



hawaii pacific gerontological society

Volume 40, No. 10

October 2019

HPGS 2019 BOARD OF DIRECTORS

Officers:

- Kathy Wyatt, President
- Eileen Phillips, President-Elect
- Calvin Hara, Past President
- Cynthia Arnold, Secretary/Treasurer

Directors:

- Laurie Adamshick
- Poki'i Balaz
- Humberto Blanco
- Percy Ihara
- Kathy Jaycox
- Debbie Kim Morikawa
- Christy Nishita
- Mapuana Taamu
- Rick Tabor
- John A. H. 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



KATHY WYATT, PRESIDENT

After a recent health scare, which ended up being nothing, I was reminded how important it is to have certain things in place in case something catastrophic does happen. Because medical technology has enabled us to sustain life longer than ever before, it is important to let your family know what kind of care you would want before serious illness or accidents happen. Kokua Mau,

an organization that is leading a movement to improve care for those with serious illness and approaching the end of life, advises anyone over the age of 18 to have an Advance Health Care Directive in place. It is also important to have a will completed, so that your family doesn't have to wonder what you wanted to do with all of your belongings, which can cause unneeded stress to family members.

An Advance Directive is not difficult to complete. There are tons of resources on line, and the Kokua Mau website has a fillable form that can be used. No attorneys are needed, not even for



a will. As someone who has put this off for way too long, I encourage you to get this done, not only for your peace of mind, but also for the peace of mind of your family. There's nothing like a good wake-up call to get you motivated to do important things, and I sure got mine!!

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.

WELCOME TO HPGS

INDIVIDUAL

Uyanga Batzogs

EVENTS

MAUI

October 16th Wednesday

Time: 3:00 pm-4:30 pm

Understanding Alzheimer's and Dementia

Location: HMSA Center, Pu'unene Shopping Center, 70 Ho'okele Street Kahului, HI 96732

**located by Target in between Ulta Beauty & Massage Envy

October 26th

The Walk to End Alzheimer's.

Time: 8:00 am

Registration 7 am

Location: Boys and Girls Club, Keopuolani Park, Wailuku.

HPGS will be at the Maui Senior Fair, Saturday, **October 26, 2019**. Look for HPGS Past President Calvin Hara at the HPGS exhibitor table. The **46th Annual Maui Senior Fair**, "Connect, Create, Contribute," presented by the Maui County Office of Aging and Maui Economic Opportunity, Inc. War Memorial gymnasium, Wailuku, 7:30am to 11:30am.

MOLOKAI

October 18th Friday

Time: 10:00 am- 11:30 am

Effective Communication Strategies for Alzheimer's

Location: Home Pumehana, Molokai

October 19th

Time: 9:00 am-1:00 pm

Molokai Memory Morning Fundraiser for the Walk to End Alzheimer's

Location: Molokai Street Fair

HPGS GENERAL MEMBERSHIP MEETING

The fourth and last HPGS General Membership Meeting will be held on **Thursday, October 24th from 8:30am** in the Abe Lee Classroom at 1585 Kapiolani Blvd, #1518 (park at the Ala Moana Shopping Center's Macy's upper lot and go up the escalator). A continental breakfast will be provided.

Guest speakers providing valuable information will be from elder law attorneys and a medicaid expert. **Rulon & Adamshick LLC** will discuss steps seniors should consider in advance to take control of the long-term care journey they face in the last chapter of life. Do you know if your estate plan is updated, if your trust is appropriately funded, or if your family meeting addressed all your concerns? Get your questions answered too. **MedData** has helped people across Hawaii to become eligible for nursing home and foster family Medicaid services since 1996. They know how to walk you through the Medicaid long-term care eligibility process. Learn for yourself, a family member or friend so everyone is prepared when the time comes to get help.

RSVPs are taken by emailing Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com with attendee's name and company, if company is a member, or text/call 808-722-8487. There are a good number of seats, however, we would like to be sure there is enough food and drink. Deadline is October 18th; but if at the last minute you can attend, just call Sherry. This is the last General Membership Meeting for 2019. The Board will discuss holding future meetings if HPGS members feel that the four held this year were worthwhile to our membership.

HPGS FUNDRAISER



Plans are in full speed to honor Barbara Kim Stanton on Thursday, November 7th at Kahala Nui from 5:30pm. Although Barbara felt that she has had "retirement" events most recently, this dinner is to raise scholarship monies for students in the geriatric field in Hawaii. She feels strongly that educating those who are dedicated to serving seniors and their families is very important. Just this year, HPGS awarded \$7,000 to five students who are attending the UH Manoa, Myron B. Thompson School and Chaminade, pursuing bachelors and masters' education in nursing and social work.

The first "Honorary Dinner" was held in 2017 to recognize Anthony "Tony" Lenzer, the first President of HPGS and the first Director of the UH Center on Aging. He was immersed in educating those in the geriatric field. For 2018, HPGS honored Rose Nakamura, the founding Administrator of Project Dana, who also supports the education of professionals in serving the senior community. It was her idea to pass around a koa bowl at the dinner to add monies to the scholarship fund, which she called the "Tony Lenzer Scholarship Fund." In 2020, the HPGS Board will dedicate a scholarship in the memory of Tony Lenzer.

Please join the HPGS Board and Barbara on November 7th to support Hawaii's students, and see how HPGS appreciates Barbara as a leader for seniors and their families for so many years. The registration form is attached with this newsletter; however, you can go online at www.hpgs.org to sign up and pay with a charge card.

EVENTS

KAUAI

November 4th • Time: 5 PM

Understanding Alzheimer's Disease

Lihue Library

4344 Hardy St, Lihue, HI 96766

Further information:

Call Humberto 245-3200

ext. 8242 (program)

Sierra 241-3222 (site)

OAHU

Tuesday, October 15th

9am to 12noon

Lanakilia Kupuna Resource Fair

Kalihi Union Church (2214 N. King St)

Medicare info, fun activities,

door prizes & refreshments.

Open to the Public

Tuesday, October 15th

9:00am to 10:30am

Senior Fall Prevention

Awareness Seminar

Moiliili Community Center, Room 105

Call to register: 440-9393

Monday, October 21st

The next **Kokua Council** meeting

will be held at Harris United

Methodist Church on the corner of

Nuuanu Avenue and South Vineyard

Bldv, with ample free parking.

Kokua Council's Annual Policy &

Legislation Priorities Community

Meeting: Organizations bring their

priorities to the group and we

attempt to identify key issues for

the upcoming Legislative Session.

Oct 30, Nov 6, 13 20 • 1:30 to 2:45pm

KCC Kupuna Education Center

"Android Apps"

Class for \$20

734-9108

November 2 & 9

Kapiolani Community Center's

Kupuna Education Center

Family Caregiving Classes

"Demystifying Behavioral Changes"

www.kapunaeducation.com

734-9108

HPGS SCHOLARSHIP WINNERS



Three of the five scholarship winners attended the HPGS Board of Directors' Meeting on Thursday, September 12th, to receive their certificate. It was nice that the Board heard how the award would benefit these students and what they plan to do in the future.

Pictured are: (left to right) HPGS Executive Director Sherry Goya, Mapuana Taamu, Cynthia Goya, Percy Ihara, **Kamaile Aipa**, Kathy Jaycox, **Uyanga Batzogs**, KIA President Kathy Wyatt, **Kehaulani Engle**, Christy Nishita, Eileen Phillips and Rick Tabor.

HPGS SCHOLARSHIP

HPGS is pleased to offer a training awards program designed specifically for persons currently working with, or planning to work with, older adults. These awards will provide tuition assistance for workers who enroll in credit or noncredit courses and certificate programs, which enhance their knowledge and skills in areas related to aging. HPGS will provide two \$500 awards per calendar year (funds permitting) to cover tuition costs for one or more individuals to enroll in a credit or noncredit eldercare worker certificate program, which will enhance their ability to work with older individuals. For more info, visit: www.hpgs.org/scholarships.html

HPGS WEBINARS

Please join us on October 31st for an informative webinar about Navigating Medicare 2020: Introduction to Medicare.gov. Our medicare specialist, Travis Motosue, will discuss how to choose the right plan, changes to medigap plans, compare prescription drug and advantage plans, and show you how you can navigate around medicare.gov to help you take control of your medicare needs.

On September 26th Rick Tabor, from Right at Home, shared his expertise with our webinar audience about self-care for caregivers. One of the major topics Rick covered was the Nine Coping Skills for caregivers including dealing with your feelings, accepting imperfections, treating yourself kindly and planning ahead. The live audience also participated in a mindfulness jeopardy game and learned about the acronym STOP - stop, think, options, plan.



hawaii pacific gerontological society

An Evening with Barbara Kim Stanton



achievements through this dinner.

For the third year in a row, the Hawaii Pacific Gerontological Society will honor a deserving individual who has contributed so much to the senior community in Hawaii. This year, on Thursday, November 7th at Kahala Nui, HPGS will bestow that honor on Barbara Kim Stanton. She was the State Director of AARP Hawaii from 2005 to 2019, and prior to that, she spent more than 20 years working in executive and fiscal management, government and community relations, and strategic planning and community building. As a well-known advocate for Hawaii's kupuna, Barbara has been visible, vigilant, and very vibrant in all she did for AARP. HPGS is grateful for her support over so many years; and in accepting this honor, Barbara wanted to assist in raising funds to acknowledge Tony Lenzer

achievements through this dinner. Tony Lenzer and Rose Nakamura, who were honored in the past, also felt a dedication to assist students who wish to attain the education in their careers of gerontology. Monies from the dinner will be earmarked for scholarship to students throughout Hawaii in 2020.

Join the Hawaii Pacific Gerontological Society
in honoring Barbara Kim Stanton on
Thursday, November 7th from 5:30 to 8:00pm
at Kahala Nui, located at 4389 Malia Street

The cost is \$100 per person, with all proceeds going to the HPGS scholarship fund to support those studying in the field of aging.

Wine will be provided by GYMGUYZ Urban Honolulu.

RSVP and pay by October 28th. Seating is very limited, so please register either on HPGS website (www.hpgs.org) at EVENTS, or print the flyer attached with this newsletter and mail a check. If there are any questions, please contact Sherry Goya at 808-722-8487 or email her at sgoyalc@aol.com.

For those who are unable to attend on November 7th but would like to honor Barbara Kim Stanton by making a donation to HPGS, please complete the form and make payment in any amount you desire.

CUT HERE

Contact Name: _____

Company (Optional): _____

Address: _____

E-Mail: _____ Phone: _____

Number of tickets requested (\$100.00 per person): _____

Donation made for the HPGS Scholarship Fund in the amount of \$ _____

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.

To learn about Hawaii Pacific Gerontological Society,
please check out www.hpgs.org

~ SAVE THE DATE ~

18TH MAUI FAMILY CAREGIVERS CONFERENCE



“Drift Away for a Day- Taking Care of Ourselves”

SPONSORED BY THE MAUI COUNTY OFFICE ON AGING, AARP Hawaii, & MAUI ADULT DAY CARE CENTERS



Keynote Speaker:

**AMY
GOYER**

Caregiver,
Author,
Consultant,
AARP spkr

GRAND WAILEA

Ballroom

**FRIDAY, NOV 22,
2019**

8:30 AM – 3:30 PM

AARP Real
Possibilities
Hawai'i



Featuring: Afternoon speaker
FRANCES KAKUGAWA

- Poetry writing with Frances
- Family Caregivers “Talk story”

The Journey, hopes and dreams, challenges and the Gifts we receive from Caregiving

* Visit the Resource exhibitors * Win Prizes

***REGISTRATION BEGINS
OCTOBER 23**

Forms available at MCOA office &
online via eventbrite at
www.mauicountyadrc.org

Does the thought of a breezy beach and the sun setting sound nice to you? How often do you take the time to enjoy what we have around us? Rarely... ever? You are far too valuable to have Life pass you by. You cannot neglect your own self-care. Come to this conference and be rejuvenated by meeting other fellow care helpers and find the community resources that can be your support.



COST- \$35 for family caregivers, seniors 60+, and students; \$50 for professionals. Limited scholarships available for family caregivers, call Sharon at 270-5559.

Registration from **Oct 23 till Nov 15, 2019.**

First- come, first-served. **NO REFUNDS.**

For more info call 270-7755. MCOA, 95 Mahalani St
Rm 20, Cameron Center, Wailuku 96793