



hawaii pacific gerontological society

Volume 38, No. 5

May 2017

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Honolulu, HI 96812
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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 Friday of every month to Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com.

PRESIDENT'S MESSAGE



PERCY IHARA, PRESIDENT

I am fortunate to be in this wonderful field of aging as it was by chance that I was asked to look at this industry. It all happened by a softball friend of mine who asked me about a reverse mortgage. Not really knowing much about this program, I spent some time doing some research on this opportunity to work with our older population. I learned of the growing numbers of older adults and the issues related to aging that we all will face in the next 30 years.

Now 14 years later, with hundreds of clients and the fortunate opportunity to bring to the public, resources with Generations Magazine and radio, I am committed to do the same with the professionals and members of HPGS.

And one of the most important resources we will bring to you is how to use experts on the healthy aging field with our monthly webinars. We will feature physical therapist Julie Moon on the benefits of aqua therapy. Please sign up for the webinar and subscribe to our YouTube channel as we will post all our webinars on our channel.

UPCOMING EVENTS

Being a part of the aging community in Hawaii, HPGS is fortunate to have members who have information and access to multiple events and opportunities for further education, knowledge, and networking.

May 31st

YMCA National Senior Health & Fitness Day at Kahala Mall from 9am to 1pm.

June 16th

Hawaii United Okinawan Association Senior Health & Fitness Day at HUOA in Waipio from 9am to 1pm.

July 15th

HPGS Job Fair at Catholic Charities Hawaii on Keeaumoku from 9am to 1pm.

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.

JOB ANNOUNCEMENT

Kāhala Nui is adding a new executive-level position: **Assistant Executive Director** will provide operational/strategic management and oversight, will serve as liaison for residents between all levels of care in independent living, assisted living, memory support, nursing, and an adult day care center; in addition, will include compliance and risk management. Five years management experience in senior living or healthcare environment required; bachelor's degree; healthcare background (RN, MD, or medical Social Worker). Interested candidates contact Dana Matlin, Director of Human Resources, at employment@kahalanui.com.

KUPUNA CAUCUS

At the May 5 meeting, the proposal for Kupuna Caucus meetings for the rest of 2017 was reviewed. Please note that there will be no meeting in June or December. Should anyone want to make a presentation to the caucus at any other scheduled meeting, please forward your suggestion to Representative Gregg Takayama (reptakayama@capitol.hawaii.gov).

For those who would like to listen to a recording of the May 5 meeting – or any previously recorded meeting, please use the link below and look in the “On Demand Archive Media Library” for ‘Kupuna Caucus 05/05/17’ (or other previous meeting date). http://olelo.granicus.com/ViewPublisher.php?view_id=13

CONGRESSIONAL SUPPORT

At the urging of the Alzheimer's Association Aloha Chapter, Senator Brian Schatz and Congresswoman Colleen Hanabusa have joined the Congressional Task Force on Alzheimer's Disease. This is a bipartisan, joint taskforce made up of members from both the Senate and the House established to advance research and public awareness of the Alzheimer's disease as well as other dementias. Thanks to their efforts, the National Institutes of Health (NIH) will receive a \$400 million increase in the FY2017 budget, bringing the total amount of federal research funding to nearly \$1.4 billion annually. This is the largest Alzheimer's research funding increase in history and marks the second year that Alzheimer's research has been singled out for historic increases.



Sen. Schatz states “It is critical that Congress continue to support efforts to find treatments and cures for Alzheimer's disease. With health care costs still a large burden on American families, it is imperative that the U.S. Senate support legislation that will help to alleviate financial and personal strains on the millions who struggle with this disease.” Rep. Hanabusa adds “It is exciting and encouraging to be part of a bipartisan task force focused on securing funding for Alzheimer's research. The health care costs of this progressive disease, the greatest

risk factor of which is our increasing life expectancy, is staggering and the impact of Alzheimer's to families and society is emotionally devastating”. Alzheimer's is the sixth-leading cause of death in the United States, currently costing Americans \$150 billion annually in Medicare and Medicaid programs, with out-of-pocket and other associated costs bringing that number to \$214 billion.

WORKSHOPS

It's All in Your Approach - Making Positive Connections, Friday, June 9, 3:30-5:30pm

Positive Approach to Care™ seminars, developed by dementia advocate Teepa Snow, provide essential information for families and professional care partners on how to have a positive and meaningful relationship with loved ones with Alzheimer's disease and other forms of dementia throughout their journey.

The Plaza at Pearl City, Activity Room, 1048 Kuala Street, Pearl City, HI 96782 Parking Instructions will be given to registrants. Refreshments provided.

Please use EventBrite link to Register: \$11.54 per session (\$10 + reg. fee of \$1.54) <https://www.eventbrite.com/e/workshop-series-for-caregivers-of-persons-with-memory-loss-west-oahu-april-october-2017-tickets-32750328113>
Space is limited so register early!

For any questions about the workshops, please contact: Jody Mishan, 295-2624 or jmishan@hawaii.rr.com

Sponsored by the UH Center on Aging, Hawaii Alzheimer's Disease Initiative.

HPGS WEBSITE UPDATE

The Board of Directors has started working with **Linkscreen Website Design** to redesign the HPGS website. It is time to modernize the look, update the information, and add new content. A big Mahalo goes out to **Switch Solutions Group, Inc.** for their past website service. They, too, redesigned the website when they started a few years ago and maintained it on a monthly basis. HPGS appreciates a smooth transition between both companies.

PHOTOS are needed to put on the new website of Hawaii's beautiful "aging community." If assisted living facilities, senior centers, service organizations, or companies would like to share pictures, photo acknowledgement will be made when used (be sure that permission was received of people in your photos).

MAY WEBINAR



Attached to this newsletter is the flyer about the FREE May Webinar presented by HPGS set for Thursday, May 25th from 11:30am to 12:45pm. Julie Moon, of Moon Physical Therapy, will talk about Aquatic Therapy as an alternative, with proven acceleration of recovery time from injuries, increased circulation, improved mobility, and decreased pain. Check your calendar and be sure to REGISTER today!

UH JOHN A. BURNS SCHOOL OF MEDICINE GERIATRIC MEDICINE FELLOWS AT MANOA COTTAGE KAIMUKI

On May 4, 2017, physicians from the University of Hawai'i John A. Burns School of Medicine Geriatric Medicine Fellowship Program visited Manoa Cottage Kaimuki to learn about the skilled nursing facility's non-pharmacological approach and programs for the specialized dementia and Alzheimer's care provided since 2012. Photo includes the Fellows, Manoa Cottage Kaimuki staff, Mary Gadam, State Department of Health Public Health Nurse, Dr. Aida Wen, Geriatric Medicine Fellowship Program Director and Calvin Hara, Executive Director and Administrator of Manoa Cottage Kaimuki.



HONG KONG STYLE ACTIVE AGING MESSAGE SHARED WITH MAUI AND OAHU GERONTOLOGISTS



Maui Office on Aging Staff with Professor Teresa Tsien

Professor Teresa Tsien of the Hong Kong Polytechnic University's Institute of Active Aging provided insights of her pioneering work with the Maui Office on Aging staff and the Public Health Program at the University of Hawaii in Honolulu during May 2017. Professor Tsien who is a graduate of the University of Hawaii's School of Social Work and Public Health is a spearheading innovative work in three fronts: (1) education & training, (2) evidence-based service and (3) research & development work around the theme of active aging. Over 15 staff

members on Maui and over 30 on Oahu benefited from her presentations which shared many concrete examples of engaging older adults with learning, work and training opportunities. Hong Kong's Institute of Active Aging has an impressive array of credit-based integrated curriculum, internships, pre-retirement seminars and non-credit courses. What was most impressive was its evidence-based services for the empowerment of over 2,700 older adults! This message of the active aging perspective in gerontology is gaining momentum!

PROJECT DANA PARTNERING WITH KUPUNA MONITORING AWARDED GRANTS TO ADDRESS FALLS



Given the rapid rise of Hawaii's frail older adults living alone all or part of every day and at risk of falling, both the Department of Health and the Honolulu



Police Community Foundation awarded grants to assist those who are unable to financially afford a fall risk assessment and a personal emergency response system. While there are those who are supported by Medicaid and others who can afford to pay for their own services, there is a gap group who need help. Thanks to a generous grant from these two sources, Project DANA will be partnering with Kupuna Monitoring System to provide both fall risk-home safety assessments and medical alert services as required to approximately 50 individuals in the gap group in 2017. For further information and/or referrals, call Mike Hirano of Project DANA at 945-3736.

You are invited

FREE seminar!

HPGS May Webinar

Physical Therapy with Julie Moon

Thursday, May 25

11:30am-12:45pm

To join the *Hawaii Pacific Gerontological Society's* webinar
"Julie Moon Physical Therapy"

CLICK **HERE**

or go

to <https://goo.gl/D8OgMa>

Aquatic Therapy is a unique therapy which Julie has brought home. It has been proven to accelerate recovery time from injuries, increase circulation, improve mobility, and decrease pain. It can help treat a wide variety of symptoms and conditions .

About the Webinar

This webinar will help you learn more about aquatic therapy and find out how this may be right for you.

Other seniors have found immediate relief for rotator cuff pain, back aches, hip discomfort and debilitating leg/ankle pain.

Aquatic Therapy and Julie Moon has given much relief to a 73 year old woman who suffered from rheumatoid arthritis for over 10 years. Normally using a scooter or crutch to get around, Julie was able to provide much needed relief for the woman through aquatic therapy in the endless pool.

Julie Moon has been in the business of Physical Therapy for over 15 years. After graduate school in the mainland, she returned to Hawaii. Aquatic Therapy is a unique therapy she has brought home.



Hawaii Pacific Gerontological Society
Job Fair
Held at Catholic Charities Hawaii
Saturday, July 15, 2017, 9:00 a.m. to 1:00 p.m.

The Hawaii Pacific Gerontological Society will be holding a "Job Fair" on **Saturday, July 15th** from **9:00 a.m. to 1:00 p.m.** at the **Catholic Charities Hawaii's Clarence T. C. Ching Campus** located at 1822 Keeaumoku Street. This is an opportunity for HPGS to showcase members who need staffing from all ages for their companies, organizations, or programs. The fair will be marketed through the HPGS newsletter and website, Generations' June/July 2017 issue, the Generations Radio Show, KITV Living Well segment, and through the connections that HPGS members have.

The room will be open for set-up from 8:00 a.m. on the morning of July 15th, with no one allowed to leave until 1:00 p.m. There will be a 6' table and two chairs provided. Bring a table cloth and any display or handouts. Do not tape or hang anything except to your table. There will be no retail sales allowed. After unloading table display items, all table participant cars need to be parked on the street.

Cost is \$100 per table and available for HPGS members only.

Check to be made payable to Hawaii Pacific Gerontological Society.

The registration form should be completed, paid and mailed with check to:

Sherry Goya, Executive Director
Hawaii Pacific Gerontological Society
P. O. Box 3714
Honolulu, HI 96812.

Deadline is July 3, 2017 (while tables are available).

HPGS Job Fair
Saturday, July 15, 2017 • 9am to 1pm • Catholic Charities Hawaii

Registration Form

HPGS COMPANY NAME _____

CONTACT _____ **PHONE** _____

ADDRESS _____

E-MAIL ADDRESS _____ **Paid Check #** _____

Signed by _____ **Date** _____