



hawaii pacific gerontological society

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HPGS 2022 BOARD OF DIRECTORS

Officers:

Rick Tabor, President
Poki'i Balaz, President-Elect
Cynthia Arnold, Secretary/Treasurer

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Humberto Blanco
Tonya Hammond-Tullis
Nena Hart
Kathy Jaycox
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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

Our generation coined the phrase "Generation Gap." In 1965 The Who sang about it; "People try to put us d-down (talkin' 'bout my generation), Just because we get around (talkin' 'bout my generation), Things they do look awful c-c-cold (talkin' 'bout my generation), I hope I die before I get old (talkin' 'bout my generation)..."

In 2022, Baby Boomers have bridged the gap and have become their parents' caregivers. An estimated 157,000 unpaid family caregivers provide 131 million hours of care a year in Hawai'i at a value of \$2.1 billion, according to AARP Hawai'i. As of Feb 4, 2020 approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months. (National Alliance for Caregiving and AARP.)

You are right, many unpaid family are untrained and unprepared for the task that consumes them. If we don't balance our lives with self-care, life becomes unbalanced, leading to physical and mental health issues. Rough statistics show that 30% of caregivers die before those they are caring for. Some studies show deaths higher. Illness that doesn't lead to death is rampant, as well - depression and auto-immune diseases are high on the list. The question remains, how can we improve a caregivers life span & quality of life?

Last month, I had a long talk with my mother & youngest brother. He says, "I resigned from my 27 year teaching position and moved home to take care of mom." He took her home from her fourth hospitalization in four months. She's a stubborn 88 year old with ongoing dementia issues. And she can be a handful. So is he. It should be an interesting adventure for both of them. Hopefully he'll practice good self-care and settle in to a healthy routine.

Training is going to be the key for my family and all caregivers! My youngest brother has always been a self taught work smart not hard kind of guy. He's absorbed everything I've been involved in, including HPGS educational opportunities.

The other shoe dropping is the fact of Hawai'i's life span being the oldest, longest in America. Census data show that more and more people approaching elder hood are childless, or only have one child. Who is going to care for the elders when they need assistance to age-in-place?

We, "kūpuna stakeholders," need to offer easy access, practical, caregiver training. It should include Self-Care strategies, along with the skills a CNA would be taught. Perhaps

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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 Hawai'i'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

UH Manoa School of Social Work

HPGS Lifetime Members

Michael Cheang

Horace Far

Meals on Wheels

Scott Makuakane

Ron Matayoshi

Hideaki Nakamoto

Eldon Wagner

HPGS Honorary Members

Cullen Hayashida

Emmet White

HPGS 2022 RENEWAL

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

Pamela Cunningham
Na Hoaloha - Maui Interfaith
Volunteer Caregivers
Rulon & Adamshick LLC

HPGS SCHOLARSHIPS

HPGS is passionate about supporting students and developing a pipeline towards careers in aging. Check out the most recent awardees at www.hpgs.org under "Scholarships."

Be on the look for next month's HPGS newsletter to see an announcement of the **HPGS Tony Lenzer Scholarships** for undergraduate and graduate students.

MAHALO AND ALOHA

Mahalo to Kauai's Alzheimer's Association representative, Humberto Blanco, for serving on the HPGS Board for the past four years. Although residing and working on Kauai, Humberto attended board meetings via a conference call, and more recently, via Zoom. He attended the 2018 HPGS conference on Oahu and the 2021 conference via Zoom. Humberto brought his wealth of information about Alzheimer's, as well as represented Kauai with great respect. The HPGS Board is looking for someone to represent Kauai. If interested, please email Sherry Goya, HPGS Executive Director at sgoyallc@aol.com or feel free to call her at 808-722-8487.

Aloha to Tonya Hammond-Tullis, the Community Engagement Coordinator for the Oahu Alzheimer's Association's Hawaii chapter. She was voted in as an HPGS Board member at their February board meeting. Tonya has over 20 years experience working in the Long Term Care industry and has her Bachelors in Social work with a minor in Gerontology and Dual Masters of Arts in Counseling and School Counseling. Tonya has been with the Alzheimer's Association since January 2019. Her greatest joy is to help families find hope through the resources of the Alzheimer's Association. The HPGS Board looks forward to all Tonya, our incredible board of directors and you, our members, bring to today's eldercare needs.



HPGS WEBSITE

The HPGS website (www.hpgs.org) has been updated with the **JOB BOARD**, under the "Resources" heading. There are currently four listings of paying or volunteer jobs available. Listing applications will be reviewed and accepted any time, with an email confirmation from Sherry Goya, HPGS Executive Director.

Although the **MISSION** of HPGS is on this newsletter, the Goals are on the website and are being shared below:

The goal of the Hawaii Pacific Gerontological Society is to enhance the general well-being of older individuals in the State of Hawaii and the Pacific Islands by:

- Fostering public understanding and continuing education in the field of gerontology;
- Bringing together all people concerned and interested in the challenges, issues and problems of the older adults as realized in a changing society;
- Advocating on behalf of older people in Hawaii and the Pacific Islands;
- Stimulating interest in gerontological research and services;
- Encouraging professional preparation for gerontological research and services; and
- Promoting volunteerism in the field of gerontology.

PRESIDENT'S MESSAGE (CON'T)

something online, so they can access the information anywhere, anytime. I'd imagine this thought is a well worn path. And yes, there have been a lot of appreciated webinars on this topic. HPGS and many of you, our members, have done a spectacular job. I'm just saying, many have not taken the time to take advantage of these trainings. Perhaps they need them in a different format? I'm not sure what the answer is. In this president's report, I pose the question from the facts and challenge us to work towards the solution. Because that talk of a Silver Tsunami is no longer talk. It's now a reality with a growing surge. Fortunately, Hawai'i's Eldercare resources lead the nation, with you, our appreciated HPGS members providing an incredible array of appreciated services.

Your present circumstances don't determine where you can go; they merely determine where you start. Nudo Qubein

MUSIC THERAPY

Communication is more than just talking and listening – as people with Alzheimer's disease and other dementias progress in their journey, families need new and creative ways to connect. Drawing from the science of neuroplasticity, we can use music to help strengthen and expand our communication, learning, memory, and more. Calvin Hara, Alzheimer's Association Community Educator, will lead us through an exploration of communication tips and strategies to foster connection and harmony through the various stages of dementia. Then, Dr. Nina Guerrero and Kazumi Yamaura of Sounding Joy Music Therapy will share the positive impact music has on our brains and how we can use music to meaningfully connect with our loved ones while maintaining and improving cognitive functioning and well-being.

Tuesday, March 8, 2022, 5-6:30 pm
Register online at <http://tinyurl.com/March8Soundingjoy> or call (808) 518-6651

LEGISLATIVE UPDATE

Senator Moriwaki and Rep. Hashimoto wanted to update HPGS on the status of Kupuna Caucus package bills as well as some other measures that help seniors. Mid-February was the First Lateral filing deadline, which means any bill that has not been heard and reported to the last committee on its referral is effectively dead. Fortunately for them, at least one version and in most cases both companion bills passed this crucial deadline in either chamber, thanks to your testimony and advocacy. Please continue with your help in tracking and testifying on senior measures so they can be eventually enacted. Below is a short list of the package bills. There are only two bills out of 14 which are effectively dead.

HB1822

Driver's License; Expiration and Renewal; Kupuna; Certification of Physical and Mental Competence

RELATING TO DRIVER'S LICENSES.

Extends the renewal period from two years to four years for licensees who are seventy years of age or older but younger than eighty years of age. Requires applicants for a new license or for license renewal who are seventy years of age or older to present certification of physical and mental competence from a doctor upon application.

SB2679 SD1

Driver's License; Expiration and Renewal; Kupuna

RELATING TO DRIVER'S LICENSES.

Extends the renewal period from two years to four years for licensees who are seventy-two years of age or older. Effective 1/1/2050. (SD1)

HB1826 HD1

Kupuna Caucus; Long-Term Rental Assistance Pilot Program for Kupuna; Hawaii Public Housing Authority; Appropriation (\$)

RELATING TO HOMELESSNESS.

Establishes the long-term rental assistance pilot program for kupuna to be administered by the Hawaii public housing authority for individuals who are sixty-two years of age or older and are homeless or at imminent risk of becoming homeless. Appropriates funds. Effective 7/1/2050. (HD1)

SB2677 SD1

Kupuna Caucus; Long-Term Rental Assistance Pilot Program; Appropriation (\$)

RELATING TO HOMELESSNESS.

Establishes the long-term rental assistance pilot program to be administered by the Hawaii Public Housing Authority for individuals sixty-two years of age or older who are homeless or at imminent risk of becoming homeless. Appropriates funds. Repeals 6/30/2025. Effective 12/31/2050. (SD1)

SB2676 SD1

Kupuna Caucus; Office of the Long-Term Care Ombudsman; Ombudsman Specialist; Appropriation (\$)

MAKING AN APPROPRIATION FOR THE OFFICE OF THE LONG-TERM CARE OMBUDSMAN PROGRAM.

Establishes and appropriates funds for five permanent Long-Term Care Ombudsman Program Specialist Positions within the Office of the Long-Term Care Ombudsman, assigned to each county as follow: one for the City and County of Honolulu, one for the county of Maui, two for the county of Hawaii, and one for the county of Kauai. Requires the Long-Term Care Ombudsman Program Specialist to work under the supervision of the Long-Term Care Ombudsman to achieve the goals of the Long-Term Care Ombudsman Program, as mandated by the federal Older Americans Act. (SD1)