



hawaii pacific gerontological society

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August 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](mailto:sgoyallc@aol.com).

**PRESIDENT'S MESSAGE**



KATHY WYATT, PRESIDENT

AARP has been a strong advocate for legislation for our Kupuna this year, as they always have been. On August 5th, they held an Advocacy Team Celebration that included volunteers, partners and legislators who helped pass legislation to support Kupuna Care, Kupuna Caregivers, ADRC, and Health Aging Partnership Programs this last session. There was a huge turnout for this celebration and it was topped off with introductions of the new AARP

Hawaii leadership. Gary Simon is the new AARP Hawaii State President. He has been very active with AARP, is the former Chair of the Policy Advisory Board for Elder Affairs, was with St. Francis Hawaii, and is chair of the Hawaii Family Caregiver Coalition.

AARP has also selected a new State Director for Hawai'i, Keali'i Lopez. Keali'i brings a great mix of experience to lead the AARP Hawai'i State Office. She's served in state government as Director of the Department of Commerce and Consumer Affairs. She's worked in the community as President and CEO of Olelo Community Media. And she is experienced in governmental relations, currently serving as the Director of Government Relations at the Alston Hunt Floyd & Ing law firm. Keali'i has worked with and brings relationships with officials on both sides of the aisle. She has served in a position with the Hawaii Democratic Party. Keali'i will start with AARP on August 12th.

As we move towards a new Legislative year, there will be great support for Kupuna issues from many directions, and the new leadership for AARP will be an even stronger advocate.

**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

### HPGS Company

#### First Light Home Care

Lauri Topping  
4319 Kahala Avenue  
Honolulu, HI 96816

E: ltopping@firstlighthomecare.com

#### Kokua Council

Jim Shon  
162 Forest Ridge Way  
Honolulu, HI 96822  
P: 808-282-1509  
E: jshon@hawaii.edu

#### Lanai Kinaole

Valerie Janikowski  
P. O. Box 630805  
Lanai City, HI 96763  
P: 808-565-8001  
F: 808-565-8185

E: vjanikowski@lanaikinaole.org  
W: lanaikinaolehometeam.org

#### Soderholm Mobility, Inc.

Norman Berg  
P. O. Box 19010  
Honolulu, HI 96819  
P: 808-834-1417  
F: 808-1070

E: norman@soderholmibus.com  
w: www.soderholmibus.com

## EVENTS

### OAHU

#### Caregiver Classes offered by St. Francis Healthcare System of Hawaii

St. Francis Kupuna Village 5th Floor  
Cost for classes are \$10 each.  
RSVP Maylynn Wong at 808-547-8138

#### Understanding Alzheimer's & Other Dementias

Tuesday, August 20th - 5pm to 7pm  
Tonya Hammond-Tillis, Speaker

#### Eating for Longevity

Thursday, August 29th - 5pm to 7pm  
Mary Arakaki, Speaker

## HPGS GENERAL MEMBERSHIP MEETING

Since HPGS is a non-profit dedicated to improving the life of Hawai'i's older adults by promoting understanding of the aging process, supportive services and legislation that help people age with dignity and grace, the July 18th General Membership Meeting had three speakers who provided an update on Kupuna-related activities at the city and state levels.



Representing the Mayor's Age-Friendly Honolulu Initiative is Christy Nishita, Ph.D. from the University of Hawaii Center on Aging presented on the newly launched Kind2Kupuna age-friendly business initiative. The Kind2Kupuna initiative raises awareness and recognizes businesses that are taking steps to better

serve their kupuna customers. A Generations Networking Event will be held on September 17th from 8:30-10:30 at 15 Craigsides for partners only and those who attend will be recognized in an upcoming magazine article. Learn more about the initiative at [www.agefriendlyhonolulu.com](http://www.agefriendlyhonolulu.com)

Senator Sharon Moriwaki, co-chair for the Kupuna Caucus, shared an update on the legislative bills that were passed during the latest legislative session. Of note are the Kupuna Care (HB465 HD1 SD2) which appropriates almost \$9 million for the next two years for the program. The Kupuna Caregiver bill (SB1025 HD1



HD2) appropriates \$1.5 million to the program for the next year, which changed the program funding allocation cap to \$210 per week. Senator Moriwaki also noted that three aging-related bills that did not pass legislation referenced funding for hearing aid health insurance policies, Hawai'i Saves retirement savings program for private employees and Long Term Rental Assistance for homeless individuals over the age of 60. The Kupuna Caucus meets the first Friday of every month at the Hawaii State Capitol. RSVP is not required and there is no cost to attend.

Newly appointed Director of the Executive Office on Aging (EOA), Caroline Cadirao elaborated on each of the same bills passed and explained how the funds will be implemented through the EOA. Notable strides included an Alzheimer's Disease & Related Dementia (ADRD) Services Coordinator position within EOA to be appointed by the Director, with appropriation of \$59,615 for the next fiscal two years. The Policy Advisory Board for Elderly Affairs (PABEA) established the quorum requirements of no fewer than eight members.

## EVENTS

### **Understanding Parkinson's Disease and Other Similar Variants**

Saturday, August 31st - 9am to 11am  
Craig Nakatsuka, Speaker

**"Dementia Friends Hawaii", an initiative of Age-Friendly Honolulu** (<http://agefriendlyhonolulu.com/dementia-friends/>), provides hands-on information about dementia and Alzheimer's disease. Join HPGS Past President Calvin Hara at a free information session workshop on Saturday, September 7, 2019. This session is supported by Wasabi Magazine and Manoa Cottage. See the information in this hyperlink: [https://twitter.com/Read\\_Wasabi/status/1158534864594849793/photo/1](https://twitter.com/Read_Wasabi/status/1158534864594849793/photo/1)

### **MAUI**

#### **August 20th, 2019: Support Group for Alzheimer's and Dementia Caregivers**

Time: 5:30 pm-7:00 pm Location: Maui Memorial Center (Nutrition program room in the cafeteria)

#### **August 28th, 2019: Legal and Financial Planning Part 1**

Time: 5:30-7:30 pm Location: Ohana Care Maui, LLC, 1464 Lower Main St. #211, Wailuku \*We apologize this venue is not handicap accessible.

#### **September 12th 2019: Online Class for Caregivers: 10 Warning Signs of Alzheimer's Disease**

Time: 6:00- 7:30 pm Please RSVP to [cespencer@alz.org](mailto:cespencer@alz.org) to receive the link for the class. The class will be online via Zoom, pre-registration required.

#### **September 17, 2019: Support Group for Alzheimer's and Dementia Caregivers**

Time: 5:30 pm-7:00 pm Location: Maui Memorial Center (Nutrition program room in the cafeteria)

## SOCIAL SECURITY NEWS

The Social Security Administration introduced the expansion of online services for residents of Hawaii available through its my Social Security portal at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Andrew Saul, Commissioner of Social Security, announced that residents of Hawaii can use the portal for many replacement Social Security number (SSN) card requests. This will allow people to replace their SSN card from the comfort of their home or office, without the need to travel to a Social Security office. The agency is conducting a gradual roll out of this service; Hawaii is one of the states, plus the District of Columbia, where this option is available. Throughout 2019, the agency will continue to expand the service option to other states. This service will mean shorter wait times for the public in the more than 1,200 Social Security offices across the country and allows staff more time to work with customers who have extensive service needs. For more information about this new online service, visit [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

## HPGS WEBINAR



HPGS members are looking forward to the next HPGS Webinar coming up on **August 29th from 11:30am to 12:45pm** with a presentation by Myles Dias on the "Benefits of Exercise and Nutrition to Fight Alzheimer's Disease." As a Certified Senior Fitness Specialist, he will discuss the science behind lifestyle choices to keep a healthy brain and body and provide recommendations on exercise programming. For further information and to register, go to <http://hpgs.org/events.html>

The July 25th HPGS webinar featured Elder Law Attorneys Thomas Rulon and Laurie Adamshick who talked about protecting against identity theft, scams and financial exploitation. They identified many of the numerous types of telephone scams circulating and emphasized the number one rule of not picking up calls from unfamiliar numbers. One of the best resources mentioned is the True Link Card, a reloadable Visa® card to be given to a caregiver who shops for an elder client. It gives the elder some measure of protection against possible abuse of a regular credit or prepaid card by restricting what can be purchased and providing an elder same-day reporting of new charges by email. To help protect vulnerable elders with dementia who have problems with managing money, they suggested replacing regular credit cards with a prepaid card loaded with a limited amount of funds to give them a feeling of security and independence. Lastly, they provided phone numbers for opting out of telemarketing and direct mail to reduce the number of unsolicited offers received. Find all of this information and more from the recorded version of this webinar on our website at [www.HPGS.org](http://www.HPGS.org) under the "WEBINAR" tab.

## HYHP MIXER



The Hawaii Young Healthcare Professionals (HYHP) will be holding a FREE networking, pupu and drink mixer on Thursday, September 5th from 5:30pm. The event will be held at Ka Wai Wai, located at 1008 University Avenue. Register at [tiny.cc/HYHPmixer](http://tiny.cc/HYHPmixer). This mixer is cosponsored by Kaiser Permanente, Ekahi Health and Blue Zones Project. For further information, go to <http://hpgs.org/events.html>

## EVENTS

### WORKSHOP SERIES CONTINUE

The third workshops for caregivers of persons living with memory loss will be held on Friday, September 6th from 4:30 to 6:30pm at Catholic Charities Hawaii. The workshop's title is "It's All In Your Approach - Making Positive Connections" 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](mailto:jmishan@hawaii.rr.com).

## HPGS CHARGE CARD CHANGE

Instead of using PayPal for new and current HPGS members to charge their membership dues, American Savings Bank has completed the process for HPGS to use their charge card program. Having ASB will allow for "local" assistance when needed and immediate processing for HPGS.

If you or your company/organization has not yet paid for your/their 2019 membership dues, please go to [www.hpgs.org](http://www.hpgs.org) under "Membership," and press the "Renew" button to begin renewing for this year.

## AARP SELECTS NEW STATE DIRECTOR



Keali'i Lopez will be the new AARP Hawaii State Director on August 12th. She brings a great mix of experience to lead their office, having been born and raised in the islands, graduated from the University of Hawaii at Manoa, and spent her career working in Hawaii. Keali'i has served in state government as Director of the Department of Commerce and Consumer affairs, worked in the community as President and CEO for Olelo Community Media, and is experienced in governmental relations as the Director of Government Realities at the Alston Hunt Floyd & Ing law firm.

## KOKUA COUNCIL

The **Kokua Council** is one of Hawaii's oldest Senior Advocacy Group. **Kokua Council** advocates, informs, and educates to improve laws, policies and practices impacting the well being of seniors, their families and our community. They meet the fourth Monday of every month from 11:30 a.m. to 1:00 p.m. for lunch in the Miyama Main Hall of Harris United Methodist Church on the corner of Nuuanu Avenue and South Vineyard Boulevard. Enter the driveway off Nuuanu Avenue where there is ample free parking. The next meeting of Kokua Council is Monday, August 26th. The guest speaker will be Congressman Ed Case, who will offer an update on issues before Congress that impact seniors.

For more information, to join as a valued member, or make a donation, go to <http://www.kokuacouncil.org>. The Kokua Council is a 501(c)(3) organization, with a Board of impressive individuals. Check them out the fourth Monday of every month.

## SCHOLARSHIP MAHALO

Christy Nishita, HPGS Scholarship Committee Chair and Kathy Wyatt, HPGS President, would like to thank Christopher Conybeare and Kathryn Braun for their scholarship donation of \$750. In their letter, Christopher made note that the donation was for the HPGS Scholarship Fund. It comes at a perfect time when the HPGS Scholarship Committee is reviewing all nominations made for the four awards to be given shortly.



Hawaii Pacific Gerontological Society

PRESENTS THE AUGUST WEBINAR:

*“Benefits of Exercise and Nutrition to Fight Alzheimer’s Disease”*

SPEAKER: MYLES DIAS, CERTIFIED SENIOR FITNESS SPECIALIST

**THURSDAY, AUGUST 29<sup>TH</sup>  
11:30 AM – 12:45 PM**

**LEARNING OBJECTIVES:**

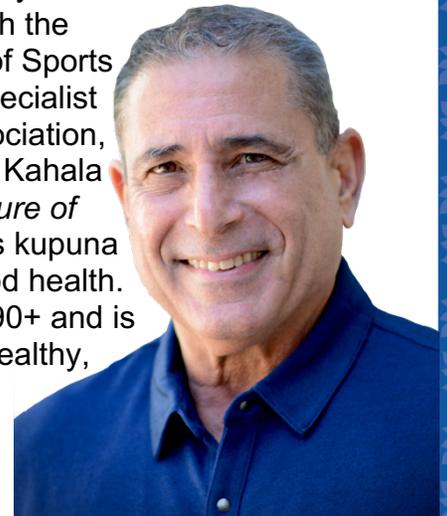
- Science behind lifestyle choices to keep a healthy brain and body
- Understand the impact of aging on the brain and why exercise is good
- Learn the 7 basic body movement patterns
- Get specific recommendations on exercise programming for all stages of individuals with Alzheimer’s Disease
- Identify the updated research on balancing exercise and nutrition

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

[https://zoom.us/webinar/register/WN\\_XPvxXnnOR\\_O2ts3OjnFPlw](https://zoom.us/webinar/register/WN_XPvxXnnOR_O2ts3OjnFPlw)

**ABOUT THE SPEAKER**

**Myles Dias** has been an athlete, trainer and coach for over 30 years. He is a Master Trainer who holds certifications as a Certified Personal Trainer with the American College of Sports Medicine and the National Academy of Sports Medicine. He holds a specialty certification as a Senior Fitness Specialist with NASM. He works with agencies such as the Alzheimer’s Association, Queen’s Medical Center, the American Diabetes Association, and Kahala Nui retirement community. As the host and co-producer of the *Future of Senior Fitness*, a monthly televised program that reached Hawaii’s kupuna in their homes, Mr. Dias sought to give older adults a future of good health. Myles specializes in functional training for older adults ages 50 – 90+ and is committed to educating and motivating all seniors to live active, healthy, quality lives. Mr. Dias has been described as a person committed to serving as a role model, change agent, and advocate, while “providing compassionate care with unequalled enthusiasm.”



Zoom webinar sponsored by:



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