



“Creating a better Hawaii for our elders”

HPGS Quarterly Newsletter

Volume 26, Issue 1

March 2015

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Message From the HPGS President

On December 22, 2014, the HPGS Board of Directors welcomed new members and bid aloha to outgoing members during a breakfast at the Plaza Club. It is my pleasure to introduce the 2015 Board of Directors:

- Percy Ihara, President Elect
- Shannon Miyazaki, Past President
- Heather Chun, Secretary
- Darlene Canto, Treasurer
- Jacqueline Boland, Member at Large
- Anne Holton, Member at Large
- Curt Kiriu, Member at Large
- Tony Lenzer, Member at Large
- Dane Marcouiller, Member at Large
- Ashley Muraoka-Mamaclay, Member at Large
- David Nakamaejo, Member at Large

We have a dynamic and diverse mix of gerontology professionals on the 2015 Board, who are dedicated to HPGS' mission and core values. I would like to thank Felicia Marquez-Wong, Michiyo Tomioka, Samantha Tsoi-Tio, and Kyle Yanabu for their commitment and contributions to HPGS. Although their terms on the Board have ended, they continue to be valued members of the organization. I would also like to thank Shannon Miyazaki for her excellent leadership in 2014.

As always, we look forward to meeting and seeing you at HPGS events throughout the year. We also encourage you to invite your friends and colleagues.

Our first event of 2015 is the Quarterly Meeting and lunch on April 8, 2015, 12-2 p.m., at the University of Hawaii at Manoa Campus Center, Room 203B. We will be holding a **Career Day in Aging** event! Join us to meet with college students and network with colleagues. Your wealth of experience is so valuable! Please share your career advice with students interested in aging. *If you can attend, please RSVP to Heather Chun at hmchun@hawaii.edu or 956.5001 by April 1. We can arrange a parking pass for you.*



I am honored to serve as HPGS President and look forward to working with the 2015 Board of Directors. We are truly committed to the continued growth and development of HPGS, in order to best serve its members. If you have any feedback, suggestions, questions, or concerns, please contact me at: cnishita@hawaii.edu.

Sincerely,
Christy Nishita
HPGS President

LOCAL NEWS

50 Years and Thriving: What We Do Makes a Difference

*Submitted by: Anne Holton, Program Specialist
Senior Companion Program
Department of Human Services*



The Foster Grandparent Program (FGP) is celebrating 50 years of service this year! In commemoration the program is hosting a statewide conference and recognition event for all program

volunteers at the Ala Moana Hotel on May 21-22, 2015. FGP is a sister program to the Senior Companion Program (SCP), and both programs are co-sponsored by the Department of Human Services and the Corporation for National and Community Service. The SCP is celebrating 41 years of service and will be sharing in the celebration.

The programs recruit and train limited income seniors 55 years of age and older as volunteers, who dedicate a minimum of 15 hours per week of service. FGP volunteers serve as role models and mentors to special needs children in Head Start Centers, schools and other youth facilities. SCP volunteers support frail or isolated seniors living independently in the community. Volunteers earn a non-taxable stipend, a meal allowance and transportation reimbursement for their time.

In honor of this auspicious celebration 200 statewide program volunteers will be joining together for a full day of education and skills training including health promotion, falls prevention, end-of-life issues, and effective communication. The educational training day will

be followed by a recognition event on the 22nd. We extend our mahalo to HPGS for their generous support of this landmark event!



Intergenerational Conference in Honolulu – July 22-24, 2015

Submitted by: Audrey Suga-Nakagawa

"Intergenerational Action on a Global Scale" – an intergenerational conference is being held in Honolulu for the first time this July. This event is co-sponsored by an international group that includes Generation United, Kiwanis International Hawaii, the United Nations Association-Hawaii, Seagull Schools, International Consortium of Intergeneration Programmes (ICIP) and Japan Non-Government Organization Council on Aging (JANCA). The Hawaii Convention Center is the site venue. Concurrent workshops, poster, round-table and plenary sessions will present topics on age-friendly communities, health and wellness, building a multi-generational workforce, lifelong learning and more.

For a cross-cultural and intergenerational volunteerism experience, attendees and their families can sign up for several community action projects at local Native Hawaiian organic farms and a fishpond; or tour a model intergenerational day care program as one of the many pre-conference activities.

Capping off the conference, an all-day family resource fair on Friday will feature local and international vendors, interactive demonstrations of older adults teaching the cultural traditions and arts, free tips on phone and computer apps, contests, live entertainment and more.

The fair is free and open to the general public. Over a thousand people are expected to attend.

Exhibit spaces are still available for interested organizations and vendors. Registration for the conference and exhibit booth space is now being accepted online:

<http://guconference.wordpress.com>.

For more information, contact Audrey Suga-Nakagawa at: audsn@hawaii.rr.com

UH Students Explore Careers in Aging

*Submitted by: Lori Yancura, PhD
Associate Professor,*

*Department of Family and Consumer Sciences
University of Hawai'i at Manoa*

As a Professor and Advisor at UH Manoa, I have often heard students ask, “What are my options for a career in aging?” As I grew in knowledge of the many options available, my answers kept getting longer and longer. Finally, I decided to offer an online class, sponsored by the Department of Family and Consumer Sciences, so that I could do justice to the many careers available in the field of Gerontology.

My goals for the class were simple. I wanted to encourage students to think beyond stereotypical options for careers and aging. I also wanted them to see beyond the idea of older adults as “patients.” I wanted students to see them as people with diverse goals and needs.

The one-unit class was given online, so students could learn at their convenience. We used Joanne

Grabinski’s wonderful book, “101 Careers in Gerontology.” Students were responsible for completing three main tasks each week: reading about several careers in their textbook, completing online explorations of those careers (e.g., professional associations, public education forums) and posting their thoughts about these careers in an online interactive forum. Over the course of the semester, students learned about 62 careers in aging, including Elder Advocate, Foster Grandparent Director, Gerontological Nurse, Horticulture Therapist, and many more. At the end of the semester, students each turned in a paper describing which career they were likely to pursue and proposed educational and professional pathways to get there.

In addition this work, students also participated in online discussion forums with three successful gerontological professionals. Heather Cross Chun, Aging Specialist at the UHM Center on Aging, Eric Domingo (Activity Director at the Plaza Center for Assisted Living) and Tony Lenzer (Gerontologist Extraordinaire) kindly volunteered their time to answer student questions. These interactions were, by far, students’ favorite part of the course.

Student responses to the course were overwhelmingly positive. Despite only word of mouth advertising, 25 students enrolled in the course. Their average responses to the course evaluation questions were 4.8 on a 5-point scale. A quote from a student paper nicely sums up many students’ experiences, “As Dr. Lenzer mentioned, a career in gerontology is not where one makes the big bucks. One of the important things in class that I learned was that of finding a career path in gerontology that I am passionate about ... A career in gerontology is limitless ... When a person loves what they do, they do not burn out as quickly as someone who forces him or herself to doing something just for the money or prestige.”

The course was such a success that we’ll be offering it again in Fall 2015. Please contact Lori Yancura, loriena@hawaii.edu, if you would like to informally enroll in the class (not for UH credit).

AARP Hosts March Events On Three Islands to Help People Care for Older Loved Ones

Over 247,000 Hawaii residents perform a great labor of love, caring for an aging parent or loved one. These family caregivers are a valuable resource, helping people stay at home where they want to be.

AARP invites family caregivers and those planning for their own aging to attend free events on Oahu, Maui and Hawaii Island. These events feature keynote speaker, Retired Major General Tony Taguba who will share his personal story about caring for his parents and provide tips on how to make caregiving easier and more effective. Participants will have an opportunity to share challenges, and find out about help available through advocacy work, local services, and AARP resources.

Each event is unique in format so please click the session links to register and find out more. All events are free and feature refreshments.

Caregiving is a 24/7 job. Families could use a little help. AARP encourages HPGS members to attend and spread the word to those who might benefit from the information.

To register for these events call (toll free) 1-877-926-8300 or visit the websites below:

[Kona Caregiver Forum](http://aarp.cvent.com/konacare3-26)

Thursday, March 26, 2015

9:00 am - 12:00 pm

West Hawaii Civic Center

74-5044 Ane Keohokalole Hwy

Kailua-Kona, HI 96740

Register: <http://aarp.cvent.com/konacare3-26>

[Maui Caregiver Pau Hana](http://aarp.cvent.com/mauicare3-27)

Friday, March 27, 2015

4:30 pm - 7:00 pm

Binh at Ani Filipino Community Center

780 Onehee Avenue

Kahului, HI 96732

Register: <http://aarp.cvent.com/mauicare3-27>

[Oahu Caregiver Conference](http://aarp.cvent.com/theartcaregiverconference3-28)

This event features 8 breakout workshops on a variety of topics from Getting Your documents in order to Stress Management to understanding Long-term care services in the community.

Saturday, March 28, 2015

8:30 am - 12:00 pm

Japanese Cultural Center-Manoa Grand Ballroom

2454 S. Beretania Street

Honolulu, HI 96826

Register:

<http://aarp.cvent.com/theartcaregiverconference3-28>

NATIONAL NEWS

Social Security Expand Field Office Hours Nationwide

*Submitted by: Jane Yamamoto-Burigsay,
Social Security Public Affairs Specialist in Hawaii*

Please note that beginning March 16, 2015 our offices in **Hawaii and American Samoa** will be open to the public Mondays, Tuesdays, Thursdays and Fridays from 8:30 a.m. to 3:30 p.m. The offices will close to the public at 11:30 a.m. every Wednesday.

Effective March 16, 2015 our offices in **Guam and Saipan** will be open to the public Mondays, Tuesdays, Thursdays and Fridays from 8:00 a.m. to 3:00 p.m. and will close to the public at 11:00 a.m. every Wednesday.

Hawaii Pacific Gerontological Society (HPGS)

P.O. Box 3714

Honolulu, HI 96812

e-mail: hpgs.hawaii@gmail.com

Caring for a loved one is a 24/7 job. Families could use a little help.

Caregiver Conference

Saturday, March 28, 2015

8:30 a.m. to Noon

Japanese Cultural Center

2454 S. Bertetania Street, Honolulu

Cost: FREE

View Full Agenda and register online at:

<http://aarp.cvent.com/Iheartcaregiverconference3-28>

or toll free: 1-877-926-8300



Keynote: I Heart Caregivers

Major General Tony Taguba (ret), AARP Featured Speaker

Are you preparing to care or in the midst of helping an older adult to live at home? Major General Tony Taguba (ret) will share his personal caregiving story, tips to make caregiving easier and more effective, and information about what AARP is doing to help family members assisting older adults. Share your challenges and questions. Learn about resources that can help.

Concurrent Session Topics – Choose Two!

- Options for Long-term Care
- Stress Management/Creating Balance
- Getting Your Documents in Order
- Share the Care - Family Conversations that Work
- Ask a Case Manager
- Modifying Your Home for Aging in Place
- Home Health and Palliative Care
- Tips for Protecting Your Back

This event is free. Parking at the JCC is \$5.
Overflow parking at Varsity Theater.

**A Resource fair
of non-profit and
governmental
organizations opens
at 8:00 a.m.!**

AARP®
Real Possibilities



HPGS Members, Students, Colleagues, and Friends,
please join us for a special event:

Career Day in Aging

Join us to meet with college students and network with colleagues. Your wealth of experience in the field is so valuable! Please share your career advice with students interested in aging.

**Wednesday April 8, 2015
12-1:30p.m.**

**University of Hawaii at Manoa Campus Center, Room 203B
2500 Campus Rd, Honolulu, HI 96822**

Pizza and refreshments will be provided.

Please RSVP to Heather Chun at hmchun@hawaii.edu or 956.5001 by April 1. We can arrange a parking pass for you.

Presented as part of:

