



hawaii pacific gerontological society

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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 for information and application materials

PRESIDENT'S MESSAGE



EILEEN PHILLIPS, PRESIDENT

Aloha Kakou!

These past couple weeks have been like a dream that never ends. Waking up at night and realizing the world is dealing with a crisis all at the same time, does not give me comfort. There was a time when us baby boomers wanted the world to "be as one" as in the John Lennon song, "Imagine". I am sure when Yoko Ono wrote those words she was not thinking of a virus when she wrote: "Imagine no possessions.. I wonder if you can". As the shelves in the stores remain empty, I am imagining no possessions. No toilet paper is what I think of. But is this a worldly problem? Or is it just in the United States? These are all questions to ponder as half of the population in Hawaii stays home from work thru April 30th. The "essential worker" list is long, but traffic has been amazing! Maybe its because the hospital workers and the construction workers all start work before 0800am!

It saddens me to report that the HPGS Biennial Conference will be postponed until September 2021. This will be the first time we wait for three years before this event occurs. As you can imagine, the healthcare environment which is a highlight of the conference will be otherwise detained with the condition of the State of Hawaii. However, this will allow us more time to develop an excellent array of speakers and topics, which by next year, may be different than those were planning for this year. Those that speak of infection control in the community will definitely be present.

Please have patience with each other and those that are governing our situation. There is a need to be vocal and advocate for our Kupuna. Our legislature should hear from you as individuals and companies regarding your concerns. Call or write a letter to your representatives and let them know the difficulties this Pandemic has put you and your families in. Are we doing everything we can to prevent the spread of Covid19? I ask myself this every day. Looking ahead at what this will look like in a month, can send me into a panic. Our focus should be on what we can do today to help our tomorrow. Testing, supplies, quarantine and stopping the incoming travellers makes sense to me. Creative ideas, fore-thought, and supplies are needed. The number of homemade masks are starting to become available everywhere. In fact, just today the Mayor is asking all residents to wear a cloth mask when out in the community. Schools are closed, business are closed, and restaurants are preparing meals for take out. All is not lost, and I know the people of Hawaii will come together to take care of each other. We just need to listen to

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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 CONFERENCE POSTPONED

The HPGS Board made the very difficult decision to postpone the HPGS Biennial Conference until September 9 & 10, 2021, at the Ala Moana Hotel, in light of the Coronavirus. The plans and forms that the Conference Committee completed thus far will be easy to reinstate at the end of this year.

HPGS MEMBER NEWS

"**Kahala Nui** donated \$255,170 to Aloha United Way in support of organizations that service seniors in the community." announced by the March 25th MidWeek article. It also said that the funds were distributed among Kahala Hui's five community partner organizations: Alzheimer's Association of Hawaii, Catholic Charities Hawaii, Hawaii Meals on Wheels, Kokua Kalihi Valley and Project Dana.

If you've recently seen Jessica Lani Rich's KWHE's Inspire You & Me show, on Spectrum's channel 11, you probably recognized someone. The **Kokua Council's** Vice President and HPGS Board of Director, Rick Tabor was a welcomed guest. Jessica tapped into Rick's mental health expertise. The show is truly an inspiration, with a thoughtful focus on common sense coping skills for our coronavirus national emergency pandemic. Feel free to see the program the show's YouTube link at <https://youtu.be/xvrEy4ejSyE> Ae maka'ala a maika'i'ole (be wise smart & well).

Due to the Coronavirus regulators on Oahu, **Senior Move Managers/De-clutter Hawaii** and **The Ihara Team/Keller Williams Honolulu** have had to cancel their monthly seminars until further notice. Feel free to contact them direct for a personal conversation (Cynthia Arnold at 808-779-6224 for SMM and Dan Ihara at 808-256-7873 for The Ihara Team).

HPGS SCHOLARSHIPS

HPGS announces 2 undergraduate and 2 graduate scholarships in aging! These \$1,500 scholarships are open to all college students statewide with a serious interest in professional work related to aging, long-term care, and/or death and dying. Application information is available at <http://www.hpgs.org/scholarships.html>. Deadline is Wednesday, July 8 2020. See attached flyer for more information.

HELPFUL WEBSITE FOR KUPUNA

State Representative Gregg Takayama reached out to Sherry Goya, HPGS Executive Director, to say that his legislative staff was compiling a list of services available for stay-at-home seniors during this COVID-19 crisis. Especially important are meal or grocery deliveries, both free and commercial. In the meantime, his office contacted the Executive Office on Aging and now are working with combining their list, and both offices are double checking all of the information for accuracy before placing it on their website. The list will be updated online as more services become available. The website for the Hawaii Department of Elderly Affairs Division is <https://www.elderlyaffairs.com/>

Provided by Susie Chun Oakland, Executive Director of the Lanakila Multi-Purpose Senior Center, she thought his website may be helpful to you, your company or your organization. \$10,000 SBA Economic Injury Disaster Loan & Emergency Grant, <https://covid19relief.sba.gov/#/>

Kokua Mau strives to carry on with their mission to provide good information and resources to help you, your clients, patients and your loved ones. They know that the skills and resources that are available for caring of those with serious illness are needed now more than ever. Please visit their newest resource page at <https://kokuamau.org/covid-19-resources/>. You will find resources from national agencies including Communication Tips, Patient and Family Support, Setting Specific Guidance, and more. This page is updated regularly with new resources to support our community.

PRESIDENT'S MESSAGE (CON'T)

the song again:

No need for greed or hunger. A brotherhood of man
Imagine all the people sharing all the world
You may say I'm a dreamer. But I'm not the only one
I hope some day you'll join us.. And the world will be as one.

Yoko knew what we needed to hear. In the meantime, HPGS will continue to meet as a board every month via some electronic meeting app and we will try to have our webinars for your viewing, however there will not be one this month! Look for Colby Takeda's "Forrest Bathing" webinar on May 21st. The general membership meetings may have to be postponed, or recorded. I really enjoy seeing people and I am hoping to see all of you again soon! Stay well and wash your hands, wash your hands and stay home! A hui hou!

Happily Masked,

Eileen Phillips, RN
HPGS President

ARTICLES WELCOME

HPGS will continue to write their monthly newsletter, emailing to all members, and wanted to remind members that they may submit an article, photo, job opportunities, events when we are ready, and, now more than ever....great stories of how Hawaii residents have made life better for themselves, their families and friends, clients, customers, etc. The newsletter articles are collected the first week of every month and should be submitted to Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com.

CONGRATULATIONS SENIOR MOVE MANAGERS



Cynthia Arnold and Jon Vendiola attended the NASMM conference to receive the award

The National Association of Senior Move Managers (NASMM) had an annual conference in the beginning of the year that was attended by **Senior Move Managers/De-clutter Hawaii**, where over 400 NASMM members were there to learn, excel and share ideas. They received the NASMM Circle of Service - Diamond Society - for being a member of the association for ten years. Congratulations and Mahalo for servicing our kupuna on Oahu.

CHARITY FRAUD

The state of Hawaii's Department of the Attorney General sent out information on "Charity Fraud" that HPGS would like to pass along to its members. They wrote, "Charity fraud is committed when a perpetrator creates a bogus fundraising operation often by exploiting a fake personal tragedy or taking advantage of natural disasters, such as a hurricane or earthquake. These unscrupulous scammers take advantage of our sympathies, goodwill and generosity. Charity fraud may also occur when a legitimate charity represents that funds will be used for purpose "X" but the money is used for other purposes. There are many good causes, so do not let fraud dissuade you from donating. These tips will help ensure that your donations are put to good use."

Below are a few of the helpful tips for avoiding charity fraud. If you are scammed, call 9-1-1, call or email the Department of the Attorney General, Tax and Charities Division (808) 586-1480 - ATGCharities@hawaii.gov, FBI (808) 586-4300, and report the scam to FTC.gov/complaint.

1. Ask how your donation will be used. Make the caller be specific. If the answer is vague, be wary. You should be satisfied that your donation will support programs you think are worthwhile.
2. Check registration. Every charity that solicits contributions in Hawaii must register with the Tax and Charities Division of the Department of the Attorney General (808-586-1480). Before you give, search the Attorney General registered charities database: ag.ehawaii.gov/charity
3. Check the IRS website "EO Select Check" (<http://www.irs.gov/Charities-&-Non-Profits/Exempt-Organizations-Select-Check>)
4. Make sure you understand which organization wants your money. Some scammers use names that sound similar to legitimate charity names.
5. Ask who you are talking to. Get the name and write it down. If called by a police unit, do not be fooled into thinking you are talking to a police officer.

Check for fundraising reports on the charity on the Attorney General's website and with charity watchdogs such as: Charity Watch (charitywatch.org), Better Business Bureau's Wise Giving Alliance (give.org), CharityNavigator (charitynavigator.org), and GuideStar (guidestar.org)

FOREST BATHING HAWAII



Earlier this year, Blue Zones Project began a partnership with the Hawaii Pacific Gerontological Society and Forest Bathing Hawaii to host Green Walks. Led by a certified forest therapy guide, Green Walks invites attendees across the state to "bathe in nature" and use their five senses to strengthen their relationship with the natural environment. For centuries, the Japanese have practiced shinrin-yoku, also known as 'forest bathing,' for both leisure and natural therapy against physical and mental illnesses; in fact, Japanese healthcare providers may prescribe time in nature as treatment, rather than prescriptions. Another component of Green Walks was to visit nursing homes, senior living communities, and adult day care centers to share the principles of forest bathing with older adults, regardless of their physical abilities to traverse green spaces. Given the recent restrictions on group activities, we have postponed Green Walks, but we're happy to share that we have completed five green walks on Oahu and Maui. We look forward to restarting Green Walks, when possible. In the meantime, we encourage you to take advantage of the many benefits of outdoor time by getting social with nature, while practicing social distancing. Mahalo for your support!



HPGS UNDERGRADUATE AND GRADUATE SCHOLARSHIPS 2020

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 at the undergraduate or graduate level; (b) Have two or more semesters to complete before graduation; and (c) Have a GPA of 3.0 or higher.

The **DEADLINE is Wednesday July 8, 2020**, to be considered for the following academic year. For questions, contact Christy Nishita at cnishita@hawaii.edu. This year, HPGS will offer **two (2) \$1500 undergraduate awards** and **two (2) \$1500 graduate 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 detailed and 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.

Incomplete applications and failure to submit applications in the proper format noted above in 1 pdf file named "*lastname_hpgsapp*" will be returned and not considered. A review committee will give careful consideration to each application and will e-mail all applicants with their decision the week of August 10, 2020.