



hawaii pacific gerontological society

Volume 37, No. 4

September 2016

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

P. O. Box 3714
Honolulu, HI 96812
www.hpgs.org

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 Friday of every month to Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com.

PRESIDENT'S MESSAGE



PERCY IHARA, PRESIDENT

Thank you all who attended this past months 19th Bi-Annual HPGS Conference!

"Big Mahalos" goes out to our Co-Chairs of the event Suzie Schulberg and Shannon Miyasaki for their hard work and commitment to making this one of the best conferences ever. Thank you also goes out to the whole conference planning committee of volunteers, we could not put on a conference of this magnitude with out all of our volunteers.

Attendees experienced great speakers from around the U.S. and Japan, as they gave us wonderful insight to our future in aging. As you may have heard from many presentations, the world as we know it today is aging faster then the services and programs currently available; however, we need to get going on planning for the huge volume of the baby boomers needs.

We are all leaders in our own field of expertise and I challenge all of you to become more knowledgeable of all the various aspect of aging and to look to your colleagues and network to partner in working towards providing more programs and services for our clients.

Please be on the lookout for our monthly webinars and newsletters for more information about our members, partners and information to better serve our aging community of older adults. We can't move forward without you our vast group of members so please send us your events, job openings, business accolades and if you have moved companies we want to know where you are or if you have retired. We value you as our member and commitment to our older adults.



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.

FREE WEBINAR



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

By Cassandra Stewart
of Cardon Outreach

- What is Medicaid and MedQUEST?
- How can you prepare for Nursing Home coverage?
- How will your home be affected?
- Can you apply for Medicaid now?
- Can you get Medicaid and stay at home?

Register at <https://cc.readytalk.com/r/s7q2tu5tvgz2&eom>

SHERRY GOYA



Sherry Goya has been the Executive Director of HPGS since this past April. She started her own consulting business in 1993

to assist individuals and small businesses with marketing. Her experience in the senior community has been through Generations Magazine, since it was revived in 2010, where she handles distribution and sales, as well as writing articles. Sherry also owns Real Estate Referral Center, Inc. and coaches tennis with her two daughters for St. Andrew's Priory and Sacred Hearts Academy.

For HPGS, she assists the President, Treasurer, Board and all committee chairmen with meetings, events, finances, newsletters, and works with the HPGS webmaster and CPA, as well as providing any other duties they may require. She attended her first HPGS Conference and gives a round of applause to Suzie Schulberg and Shannon Miyazaki for their great leadership as the co-chairs.

WELLNESS CONFERENCE

A new Wellness Conference is occurring Saturday, October 22, at the Aging and Disability Resource Center, 1055 Kinoole Street, Hilo, Hawaii. Presentations will cover Dementia, Medicare, Legal Affairs and Healthy Habits for a Healthier You.

From 9:00 – 10:00 am, Dr. William Herrera, neurologist, will speak on Dementia including stages, symptoms and treatments.

10:30 – 11:30 am, Martha Khlopin from Oahu, will speak on Medicare. Ms. Khlopin hosts a weekly radio show, "A Medicare Moment with Martha" and a weekly program on Olelo community television with the same name.

12:00 -1:00 pm, Attorney Alan Okamoto will speak on Legal Affairs.

1:30 – 2:30 pm, Chris Ridley, Alzheimer's Association, will present a newly developed speech by national on Healthy Living for Your Brain and Body. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement.

Seating will be limited. Contact Chris Ridley 443-7360 or ridley0428@gmail.com to reserve a seat.



MESSAGING WITH LOVE CHRISTY NISHITA



An 'Iolani 7th grade student, Kacie Frith, completed an important project this past summer, called "MessAGING with Love" It is a continuation of a project Taylor Hamai ('Iolani School, '14) began a few years ago.

She is selling special greeting cards with a handwritten life quote from an incredible centenarian (a person 100 years or older). It also includes a graphic design that represents something important in their life, the centenarian's picture, and a short bio. Frith personally interviewed all 4 centenarians this past summer. She commented: "MessAGING with love was truly the experience of a life time. I have learned so much about patience, kindness, hard work, and dedication."

The cards come in sets of ten (two of each of the four centenarian cards as well as a special thank you card) and cost \$20/set. All of the proceeds go to Project Dana, a local nonprofit that helps care for frail older adults in Hawaii. You can purchase the cards at 'Iolani School (Upper and Lower School Main Offices) or The Paperie at Kahala Mall (The Paperie also has special sets of 4 cards that we're selling for \$8). For any questions about purchasing, please contact Christy Nishita at cnishita@hawaii.edu.

SUCCESSFUL HPGS CONFERENCE



The 2016 HPGS Conference ran like clock-work due to the co-leadership of **Shannon Miyazaki**, of Plaza Assisted Living, and **Suzie Schulberg**, of 15 Craigsides, with the greatest committee members they could ever have! All these volunteers spent hours and more than a year to coordinate with an array of educational, professional, and world-wide presenters from Hawaii, the Mainland and Japan. The keynote speakers addressed a room full of HPGS members and gerontological supporters in the two-day conference which also had a good number of break-out sessions.



Besides having exceptional speakers, the HPGS conference committee presented six Na Lima Kokua Ma Waena O Makua awards, one of which was for the Communication & Arts Award presented to HPGS President Percy Ihara, publisher of Generations Magazine and reverse mortgage specialist. Other awardees were Senator Suzanne Chun Oakland with a Lifetime Achievement Award, Curt Kiriu with their Business Award, Myles Dias with the HPGS Community Service, Kealoha Takahashi with their Government Award and Dr. Christy Nishita with the 2016 Research & Teaching Award.

HPGS SCHOLARSHIP MUCH APPRECIATED



Ms. Phoebe Hwang, emailed HPGS, saying, "Mahalo to the Hawaii Pacific Gerontological Society for their generous scholarship! I'm honored to be this year's HPGS Scholarship winner. This scholarship helped off-set the costs of tuition and my dissertation research materials. I was able to purchase the programs and tools necessary to complete my project."



Leslie-Ann Kondo, wrote a letter saying: "I would like to express my deepest gratitude for the generous scholarship you have given me. I feel so fortunate to have been selected as a recipient of this honor. Your generosity will allow me to pursue my dreams, and for that, I cannot thank you enough. Chaminade University has strengthened my skills and knowledge and provided me with the education I need to succeed in my nursing profession. I am dedicated, highly skilled at what I do, and work effectively and efficiently in collaboration with my colleagues. I have set for myself in earning a Bachelor degree in Nursing by May 2017 and obtaining a position where I can be a positive influence on others. By awarding me with the HPGS Scholarship, you have enlighten my financial burden, which allows me to focus more on the most important aspect of school: learning. Your generosity has inspired me to help others and give back to the community. I hope one day I will be able to help students achieve their goal justt as you have helped me.



Ruby Yang wanted to say, "I would like to offer my sincere gratitude once again for selecting me as this year's scholarship recipient. Thank you all for the warm welcome and recognition. I feel extremely honored and privileged. As a future adult-gerontology nurse practitioner, I am very honored to become a member of HPGS, and hope that I can become involved in many ways in and through the organization. I learned a lot through this year's conference. I was inspired by many great speakers, who came from all over the country and world to share their experiences with us. As a student, I feel that it is important to not only gain knowledge through classes and clinical experiences, but also through extracurricular activities such as attending conferences and doing volunteer work. Attending this conference was definitely a worthwhile decision as I gained so much great insight. I enjoyed meeting and networking with all the vendors as well as meeting people from all the across the island who shared my passion for the geriatric population. I look forward to the next event/conference where I get to meet new people and learn from professionals, experts, and renowned speakers. Mahalo once again!"