



hawaii pacific gerontological society

Volume 41, No. 1

January 2020

**HPGS 2020 BOARD OF DIRECTORS**

**Officers:**

Eileen Phillips, President  
Debbie Kim Morikawa, President-Elect  
Kathy Wyatt, Past President  
Cynthia Arnold, Secretary/Treasurer

**Directors:**

Laurie Adamshick  
Poki'i Balaz  
Humberto Blanco  
Percy Ihara  
Kathy Jaycox  
Christy Nishita  
Mapuana Taamu  
Rick Tabor  
John A. H. Tomoso

Sherry Goya, Executive Director  
808-722-8487 • sgoyallc@aol.com

P. O. Box 3714  
Honolulu, HI 96812  
www.hpgs.org  
hpgs.808@gmail.com

Do you know someone who's thinking of being a kupuna caregiver/Nursing Assistant or do you want to be a kupuna caregiver Nursing Assistant? Need training? Need financial assistance? Apply for an HPGS Eldercare Worker Training Award! \$500 scholarships available for training class cost.

Go to [hpgs.org/scholarships.html](http://hpgs.org/scholarships.html) for information and application materials

**PRESIDENT'S MESSAGE**



EILEEN PHILLIPS, PRESIDENT

Hau'oli Makahiki Hou! Welcome to another fantastic year with the Hawaii Pacific Gerontological Society! I would like to start out by expressing gratitude for our past President, Kathy Wyatt and our Treasurer, Cynthia Arnold. Of course, our Executive Director, Sherry Goya has been a behind-the-scenes blessing; and as a board, we are lucky to have all of them again this year. I am proud to serve as your HPGS President for the next 12 months.

I am happy to open this year with 2020 Vision! This is the year we will host the exciting Biennial Conference in the fall. The dates to remember are **September 10th and 11th**. This year will be filled with educational and compelling topics for attendees. We will be putting out a call for presentation proposals soon, which will give the conference committee an opportunity to choose the most inspiring and educational topics. As an active board member for the past 2 years, I have been privileged to participate in educational programs with other board members and those at the General Membership. We have been able to hold 4 General Membership meetings (one every quarter) and 12 Webinars over the past year! We look forward to continuing this benefit to the membership and hope that the renewal of your membership will prove to be of great value.

As HPGS president, I would like to accomplish the following goals over the next 12 months:

1. Promote membership to individuals and organizations in order to increase networking and share information so we can push for policies and programs for the aging population.
2. Engage members to contribute to the FREE publicity and outreach HPGS offers by participating in our webinars, general membership meetings and by sponsoring and attending the Biennial Conference.
3. Attend 90% of the Kupuna Caucus meetings, held on the First Friday of every month in order to bring current legislative issues to the membership.

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**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 2020 DUES

Membership with the Hawaii Pacific Gerontological Society is from January to December and dues have not increased. Everyone receiving the monthly HPGS newsletter should take time to renew for 2020, either online with PayPal or by mailing the form and check to P.O. Box 3814; Honolulu, HI 96812.

## WELCOME TO HPGS

### COMPANY

#### MDX Hawaii

Amy Rhine, M.D.  
500 Ala Moana Blvd, #2-200  
Honolulu, HI 96813  
P: 808-792-4364  
E: amy.rhine@mdxhawaii.com  
W: MDXHawaii.com

### INDIVIDUAL

Lisa Spencer  
Wallis Wake

## EVENTS

### KAUAI

**Healthy Living For Your  
Brain and Body**  
**Thursday, January 30th**  
from 1pm

Kapaa Library,  
4-1464 Kuhio Hwy  
For info: Humberto  
245-3200 ext. 8242

**Healthy Living for Your  
Brain and Body**  
**Wednesday, February 5th**  
at 5:30pm

Marichi's Restaurant,  
4-1387 Kuhio Hwy  
For info: Humberto  
245-3200 ext. 8242

### OAHU

#### Kokua Council

**Monday, January 27th**

11:30am to 1pm  
Light Lunch & Free Parking  
Harris United Methodist Church  
Corner of Nuuanu and South Vineyard

## HPGS GENERAL MEMBERSHIP MEETING

Time to RSVP for the Thursday, **January 23rd** HPGS General Membership Meeting that will begin at 8:30am in the classroom of Abe Lee Seminars (1585 Kapiolani Blvd, Suite 1518). Park in the upstairs "Macy's" open-air parking lot and go up the escalator into the building to the 15th floor.

The guest speakers will be Gary Powell of The Caregiver Foundation and Diane Terada of Catholic Charities. Both are experts in their field, and Gary will share the many resources that this Hawaii-based not-for-profit agency provides for our local caregivers including their support groups. Diane will share about their Hawaii Circle of Care for Dementia which offers caregiver training as well as supportive services for individuals living alone with dementia. Learn, share, and ask questions to make this HPGS General Membership Meeting of value to you.

**RSVP:** Sherry Goya, HPGS Executive Director at [sgoyallc@aol.com](mailto:sgoyallc@aol.com) or 722-8487. Bring a family member and/or friend to share in the event.

## HPGS 2020 CONFERENCE

The HPGS Conference Committee will be releasing forms for the September biennial conference within the next few months. The first form attached to this newsletter is the Sponsorship Form to be used by HPGS member companies, individual members or anyone interested in making a donation to this two-day conference. Sponsorship categories are Gold, Silver, Bronze and Friend of HPGS. Recognition will be made in the conference program, and added benefits for the different sponsorship categories will include conference registrations with CEU's, if needed, exhibitor's table, company banner displayed, and an ad in the conference program. See the Sponsorship Form attached to this newsletter.

## 2020 LEGISLATIVE SESSION

The 2020 legislative session opened on Wednesday, January 15th. The Kokua Council offers the following information to help HPGS members to follow the Hawaii State Legislature:

**Public Access Room** - Found on the 4th floor of the Capitol: <https://lrb.hawaii.gov/par/> Their phone number is 808-587-0478.

**Web Access** - from the Public Access Room: <https://lrb.hawaii.gov/par/overview-of-the-legislative-process>

**Official Web Page** - Find info on any proposed bill, public hearings, content of bills, amendments, and much more: <https://www.capitol.hawaii.gov/>

**State Senate** - Information on all Senators and their committees: <https://www.capitol.hawaii.gov/senate.aspx>

**State House** - Information on all House Representative and their committees: <https://www.capitol.hawaii.gov/house.aspx>

To be even more "plugged" in to the legislative action, join the Kokua Council at their monthly meeting which is held the 4th Monday of every month, 11:30 a.m. to 1:00 p.m. at the Harris United Methodist Church @ Nuuanu & South Vineyard Blvd., Ample parking and a light lunch.

## MAUI ADULT DAY CARE CENTERS



Kahului Staff of the Maui Adult Day Care Centers pose with copies of "Chicken Soup for the Soul: Living with Alzheimer's and Other Dementias", that they're reading for themselves, before passing them on to Family Caregivers who pick up their beloved Kūpuna at the end of the day. They collectively said, "Mahalo HPGS!", upon posing for this photo.

## DECEMBER WEBINAR

On December 19th we were joined by Katie Ranney, Special Programs Coordinator at The Mediation Center of the Pacific. Katie talked about how to engage in difficult conversations with family members. She covered topics such as conducting an emotional inventory, how to set the stage for conversations, and how to listen for understanding. Viewers were able to ask questions related to their personal conflicts with family. For the rerun of Katie's webinar please check our past webinar archives on [www.hpgs.org](http://www.hpgs.org) under the WEBINAR tab.

## JANUARY WEBINAR

Please join us on Thursday, January 16th at 11:30am - 12:45pm for the January webinar titled "Functional Fitness" with Debbie Kim Morikawa, owner of GYMGUYZ. Debbie will talk about the hazards of sitting, demonstrate a few functional exercises and discuss the importance of posture. You can register to attend the webinar with this link: [https://zoom.us/webinar/register/WN\\_PAcmp4BQdCLab8itmTgdw](https://zoom.us/webinar/register/WN_PAcmp4BQdCLab8itmTgdw)

## HPGS NEWS FROM MAUI

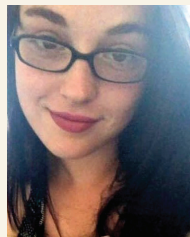


Maui Adult Day Care Centers was able to bless caregivers via a generous donation from HPGS and John Tomoso who donated a case of beautiful books "Chicken Soup for the Soul... Living With Alzheimer's & Other Dementias". The books were an amazing way to instill compassion and understanding for those struggling in their role as a caregiver to an aging loved one. Maui Adult Day Care Centers

"looks at a caregiver and their loved one as a package; we believe the better we can support the caregiver...the more compassionate the care with the least amount of regret. Thank you HPGS for believing the same and for blessing caregivers with these beautiful books. Mahalo Nui Loa!"

Stand Up Maui (formerly FACE Maui) presents their 8th annual Martin Luther King Jr. Interfaith Service on January 20th from 5:30-7:00pm at the Ala Lani United Methodist Church in Kahului. This is a free event. Pupu will be provided. Contact 808-280-1749 for further information.

## HPGS SCHOLARSHIP



The Eldercare Worker Training Award offers a \$500 scholarship to assist Hawaii students with their education. The HPGS Scholarship Committee has given an award to Marieh Roberts after reading her application, essay, school transcripts and letters of recommendation. She is looking to complete the Hoaloha Nurse Aide Training Program.

When Marieh was emailed notification that she won this award, she emailed back: "Thank you so very much to the Hawaii Pacific Gerontological Society for awarding me with the Eldercare Worker Training Award! I just recently moved to Hawaii, and I'm still settling in. I plan on using this award to complete my Certified Nursing Assistant training while working full time. I've been a caregiver for a little over three years now, and for more than half that time I've been caring for the Kūpuna of our Island. Hearing their stories and being able to improve their quality of life has been one of my greatest honors. I'm excited to get my CNA certification and further my education to be able to provide the absolute best care I can, and I hope to continue providing for the Kūpuna in their homes where they are most comfortable."

## PRESIDENT'S MESSAGE (CON'T)

4. Bring new ideas and research to the forefront of our Pacific community and educate the leaders who can implement change.

The HPGS board is a volunteer group focused on our stated Mission. If we can work on these goals and focus on our Mission we will have a groundbreaking year and make a difference for our Kūpuna. As a Registered Nurse who works daily in the homes of our community, I see what the challenges are clinically. We have some work to do in order to allow our aging population to live with dignity and health in the next decade and beyond. Mahalo for your membership and I humbly ask that you encourage your fellow worker or companion to sign up to be a member today! Let's start the year out with participation and sharing. If you want to reach me please call (808) 739-2811 or email me at [eileenp@attentionplus.com](mailto:eileenp@attentionplus.com).



hawaii pacific gerontological society

2020 Biennial Conference
2020 Vision
Innovations in Aging

September 10 - 11, 2020
Ala Moana Hotel, Honolulu, Hawaii

Sponsorship Form

The Hawaii Pacific Gerontological Society (HPGS), a nonprofit organization dedicated to the field of gerontology, is seeking corporate sponsors for its upcoming 2020 Biennial Conference on September 10th & 11th at the Ala Moana Hotel. The conference theme is "2020 Vision" and invites attendees to hear current research and evidence based practices that impact the lives of our kupuna.

The conference is intended for elder care practitioners in the health and human service fields, businesses providing financial, legal and other products and services to the older population, nursing home administrators, managers and planners in public and nonprofit agencies serving older adults and other populations, advocates and volunteers, university students, as well as Boomers and family members.

Over 300 people are expected to attend this two-day conference which will have workshops conducted by local and national experts on cutting edge technologies, health and wellness, businesses, innovative programs and services that promote the well-being of older adults. To help defray the conference expenses, HPGS is seeking corporate sponsors who will cover program printing, meeting rooms, audio equipment rental, an refreshment costs. The conference fees are at an affordable rate to attract attendees such as seniors and students in the aging field.

SPONSOR SHALL RECEIVE:

Gold Sponsor (donation of \$3,000 or more)

- Acknowledgement in the conference program
Full page camera-ready ad in the conference program
Company banner displayed at the conference
Two conference registrations for two days, No charge for any CEU's needed at conference
Exhibitor's table

Bronze Sponsor (donation of \$1,500 to \$1,999)

- Acknowledgement in the conference program
One-fourth page camera-ready ad in the conference program
Company banner displayed at the conference
One conference registrations for two days, No charge for any CEU's needed at conference
Exhibitor's table

Silver Sponsor (donation of \$2,000 to \$2,999)

- Acknowledgement in the conference program
Half page camera-ready ad in the conference program
Company banner displayed at the conference
Two conference registrations for two days, No charge for any CEU's needed at conference
Exhibitor's table

Friend of HPGS

(Donation to HPGS Scholarship Fund)

- Acknowledgement in the conference program

We would like to be a:

[ ] Gold Sponsor [ ] Silver Sponsor [ ] Bronze Sponsor [ ] Friend of HPGS (\$ )

Deadline is June 1, 2020 to complete this form, write check to HPGS Biennial Conference, and mail to P. O. Box 3714; Honolulu, HI 96812.

Company Name \_\_\_\_\_

Contact Person \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_