



hawaii pacific gerontological society

Volume 40, No. 7

July 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

A frequently discussed topic in the healthcare field is the workforce shortage. This pertains to trained caregivers for home care, assisted living facilities, skilled nursing facilities and care homes. The good news about living in Hawai'i is that our unemployment is very low. But the bad news means that there are not enough people being trained in caregiving. With our annual rise in the aging population, the need for trained caregivers increases, and at this time it's looking pretty bleak!

A big reason for the shortage is that the cost of the training is usually really high. Depending on the training program, the cost can go as high as \$2,000. The second reason, I'm assuming, is that the pay for trained caregivers (Certified Nursing Assistants) is very low. Certified Nursing Assistants (CNAs) are the eyes and ears of the nurses because they spend more time with the patient than the nurse does. They work hard, and they deserve to be paid more in line with the hard work that they do. Look for legislation next year to address this matter and to perhaps have a plan for the workforce shortage.

Prospective caregivers need to know that there are affordable training programs available. One such program is Hoaloha Nurse Aide Training Program. With the help of a grant, tuition assistance is available for those that have the heart to care for the kupuna. There are other programs as well that offer training. I encourage anyone that has a passion for giving care to those that need their help to reach out and find an affordable training program, and help alleviate the tremendous strain on the workforce shortage.

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.

EVENTS

WORKSHOP SERIES CONTINUE

The second workshops for caregivers of persons living with memory loss will be held on Friday, August 2nd from 4:30 to 6:30pm at Catholic Charities Hawaii. The workshop's title is "**GEMS, More Than Just Loss - Dementia Progression Patterns**" presented by Dorothy Colby, a Certified Positive Approach to Care Trainer and national Mentor, with more than 20 years of professional and personal experience caring for people with dementia. This is a FREE series, but space is limited. Registration is required at: <http://bit.ly/pachawaii2019>. For questions about the workshops or if you're unable to register online, please contact: Jody Mishan at 808-295-2624 or jmishan@hawaii.rr.com.

July 16th - **Support Group for Alzheimer's & Dementia Caregivers**, 5:30 pm-7pm at Maui Memorial Center

The **Alzheimer's Association, Aloha Chapter**, will be holding two caregiver classes in July, entitled "Understanding Alzheimer's and Dementia"

July 20th - **Understanding Alzheimer's and Dementia**
10:30am at Kapolei Library,
1020 Manawai St., Kapolei

July 27th - **Understanding Alzheimer's and Dementia**
2:00pm at Nanakuli Library, 89-070
Farrington Highway, Wai'anae

Registration required (808) 591-2771, ext. 8236 or email tshammondullis@alz.org

HPGS GENERAL MEMBERSHIP MEETING

A terrific third quarter HPSG General Membership Meeting has two speakers bringing timely information pertaining to kupuna on Oahu and for Hawaii on Thursday, July 18th from 8:30am in the Abe Lee classroom at 1585 Kapiolani Blvd, #1518. Free parking is across Macy's Ala Moana Shopping Center's third floor (go up the escalator as you look Mauka of the parking lot). RSVPs are being taken for this meeting by emailing Sherry Goya, HPGS Executive Director at sgoyallc@sol.com or by calling her at 808-722-8487. Names are needed for name tags. Deadline is July 16th.

Sharon Y. Moriwaki, State Senator representing Kaka'ako, Sheridan, McCully, Mo'ili'ili, Ala Moana and Waikiki is a member of the Senate Committees on Ways & Means, Housing, and Technology; and co-chairs the Legislative Kupuna Caucus, which works with kupuna service providers and advocates in addressing policy issues of importance to our kupuna. She will be presenting with Caroline Cadirao, the head of the state's Executive Office on Aging, to discuss the kupuna bills approved from the 2019 legislative session.



Christy Nishita, Ph.D. is an Associate Specialist at the University of Hawaii Center on Aging and Center on Disability Studies. Dr. Nishita is the consultant for the Mayor's Age-Friendly Honolulu Initiative, and, among other positions, is Principal Investigator for Hawaii's Alzheimer's Disease Initiative. She will speak on the Kind2Kupua business program

STATE SENATE RESOLUTION 83 PASSED!

The 2019 Hawaii State Senate passed Senate Resolution 83 SD1 in recognition of the need to view pre-retirees, boomers and active agers as assets for their communities. As Hawaii's fastest growing natural resource, it is imperative for the State to begin shifting policy and programs to tap elders as community contributors full of experience, skills, knowledge, contacts and time on their hands. While the work to address the needs of functionally disabled persons is important and must continue, Senate Resolution 83 underscores the imperative for the state to pivot its aging policy direction by emphasizing well-care, enhancing their quality of life and fostering opportunities for them to be resources for their communities.

This Resolution points out that the 2013 Executive Office on Aging report called "Hawaii's 2020 Vision: Towards the State of Active Aging" should be reviewed, updated and implemented. Hawaii needs to create a plan to care for its frail and a roadmap to tap the power and potential of its active agers to create a better Hawaii. The passage of Senate Resolution 83 provides the opportunity to create excitement, to promote a collective vision and to start a momentum for positive social change.

EVENTS

HPGS JULY WEBINAR

The July webinar cosponsored by HPGS, Generations Magazine and Attention Plus Care will be held on Thursday, July 25th from 11:30am to 12:45pm. The topic is of great interest to everyone, no matter the age - "Protecting Against Identity Theft, Scams and Financial Exploitation." The speakers will be Laurie Adamshick and Tom Rulon, with the firm of Rulon and Adamshick, who are elder law attorneys. Please see the flyer attached to this newsletter and mark your calendars after you make your reservation.

July 22nd - **Caregiver Cooking Demo, Healthy Living for Your Brain and Body Part 2**,
3pm-4:30 pm at HMSA Center,
Pu'unene Shopping Center,
70 Ho'okele Street Kahului

July 25th - **Brain Health Lunch Time Series: Get Some ZZZ's**,
12noon-1pm at UHMCC, Community
Services Building, Kahului

July 31st - **Online Class for Caregivers: Effective Communication Strategies for people living with Alzheimer's**,
6:00-7:30 pm. RSVP to
cespencer@alz.org

August 6th - **Know the 10 Signs of Alzheimer's Disease**,
3pm-4:30 pm at HMSA Center

August 8th - **Understanding Alzheimer's and Dementia**,
10am-2:30 pm at Home
Pumehana, Molokai

August 13th - **Effective Communication Strategies**,
5-6:30 pm at Roselani Place,
88 S Papa. 3rd floor.

15 CRAIGSIDE PASSION FRUIT SALAD DRESSING RECIPE

As served at the Older Americans Luncheon of June 7th -

- 1 cup passion concentrate or fresh lilikoi pulp
- 1 cup sugar (add more sugar if wanted sweeter or add less sugar if it is too sweet for your taste)
- 1 ½ cup rice vinegar
- 2 ½ cup salad oil
- 1 TBSP vanilla extract

In a processor or blender on medium high combine passion concentrate, rice vinegar, sugar and vanilla extract for about a minute then add salad oil slowly to emulsify. Refrigerate.

AGING IN PLACE WORKSHOPS

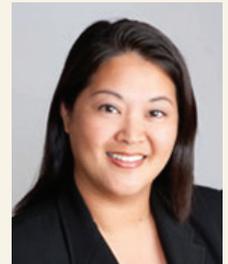


The 13th Annual Aging in Place Workshops, sponsored by Generations Magazine will be held on Saturday, August 17th from 8:30am to 2:30pm at the Ala Moana Hotel. NO reservations are needed to attend any of the workshops or to visit any of the vendors through the ballroom level or the hotel. Parking is free at the Ala Moana Shopping Center, closest Macy's Diamond-Head side, and walk up the ramp to the hotel.

Many HPGS members are workshop speakers, so join your fellow members to enjoy, be educated, and meet important kupuna provider companies, organizations, and state agencies. HPGS President Kathy Wyatt does her workshop at 8:30am and again at 11:30am, entitled "Happy Aging with a Plethora of Resources." HPGS President-Elect Eileen Phillips will speak on "Common Questions About Caregiving" at 8:30am and 11:30am, while HPGS Secretary/Treasurer Cynthia Arnold will speak at 9:30am and 12:30pm on "Declutter and Age in Place." HPGS Board members Percy Ihara speaks at 8:30am and 1:30pm on "The NEW Reverse Mortgage," as well as Mapuana Taamu, in different rooms, on "Normal & Not Normal Aging with Dementia." There are also many other HPGS members providing education sessions. See the flyer on For further information, go to <http://hpgs.org/events.html>



Eileen Phillips



Cynthia Arnold



Percy Ihara

Hawaii Pacific Gerontological Society

July General Membership Meeting



EXECUTIVE OFFICE ON AGING

Thursday, July 18th, 2019

8:30am - 10:30am



Presentations will be made by Senator Sharon Moriwaki from the Kupuna Caucus, giving a legislative update on the 2019 bills relating to our kupuna, along with Caroline Cadirao from the Executive Office on Aging.

Christy Nishita, Ph.D. is a gerontologist at UH, representing the Mayor's Age-Friendly Honolulu initiative and it's Kind2Kupuna business program. She will discuss this program that raises awareness on how to better support kupuna customers and clients with physical and cognitive disabilities. Input from HPGS kupuna members on the program are welcomed!

Location: Abe Lee Seminars

(Free parking nearest Macy's at Ala Moana Shopping Center's 3rd level)

Address: 1585 Kapiolani Blvd, Suite #1518

Cost: FREE for HPGS members plus one guest;

\$5 for any additional guests

RSVP to Sherry Goya (No later than July 17th)

SGoyaLLC@gmail.com 808-722-8487

Seating is Limited!

***Lite refreshments & coffee provided



Hawaii Pacific Gerontological Society

PRESENTS THE JULY WEBINAR:
*Protecting Against Identity Theft, Scams
and Financial Exploitation*

SPEAKER: LAURIE ADAMSHICK & TOM RULON

THURSDAY, JULY 25TH
11:30 AM – 12:45 PM

LEARNING OBJECTIVES:

- Increase awareness of why older persons are frequently victimized by scammers;
- Understand the types of elder financial abuse;
- Learn practical tips for protecting against elder victimization;
- Learn methods for protecting vulnerable elders with dementia from financial exploitation.

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

https://zoom.us/webinar/register/WN_TqV0ZrSQQCKLx5Oiy001TA

ABOUT THE SPEAKERS

Thomas A. Rulon, Esq. earned his law degree at the Northwestern University in 1968. He has practiced estate planning, trust and elder law in Hawaii for over 40 years; and, has served as president of both the Tax Section and the Probate and Estate Planning Section of the Hawaii State Bar Association. Tom is a fellow of the American College of Trust and Estate Counsel.

Laurie T.S. Adamshick, Esq., is an elder law attorney who was the primary caregiver and advocate for her late parents, Bob and Fusae Shield. 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 serves on the board of Kokua Mau and the Hawaii Pacific Gerontological Society.



Zoom webinar sponsored by:



Webinar location sponsored by:

