



hawaii pacific gerontological society

Volume 40, No. 2

February 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
Andrew Garrett
Percy Ihara
Kathy Jaycox
Debbie Kim Morikawa
Christy Nishita
Mapuana Taamu
John A. H. Tomoso

Sherry Goya, Executive Director
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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

Aloha!

January flew past and we move forward! The first HPGS General Membership Meeting, held on January 24 was a great way to start our new year. Our educational presentation was given by the Blue Zone Project, and much interest was sparked. We have scheduled quarterly General Membership Meetings for the rest of the year, and at each we will be offering an educational component.

One of our goals is to increase our general membership, and have members participate on the several committees that are chaired by officers of the Board of Directors. These committees:

- Publicity, Editorial and Website – Chaired by Calvin Hara
- Scholarship – Chaired by Christy Nishita
- Membership, Nominations – Chaired by Mapuana Taamu
- Fundraising – Chaired by Percy Ihara
- Biennial Conference – Chaired by Kathy Wyatt and Eileen Phillips
- Programs, Webinars, Continuing Education – Chaired by Mapuana Taamu

These committees need membership help and being on the committee doesn't mean you have to attend regular meetings. Emails and conference calls would be the majority of time you would have to put in, and then the occasional meeting, whatever the committee decides. I strongly encourage you to be a part of these vital committees. If interested, please contact Sherry Goya, HPGS Executive Director at sgoyallc@aol.com or 808-722-8487. Even neighbor-island HPGS members are welcome.

During the General Membership Meetings, the Treasurer's report was presented, as well as the changes to the Bylaws. A lot of good information was shared.

I strongly encourage all of our members to come to the General Membership Meetings and bring a colleague! This year's educational offerings are going to be very exciting!

Happy New Year!

Kathy Wyatt, HPGS President

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 WEBINARS

The first HPGS webinar for 2019 was a free presentation about Brain Health & Dementia by Dr. Poki'i Balaz, DNP, APRN on Thursday, January 31st. Throughout the hour, Dr. Balaz informed attendees about the six pillars of brain health and an overview of what dementia does to the brain. She also provided a list of local resources for caregivers and emphasized the importance of finding respite. The six pillars of brain health consists of physical exercise, food and nutrition, medical health, sleep and relaxation, mental fitness and social interaction. Ultimately what is good for your heart is also good for your brain!

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

The February HPGS webinar will be held on Thursday, February 28th, being presented by Margaret Wong of Copeland Insurance Company. She will give a free webinar on the possible penalties regarding Medicare parts A and B. It is recommended for those approaching Medicare age (65y/o) and older, veterans, union retirees and caregivers who care for loved ones 65+. Find out how you could incur penalties on your Medicare plans! Please RSVP at this link https://zoom.us/webinar/register/WN_BrmPhsXLTwinMyw19daRcA

HPGS 2019 BOARD

The HPGS Board welcomed Laurie Adamshick, Poki'i Balaz and Debbie Kim-Morikawa as new Directors for 2019.



Laurie Adamshick is an elder law attorney and partner in the specialized Life Care Planning law firm of Rulon & Adamshick located in Honolulu. She discovered her passion for elder law as the result of her experience over several years as the primary caregiver and advocate for her late parents. Her law practice focuses on comprehensive Life Care Planning to help older adults navigate the long-term care maze, and address the legal and myriad other issues that families are often faced with as a loved one declines. Laurie is a Veterans Administration accredited attorney and a member of ElderCounsel, the National Academy of Elder Law Attorneys, the Hawaii Estate Planning Council and the Elder Law Section of the Hawaii State Bar Association. She is a past Director of Hawaii Women Lawyers.



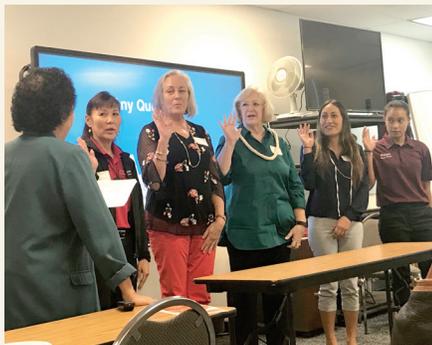
Poki'i Balaz DNP is a family nurse practitioner who aims to serve our kupuna, those with Alzheimer's, other related dementias, caregivers, and underserved populations such as Native Hawaiians. Dr. Balaz received her Doctorate in Nursing Practice from the University of Hawai'i at Hilo with her focus on improving financial resources and advocacy for caregivers. Her professional passion stems from her personal experience as a caregiver to her father who is in the end stages of Alzheimer's disease. She is active in the community as a support group facilitator, ambassador, and state champion for the Alzheimer's Association Aloha Chapter, induction and governance chair for Sigma Theta Tau, supporter of Special Olympics, and co-facilitator of the Savvy Caregiver and Dealing with Dementia Programs. She is also Regional Trainer for the National Task Group, Dementia Friends, and a Positive Approach to Care Champion. Dr. Balaz also enjoys traveling, outdoor activities, and has special interest in Brain Health and Wellness.



Debbie Kim Morikawa is the owner of GYMGUYZ, an in-home personal training franchise. Her degree is in occupational therapy and she has spent the majority of her career in the fields of health and human services. She was the administrator of the first assisted living facility to open in Hawaii and has worked in all areas of long term care. She served as the Director of Community Services for the City & County of Honolulu under Mayor Mufi Hannemann and was the first lay director for IHS, The Institute for Human Services. She serves on several non-profit boards and was in the inaugural class of the Pacific Century Fellows Program. Debbie's entrance into the franchise world with GYMGUYZ has afforded her the opportunity to combine all of her past experiences and knowledge to help improve the lives of others through fitness and health.

HPGS BOARD INDUCTION

At the January HPGS General Membership Meeting, the Board members present were inducted by Sherry Goya, HPGS Executive Director.



Director Debbie Kim Morikawa, President-Elect Eileen Phillips, President Kathy Wyatt, and Directors Poki'i Balaz and Mapuana Taamu.

Raising their right-hand, all affirmed that they will make a firm obligation to attend meetings regularly and prepare fully for each assignment, to apply themselves to the bylaws of HPGS, to participate actively in HPGS activities, to represent HPGS to others in a positive, constructive manner, to build open, friendly relationships with their fellow members, and to bring other new members to HPGS so that they can also gain the benefits of the organization.

HPGS MONTHLY NEWSLETTER

HPGS members are encouraged to submit articles, photos, events, job opportunities, or stories to share with the membership. Work on each month's newsletter begins the first week of every month, with distribution by the middle of the month. Feel free to email any time to Sherry Goya, HPGS Executive Director at sgoyallc@aol.com.

NEW HPGS MEMBERS

The Hawaii Pacific Gerontological Society welcomes new members any time throughout the year. Dues are very nominal when taken into account the benefits of being an HPGS member (see www.hpgs.org). The Officers and Board of Directors meet monthly to discuss past, current and future events, as well as financial obligations, ways to educate members through webinars, and continue its mission. Since January 2019, HPGS welcomes the following new organizations/companies and individuals.

NEW INDIVIDUALS

Angie Ameling
Ana Arrasmith
Poki'i Balaz
Patricia Blanchette
Monica De Leon
Keleka Ho'okano
Bree Komagome
Sharon Samson
Jon Shiraki
Lisa Spencer
Richard Tokuoka
Stanley Yo

NEW ORGANIZATIONS

Blue Zones Project
Colby Takeda
colbytakeda@gmail.com
95-706 Lauawa Street
Mililani, HI 96789

GYMGUYZ

Debbie Kim-Morikawa
Debbie.kim.morikawa@gymguyz.com
2131 Hunnewell Street
Honolulu HI 96822

Hawaii Health Foundation

Diane Nomura
808-526-9355
mail@ehealthandyou.com
50 S. Beretania Street
Suite C-119B
Honolulu, HI 96813

Hawaii Senior Care

Mary Zhou
mary.zhou@hawaiiseniorcare.com
742 Hoomoana Street
Pearl City, HI 96782

Kaunoa Senior Services

Ivey Mitsuyuki
Ivey.mitsuyuki@co.maui.hi.us
401 Alakapa Place
Paia, HI 96779

Lanakila Meals on Wheels

Lisa Letoto-Ohata
1809 Bachelot Street
Honolulu, HI 96817
808-356-8519
kupunawellness@lanakilapacific.org
www.lanakilapacific.org

Mediation Center of the Pacific

Katie Raney
katie@mediatehawaii.org
808-521-6767
245 N. Kukui Street
Suite 206
Honolulu HI 96817

Talent Search Group

Danice Mah
dmah@talentsearchgroup.com
50 S. Beretania Street
Suite C-210D
Honolulu, HI 96813

The Ihara Team

Julie Ihara
808-754-2225
juliei@iharateam.com
1056 Makaiwa Street
Honolulu HI 96816

Rulon & Adamshick

Laurie Adamshick
laurie@rulon-adamshick.com
733 Bishop Street
Suite 2302
Honolulu, HI 96813

WORLD LYMPHEDEMA DAY

In 2016, the Lymphatic Education & Research Network (LE&RN) petitioned the U.S. Senate and governments around the world for long overdue recognition of lymphedema and lymphatic diseases. In response, the U.S. Senate unanimously passed a bill establishing March 6th as World Lymphedema Day. Governor Ige granted a Proclamation Ceremony for the Hawaii Chapter of LE&RN at the State Capital February 15, 2019, at 9:30 a.m.

CARING FOR THE CAREGIVER SUPPORT GROUP

Project Dana's "Caring for the Caregiver Support Group" (CGSG) program began its 18th year of support services to family caregivers in our community. The Project proudly announces a second Caregiver Support Group at Waipahu Hongwanji Buddhist Temple. The first meeting scheduled is on Saturday, March 9, 2019 from 10 am to 12 pm. This second site increases the program's capacity to reach family caregivers, especially those who live in the Central and West side of Oahu and working caregivers. The goal of the CGSG program is to alleviate stress associated with the caregiving role by providing caregiver education through the support group sessions and one-on-one counseling. Family caregivers must be providing care to someone 60 years old or older and lives at home. Please contact Maria Morales at Project Dana (945-3736) for more information.

EDUCATION OPPORTUNITIES

Cancer Awareness

Aging In Hawaii, is an educational outreach program sponsored by HPGS Member **Attention Plus Care**, with the mission to provide resources to seniors and their families, covering different topics on aging.



Attention Plus
Care

This month Attention Plus Care RN, Linda Dancy, will speak on Cancer Awareness. Every year, more than 6,000 Hawaii residents are diagnosed with cancer, and more than 2,000 die from the disease. Hawaii's cancer treatment spending costs reach about \$678 million annually. In Hawaii, the five most commonly diagnosed cancers in men are prostate, lung, colorectal, bladder, and melanoma. In women, they are breast, colorectal, lung, uterine, and thyroid. Some population groups have higher rates of cancer than others. For example, Native Hawaiian women have higher rates of breast cancer than other population groups.

This education opportunity will be held at the Moili'iili Community Center on February 19th, 9:00 A.M. - 10:30 A.M.

Admission is free and seating is limited. For class information/RSVP please call 808-440-9356.

Public Health Training Hui



The Hawai'i Public Health Institute (HIPHI) was excited to have the Public Health Training Hui (Hui) join the HIPHI ohana as of January 1, 2019. As the new grantee of the 2018-2021 Western Region Public Health Training Center in Hawai'i, they look forward to coordinating public health trainings for our workforce in Hawai'i. Thanks goes to Valerie Yontz for her vision and many years of service with the Hui.

Future Training: March 15th - Native Hawaiian Health and Wellbeing Progress and Recommendations, held by Sheri Daniels, EdD, CSAS

The new coordinator for the Hui will be Stephanie (Steph) Moir. For any questions regarding any future trainings or continuing education credits, Steph can be contacted at 808-591-6508 ext. 9, then 4 and via email at publichealthhui@hiphi.org.

Kupuna Education Center

Caregiving classes for families (Spring 2019) will feature "Dementia Care" with three classes covering dementia stages, communication with compassion, and demystifying behavioral changes with dementia.



- Dementia Stages - February 9 to 18
- Communication with Compassion - March 9 to 16
- Demystifying Behavioral Changes with Dementia - April 20 to 27

All classes are from 9am to 11am at the UH Kapiolani campus. The instructor will be Mapuana Taamu. Cost is \$20 each or \$50 for the three. Register at KupunaEducation.com or call KCC Continuing Education at (808) 734-9211.

CARING ACROSS GENERATIONS

Thank you to all of those who submitted testimony for House Bills 467 and 1445. While HB 1445 has been deferred indefinitely, HB 467 will be moving forward as House Draft 1 with major amendments to include some of the language from HB 1445, namely limiting the services that the program provides to only once per week. This is very bad news as passing the limit to once per week will severely limit the program's ability to meet working caregivers' needs. It also asks the Executive Office on Aging to provide a detailed report on the program's outcomes and a plan to reach more people with the Kupuna Caregiver funds, which we strongly support.

A hearing for HB 467, House Draft 1 is scheduled for **this Thursday, February 21, 2019 at 11 a.m.**, with the House Finance Committee. As you know, the Finance Committee is incredibly powerful and last year tried to insert a proviso limiting services to once per week.

We strongly disagree that the services should be limited to only once per week, although we share the concerns that services should go to more people. While **we are not opposing HB 467, HD1 as it continues to fund the Kupuna Caregivers program, we are asking you to submit comments to amend this measure by removing the once per week limit on services.**

HPGS GENERAL MEMBERSHIP MEETING

The first General Membership Meeting for HPGS was held on January 24th, opening with information from its president Kathy Wyatt, and presenting information from the **Blue Zones Project**, a health and well-being initiative brought to Hawaii by HMSA. As an HPGS member, Blue Zones Project aligns well with our objectives and principles—both organizations strive to improve well-being through education, advocacy, and capacity-building, and we do so utilizing the talents, knowledge, and skills of our diverse stakeholders. Based on the secrets from the Blue Zones—longevity hotspots—around the world, Blue Zones Project works with the community to transform worksites, restaurants, grocery stores, schools, faith-based organizations, and state and county policies to make the healthy choice the easy choice.

Cyrus Howe, Blue Zones Project Hawaii State Worksite Lead, led a panel presentation and described how organizations of all shapes and sizes can incorporate the Power 9 principles to improve the livelihood of staff, residents, patients, and family members. Lisa Letoto-Ohata, Manager of Lanakila Pacific's Kupuna Wellness Centers, followed by sharing how her seniors have benefited from various Blue Zones Project programs, including Walking Moais, Purpose Workshops, and plant-based cooking demonstrations. To close out the panel, Patricia Johnson, a Blue Zones Project volunteer and lead cycling instructor with the Hawaii Bicycling League, explained how her life has been filled with joy through her work teaching fellow older adults how to ride Biki bikes and contributing to other Blue Zones Project efforts, including the revitalization of Old Stadium Park.

Blue Zones Project Hawaii certainly has bold goals, but through the combined efforts of collaborative organizations and passionate volunteers, we know that we can, together, make Hawaii a healthier, happier place. If you're interested in learning more about the Blue Zones Project, please contact Colby Takeda at colby.takeda@sharecare.com.



Cyrus Howe of Blue Zones Project



Lisa of Lanakila Pacific's Kupuna Wellness Centers



Sherry, Lisa, Pat and Colby



Hawaii Pacific Gerontological Society

PRESENTS THE FEBRUARY WEBINAR:

“Medicare Part A & B Penalties”

SPEAKER: MARGARET WONG, COPELAND GROUP INSURANCE

THURSDAY, FEBRUARY 28TH

11:30 AM – 12:45 PM

LEARNING OBJECTIVES:

- Medicare Part A penalty for those who did not work 40 quarters and/or 10 years
- Part B penalties for the Individual Market Place
- Part B penalties for Group or Union Retirees
- Part B penalties for VA or Tricare

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

https://zoom.us/webinar/register/WN_BrmPhsXLTwinMyw19daRcA

ABOUT THE SPEAKER



Margaret Wong was born in Hong Kong and her family moved to Hawaii in 1959. She attended Hawaii Baptist Academy and majored in Travel Industry Management at UH. She was the Regional Director of Operations and General Manager for several large corporate and incentive travel companies. She left the travel industry in 1993 to specialize in group health insurance and the worksite market. Margaret was the executive director for the Hawaii Association of Nurseryman. She served on the Board of Directors and chaired the Membership Committee for the Building Industry Association (BIA) and is a current member of the Honolulu Executives Association (ASAE). In 2006 Margaret entered the Medicare market and in 2010 she joined The Copeland Insurance Group USA to open the Hawaii operation as their Hawaii Sales and Marketing Director.

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

Zoom access provided by

GENERATIONS HAWAII'S RESOURCE FOR LIFE

Family Caregiver Training



March 22 through June 14 Fridays 2:00–3:30 p.m.

Piikoi Building Across hall from Agency On Elderly Affairs
4444 Rice St., Suite 330 in Conference Room Piikoi B

Caring for someone with Alzheimer's or dementia is perhaps one of the biggest challenges a person can face, yet it can be a meaningful and rewarding experience. The Alzheimer's Association's Family Caregiver Training is designed for non-professional family caregivers. Over the course of 12 sessions & 2 bonus workshops, you will learn caregiving essentials and participate in guided group discussion and sharing.

Topics covered include:

Understanding Alzheimer's Disease & Ask the Doctor
Putting Legal and Financial Affairs in Order (two sessions)
Effective Communication Strategies
Personal Coping Strategies

Understanding and Responding to Dementia-Related Behavior
Living With Alzheimer's For Caregivers (three sessions – early, middle, late stage)
Dementia Conversations

Bonus: 10 Warning Signs of Alzheimer's & Healthy Living for Your Brain and Body
(Bonus dates: 6/21 & 6/28 optional. No class Apr. 19 holiday or May 17)

TO REGISTER, CALL (800) 272-3900 or visit www.alz.org/hawaii/events (click Educational Programs box). For help with registration, contact Bonnie Lake at (808) 245-2764 bonniemickey@hawaiiintel.net

Class size is limited by design, early registration is recommended. Offered at no cost to family caregivers.
Presented by The Alzheimer's Association, Aloha Chapter and the County of Kauai Agency on Elderly Affairs*
** a member agency of Kauai United Way*

If you need an ASL Interpreter, materials in an alternate format, or other auxiliary aid support, or an interpreter for a language other than English, please contact Humberto 245-3200 ext. 8242 or email hblanco@alz.org at least seven calendar days before the event