



hawaii pacific gerontological society

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January 2022

HPGS 2022 BOARD OF DIRECTORS

Officers:

Rick Tabor, President
Cynthia Arnold, Secretary/Treasurer

Directors:

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Poki'i Balaz
Humberto Blanco
Nena Hart
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Sara Lenzer Medeiros
Judy Mikami
Christy Nishita
Kathy Wyatt

Sherry Goya, Executive Director
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HPGS has open enrollment for new members throughout the year. Current HPGS members may renew for 2022 any time online at www.hpgs.org or print the form and pay with a check.

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



RICK TABOR
PRESIDENT

January 2022 HPGS President's Report

As our new calendars are hung, all through the world people are hopeful 2022 isn't 2020 too. We hope your holidays were enjoyable despite our Island's discouraging Covid numbers. Hopefully with boosters everyone can stay safe in this end of the year holiday surge. I had my booster right before Christmas and was thankful for our small ohana social distanced gatherings. Happy New Year.

Bishop Desmond Tutu said, 'There comes a point where we need to stop just pulling people out of the river. We need to go upstream and find out why they're falling in.' This, my friends, is where Hawai'i Pacific Gerontological Society can help out. More on that next month, for now, a moment of silence in honor of a great leader and four other well known people. Rest in Peace Bishop Desmond Tutu, Betty White, John Madden and Senator Harry Reed. May they rest in peace and aloha.

Meanwhile the HPGS Board of Directors thanks Debbie Kim Morikawa for all she accomplished as our 2021's president. The Foresight 2021 and Beyond Innovations in Aging bi-annual virtual conference and fifth annual fundraiser virtual events were wonderful successes we're very proud of. Standing ovations for Eileen Phillips and Kathy Wyatt for their efforts on these programs as well. And none of anything would be possible without our Executive Director, Sherry Goya. Frankly, and who am I kidding, our entire board of directors deserve applause for all they represent. Thank you. I look forward to our upcoming 2022 accomplishments. Stay tuned, we'll share our plans for 2022 in our January 20 11:30 am General Membership Meeting. I'll also include a summary of those plans in the February newsletter.

Speaking of the General Membership Meeting, we look forward to seeing you Thursday Jan 20th at 11:30 am. Due to the virus we'll be virtual on Zoom. Our speaker will be John McDermott, Director of Hawai'i's Long Term Care Ombudsman Program. John will share the LTCOP services and staffing needs with us. Full disclosure here, in addition to being active on fourteen nonprofit organizations, I recently started volunteering as a long term care ombudsman. Please join us for John's presentation, I think you'll find the LTCOP information useful.

At the GMM we'll also introduce our new Board Members as we continue to expand our organization to include our neighbor islands. After all, when on Zoom we can virtually go

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

Mahalo to the following companies and individuals who have renewed their 2022 HPGS membership as of the writing of this issue:

Active Aging Consortium Asia Pacific

ALTRES Home Care

Attention Plus Care

Babette Galang

Christy Nishita

Dept of Geriatric Medicine at JABSOM

Financial Benefit Insurance Inc.

Frances Shiota

Garry Yee

Hawaii County Office of Aging

Judith Mikami

Mae Fujii

Merle ONeill

Na Hoaloha

Pear Suite

Rick Tabor

Sherry A. Goya

The Caregiver Foundation

The Mediation Center
of the Pacific, Inc.

Wally Wake

HPGS CONFERENCE VIDEO PRESENTATIONS

The HPGS conference's Video Presentations can be viewed on the Conference section at www.hpgs.org.

2022 STATE HOLIDAYS

Jan 17 - Martin Luther King, Jr. Day
Feb 21 - President's Day
March 25 - Kuhio Day
April 15 - Good Friday
May 30 - Memorial Day
June 10 - Kamehameha Day
July 4 - Independence Day
August 19 - Statehood Day
Sept 5 - Labor Day
Nov 11 - Veteran's Day
Nov 24 - Thanksgiving
Dec 25 - Christmas Day

HERE'S TO 2022

The HPGS Officers, Directors and the Executive Director wish all our valued members a safe but happy New Year, with the hope that we can all get together some time soon.

Put these 2022 dates on your calendar and keep an eye on the HPGS monthly newsletter for updates:

Thursday, January 20th, from 11:30am - General Membership Meeting

Thursday, May 19th, from 11:30am - General Membership Meeting

Thursday, September 22nd, from 11:30am - General Membership Meeting

Thursday, November 3rd, from 5:30pm - HPGS Annual Fundraiser

EDUCATIONAL COURSES AND EVENTS FOR ADULTS 50+

The Osher Lifelong Learning Institute at UH Mānoa (OLLI-UHM) is a member-based learning community of adults age 50+. OLLI-UHM offers a program of non-credit, college-level courses, workshops, lectures, events, and other activities to encourage older individuals to engage their minds, enrich their lives, and serve the community. We know that lifelong learning keeps the mind sharp and fights cognitive impairment most effectively when mentally challenging activities are combined with active social engagement. That is exactly what we excel at, providing members with an ever-expanding array of courses, workshops, film series, special events, and more in an engaging, supportive social environment. Contact them at 808-956-8224 or email olluhm@hawaii.edu or wbarr@hawaii.edu.

HPGS COMMITTEES

The HPGS Board of Directors has seven standing committees that work for the membership on a regular basis. The annual Board Retreat will be held on Thursday, January 13th, with reports being made by the following committee chairs. HPGS members may join any committee by emailing Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com; and ask to receive a description of the committee(s).

Publicity, Editorial (Website) - Chair Laurie Adamshick

Workforce Development - Chair Christy Nishita

Membership, Nominations - Chair Kathy Wyatt

Fundraising - Chair Kathy Wyatt

Biennial Conference - Co-chairs Rick Tabor & Eileen

Programs, Webinar - Chair Poki`i Balaz

By-Laws - Chair Sara Medeiros

PRESIDENT'S MESSAGE (CON'T)

anywhere people need us to be and our goal is to be everywhere.

With that, I'll close my first HPGS President's report. We welcome your input, thoughts, questions, compliments or concerns, as we truly do value the team approach. Especially as we navigate our path through these uncharted interesting times together with hope, lessons and shared knowledge. Remember, in darkness there are stars, after rain, rainbows, blue skies, clouds, sunrises and sunsets, Live, Laugh, Love and always Remember to Breathe... enjoying those precious moments that take away our breath for that's what life is all about. Be safe, wise and well.

Aloha, Rick Tabor

HOW TO DECLUTTER FOR 2022

Here are some tips and tricks from professional organizations that will help you make some serious progress in 2022:

1. **Set a schedule.** Set aside a designated day and time to declutter. Be realistic on how long you think it will take and make the time.
2. **Prep for donations.** Call one of the nonprofit organizations and schedule a donation pick up. This will help you get started with one box at a time. If it helps, schedule a pick up once a month to help encourage you to have donations ready every month.
3. **A box for every room.** Place one or two boxes in every room before you start and don't forget a trash bag. That way, as you enter the room, you can get right to decluttering. Turn on some music - the Oldies station has great songs!
4. **Pick a room.** When you pick a room, set the time for 30 minutes to an hour, and make FAST decisions. Toss trash, remove duplicates, and don't keep anything you haven't used in years.
5. **Stay focused.** To stay streamlined and focused in a room, walk into the front door, turn your head to the right and start with what you're looking at, move around the perimeter of the room until you've successfully made it back to the front door! This will help prevent you from bouncing all over the room and wasting time.

GIFT OF SOUND - FREE HEARING AID PROGRAM

The Rotary Club of Honolulu is teaming with Miracle Ear Foundation's Gift of Sound™ program, which provides free hearing aids to those that qualify. The application fee is \$150, which includes a hearing assessment, hearing aid fittings and follow-up adjustments. While supplies last, the Rotary Club of Honolulu will assist those who can not afford the \$150 application fee through its Can You Hear Us Now? program.

The Gift of Sound program aims to address that issue. Applicants for assistance must complete the Gift of Sound application form (www.miracle-ear.com/miracle-ear-foundation/eligibility) and must show: less than \$25,750 annual gross income and evidence establishing the inability to pay the Gift of Sound application fee.

Eligible applicants must obtain, complete and return the application from a Miracle Ear location. For more information please contact Rick Tabor, chair of the Rotary Club of Honolulu's Kūpuna Kokua Committee at 808.922.5526; or stop by any Miracle Ear location and tell them Rick sent you.

"A HOUSE DIVIDED" BY KATHY WYATT, RN, MSN, MBA, LNHA

Having been separated from family and friends for the past two years, the Holiday trip to the mainland this year gave me a lot of food for thought. The whole Covid issue, vaccination issues, and varying opinions in the family have opened my eyes to why there is a division, not just in my family, but I understand the angst everywhere.

Two of my family have underlying conditions, so they have to be extra careful. Three of my family members had to get the vaccine in order to keep their jobs, but are not planning on having the booster (and one of them had Covid – the lack of smell and taste version). One of us had a serious case of Covid and got the vaccine after recovery. Three of us got it because we're intelligent and knew we didn't want to get sick. And then there are the two who are not going to get the vaccine, no matter what, and even though they have a small child. Because of them, our family Christmas get togethers had to be fragmented because the folks with underlying conditions couldn't be with the two knuckle heads that won't get vaccinated. And since mask wearing in certain areas on the mainland isn't required, we had to take all of that into consideration, including family members that don't wear them!

Being a health care worker, all of this nonsense just made me crazy!! I didn't want to make waves during the holiday, since we hadn't been together for over two years, but I have to say that I am shocked about the ridiculous reasons that were given for not wearing masks or getting the vaccine and booster shots.

Consequently, I now have a better understanding of why people are going off the deep end about the current state of affairs. Seeing it up close and personal gave me a new perspective.

I don't condone the random violence about mask wearing, and I don't understand why people are so afraid of the vaccine after 300,000,000 million people are not growing third arms or antlers after getting it. But now I have a new perspective. It's still driving me crazy!!

Hawaii Pacific Gerontological Society

GENERAL MEMBERSHIP MEETING

Thursday, Jan 20 - 11:30 am to 12:30 pm

Topic: Hawai'i Long Term Care Program

The Long-Term Care Ombudsman (LTCO) program was established by federal and state statutes.

The LTCO identifies, investigates, and resolves complaints that are made by, or on behalf of residents, and related to action, inaction, or decisions that may adversely affect the health, safety, welfare, and rights of residents of long-term licensed care facilities such as nursing homes, adult residential care homes, assisted living facilities, and other long-term care settings.

PANEL SPEAKER: JOHN MCDERMOTT

JOHN HAS BEEN THE STATE LONG-TERM CARE OMBUDSMAN FOR HAWAII SINCE 1998. HE SERVED AS THE DIRECTOR OF SOCIAL SERVICES FOR SEVERAL NURSING HOMES ON OAHU, CO-AUTHORED THE SURROGATE DECISION MAKING LAW, AND CONTRIBUTED TO THE GOVERNOR'S BLUE-RIBBON PANEL WHICH WORKED ON IMPROVING AND REPLACING THAT LAW WITH THE UNIFORM HEALTH CARE DECISIONS ACT. ORIGINALLY FROM LONG ISLAND, MCDERMOTT CAME TO HAWAII IN 1985. HE WAS A GRADUATE OF THE UNIVERSITY OF NOTRE DAME (1980) EARNING A BACHELOR'S DEGREE IN AMERICAN STUDIES AND PRE-LAW AND RECEIVED HIS MASTERS IN DIVINITY FROM THE JESUIT SCHOOL OF THEOLOGY AT BERKELEY (1985). IN 1989, MCDERMOTT LATER RECEIVED HIS SECOND MASTERS IN SOCIAL WORK AT THE UNIVERSITY OF HAWAII. PRIOR TO HIS INVOLVEMENT WITH THE ELDERLY, MCDERMOTT WORKED FOR CATHOLIC CHARITIES, SERVICES TO FAMILIES, AND OVERSAW THE INTERSTATE COMPACT ON THE PLACEMENT OF CHILDREN. HE WAS ALSO EMPLOYED AS THE LIVE-IN COUNSELOR FOR THE BOYS HOME AT HALE KIPA.



**HAWAII LONG TERM CARE
OMBUDSMAN**
SOMEONE WHO CARES



Please click on the following link to join the meeting:

<https://us02web.zoom.us/j/9326683629>

For more information or questions call: (808) 722-8487

Sponsored by:



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