



hawaii pacific gerontological society

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March 2018

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HPGS members are welcome to submit articles of interest, pictures and articles from events, notices of job openings, committee reports, etc. Please submit your article and/or picture by the second Monday of every month to Sherry Goya, HPGS Executive Director, at [sgoyallc@aol.com](mailto:sgoyallc@aol.com).

**PRESIDENT'S MESSAGE**



CALVIN HARA, PRESIDENT

This month HPGS continues community involvement. A successful co-sponsorship of the Positive Approach to Dementia caregiving in Kauai leads us to the next co-sponsored workshop on Hawaii island in Hilo on March 31st. We often say how wonderful our chain of islands is for living in the best climate, culture and state, but we really need to acknowledge that our separation among islands does create difficulty in the service delivery of care, education and services for kupuna. HPGS recognizes that and this year wants to reach out to all the island residents.

Planning has commenced on the next HPGS Conference. Please plan on attending the conference – “20th HPGS Leadership Conference” Facing our Future Together,” this year at the Ala Moana Hotel, September 6-7. It will be a time to learn, share best practices, network and establish positive relationships with colleagues. I look forward to meeting you at the conference.

Lastly, Mahalo to all for your participation as members, supporters, friends and volunteers of HPGS. Our common focus of kupuna unites us to provide the best now for kupuna and at the same time we nurture our youth for their role as future leaders.

**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.

## NEW HPGS MEMBERS

### Company Member

#### Amazing Care Network

Gary Asato

1274 Akiahala Street

Kailua, HI 96734

P: 808-282-3975

E: gary.asato@

sterlingadministration.com

W: www.amazingcarenetwork.com

## Save The Date

2018 HPGS Biennial Conference

SAVE THE DATE

HPGS 20th Leadership Conference

“Facing Our Future Together”

September 6 and 7, 2018

Ala Moana Hotel

The 20th HPGS Conference Committee is seeking speakers, presentations, sponsors, exhibitors, volunteers and YOU, to participate in the entire process to make it a memorable two days.

Areas of topics being sought, but not limited to, include: Financial/Legal issues of aging, workforce development, healthy aging, chronic disease management, leadership panelists discussions, technology, global aging issues, fall prevention, medication management and caregivers resources.

Please submit any ideas and comments to Percy Ihara, Conference Co-Chair, via email to [Percy@Generations808.com](mailto:Percy@Generations808.com) or call/text to 808-234-3117.

## LIFETIME HONORARY KUPUNA



The Policy Advisory Board for Elder Affairs (PABEA) was to have presented Tony Lenzer with the “Lifetime Honorary Kupuna” award and plaque at a meeting scheduled for February 2, 2018. He had called in to say that he would not be able to attend, so the presentation was re-scheduled for March 2nd. Tony passed away on February 8th. A posthumous presentation was made a part of the PABEA meeting on March 2nd, with the

plaque, pictured above, passed around to all in attendance. Reverently, and with silent respect, the plaque was touched and gazed upon, with emotion and feeling, by all in attendance!

## CELEBRATION OF LIFE



*Surrounded by HPGS Board at a dinner honoring Tony in November 2017*

The family of Tony Lenzer will be having a “Celebration of Life” in his honor on Friday, April 27th from 5:30pm at 15 Craigsides. Suzie Schulberg, the CEO of Arcadia Family of Companies, said that they would like to host this event and are honored to be a part of the Celebration. Tony’s family is overwhelmed by their generosity.

Tony’s obituary said that he moved to Hawaii with his family in 1969 to establish the Gerontology Program at the University of Hawaii’s School of Public Health and to support aging research and teach at UH Manoa. As the first director of the UH Center on Aging from 1988 to 1993, Tony also produced the multi-award winning TV series entitled “Growing Old in a New Age.” Since retiring in 1994, he has been an active advocate for Hawaii’s elders and their families, and spent three legislative sessions as Senator Les Ihara Jr.’s Aging Issues Advisor.

The legacy that Tony leaves behind is filled with contributions such as being the first president of HPGS, creating Hospice Hawaii, and working with the Kokua Council, the Policy Advisory Board for Elderly Affairs, the Hawaii Family Caregiver Coalition, and the Hawaii Alliance for Retired Americans.

To see the entire obituary in the Honolulu Star-Advertiser, please check on this link: <http://obits.staradvertiser.com/2018/03/04/anthony-tony-michael-lenzer-phd/>

## FAMILY CAREGIVER AWARENESS DAY MARCH 19TH

The Hawaii Family Caregiver Coalition will celebrate their annual Family Caregiver Awareness Day at the Capitol on the morning of Monday, March 19th. The major activity will be visiting legislators, educating them on caregiving issues, and garnering their support for legislation protecting and enhancing the health and welfare of caregivers.

The plan is at 8:00 a. m., they will gather in State Capitol Conference Room 312 for a continental breakfast followed at 8:30 a. m. for an orientation to (i. e. training on) visiting legislators with our literature which we will have assembled in folders. The folder will include a cover letter on current caregiving related legislation and our 2018 Aging & Disabilities Issues booklet, which is in production as we speak.

From 9:00 a. m. to 11:30 a. m., they will visit legislators according to prearranged appointments. For those who are available, at 11:00 a. m., FACE and HFCC are sponsoring a rally in support of the Kupuna Caregivers Program on the Beretania Street side of the Capitol Rotunda. At 11:30 a. m., they will gather again in State Capitol Room 312 for lunch sponsored by FACE and HFCC. Representative Gregg Takayama will join us at 11:40 a. m. for a brief presentation.

Please RSVP to Gary Simon at [gsimon@stfranchishawaii.org](mailto:gsimon@stfranchishawaii.org) or 808-547-8140.

## GET TO KNOW THE HPGS 2018 BOARD



Cynthia Arnold,  
HPGS Treasurer

**Cynthia Arnold** is the Vice President of Senior Move Managers and De-Clutter Hawaii. Since 2010, she has helped clients de-clutter and downsize their homes to either move to retirement communities or to age in place. Through her experiences and knowledge, Cynthia has made presentations to over 200 groups, educating them on how to downsize, tips to de-clutter and assisting in the moving transition. While she loves to speak to groups of people, she also

loves the one-on-one attention she can give to her clients. Prior to this, she worked as the Marketing & Fundraising Manager with the American Diabetes Association, Hawaii Chapter, and as a Catering Manager with the Ala Moana Hotel. For the last 19 years, Cynthia has coached tennis for St. Andrew's Priory and Sacred Hearts Academy. Cynthia lives in Aiea with her husband Trey and daughter Alexis (6 years old). As a family, they enjoy watching UH baseball, playing softball and tennis and enjoying time with their big Ihara Ohana.



Kelika Ishol,  
HPGS Secretary

**Kelika Ishol** brings more than a decade of caring for seniors in Hawaii and Idaho. When her grandmother became sick with Alzheimers disease, Kelika became her sole caregiver. It was through this experience that she found her passion, and decided to make a career change and commitment to help individuals and families affected by this disease. As the Director of Sales, Marketing and Resource Development at the Good Samaritan Society Pōhai

Nani, her team has been responsible for positioning the community at a consistent 100% occupancy for the past year. Additionally her role in Resource Development allowed her to manage and secure donor funds in excess of 800K. She has extensive experience in sales and marketing, nonprofit management, fundraising and grant writing, community group consultation and program development. She previously served as Sales and Marketing Director for Holiday Retirement's Chateau deBoise, and Frontier Managements, Heatherwood Retirement, both in Boise, Idaho. Past accolades include Executive Director of Windward Senior Day Centers, Koolauloa Neighborhood Board Hauula Seat, Kailua Chamber of Commerce Board of Directors, Alzheimers Associations multi-cultural advisory board as well as several others. She loves to Hula and embraces Hawaii's cultures.

## EVENTS

### Alzheimer's Association "Support Groups for Family Caregivers"

Waimea, Kauai • Thursday,  
March 22nd, 1:30-2:30pm  
Kauai Veterans Memorial Hospital

Puakea, Kauai • Tuesday,  
March 27th, 5-6:30pm  
Regency at Puakea

Princeville, Kauai • Thursday,  
April 12th, 2-3pm  
Church of the Pacific,  
4520 Kapaka Street

Lihue, Kauai • Thursday,  
April 19th, 2-3pm  
Agency On Elderly Affairs,  
4444 Rice Street, Room Piikoi B

For more information, contact  
Humberto Blanco  
humberto.Blanco@alz.org  
at 808-245-3200, ext. 8242

## FREE HPGS WEBINAR

Normal versus Not Normal Aging,  
presented by Mapuana Taamu,  
Certified Independent Positive  
Approach to Care Trainer.

Thursday, March 29th  
11:30am to 12:45pm

The webinar will offer an overview of how dementia affects the brain, the difference between normal versus not normal aging and provide techniques to help care for people living with dementia.

A flyer will be emailed with further details, or contact the committee chair at [kelika.ishol@ccoh.us](mailto:kelika.ishol@ccoh.us).

## HPGS IN KAUAI



*HPGS President Calvin Hara, Dorothy Colby, and HPGS Director Humberto Blanco.*

On February 24th, HPGS supported Kauai residents with a Positive Approach to Dementia Care Workshop co-sponsored by AARP, HPGS, Care Center of Honolulu, and Hawaii Alzheimer's Disease Initiative. The at capacity room at Kauai Community College provided valuable information to participants. Humberto Blanco, HPGS board member and Alzheimer's Association Aloha Chapter Kauai Program Specialist said, "Today at our behaviors class, three trainees who also attended the workshop

mentioned how helpful it was in helping them to negotiate their caregiving responsibilities. They acknowledged the high quality of the presentation by an experienced professional in the field: Dorothy Colby. I was pleased to recommend this resource to our attendees and found that it contributed to their comprehension of this sometimes volatile topic."

## AGEISM: A YOUTH PERSPECTIVE

Rising Up Against Ageism  
Emily Kondo, 'Iolani School Junior

From the Black Lives Matter Protests in Ferguson to the Women's March in Washington DC, Americans have recently begun to speak out against the injustices impacting our society. But what about older adults? American society often glazes over ageism, prejudice or discrimination against the older population.

Before enrolling in the One Mile Project class at 'Iolani School, which focuses on improving the lives of kupuna in our community, the most interaction I had with kupuna was occasional visits or dinners with my grandmother. I often found myself feeling unable to truly understand or bond with her. It wasn't until this class that I really began to notice how we treat kupuna adults in our society, and how I interacted with my own family. I can now say that the emotional wall that stood between us has dissolved and my relationship with my grandmother has greatly improved.

We can start to eliminate the issue of ageism if we make changes in our own daily lives. Doing small things like talking to kupuna at the bus stop, taking your grandma shopping, or even helping kupuna in the checkout line at the supermarket can make all the difference.

We will all "get old" someday so why not fight to make your life and the lives of everyone you love better by tackling the issue of ageism?