



hawaii pacific gerontological society

Volume 40, No. 9

September 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

Sometimes in the hustle and bustle of everyday life, we can forget to just have fun and be happy! I came across these 12 steps to help seniors keep active, happy and having fun and have shared them with friends and colleagues. I want to share them with you, and I hope you find them helpful.

1. Think Positive and Stay Optimistic
 - No matter what happens (in your journey of aging) it could be worse. Be grateful every day for everything you have and everything you are grateful you don't have.
 - Stay committed to looking at the bright side every day and always assume good things are coming your way.
 - Always choose to be optimistic, because the universe usually brings whatever you believe is coming.
2. Think Young
 - North Carolina State University did a study in 2009 that showed memory decline happened only in those people who believed memory declined in old age.
 - It's mind over matter, and you have more control over that than you think.
 - Another study at Yale (Levy) found that people who believe getting older is a positive experience lived seven years longer than those who saw it as a negative.
3. Stay Busy and Active
 - Remember the old saying, "A body in motion stays in motion." It's true.
 - Studies have shown that people who stay active, keep working and retire later have fewer chronic diseases, less risk for Alzheimer's and stay strong longer.
4. Find a Life Purpose
 - Find a cause to fight for or people to serve.
 - When you stay focused on accomplishing something, you will feel energized, have less depression and your life will matter.
 - There are so many needs on this planet where you could make a meaningful difference no matter your age.
5. Keep Learning and Growing
 - Create a bucket list with all the things you want to learn (make sure it has at least 150 things on it).
 - Think about hobbies, sports, languages, instruments, art or music.
 - If you keep learning and developing as a person, your mind stays active. If you don't use it you will lose it.
6. Forgive
 - Don't hold onto old grudges. If you need help with this, find a coach or counselor to help you shift your perspective.
 - Holding onto pain, guilt, shame or blame is like drinking poison every day, hoping the other person will die.
 - Let it go. It's time to choose peace.
7. Get a Pet
 - Studies have consistently shown it's healthy and it reduces depression and loneliness.

(Continued on Page 4)

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

Mohammad Hossain
Whitney Kim
Jane Lee

HPGS Company

Dignity Senior Living at Oceanside Hawaii

Albert Chen
53-594 Kamehameha Hwy
Hauula, HI 96717
408-838-5155
albert@oceansidehawaii.com
www.oceansidehawaii.com

HPGS FUNDRAISER

SAVE THE DATE and plan to attend the HPGS fundraiser honoring Barbara Kim Stanton on Thursday, **November 7th** from 5:30am at Kahala Nui. See the last page of this newsletter for the flyer and sign up today.

EVENTS

September 18th Molokai Dinner/Fundraiser for the Alzheimer's Walk

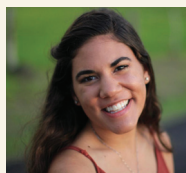
September 19 Healthy Living For Your Brain and Body

10 AM Kapaa Neighborhood Center
Senior program
4491 Kou Street, Kapaa, HI 96746
Further information: Call Humberto
245-3200 ext. 8242 (program)
Call Marta Hulsman 822-1931 (site)
Or Brenda Viado 346-1436 (seniors)

The next **Kokua Council** meeting will be held Monday, **September 23rd** at Harris United Methodist Church on the corner of Nuuanu Avenue and South Vineyard Blvd, with ample free parking. The speaker will be Dr. Poki'i Balaz, Neurology Alzheimer's Specialist, Family Caregiver, and Alzheimer's Association Champion Ambassador, discussing "Hurdles involved in Alzheimer's care and lack of coverage insurance, Medicaid & Medicare." Rick Tabor, of Right at Home, is a new Board

HPGS SCHOLARSHIP AWARDEES

HPGS is proud to support college students interested in careers in aging. The HPGS Undergraduate and Graduate scholarship awards students who demonstrate a clear commitment to work in the field of aging as well as an impressive academic, work, and volunteer record. These three students each won a \$2000 scholarship:



Kamaile Aipa's email after she heard she was one of the HPGS scholarship recipients read: "It is from the bottom of my heart which I say mahalo to Hawaii Pacific Gerontological Society for considering my story, my passions, and my dreams in selecting me as one of this year's scholarship recipients. I am deeply humbled and honored to receive this scholarship which will help to lift a financial burden from my shoulders and allow me to continue my education as I pursue a Bachelor's of Science in Nursing as a Junior at Chaminade University. My passion and greatest inspiration to help the geriatric population stems from the strong loving relationship I have always had with my Grandma and Grandpa. I aspire to become the kind of nurse I would want for my grandparents; to be patient, compassionate, and to provide excellent patient education. My involvement at church and in the community continues to strengthen these desire and help me to improve every day. I aim to give back to a generation that has given to us for so long."



Uyanga Batzogs was born and raised in Mongolia. She is currently pursuing her PhD studies in Social Welfare and plans to develop new and better services for multi-generations, especially for older adults. She has lived in Hawaii while completing her MBA degree at Shidler School and worked for Waimanalo Health Center as the CFO for five years. She wrote in her email: "While running a business in Mongolia, I founded a non-profit, helping older adults to have a place to socialize in a senior center and assist them to get part time employment. However, sustainability is always a challenge due to funding issues. I love working with seniors and I currently volunteer and teach board games to older adults in Hawaii, at Osher Lifelong Learning Institute at UH. My husband and I have four children, aged from 7 to 19. My grandparents inspired me to study gerontology because they are leading active lives. Thank you very much for providing me the scholarship. This is great support for me to expand my knowledge in gerontology and follow my passion to be an active aging advocate."



Mohammad Didar Hossain is from Bangladesh and currently a graduate student at Myron B. Thompson School of Social Work. His professional background includes seven years of experience in teaching and researching the positions of Lecturer, Assistant Professor of Social Work, Gerontology and Social Studies, along with Assistant Program Manager (Research). He wanted to say: "I am really happy that HPGS has selected me as one of their scholarship recipients this year. In deed it is a great achievement for me as an early stage professional and graduate student at the University of Hawaii. Simultaneously, I feel honored and proud for this scholarship from a reputed and dedicated association for older persons working in the region Hawaii and the Pacific. In the future, I have high hopes to complete my PhD on Active Aging and Care Giving. Following this, I will be engaged in teaching, research, and developing social entrepreneurship for promoting an aged friendly society. For those ends, this recognition will be a true inspiration for me. Moreover, the scholarship money will help me to concentrate on my study."

EVENTS

September 24th, 2019: Caregivers Cooking Demo: Healthy Living for your Brain and Body

Time: 3:00 pm-4:30 pm

Location: HMSA Center

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

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

September 25th, 2019: Legal and Financial Planning Part 2

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.

The fourth workshops for caregivers of persons living with memory loss will be held on **Friday, October 4th** from 4:30 to 6:30pm at Catholic Charities Hawaii. The workshop's title is **"Challenging Behaviors - Recognizing Unmet Needs"** 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

October 8: 10 Warning Signs

5 PM Kapaa Library

4-1464 Kuhio Hwy, Kapaa, HI 96746

Further information: Call Humberto

245-3200 ext. 8242 (program)

Lani 821-4422 (site)

KAUAI

Support Groups for Family Caregivers

Contact Alzheimer's Assn, Kauai County

Huberto Blanco

808-245-3200, ext. 8242

HILO

Cyber Safety Workshop

This training was developed specifically for kupuna and offered by CyberPatriot as a community service. All materials to include student workbooks and content is provided at NO cost. A small lunch is provided on **Friday, October 4th**, and **Monday, October 7th** from 9am to 3pm at Hawaii County Office of Aging and Disability Resource Center, 1055 Kinoole Street. **Saturday, October 12th** will be at Hawaii Island Adult Day Care at 561 Kupuna Lane. Call 808-961-8600 and ask for Kalen Kona to register. Deadline is September 25th.

HPGS SCHOLARSHIP AWARDEES (CON'T)

The joint UH Center on Aging and HPGS scholarship awards outstanding UH undergraduate and graduate students in the nursing or social work fields. This scholarship is generously funded by both Kahala Nui and the Hawaii Association of Case Managers. These two students each won a \$1,000 scholarship:



Kehaulani Engle emailed HPGS the following: "Mahalo nut loa Hawaii Pacific Gerontological Society for providing a scholarship to aid in my pursuit towards a Master's degree in Social Work. I am a full-time student at the UH Manoa in the MSW program, a single mother of four, working part time in the gerontology field, and a volunteer with Project Dana. Gerontology has always been a passion of mine since I was a little girl. I spent a great deal of time with my grandparents and remember going with my grandma to visit my great-grandma when she was in hospice regularly. Our kupuna are vital to our society and carry knowledge and experience with them that are invaluable. I love working with kupuna and look forward to a career in social work to further help this growing population."



Whitney Kim emailed this response when she was told of her scholarship award: "I am beyond honored to be selected for this scholarship. Right now I am in the middle of working toward my Master's of Social Work at UH Manoa, with a focus on gerontology, while working full time in affordable housing. Fighting for the rights and equitable treatment of all people is important; however, there's something about making sure we care for our kupuna just as well as they cared for us that sparks my passion. I hold the utmost admiration for the social workers, medical experts, and caregivers that devote their lives to the safety and comfort of others. It is my hope that I will also be able to contribute in some way to the advocacy and direct care of our elderly and end-of-life patients here in Hawaii. I would like to thank the members of HPGS and the Center on Aging as well as my mentors and family for supporting me on this journey."

Thank you to the scholarship committee for their thoughtful and thorough review of applications.

MAUI NEWS

Na Hoaloha-Maui Interfaith Volunteer Caregivers Agency, has 375 registered Volunteers who serve 2,018 Aging Seniors in Maui County. Each volunteer is "matched" with one to five Seniors, for an effective and mutually satisfying relationship, with caregiving delivered to allow "aging-in-place". Na Hoaloha, which won a 2018 Na Lima Kokua Volunteer Award from HPGS, is a REST (Respite Education and Support Tools) trained agency. Here is the staff: L - R, Jessica Leyba, Pua Pahukoa, Leilani Muller, Judy Guajardo and Executive Director Kea Hokoana-Gormley.



100TH BATTALION HONORS

The **14th Annual Joint Memorial starts on Saturday September 28th** with the decorating of our Island's greatest generation's one thousand 100th Battalion hero's graves with flowers.

On **Sunday September 29th from 9:30am-10:30am there will be a joint memorial service** in honor of our Nisei soldiers of World War II and other distinguished military. In addition to helping the Club 100 lay flowers on **Saturday September 28th, 8:00am-1:00pm**. The public is also encouraged to **join the memorial service, Sunday 09/29/2019 9:30am-10:30am**.

Together we'll honor the Nisei soldiers of World War II, including the 100th Battalion (Purple Heart Battalion), the 442nd (Go For Broke Battalion), Regimental Combat Team, the Military Intelligence Service (MIS), the 1399 Engineer Construction Battalion and the Medical Support Team. For further information, go to <http://hpgs.org/events.html>.

GRANDPARENT'S DAY



On Sunday, September 8th, Manoa Cottage residents and family members celebrated Grandparents Day with a lunch barbeque. Former President Jimmy Carter signed the proclamation that the first Sunday after Labor Day is proclaimed as National Grandparents Day. Pictured are Kiyoko Shinsato and family.

HPGS BIENNIAL CONFERENCE & LOGO CONTEST

SAVE THE DATE - Thursday and Friday, September 10 and 11, 2020 at the Ala Moana Hotel. The Conference Committee has been meeting and making good progress so that come January 2020 we will be ready to share all the details.

The 2020 Biennial Conference Committee is looking for an eye catching LOGO to put on all the forms and booklets for the conference. Please keep in mind the slogan for this Biennial is "2020 VISION". The idea behind this is not just to look at vision, but the Research and Evidence- Based Innovations in the Field of Gerontology. The message we want to create with this Logo, is to visualize strategies and techniques that provide new ideas which serve our Kupuna. Examples would be, new strategies in Fall Prevention, alternative treatments, brain health, hearing technologies, etc.

Put your creative genius to work and you may win the following if your logo is chosen:

1. FREE conference registration for TWO days
2. \$100 cash prize
3. Your picture in the Conference booklet as the winning entry
4. Opportunity for your composition to be seen by hundreds of people at the event

Submissions will be judged by the Conference Committee and are due on Friday, November 22nd. Announcement of the winner will be made in the December HPGS newsletter. Good Luck!

PRESIDENT'S MESSAGE (CON'T)

- People with a pet have a 40 percent lower risk of dying from a heart attack too, especially if they have to walk their pet every day.
- 8. Laugh Often and Have Fun!
 - George Bernard Shaw said, "You don't stop laughing when you grow old, you grow old when you stop laughing."
 - Life will always be as fun as you make it.
 - Every day could have some laughter in it if you look for it.
- 9. Keep Being Social
 - Get out and meet people and get involved in the community.
 - There are people everywhere you could serve.
 - There is no excuse for loneliness. If you want friends and activities, you can have them.
 - If people don't visit you, join a group, find a center and go visit them.
 - In the resources section I showed you, there are lists of Senior Clubs and other activities.
- 10. Eat Healthy and Stay a Healthy Weight
 - For many people it's weight, not age, that slows them down.
 - If you need help in this area, find some because nothing would help you age happier than feeling good about yourself and staying active.
- 11. Sleep Well
 - Studies have shown that at least eight hours a night could make you live longer and gain less weight.
 - It's not easy getting eight hours a night, but naps are also beneficial.
- 12. Accept and Trust Whatever the Journey Brings
 - Life rarely turns out the way we expect it to. Some of the surprises will be welcomed and others will be major disappointments.
 - The trick is to trust the process and choose to see everything as good in some way.
 - Some believe the universe is constantly conspiring to serve, bless, educate and develop us.
 - Every experience is here to help us become stronger, wiser and more loving. If we trust the journey about this, we resist and complain less and therefore suffer less.
 - Some experiences we'd still rather not have, but if dropping the class isn't an option, trust it and look for the blessings.



hawaii pacific gerontological society

An Evening with Barbara Kim Stanton



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.

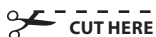
Join the Hawaii Pacific Gerontological Society
in honoring Barbara Kim Stanton on
Thursday, November 7th from 5:30 to 8:00pm
at Kahala Nui, located at 4389 Malia Street

**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**