



hawaii pacific gerontological society

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May 2019

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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



KATHY WYATT, PRESIDENT

Spring is here and a lot is happening this month. May is Older Americans Month, Military Appreciation Month, Memorial Day, and Mother's Day!

Being a Marine brat, I grew up with great respect for our military, and my Dad was "always" a Marine until the day he died. My significant other is a former Marine, and he still has that bearing. Now my Grandson is in the Navy and I couldn't be prouder. So if you or a family member or a friend is or was in the military, thank you or them for their service. I am in awe of their willingness to serve.

Older Americans Month is celebrated in our fair state by the Hawaii Outstanding Older Americans Awards ceremony, sponsored by the Policy Advisory Board for Elder Affairs, this year on June 7. Two "older Americans" (one man and one woman) from four islands are chosen from a host of candidates to be honored at this ceremony. These older Americans are truly an inspiration and example of what we can do with our lives, no matter what number shows up on your birthday!!

Other special national celebration days for were held on May 3: National Two Different Colored Shoes Day, May 4: National Star Wars Day, May 5: Cinco de Mayo, May 6: National Nurses Day, May 9: National Lost Sock Day, and many other really funny national celebration days. You can find the whole list at <https://nationaldaycalendar.com/May>. Enjoy! It's going to be a great month!

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 SCHOLARSHIPS

Attention undergraduate and graduate students interested in aging! HPGS is proud to offer student scholarships. Please see the attached flyers for more details and pass them along to your family and friends..... children, grandchildren, neighbors, etc. Deadlines are July 8th or July 15th, depending on the scholarship monies needed by students attending colleges anywhere in Hawaii.

HELPFUL CONTACT INFORMATION ON DEMENTIA AND ALZHEIMER

National Alzheimer's and Dementia Resource Center:
<http://nadrc.acl.gov>

National website:
<http://www.alzheimers.gov>

Alzheimer's Association
2019 Facts & Figures:
http://www.alz.org/alzheimers_disease_facts_and_figures.asp

National Task Group on Intellectual Disabilities and Dementia Practices: <http://aadmd.org/ntg>

Brain Health: You Can Make a Difference!
<https://www.acl.gov/node/293>

ANNUAL LEGISLATIVE REVIEW

The Hawaii Alliance for Retired Americans (HARA) and Kokua Council will jointly sponsor their 13th Annual Legislative Review, affectionately known as "The Good, the Bad, and the Ugly," on Wednesday, May 22, 2019 at the Hawaii State Capitol, Conference Room 325, from 8:30 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.

HPGS 2ND QUARTER GENERAL MEMBERSHIP MEETING

The 2nd **HPGS General Membership Meeting** was held on Thursday, April 18th, featuring three featured speakers with their personal and professional tips, tricks, and resources for the dementia caregiver journey.

Attendees were fortunate to hear from three experts in the field of dementia, with their tips, tricks and resources. **Jody Mishan** is currently the Program Coordinator for a three-year Alzheimer's Disease Program Initiative grant awarded to Catholic Charities Hawaii by the Administration for Community Living/Administration Aging - "Hawaii Circle of Care for Dementia." **Dr. Poki'i Balaz** is active in the community through various organizations and currently is the Director of the GRACE Project at Kokua Kalihi Valley. **Cyndi Osajima** is the executive director of Project Dana.

Here are a few quick tips that were shared:

Support groups are highly recommended! Find one and attend as much as possible. You'll find other caregivers who have been through what you're experiencing, who can offer resources that have worked for them and offer you emotional support that you won't find elsewhere.

Look for and accept help! From early childhood, our aging population may have been conditioned to do things for themselves and choose not to burden their children. Whether or not your aging loved one accepts help, it is important for you, the caregiver, to find some. Research for local resources that can help with house chores, provide respite or meal delivery so you have time for self-care.

Find a doctor you can trust! When you or your loved one reaches the age of 65 or older, the search for a trustworthy geriatrician begins. If you have a loved one diagnosed with dementia, you should also consider a neurologist. These two doctors specialize in their preferred practice and can offer a clearer prognosis related to your specific conditions. Doctors may be authority figures; but whenever you are confused or in doubt, don't be afraid to ask questions.



For those who were not able to attend this HPGS General Membership Meeting, here's a quick snapshot of the three presentations:

Jody Mishan connected with our audience on a personal note by reading three of her poems while sharing life lessons she learned as a caregiver for her late father. Relating caregiving to climbing Mount Everest, Jody explained that as we go through our

caregiving journey, we are climbing to the top of our own caregiving mountain. As we reach new peaks, we continue to climb until we reach the top and our loved one dies. But the hardest part is in our descent down the mountain in which we grieve for the loss of our loved one, reflect on who we used to be and struggle to transition and identify who we will become next.

Dr. Poki'i Balaz brought a variety of props as she shared her current position as a family caregiver for her father, who is in the late stage of dementia. As a practical DNP, she recommends that everyone who has a diagnosis of dementia should add a geriatrician and neurologist to their care team. Stressing the importance of self-care for caregivers, Dr. Balaz used an airplane analogy saying, "just like in an airplane, when the oxygen mask drops down, you must put on your own mask before helping others to put on their mask!"

Cyndi Osajima said that Project Dana is a statewide interfaith non-profit organization that provides a plethora of services, including amazing volunteers to assist family caregivers in the home. This year, they celebrate 30 years of Dana, pronounced "Donna," which means providing compassion and care through selfless giving of time and energy from their volunteers. A few of their popular services include home safety assessments, fall prevention safety education, extensive volunteer training, and caring for the caregiver support groups.



Hawaii Pacific Gerontological Society

PRESENTS THE MAY WEBINAR:

“MemorC – the app that connects memory impaired people with the ones they love”

SPEAKER: DR. WARREN WONG, MD

THURSDAY, MAY 30TH
11:30 AM – 12:45 PM

LEARNING OBJECTIVES:

- As a doctor, how do you help patients with memory loss?
- How can caregivers connect with someone who has memory issues?
- How does the MemorC app help a person with memory challenges?
- Where do I get this app? How much does it cost?

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

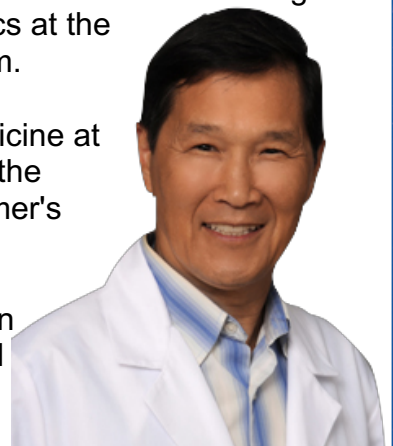
https://zoom.us/webinar/register/WN_FvE40ouSQ3CLfhWOXAehd

ABOUT THE SPEAKER

Dr. Warren Wong went to medical school at the University of California at Davis and received his initial internal medicine training at the University of California, San Francisco. He worked as a practicing internist with Kaiser Permanente on Maui and always had an interest in working with older adults. With that passion he pursued a fellowship in geriatrics at the University of Hawaii and was one of the original fellows in that program.

He is currently a Clinical Professor in the Department of Geriatric Medicine at the University of Hawaii, John A. Burns School of Medicine. He spent the majority of his career providing consultant care for people with Alzheimer's disease and other dementias.

In developing MemoriesConnect, he feels that Memory Impairment can be seen as a disability and that MemoriesConnect can be a useful tool to reinforce memories and strengthen connections.



Zoom webinar sponsored by:

GENERATIONS HAWAII'S RESOURCE FOR LIFE

Webinar location sponsored by:



Attention Plus
Care



HPGS UNDERGRADUATE AND GRADUATE SCHOLARSHIPS 2019

The Hawaii Pacific Gerontological Society (HPGS) raises funds and awards scholarships to college students interested in careers involving aging and older people. These scholarships are funded by generous donations from the Broadhead family, Assisted Living Options Hawaii, and many individual donors. Each year, HPGS offers Undergraduate and Graduate Scholarships for students who have a serious interest in professional work related to aging, long-term care, and/or death and dying.

To be **eligible** for a scholarship, students must meet ALL of the following criteria: (a) Be enrolled in a degree program at any UH campus, HPU, BYU- Hawaii, or Chaminade; (b) Have two or more semesters to complete before graduation; and (c) Have a GPA of 3.0 or higher.

The **DEADLINE is Monday, July 15, 2019**, to be considered for the following academic year. This year, HPGS will offer **three (3) \$2,000 awards**.

Instructions for Applying **ALL Students: Answer Questions 1 – 10**

Please put responses to numbers 1-8 in a Word document, numbering each section as indicated below. Your statements should be complete, but as concise as possible. Numbers 9 and 10 below should be scanned and included. All documents should be compiled into one pdf with the file named "*lastname_hpgsapp*". Applications must be sent by email to Christy Nishita at: **cnishita@hawaii.edu**, with the below components attached as **one (1) combined PDF**.

1. Personal Information: Name, address, phone number, and email address.
2. Educational Information: College or university you are currently attending, degree program, current GPA, expected date of graduation
3. Relevant Academic Coursework: Credit courses or internships you have taken in the past or are currently taking, specifically related to aging, long-term care and/or death and dying. Indicate the institution offering the course, and when it was taken.

4. Relevant Non-Credit Learning Experiences: Conferences, lectures, seminars or other non-credit activities you have attended or are currently attending, specifically related to aging, long-term care, and/or death and dying. Indicate the name of the activity and when it was taken.
5. Aging-Related Volunteer Work for a Community Organization, Public Agency, or Legislative Body, or unpaid caregiving experience with an older person: Indicate the name of the organization(s), describe your volunteer or caregiving work, dates, and duration (number of months).
6. Aging-Related Paid Employment: Indicate the name of the employing organization(s), your job title(s), a brief description of your responsibilities, and when and for how long (number of months) you were employed.
7. Describe Interest in Gerontology and Future Career Goals: Be specific.
8. Financial Need: Describe and be as specific as possible.
9. Scan and include one copy of your latest transcript.
10. Scan and include one letter of recommendation from an academic advisor, instructor, or supervisor.

Graduate/Medical Students ONLY: Answer Questions 11 and 12.

11. If in a Gerontology Certificate Program or Gerontology/Geriatric Track - Give the name of that program or track, and the number of required credits.
12. If you are doing a Thesis or Dissertation on an Aging-Related Topic - Give the title of your thesis or dissertation, a one-sentence description, and expected date of completion.

A review committee will give careful consideration to each application and will e-mail all applicants with their decision the week of August 12, 2019.



University of Hawai'i at Manoa
CENTER ON AGING



UH CENTER ON AGING & HPGS SCHOLARSHIP IN AGING

With funds provided by the Hawaii Association of Case Managers and Kahala Nui, the University of Hawaii Center on Aging and the Hawaii Pacific Gerontological Society (HPGS) are proud to offer this scholarship opportunity to students interested in careers involving aging and older people. This year, we will provide **two (2) \$1000 scholarships to an undergraduate student majoring in Nursing or Social Work OR a graduate student in the Nursing or Social Work programs at the University of Hawaii at Manoa.** This student must demonstrate a serious interest in professional work related to aging, long-term care, and/or death and dying.

The **DEADLINE is Monday, July 8, 2019**, to be considered for the following academic year. This year, HPGS will offer **three (3) \$2,000 awards**. For any questions please contact Dejah Fa'asoa at 956.5001.

Instructions for Applying **ALL Students: Answer Questions 1 – 10**

Please put responses to numbers 1-8 in a Word document, numbering each section as indicated below. Your statements should be complete, but as concise as possible. Numbers 9 and 10 below should be scanned and included. All documents should be compiled into one pdf with the file named "*lastname_hpgsapp*". Applications must be sent by email to Dejah Fa'asoa at: **dejah24@hawaii.edu**, with the below components attached as **one (1) combined PDF**.

1. Personal Information: Name, address, phone number, and email address.
2. Educational Information: College or university you are currently attending, degree program, current GPA, expected date of graduation
3. Relevant Academic Coursework: Credit courses or internships you have taken in the past or are currently taking specifically related to aging, long-term care and/or death and dying. Indicate the institution offering the course, and when it was taken.
4. Relevant Non-Credit Learning Experiences: Conferences, lectures, seminars or other non-credit activities you have attended or are currently attending specifically

related to aging, long-term care, and/or death and dying. Indicate the name of the activity and when it was taken.

5. Aging-Related Volunteer Work for a Community Organization, Public Agency, or Legislative Body, or unpaid caregiving experience with an older person: Indicate the name of the organization(s), describe your volunteer or caregiving role, when and for how long (number of months).

6. Aging-Related Paid Employment: Indicate the name of the employing organization(s), your job title(s), a brief description of your responsibilities, and when and for how long (number of months) you were employed.

7. Describe Interest in Gerontology and Future Career Goals: Be specific.

8. Financial Need: Be specific, to the extent possible.

9. Scan and include one copy of your latest transcript.

10. Scan and include one letter of recommendation from an academic advisor, instructor, or supervisor.

A review committee will give careful consideration to each application and will e-mail all applicants with their decision the week of August 5, 2019. For the winners, UH Foundation will deposit the funds in the students' accounts for the Fall 2019 semester.