticker. They simply enter their license plate, select how long they want to park, and walk away as they pay. To reduce time circling for parking, contributing to traffic and carbon emissions, visit PARKLINQ.com and/or download the app in Apple's App Store.



Conference Agenda



Wednesday, September 15, 2021

- 8:30 am HPGS Biennial Conference's "virtual" site opens from the Ala Moana Hotel's Carnation Room (Kahala Nui Control Room)
- 8:45 am Welcome to the conference by **Debbie Kim Morikawa**, HPGS President, with **Eileen Phillips** and **Kathy Wyatt**, HPGS Conference Co-Chairs
- 9:00 am Featured Speaker: **Caitlin Doughty**, Death Becomes Us: Talking to Elders about End-of-Life
- 10:05 am Presentation #1: **Dr. Lois Ricci**, Breakthrough Discoveries on Aging, Research on Changes in the Field of Gerontology
- 10:55 am BREAK - watch Video Presentations
- 11:05 am Presentation #2: **Elana Kieffer & Mario Rubano**, Convening Neighborhood Groups for Age-Friendly Change (And How To Pay For It)
- 11:55 am Presentation of the **Na Lima Kokua Award** Winners
- 12:20 pm MID-DAY BREAK
- 12:55 pm Presentation #3: **Tyrie Jenkins**, Care of the Aging Eyes - New Innovations
- 1:45 pm Presentation #4: **Rae Seitz** and **Sharon Vitousek** from Hui Pohala, Transforming Care for Seriously Ill Patients in Hawaii
- 2:35 pm BREAK - watch Video Presentations
- 2:45 pm Presentation #5: **Karen Kolb**, Reframing Aging - A Look at the Negative Attitudes of Aging
- 3:35 pm Featured Speaker: **Dr. Leng Leng Thang**, Age-Friendly Singapore: An Asian Model for the 21st Century
- 4:20 pm Closing Remarks and Door Prize Drawings



Conference Agenda



Thursday, September 16, 2021

- 8:30 am HPGS Biennial Conference's "virtual" site opens from the Ala Moana Hotel's Carnation Room
- 8:45 am Welcome to Day two of the conference with an overview of the sessions
- 9:00 am Featured Speaker: **Dr. Harry Moody**, Aging in the 21st Century: The Promise and Potential of the Boomer Generation
- 10:05 am Presentation #6: **Margaret Perkinson** and **Kendall Horan**, Virtual Hui Project: Community Program to Empower and Connect Older Adults
- 10:50 am BREAK
- 11:05 am Presentation #7: **Kevin Kawamoto**, Our Changing Community by the Numbers: The latest census data and their implications for elder services and support
- 11:50 am Special Announcement: HPGS Fundraiser to honor Emmet White, Arcadia Family of Companies
- 12:00 pm MID-DAY BREAK
- 12:45 pm Presentation #8: **Faye Sahai**, **Michael Chong** and **Bryan Hong**, Innovations & Impact in Aging Technologies
- 1:35 pm Presentation #9: **Louise Tanswell** and **Cheri Teranishi-Hashimoto**, The Truth About Lymphedema and Chronic Swelling
- 2:20 pm BREAK
- 2:35 pm Presentation #10: **Andrew Mason**, **Alan Oshima** and **Cullen Hayashida**, Hawaii 2030 and Beyond: The Economic Implications of Population Aging
- 3:25 pm Featured Speaker: **Peter Kaldes**, Understanding Best Practices Learned During Covid Pandemic
- 4:10 pm Closing Remarks and Door Prize Drawings