



hawaii pacific gerontological society

Volume 39, No. 4

April 2018

HPGS 2018 BOARD OF DIRECTORS

Officers:

Calvin Hara, President
Kathy Wyatt, President-Elect
Percy Ihara, Past President
Cynthia Arnold, Treasurer
Kelika Ishol, Secretary

Directors:

Pamela Ah-Nee
Humberto Blanco
Andrew Garrett
Kathy Jaycox
Melissa Mansfield
Steve Nawahine
Christy Nishita
Eileen Phillips
Mapuana Taamu
John Tomoso

Sherry Goya, Executive Director
808-722-8487 • sgoyallc@aol.com

P. O. Box 3714
Honolulu, HI 96812
www.hpgs.org
hpgs.808@gmail.com

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.

PRESIDENT'S MESSAGE



CALVIN HARA, PRESIDENT

As we think of the 2018 year thus far, we can reflect on matters happening internationally, in our country, state and local communities. A common theme when we talk about people, is that "people" are living longer, technology and science in medicine has advanced how people live and are cared for in their community. This theme is the basis for the upcoming HPGS Conference in September. From healthy living to living with an illness, Hawai'i's aging community member faces daily the concerns of caring for themselves, their loved one, or being cared for by others. Such concerns involve financial resources, availability of work force and understanding illnesses (such as dementia, Alzheimer's). Please join me in attending the HPGS Conference. There will be more details, so please visit the HPGS website, www.hpgs.org for the latest information.

HPGS members and board of directors have been honored to know the late Dr. Anthony Lenzer. "Tony," who was no stranger at the University of Hawai'i, Manoa campus, championed the Center on Aging and HPGS. As a gerontologist, Tony was always looking in the best interests of the aging community and seniors at-large. He also knew that for an aging community of seniors and retirees to thrive, it required professional and qualified leaders to participate this niche community. Such knowledge led Tony to be passionate about youth, students and education – namely to support students in their educational pursuit, education scholarships were needed. HPGS is pleased to carry the torch that Tony charged forward with for many years and will again award educational scholarship. Dr. Christy Nishita, HPGS Scholarship Committee Chairperson provides scholarship details in this issue and on the HPGS website.

Mahalo to all for what you do for Hawai'i's kupuna.

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

Associate Member

Humberto Blanco

Alzheimer's Association,
Aloha Chapter
1130 N. Nimitz Hwy, A-265
Honolulu, HI 96817
P: 808-591-2771, Ext 8242
F: 808-591-9071
E: hblanco@alz.org
W: www.alz.org/hawaii

HPGS Company

Long-Term Care Advisors

John Wesley Nakao
1555 Kapiolani Blvd, #1701
Honolulu, HI 96814
P: 808-485-8888
E: ltcadvisor7@gmail.com
W: www.ltcadvisor.info/usa

HPGS MEMBER EVENTS

FREE De-clutter Seminar

De-Clutter Hawaii and Senior Move Managers have been helping Seniors to Downsize, De-Clutter and Transition to Retirement Communities since 2010. Through these years of experience and training, they've come up with tips to De-Clutter, how to SORT through years of personal belongings, and how to get organized, with a personal touch. After doing over 100 seminars privately, they've decided to invite the public to their free De-clutter Seminar. The next seminars will be:

Tuesday, April 17, 2018 @ 6:30pm at Aiea Library (refreshments provided)

Tuesday, April 24, 2018 @ 9:30am at Pohai Nani Retirement Community (refreshments provided)

Please RSVP to Cynthia at 808-779-6224 or email info@smmhawaii.com.

RSVP is required.

A CELEBRATION OF LIFE ANTHONY "TONY" LENZER



A Celebration of Life will be held for Anthony "Tony" Lenzer on Friday, April 27th from 5:30pm in the 15 Craigsides Solarium. There will be valet parking.

Tony's lifelong interest and career has centered around the study of aging. He moved to Hawaii with his family in 1969 to establish the Gerontology Program at the University of Hawaii's School of Public Health, support aging research, and teach at

the University of Hawaii at Manoa. He was the first director of the UH Center on Aging from 1988-93. During that time, he served as Executive Producer of the multi-award-winning TV series "Growing Old in a New Age." Among his accomplishments, Tony helped create Hospice Hawaii, and he was the first president of the Hawaii Pacific Gerontological Society (HPGS). He retired in 1994 as Professor Emeritus, but continued teaching at the University until December of 2017, focusing on end-of-life issues.

The family invites all to celebrate with pupu, wine, music and memories. They are also honoring his legacy and dedication to HPGS by having donations made to the HPG Scholarship program in Tony's name.

HPGS "FACING THE FUTURE TOGETHER" 2018 CONFERENCE

The first HPGS conference was held on February 5 and 6, 1981 at the Ilikai Hotel to highlight new developments and research in the gerontological field. That two-day event also focused on the problems and potential of the elderly, strategies for their care and health maintenance, rehabilitation and housing for the elderly. It was entitled "Conference on Aging."

Over the years, HPGS has continued to provide a conference which professionals, lay persons, and volunteers concerned with aging can receive, discuss and exchange information and ideas, be kept up-to-date on new developments and research in the gerontological field with speakers and presentations from Hawaii, the Mainland, and foreign countries.

The 2018 conference, entitled "Facing the Future Together," is the 20th held by HPGS and will be on September 6th & 7th at the Ala Moana Hotel. Co-Chairpersons, Percy Ihara and Darlene Canto, are working with committees and welcome other interested persons to participate. Contact either Percy at 808-234-3117 or Percy@Generations808.com OR Darlene at 808-218-7200 or dcanto@kahalanui.com.

HPGS MEMBER EVENTS

FREE Financial/Legal Workshop

Saturday, April 28th
8am to 2pm
Ala Moana Hotel
Validated Parking in Hotel

Topics covered will be on:

- Financial Gerontology and Aging in Place
- Retirement Planning for Long-Term Care
- Estate Planning
- Wills and POA
- Medicare, Medicare Program Options
- Medicare Part A-B-C and D
- Medicare Dru Plans
- Medicaid Application Process
- Social Security Benefits
- Advanced Care Planning
- Protecting Against Elder Abuse
- Care Home Options and Placement
- End of Life Options

For more information, call Percy Ihara, Generations Magazine, at 808-234-3117 or email Percy@Generations808.com.
No Reservations Required.

10th Anniversary of The Caregiver Foundation

Na Lei Alohilohi 2018 will be held on Saturday, April 28th from 10am to 2pm in the Manoa Grand Ballroom. There will be food, music, prizes, entertainment, and a silent auction. Cost is \$85, and proceeds support The Caregiver Foundation's work with seniors and disabled adults and their caregivers. See the flyer attached to this newsletter, and celebrate a great cause.

"NA LIMA KOKUA" AWARDS

The Awards Committee of the HPGS 2018 Conference is seeking nominations for the biennial "Na Lima Kokua" Awards. Individuals residing in Hawaii, or businesses operating in Hawaii, for two years or more and strive to make a unique contribution to the elderly, are eligible to be nominated.

The six categories are: Communication/Arts, Community Service, Government, Research/Teaching, Business and Tony Lenzer Scholar. Explanations are on the form attached to this newsletter. All nominations must be accompanied by the form and a 500-word minimum of why the nominee should be considered for an award. Since there are six categories, the nominator may also leave the category blank so the Committee can see which award suits the nominee.

For further information, please contact the Awards Committee Chairperson, Kathy Wyatt at 808-292-4665 or kwyatt01@aol.com. Deadline to submit nominations is April 30, 2018.

GET TO KNOW THE HPGS 2018 BOARD



Kathy Wyatt
HPGS President-Elect

Kathy Wyatt is a Registered Nurse, a Licensed Nursing Home Administrator, Certified Director of Nursing in Long Term Care, and Certified Administrator of Assisted Living Facilities and Adult Residential Care Homes. She currently owns Hale Hau'oli Adult Day Care and is President of the Adult Day Centers of Hawaii. She serves on the Board of Directors for the Caregiver Foundation. She also runs a non-profit organization, Hale Hau'oli Hawaii, that is committed to meeting the needs of the elderly and their caregivers through education, resources and referrals and an adult day care.



Pamela Ah-Nee
HPGS Director

Pamela Ah-Nee is the Program Specialist for the Alzheimer's Association, Aloha Chapter, Oahu. Pamela joined the Alzheimer's Association in 2012 as the Director of Programs and became the Oahu Program Specialist in 2014. Pamela was a school teacher and a private school administrator for more than 20 years. Pamela was also an academic tutor for high school students with learning disabilities for 5 years. Pamela has an Essentialalz Certification in Age Related Dementia; a Master's Degree in Psychology, Family Counseling from California Graduate School and a Master's Degree in Education with an Administration Major from Oral Roberts University.

HPGS SCHOLARSHIPS

HPGS raises funds and awards scholarships to college students interested in careers involving aging and older people. These scholarships are funded by generous donations from various contributors. Each year, HPGS offers Undergraduate and Graduate Scholarships for students who have a serious interest in professional work related to aging, long-term care, and/or death and dying.

To be eligible for a scholarship, students must be enrolled in a degree program at any UH campus, HPU, BYU-Hawaii, or Chaminade, have two or more semesters to complete before graduation, and have a GPA of 3.0 or higher. The application process will begin within a month, with a deadline of July 6th, to be considered for the following academic year. Stay tuned for more information, as well as the amount of monies being offered for 2018.

YMCA NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, May 30th
Kahala Mall
9am to 1pm

Generations Magazine and Kahala Mall are cosponsoring this annual YMCA National Health & Fitness Day. It is FREE and open to the public. Attendees will get a free three-visit pass to the YMCA. The fair will feature more than 40 resource organizations, fitness & cooking demonstrations, entertainment, raffles & giveaways. Vacations Hawaii will have do a drawing for a trip to Vegas to the renovated California Hotel and Casino!

DEMENTIA TRAINING – HAWAI'I ISLAND



On March 31st, HPGS along with the Hawai'i Alzheimer's Disease Initiative, Care Center of Honolulu, AARP and the Hawai'i County Office of Aging sponsored a workshop at the Hawai'i island ADRC office titled "Positive Approach to Dementia

Care-Challenging Behaviors in Dementia Care, Recognizing Unmet Needs." Dementia care is needed state wide, and the organizations supported this presentation by Dorothy Colby, a certified trainer in dementia care by hosting the session on the islands of Kauai, Oahu, Maui and Hawai'i island.

HPGS Board member and Hawai'i island HPGS representative Pamela Ah-Nee was in attendance. Ah-Nee also a dementia care specialist said that the workshop meeting room was packed and that reason alone emphasized the need for this session and more in the future. Attendee Riley Ching, a family caregiver, said "the workshop gave me a better understanding of the brain changes with Alzheimer's and strategies to approach certain situations."

As more dementia care sessions are announced, HPGS will share that information.

HPGS NEWSLETTER

Did you know that HPGS has about 250 members across the state, with individual, company and organization memberships? The Board and all members are concerned about gerontological health, from Kauai down to the Big Island.

Being the millennial on the Board, Mapuana Taamu volunteered to send members the monthly HPGS eNewsletters via Constant Contact, an online program, to upgrade the current system to a simple click-and-drag, result-generating system of the 21st century. She hopes you have been opening your email from: hpgs.808@gmail.com. All monthly newsletters can also be viewed on the www.hpgs.org website. Feel free to read past issues.

How can HPGS make these eNewsletters more appealing to you? What do you want to see or read about? Local healthcare events, strides in healthcare and our local government, etc. Articles are always welcome by members, so please email Sherry Goya, Executive Director, at sgoyallc@aol.com or feel free to call her at 808-722-8487 the first week of every month.



hawaii pacific gerontological society

FREE WEBINAR THURSDAY April 26th, 11:30AM - 12:45PM

“Active Aging: A New Pathway for Gerontology?”

Presented by Cullen Hayashida, PhD, Aging Systems Service Consultant

Questions? Email Kelika Ishol at kelika.ishol@ccoh.us

Gerontology has been traditionally taught from the perspective of viewing older adults as frail and disabled. Programs and initiatives for eldercare consequently have generally focused on the need for long term care and support services such as nursing homes, adult day services, geriatric medical care and the like. But can we continue to service so many for so long with so little? The Active Aging perspective will be discussed as a complementary policy and practice path forward. It views older adults after their 6th decade of life and beyond as an asset to our communities and a resource to be marshalled for the greater good. Doing so, however, will require a need to push back against ageism and to promote an active aging lifestyle. This presentation will propose an 11 facets perspective of active aging and discuss how training gerontologists in the future may need to evolve.

Please click the link below to join the webinar:

<https://zoom.us/j/148308869>

Or Telephone: 1 669 900 6833 or 1 646 558 8656

Webinar ID: 148 308 869



Dr. Cullen Hayashida is the Founder and Former Executive Director of the Kupuna Education Center at Kapi'olani Community College (KCC), Hawaii's only gerontology center at the community college level. He is a graduate of the University of Hawai'i Mānoa (Sociology) and the University of Washington (Ph.D. in Sociology). He has also been trained at New York University (New York City), University of West Indies (Trinidad), and Waseda University (Tokyo, Japan). Cullen Hayashida has taught at the University of Washington (Seattle), Willamette University (Salem, Oregon), Case Western Reserve University (Cleveland, Ohio) and the University of Hawai'i. Today, he is a Graduate Affiliate Faculty with the University of Hawaii - Sociology.



hawaii pacific gerontological society

2018 CONFERENCE

“Facing the Future Together”

Seeking nominations for

“Na Lima Kokua” Awards

to be given to

Individuals residing in Hawai‘i, or businesses operating in Hawai‘i, for two years or more who have strived to make a unique contribution to the elderly. Those eligible would be individuals and businesses who have helped to enhance the image of aging or who have promoted the field of gerontology. Also, nominees must not have previously won this award in any category. All nominations must be accompanied by the nomination form below. ***Please attach the nomination form to a brief (500 word minimum, no more than one page) write-up of the person or business being nominated.***

Deadline to submit nominations is: May 18, 2018. For more information, please contact Kathy Wyatt at (808) 292-4665 or kwyatt01@aol.com. The award winners will be honored at the 20th Biennial Conference of the Hawaii Pacific Gerontological Society to be held at the Ala Moana Hotel on September 6 - 7, 2018. Please fill out the nomination form as thoroughly as possible so we can successfully contact all nominees.

DETACH NOMINATION FORM HERE

AWARD CATEGORIES (Please circle ONE; if unsure, leave blank):

COMMUNICATION/ARTS

(media, performing arts,
creative, and literary arts)

COMMUNITY SERVICE

(volunteers and professionals
serving Hawai‘i)

GOVERNMENT

(includes government
employees and elected officials)

RESEARCH/TEACHING

(instructors in public or private
schools, trainers, and researchers)

BUSINESS

(businesses which have
contributed to the
welfare of the elderly)

TONY LENZER SCHOLAR

(students preparing for careers
in gerontology)

PLEASE PRINT INFORMATION BELOW; ATTACH WRITE-UP; AND SEND TO:

HPGS CONFERENCE – ATTN: KATHY WYATT, P.O. BOX 3714, HONOLULU, HI 96811 OR EMAIL TO kwyatt01@aol.com

Name/Title of Nominee: _____

Organization: _____

Address: _____

Telephone: _____ Email: _____

Name/Title of Nominator: _____

Organization: _____

Address: _____

Telephone: _____ Email: _____

The Caregiver Foundation

presents



Na Lei

Alohilohi 2018

10th year Anniversary Celebration

April 28 10AM-2PM

Manoa Grand Ballroom

Terrific Food

Prize Drawing

Music and Entertainment

Incredible Silent Auction

**Tickets \$85 Call 808-625-3782 or
visit www.thecaregiverfoundation.org**

**All Proceeds go to Support The Caregiver Foundation's work
with Seniors and Disabled Adults *and* their Caregivers!**