



hawaii pacific gerontological society

Volume 39, No. 11

November 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
- 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

On November 8th, almost eighty active community members joined together to recognize Rose Nakamura, past Administrator of Project Dana at an "Evening with Rose Nakamura" dinner in support of the Hawai'i Pacific Gerontological Society's scholarship fund. To recognize Rose's contribution was a recognition of a community leader who has the innate ability to foster unselfish giving from others and to show aloha to one another and to

kupuna.

The get together was almost like a kanikapila, absent the music, but I'm sure we had musicians and karaoke singers in attendance. Ohana and very Hawai'ian style, we talked story, had great kau kau with our host Kahala Nui retirement community and a few speeches and words of wisdom and appreciation from Rose. We also gathered as we did a year ago to be with the late Dr. Tony Lenzer for his contribution to youth and the HPGS scholarship program. Mahalo to all for this great get together and honor.

The HPGS board year is almost at year end. As a state-wide gerontological society (organization), we solicit participation from community members from ALL islands to be involved with HPGS. If you or a colleague or friend is interested in the governance of HPGS, please contact me as we have a few openings for board members at large.

During the holidays, please keep in mind how you can share aloha with kupuna, whether uncle, aunty or grandparents in your family, your neighbor, or even kupuna you don't know, live and share the aloha. Happy Holidays!

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.

EVENTS

44th Mayor's Craft & Country Fair Cospponsored by Generations Magazine and HMSA

at the Blaisdell Exhibition Hall
Saturday, November 17th
from 9am to 1pm

Visit 40 exhibitors and
tons of craft tables.
Karaoke Contest from
10:30am to 12:30pm.

For more information, contact
Sherry Goya at 722-8487
or sgoyallc@aol.com.

Free Financial Seminar: Retirement Income Strategies

Tuesday, November 27, 2018
Ala Moana Hotel Garden Lanai
410 Atkinson Drive, Honolulu, 96814

Breakfast session, 9:00-9:45
a.m. (doors open 8:30)
Lunch session, 12:00-12:45
p.m. (doors open 11:30)

Seating is limited, please rsvp
by November 19th to Mathew.
yamamoto@axa-advisors.com or
441-5103 to reserve your seat.

Alzheimer's Association (Kauai) Friday, November 30th - Know the 10 Signs of Alzheimer's Disease

Friday, December 7th - Healthy
Living for Your Brain and Body

These Community Forums will be
held from 2:00pm to 3:30pm in the
Piikoi Building, Civic Center in Lihue.
PowerPoint presentations will be
given.

To register 24/7, call (800) 272-3900
or visit alz.org/Hawaii and click on
Events, Educational Programs, then
select Kauai Community Forum.
If you need help, contact Bonnie
Lake at (808) 245-2764 or email
bonniemickey@hawaiiantel.net.

AN EVENING WITH ROSE NAKAMURA



On Thursday, November 8th, family, friends and colleagues spent the evening at Kahala Nui to honor Rose Nakamura, who taught at the University of Hawaii Hilo Campus, worked at the East West Center, and after retiring, served as Project Dana's full time Administrator for 29 years without any financial compensation. Although she retired from Project Dana last year, she has been very busy volunteering, traveling, and sitting on Boards. She is a "treasure" to so many organizations whose missions involve Hawaii's kupuna.

Martha Samson, Chair of Project Dana Advisory Council, said in part of her speech, "Rose has inspired us to freely practice the values of compassion and selfless giving, being inclusive and welcoming everyone regardless of faith, culture or circumstances and embracing all just as they are. She has taught us by her own example that caregiving is about listening to the needs of others and offering our presence, empathy and support as well as providing care and services that honor and respect the generation that gave so much to all of us." Martha also told attendees of Rose's recent travels to London with Dr. Michael Cheang who shared the great success of Project Dana's Caregiver Support Group to the Eighth Internal Conference on Health, Wellness, and Society at London's Imperial College.

There were two presentations made to Rose that night, one was a Certificate from the City Council, signed by all members, that included information from her life, experiences and accomplishments. The second was a koa clock from HPGS which was engraved to honor her on November 8th.

In true "Rose" fashion, during her Mahalo speech, she reminded HPGS of the wonderful dinner last year to honor Dr. Anthony Lenzer for his many years with the University of Hawaii's as a professor, creating the UH Center on Aging, and being a founder of HPGS. She had a koa bowl passed around and \$1,410 was donated to HPGS on behalf of Tony Lenzer.



JOB OPPORTUNITY

Senior Move Managers helps seniors transition into their new homes, whether it's decluttering or downsizing. They assist families in improving the living conditions for kupuna. Part-time and full-time positions are available. Contact Cynthia Arnold at 808-779-6224 or cynthia@smmhawaii.com.

HPGS 2019 RENEWALS

The 2019 Membership Renewal Form will be included in the December HPGS newsletter, however, members may renew online from December 1st. Member benefits will continue and include invites to local kupuna-related events, monthly healthcare webinars, networking with others in the healthcare profession, opportunities to submit articles to be published in our monthly newsletters and much more!

GOVERNOR'S PROCLAMATION



Each November is designated as National Family Caregivers Month to celebrate and honor family caregivers across the country who are providing care for their relatives or loved one with a chronic illness or disease. Governor David Ige signed the proclamation on November 8th at the state Capitol.

MAYOR SIGNS AGE-FRIENDLY HONOLULU BILL



On October 11th, 2018, the Age-Friendly Honolulu Initiative celebrated a milestone event, Mayor Caldwell's signing of Bill 54 (2018), Relating to Age-Friendly Honolulu. The passage of this ordinance signifies a commitment by

the City and County of Honolulu to be "age-friendly".

In the months ahead, the Age-Friendly Honolulu initiative will proceed with implementation of the ordinance. The ordinance requires "all city departments to encourage and incorporate age-friendly city features in the planning, budgeting, design, construction, implementation, operation, and evaluation of city programs, services, facilities, and projects". In addition, the age-friendly city program will also establish an advisory board, train city department staff on age-friendly principles, and evaluate progress toward age-friendly goals. Visit the website agefriendlyhonolulu.com to learn more.

3 STRATEGIES FROM THE HPGS 20TH BIENNIAL CONFERENCE BY JOHN A. HAU'OLI TOMOSO, HPGS BOARD MEMBER-MAUI

The first strategy is that there will be "no wrong door" to hinder our need for services. For the most part, we live in families who are very relational and connected, in a web of interconnected cultural competence. This way of family, that is extended and shared, allows for the aging network and system of care to have doors that are open, imbued with kuleana that allow services to be delivered.

The second strategy has to do with how we build capacity, with each other, to understand every aspect of aging and also how we support each other to understand. For this to be a reality, we have to allow each other to gather, wala'au ("talk story"), to learn from each other and to navigate through the abilities and disabilities of aging that are the realities with which we "caregive."

The third strategy is about how we continually, and consistently, build on the "friendliness" of a community that embraces the abilities and disabilities of aging. This strategy is about how we become "able to live with dis-ability." We are all able and can help others who are not as able. What we need to do, in our families and communities, is to build awareness, empathy, capacity and action.

Let us join together, in these strategies, to make our communities, on every island, person-centered, coordinated and engaged, as we age together. It is about aging with the Spirit of Aloha, which is embedded in our State Statutes, as is public policy for Aging in Hawai'i Nei.