



hawaii pacific gerontological society

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May 2018

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

PRESIDENT'S MESSAGE



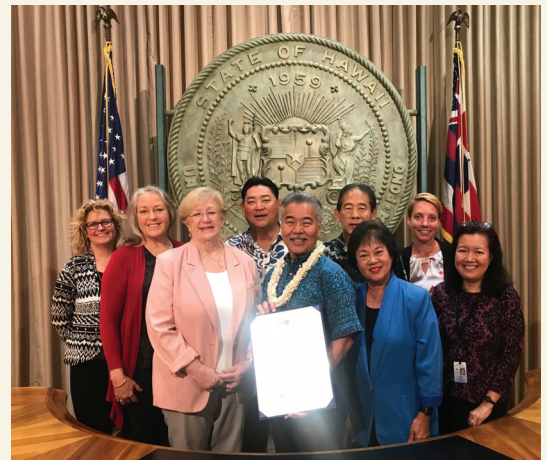
CALVIN HARA, PRESIDENT

The Hawai'iian tradition of Lei Day on May 1st became "official" in the year 1929. The happy occasion of Lei Day brings back fond memories of young school children celebrating Lei Day with a program on May 1st. But when we look in depth at Lei Day, the expression of a Hawai'iian lei is "aloha." Aloha and the aloha spirit is unique to our country, and only in Hawai'i can we say the expression of aloha in indigenous, yet shared by all cultures of our state. From keiki to kupuna, always keep in mind that our local greeting and occasions to present a lei is "aloha."

HPGS is pleased to be the recipient of Governor David Ige's recognition during May 2018, as Older Americans Month. A few HPGS board members visited with the Governor. We are most appreciated of the Governor and all elected officials for caring for kupuna of our state. Mahalo Governor Ige!

Lastly, I ask again that you save the date of September 6-7, 2018 for the HPGS Conference. There will be great educational sessions, fellowship and networking. Registration will be up on our website soon. We need sponsors and grants, so please consider providing support.

Have a wonderful month of May and please pause a moment on Memorial Day to reflect on all the men and women who serve our country and to all who we honor in memory for their service to our country.



Governor Ige was joined by (L-R) Terri Byers, Executive Director of the Executive Office on Aging, HPGS Board members Eileen Phillips, Kathy Wyatt, Percy Ihara, HPGS President Calvin Hara, HPGS Executive Director Sherry Goya, HPGS Board member Melissa Mansfield and Lynn Niitani, Ombudsman's Office of the Executive Office on Aging.

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.

NEW HPGS MEMBERS

Individual Member

Sara Lenzer Medeiros

2018 LEGISLATIVE REVIEW

The Hawaii Alliance for Retired Americans (HARA) and Kokua Council will jointly sponsor their 12th Annual Legislative Review, affectionately known as "The Good, the Bad, and the Ugly," Wednesday, May 23rd at the Hawaii State Capitol, Conference Room 325, from 8:30am to noon. The public is invited to attend this free forum. Call 722-9937 or email: wongj060@hawaii.rr.com to confirm attendance. A continental breakfast and light lunch will be provided.

This Legislative Review is a forum to hear legislators discuss about how issues important to seniors fared in the 2018 Legislative Session, and to allow individuals and senior organizations to share their views of the session and those issues that should be considered during the 2019 Legislative Session and beyond. Members of the community and more than 30 senior and community organizations have been invited to participate in the Legislative Review to offer their questions, comments, and insights on the 2018 Legislative Session. A lively discussion is anticipated.

CNA TRAINING PROGRAM

Next session starts June 12th - classes/clinicals held at Kahala Nui (training conducted by Caregiving Sensei, LLC). Find out how you can qualify for full tuition scholarship/reimbursement! Class size is limited, so enroll today - employment@kahalanui.com Call 218-7006 for more info.

SENIORS MEET SENIORS OVER "PROM"



On April 22nd, over twenty Mid-Pacific School, National Honor (NHS) and the faculty advisors visited Manoa Cottage Care Homes residents for an afternoon of fashion and activities presented by the students. Student Allyson Kuwana, a Girl Scout in Troop 415 lead the NHS Club in this intergenerational activity.

Allyson's Gold Award Project titled "Okage-Sama De: I Am What I Am Because of You" involves establishing a variety of resident activities which could be implemented by staff and volunteers, along with Mid-Pacific students groups, on a regular basis, visiting with Manoa Cottage Care Home and Manoa Cottage Kaimuki residents. This intergenerational activity provides a link with youth and kupuna, and for the youth sharing their appreciation to kupuna who worked hard for their family, community and the nation in making Hawai'i a wonderful place to live.

After the prom fashion show, the NHS students and residents made paper flowers together, had refreshments and talked story. Another beautiful day in Manoa.

HPGS 20TH LEADERSHIP CONFERENCE 2018 "FACING OUR FUTURE TOGETHER" SEPTEMBER 6 & 7 2018 ALA MOANA HOTEL



Support Dementia Friends Hawaii

This past January a diverse group of caring individuals in Hawaii joined a global social movement called Dementia Friends Hawaii. The movement aims to raise public awareness about dementia

and encourage positive actions. For example, a Dementia Friend might offer assistance to an elder who appears lost or confused in at a bus stop. A Dementia Friend could help lead museum tours for a group of people dealing with memory loss but who enjoy going on social outings with their peers.

The movement is underway as groups such as 'olani School students, the Rotary Club, bank employees and senior groups have participated in a Dementia Friend information session, which includes an overview of dementia, ideas about how to be supportive of those in the community with dementia, and a pledge to take action.

Dementia Friends Hawaii is a collaboration of Age-Friendly Honolulu Initiative, the Hawaii Alzheimer's Disease Initiative, and the State ADRD Taskforce. For more information, email Christy Nishita at cnishita@hawaii.edu.

HPGS BOARD MEMBER SHARE

In an interview in PBS's "Faith, Spirituality & Aging" Series, Jennifer L. Brower, Minister at the Unitarian Universalist Congregation at Shelter Rock in Manhasset, N.Y., was asked about advancing age, about what happens that may lead to a rethinking, a re-evaluation of one's life and what has guided a person religiously or spiritually. She went on to discuss the aging process as "the experience of moving into and through (one's) different developmental phases" and how it affects the spirit and therefore one's spiritual life.

If we understand the "spirit" to mean the animating or vital force within each person -- "spirit" derived from the Latin spiritus, meaning "soul, courage, vigor, breath" -- then the spirit is the vital center or our core. So, we surround ourselves with "spiritual" things which support this core. These are the things, experiences and realities which enliven us and give us a sense of being, place and purpose for our living.

Things of the spirit can bring us to a deep meaning and satisfaction in life. Thus, the process of aging, at every developmental or life stage, does bring about change in one's spiritual life, changes that can be positive and satisfying. Why not discuss this with your Pastor or Spiritual Director. Aging and Spirituality, I believe, go hand-in-hand!

BY: John A. Hauoli Tomoso
Licensed Social Worker
& Episcopal Priest

CELEBRATION OF LIFE FOR TONY LENZER



L to R: Meg, David, Andrew, Libby and Sara.

was a member of the group), and granddaughter Julia Curlee did an outstanding eulogy.

Speakers who talked about Tony's contribution to the gerontology field were Cynthia Stewart from the University of Michigan and University of Hawaii, Margaret Perkinson from the UH Center on Aging, and HPGS President Calvin Hara. There was a table of Tony's books that the children wanted to offer attendees; and by the end of the night, those who took a book now has a small part of Tony with them.

On November 13, 2017, Tony's children and extended family attended a dinner at Kahala Nui, where HPGS recognized Tony for all the accomplishments he has made in Hawaii's gerontological field since arriving in 1969. They learned a lot about him that they never knew and realized that the HPGS scholarship programs were his passion. Upon his death, the children made it known that donations could be made to HPGS in Tony's memory. As of the printing of this newsletter, there is almost \$5,000 donated to the HPGS scholarship program from Tony and his family's generosity. The HPGS Board will be awarding scholarships in his name this year.

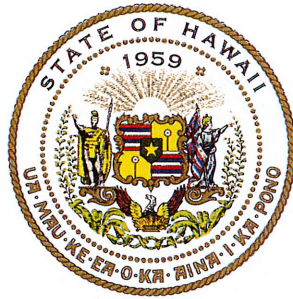


IOLANI SCHOOL'S HOSPICE CLASS



Students from Iolani School's Hospice Class spoke at the Kokua Mau meeting of April 26th and shared their experiences as hospice volunteers. Students shared how the hospice class has changed their opinions on living and dying, and how the experience truly impacted their lives. This month, Kokua Mau invites you to join us for the monthly meeting on Wednesday, May 30th at 3pm at St. Francis in the Weinberg meeting on the second floor. Hear from retiring educator, Bob Kane, who founded various high school hospice classes across the country, including the program at Iolani. We hope to see you there! For more information on Kokua Mau or the meeting, visit www.kokuamau.org.

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Proclamation

Presented to

Hawai'i Pacific Gerontological Society

WHEREAS, older Americans hold valuable life experiences and insight, are a source of wisdom for younger generations, and have made many contributions to society; and

WHEREAS, many older Americans are becoming more active in their communities, working longer, and trying new activities; and

WHEREAS, the need to help older Americans strive for wellness, focus on independence, advocate for themselves and others is greater than ever before; and

WHEREAS, the State of Hawai'i includes countless kūpuna who enrich and strengthen our community; and

WHEREAS, our kūpuna remain active by sharing their stories in schools and libraries, helping the disabled or sick, and volunteering in churches and other organizations; and

WHEREAS, the State of Hawai'i is dedicated to improving the quality of life for our kūpuna by promoting home and community-based services for the elderly and provide opportunities for them to work, volunteer, learn, lead and mentor; and

WHEREAS, the State of Hawai'i remains committed to supporting our kūpuna as they take charge of their health, explore new opportunities and activities, and focus on their independence; and

WHEREAS, the 2018 theme for Older Americans Month is "Engage at Every Age," emphasizing that old and young alike can take part in activities that can enrich our physical, mental and emotional well-being;

THEREFORE I, DAVID Y. IGE, Governor, and I, DOUGLAS S. CHIN, Lieutenant Governor of the State of Hawai'i, do hereby proclaim May as

"OLDER AMERICANS MONTH"

in Hawai'i, and ask the people of the Aloha State to join us in recognizing the value that our kūpuna add to our lives and celebrate our kūpuna in our daily lives.

DONE at the State Capitol, in Executive Chambers, Honolulu, State of Hawai'i, this twenty-sixth day of April 2018.

DAVID Y. IGE
Governor, State of Hawai'i

DOUGLAS S. CHIN
Lt. Governor, State of Hawai'i



hawaii pacific gerontological society

HPGS 20th Leadership Conference 2018

“Facing Our Future Together”

September 6 & 7 2018

Ala Moana Hotel

As leaders in the field of gerontology, we are driven to studying older adults, the process of aging, and the impact of aging on society from a multidisciplinary approach; the physical, mental, social and economic aspects of aging. The last 100 years has seen dramatic advances in the number of persons living into old age. However, living longer has also increased the number of elderly suffering with age-onset diseases. Living longer poses the challenge of making those added years healthy. Lack of resources to prepare for this aging wave mandates that we work together collaboratively. Meeting the many challenges of aging requires us to be innovative --- redefining, restructuring, expanding, shifting paradigms.

For this reason, HPGS is working to position Hawaii as a leader in healthy aging through strong partnerships. Our goal is to provide an opportunity to come together, share strides in research, best practices, and network that we may *Face Our Future Together*, thus making a difference in the lives of our kūpuna.

The 2018 HPGS Conference Committee is recruiting a keynote speaker, presentations, sponsors, exhibitors, and volunteers. We hope that you, our leaders in the aging field, will work with us and contribute to an outstanding 20th conference!

Areas of interest include but are not limited to include: Brain research, Financial/Legal issues of aging, workforce development, healthy aging, chronic disease management, diabetes, technology, global aging issues, fall prevention, medication management, caregiver resources, leadership panelists, etc.

Please submit any ideas and comments to conference chair, Percy@Generations808.com and or contact me at (808) 234-3117.