



hawaii pacific gerontological society

Volume 39, No. 12

December 2018

HPGS 2018 BOARD OF DIRECTORS

Officers:

- Calvin Hara, President
- Kathy Wyatt, President-Elect
- Percy Ihara, Past President
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- Kathy Jaycox
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- 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

Happy Holidays! In 2018 HPGS set organizational goals for the year. With board of directors involvement from Kauai, Maui, Oahu and Hawai'i islands, HPGS was able to "get the word out" on educational sessions, events and share gerontological information state wide. HPGS is an organization supported by many groups, businesses, government entities and individuals.

Hawai'i's kupuna deserve the best. Kupuna gave from their hearts and minds so today we have the very best for our lives and keiki. On the other hand, there is work to do. The prevalence of Hawai'i's people with Alzheimer's disease increases annually. We need treatment and cure for this public health crisis. The cost of living in Hawai'i is high so kupuna have limited financial resources to meet their needs. Access to senior health care lacks in many rural areas of Hawai'i. There is a lack of caregivers for kupuna. These are some of the concerns of kupuna. Let's rally together in addressing these needs to help make the lives of kupuna better.

Lastly, mahalo to all who helped plan and organize the HPGS webinars, neighbor island dementia training sessions, the HPGS Conference, the board of directors for governance, Executive Director Sherry Goya for everything done for HPGS, and to Scholarship Dinner Honoree Rose Nakamura for your contributions to the community.

Be safe, enjoy the holidays, and wishing you the very best in the 2019 year!

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.

HPGS 2019 RENEWAL

Starting in December, HPGS members can renew their 2019 membership by printing the form with this newsletter and mailing a check OR going to www.hpgs.org and renew online with PayPal. Membership dues remain the same as 2018.

Benefits of being an HPGS member include:

- Monthly Newsletters with timely information
- Webinars presented by members
- Events, including General Membership Meetings
- Scholarships offered to continue gerontology studies
- Biennial conference on even-numbered years
- Timely notices of interest
- Website provides ongoing resources
- Committees open to HPGS membership

Save The Date

HPGS will hold a General Membership Meeting on **Thursday, January 24, 2019 from 8am to 10am** in the Ala Moana Pacific Center (1585 Kapiolani Blvd, #1518). Parking is at the Ala Moana Center upstairs across from Macy's. Guest speakers will talk about the [Blue Zones Project](#) and have a prospective from the group and its participants. RSVP's will be taken in January. There is no charge to attend for HPGS members ONLY.

HPGS NOVEMBER WEBINAR



Terry Peacock, Senior Plan Consulting, gave a free presentation about Medicare Open Enrollment on Thursday, November 29th. Throughout the hour, Terry informed attendees about the numerous parts to Medicare, what they cover and what is not. She also talked about Medicaid, how that differs from Medicare and other financial support systems available to seniors.

Attendees learned that Medicare Open Enrollment lasts from October 15 – December 7 and is specifically geared for changes in Medicare Advantage Plans and Part D only. Depending on your situation, if you are 65 or older you have the chance to change your plans for the following year to better meet changing medical or drug needs. However, if you are satisfied with your current plan, no action is necessary. You can compare plans online at Medicare.gov or through delegate agents of insurance companies.

HPGS thanks Terry for her time and information. The entire webinar presentation is archived on www.hpgs.org.

MAUI SURVEY

The Maui County Office on Aging (MCOA) is seeking feedback from older adults (part- or full- time Maui County residents age 55 or older) and caregivers (individuals who have in the last six months helped another with various tasks such as bathing, cooking, cleaning, laundry, rides to doctor appointments, translation, bill payments, etc.) during an online survey that will go live December 7th, through February 1, 2019, at www.mauicountyadrc.org. Caregivers, who don't have to be blood-related or living nearby (may include remote support), include an unpaid caregiver of an adult 60 or older; an unpaid caregiver of an individual 18 or older with a disability; or a guardian of a younger person, such as a grandparent or relative raising grandchildren (hanai or another arrangement). Paper surveys are also available by calling MCOA. All responses are anonymous.

The results will help Maui County plan on aging for 2019-2023, which is a public document that outlines how the agency intends to meet identified goals and activities in the next four years with the funding it receives. The plan is also shaped by demographic information, community needs assessments and growing trends throughout Maui County. The plan also addresses issues described in the Older Americans Act with regard to assisting those who are in the most need, socially and financially.

The survey data will be reported by a MCOA plan produced in spring 2019. For more information about the surveys, the plan on aging or the MCOA, contact James Mariano at 808-270-7349.



Hawaii Pacific Gerontological Society

PRESENTS THE JANUARY WEBINAR:

“Brain Health & Dementia”

SPEAKER: DR. POKI’I BALAZ, DNP, APRN

THURSDAY, JANUARY 31ST
11:30 AM – 12:45 PM

LEARNING OBJECTIVES:

- What is dementia and how does it affect the brain?
- 6 pillars to a healthy brain
 - Social interaction, nutrition, exercise, sleep & stress, health, mental stimulation
- Local caregiver resources
- Self-care tips & tricks for Caregivers

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

https://zoom.us/webinar/register/WN_B2rnkCUvTeCp1zKLJCde9A

ABOUT THE SPEAKER

Dr. Balaz is a local girl who grew up in Hawai’i. She attended the University of Hawai’i at Manoa and received a Bachelor of Science (BSN) degree in Nursing, along with a leadership award for her service as class president. Dr. Balaz received her Masters of Science (MSN) degree in Nursing Education from the University of Oklahoma, graduated with honors and was inducted into the Sigma Theta Tau Honor Society. After working in Los Angeles she returned to Hawai’i to obtain her Doctorate in Nursing Practice (DNP) from the University of Hawai’i at Hilo. Dr. Balaz describes herself as a lifetime learner and is double board certified as a family nurse practitioner. Dr. Balaz is also a full-time caregiver to her father who has Alzheimer’s disease, facilitates a support group, and co-facilitates the Savvy Caregiver Program which helps to address the needs of caregivers.



QUESTIONS? HELP WITH ZOOM?
EMAIL HPGSmembers@gmail.com



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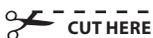
Founded in 1979, the **Hawaii Pacific Gerontological Society** is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership opportunities available to all islands consists of gerontology educators, students, medical and social service personnel, older adults (kupuna), caregivers, companies and organizations from every sector of the community. Federal I.D. #99-0211232

HPGS discusses, networks, and shares information about issues and policies affecting Hawaii kupuna, to include career and job fairs, expos, webinars, etc. They also provide scholarships for undergraduate and graduate students interested in careers in aging, as well as tuition assistance for workers seeking to upgrade their knowledge in this field.

Benefits of an HPGS member includes:

- The HPGS monthly **newsletter** is distributed electronically and filled with age-related news, events, activities, job openings, announcements, and more.
- **Webinars** presented by professionals in the aging field are free to members on a regular basis.
- Throughout the year, there are **events** to bring HPGS members together for timely and relevant issues, discussions, and educational opportunities, as well as networking events.
- HPGS prides itself in offering **scholarships** for those pursuing education in the field of aging, thus creating fundraising options.
- A two-day biennial **conference** is held in even-numbered years and offers professional and educational venues on aging research, practice and policy for Hawaii, while also attracting national and international participants.
- HPGS members receive electronic **notices** on significant events, opportunities available, and other announcements.
- The HPGS **website** provides a resource of news, events, membership, etc. Company member's information and individual member's names will be placed on the HPGS website.
- There are a number of **committees** where membership involvement is welcomed.

For further information, please contact
Sherry Goya, HPGS Executive Director at sgoyallc@aol.com or 808-722-8487
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2019 MEMBERSHIP RENEWAL FORM

Contact Name: _____

Company/Organization: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Facsimile: _____

E-Mail: _____

Website: _____

Annual dues (check one):

- \$10 for individual 65 and over
- \$20 for individual under 25 years
- \$80 for individual 26 to 64 years
- \$100 for company/organization (includes the contact person listed)
- \$50 for Associate Member (individual of company member)

If paying on or after July 1st, dues are half price.

Date Paid: _____

Payment Amount: _____

Check Enclosed: # _____

Mail this form and check payable to HPGS to P. O. Box 3714 • Honolulu, HI 96812
To pay by charge card, go to www.hpgs.org and use fillable form.