



hawaii pacific gerontological society

Volume 41, No. 6

June 2020

HPGS 2020 BOARD OF DIRECTORS

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HPGS raises funds and awards scholarships to college students interested in careers involving aging and older people. Each year, HPGS offers Undergraduate and Graduate Scholarships for students enrolled in the University of Hawaii system, Hawaii Pacific University, Chaminade University, and Brigham Young University-Hawaii who have a serious interest in professional work related to aging, long-term care, and/or death and dying. This year, 2 undergraduate and 2 graduate scholarships at \$1,500 each will be awarded. Scholarship applications must be sent by email to sgoyallc@aol.com and must be received by Wednesday July 8, 2020 to be considered for the following academic year.

PRESIDENT'S MESSAGE



EILEEN PHILLIPS, PRESIDENT

Aloha Kakou!

I hope this newsletter finds you well! Summer is here and the heat of the day is rich in humidity. As I sit at my air-conditioned office watching the waves breaking in front of Ala Moana, I realize how lucky I am to be working. I am grateful for the coworkers that support the type of work we do. Taking care of others during this time can be a bit tricky. Fortunately, the amount of knowledge we have gained from this experience, will help us in the years ahead.

As our State begins to lift the restrictions by county, we must remember the risk for our Kupuna is still there. Folks will be rushing out to stores and businesses. The restrictions going into these places may have been lifted, but it does not mean we all have to go out at once. Take your time, be safe and continue to wear that mask! Social distancing should also be maintained, even if the store lets everyone in at once. On that note, I would like to thank the local Kupuna friendly businesses that opened specific hours for those 60 and over listed here:

Foodland, Foodland Farms, Times Supermarkets, Tamura's market, Wholefoods Market, KTA Superstores, Walmart, and First Hawaiian Bank, American Savings Bank, Territorial Savings Bank and Hawaii State Federal Credit Union. Mahalo for thinking of those at risk and making adjustments to your practices on our behalf!

Here are some exciting upcoming HPGS events we are working on for you:

- June 25th HPGS Monthly Webinar – Green Walks, Forest Bathing Therapy (see attached flyer)
- July 23rd Virtual General Membership Meeting – To be announced

In addition, our own HPGS Board member, Laurie Adamshick, will be part of a presentation for the Alzheimer's Association on Wednesday, July 1st at 10 to 11 am. See attached flyer for more information. If you are caring for a loved one with Alzheimer's or another dementia, these planning tips can help.

Although there is unrest in the world this week, I am grateful for the peaceful souls here in Hawaii. The sadness over the senseless death of another human being in Minneapolis leaves an unacceptable feeling in my heart. The world has responded to this event with fear, hatred and violence. The real message is in there somewhere. I would like to leave you with this quote by Mother Teresa:

"If we have no peace, it is because we have forgotten that we belong to each other"

Take Care of yourself! A hui hou!
Eileen Phillips, RN
HPGS President

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.

EVENTS

De-clutter Webinars

Tuesday, June 9 at 6:30pm - Age in Place:

- Learn how to De-Clutter your personal belongings
- Tips to organize your home
- Home Modifications so you can Age in Place

Tuesday, June 16 at 6:30pm - Avoid Hoarding:

- What is a hoarder?
- Learn the difference in the hoarding levels and the disease
- Learn how to downsize and get rid of unwanted items

RSVP at [SMM.EVENTBRITE.COM](https://www.smm.eventbrite.com)

or Contact Cynthia at 808.779.6224 and cynthia@smmhawaii.com

Kokua Council Mayoral Forum

The Kokua Council held a Mayoral Candidate Forum on May 27. As Vice President and Program Committee Chair, Rick Tabor said, "The pandemic may have delayed and changed our forum; but in the end, everyone was happy to finally be able to present who they'd be as the next Mayor." See the forum at https://youtu.be/7_G7KTyjO-Q

HPGS WEBSITE

During the Coronavirus pandemic, the HPGS Board would like to offer the following links, which can also be found on their website at www.hpgs.org.

covid19caregiving.com - to provide emotional support to caregivers with some skills enhancement and to create an interactive web-based community

<https://www.hhs.gov/sites/default/files/4-2-2020-mental-health-covid-final.pdf> - from the U.S. Department of Health and Human Services

<https://www.cdc.gov/aging/covid19-guidance.html> - COVID-19 Guidance for Older Adults

<https://caregiveraction.org/covid-19> - Tips for family caregivers

<https://www.hawaiiadrc.org/site/487/covid-19.aspx> - **Hawaii Aging & Disability Resource Center Covid-19 page**

<https://www.hiphi.org/covid19/> - **Hawaii Public Health Institute**

CAREGIVERS SUPPORT WEBSITE

The first website listed above is directed toward caregivers, especially since both family members and home health aides are among the most essential of workers during the Covid-19 crisis. They are serving as the eyes, ears, hands, and heart of the health care system; however, the stress and isolation that comes with home-based care may feel more intense now than ever before. In recent months, an estimated 80% of medical visits in Hawaii have been virtual. This emphasis on telehealth will persist because of continuing concerns about contagious diseases.

In response to the challenge of this "new normal," Warren Wong, M.D., has developed [Covid19caregiving.com](http://covid19caregiving.com). This free website provides practical advice about Covid-19 for caregivers and provides three types of support:

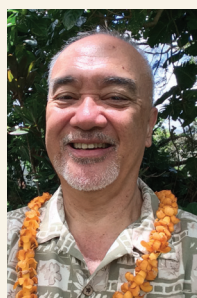
1. Emotional - to ensure that caregivers feel energized and fulfilled on a daily basis.
2. Educational - to help caregivers skillfully meet the physical, behavioral/emotional and recreational/social needs of frail patients.
3. Peer - to reduce isolation via a web-based community. Caregivers can touch bases 5-10 minutes a day, talk story, laugh, share hints, and activities.

Dr. Wong asks that you help grow this community by looking at the website and joining as a member, by becoming a contributor (people are needed who can share knowledge about physical therapy, nursing care, dementia care, recreational and music therapy), and by letting others know about the website. Dr. Wong may be reached at dr.warren@covid19caregiving.com

HAWAII VOTES BY MAIL

The 2020 elections will be the first time elections will be conducted entirely by mail, state-wide, and no traditional polling places will be established. Instead, all registered voters will automatically receive a ballot in the mail. Voters should receive ballot packets around July 21st for the Primary and October 16th for the General, for election dates of August 8th and November 3rd, respectively. Office of Elections can be reached at 808-453-8683.

CORONAVIRUS, DEMENTIA AND SPIRITUALTY



For people with dementia, the coronavirus pandemic is a nightmare...John Tomoso, HPGS Board member

From the daily newsletter of The Economist Today, April 26, 2020:

"[Perhaps] the best that can be offered people with dementia at home and their [Caregivers] is a daily knock on the door, or a phone call . . . and Post-it notes of helpful reminders—to wash your hands, for example. So long as they are physically healthy, now is not the time, in many parts of the world, to contemplate sending someone with dementia into a care home. Many are operating strict isolation policies, letting no one in. And many have seen outbreaks of COVID-19 infection. A study by academics based at the London School of

Economics estimated that in a number of European countries, about half of COVID-19-related deaths have been in care homes. People with every stage of dementia are at particular danger from the COVID-19 virus not just because of the difficulty they may have in understanding the threat or in remembering safety precautions. They are also likely to be subject to other risk factors. The most obvious is that dementia is predominantly a syndrome of the elderly, the group for whom COVID-19 is most likely to be fatal. A small minority of people with early-onset dementia develop symptoms in their younger years. But no one doubts that it becomes more common with age. By some estimates, 2% of 65- to 69-year-olds have dementia, and its prevalence doubles every five years to the age of 90. In another widely quoted estimate, between a third and a half of 85-year-olds have dementia..."

"...Many [Caregivers] of people with dementia who have been unfortunate enough to become infected with the virus see hospitalization as a very last resort for their charges. Even Alzheimer's Disease International, an advocacy group, reports in a position paper this month that "people over 80 who have other illnesses and need admission to hospital with COVID-19 are least likely to benefit from going into hospital since their admission has associated risks." The experience can be bewildering, and lead to delirium, a hallucinatory state of confusion and panic. "It's pretty frightening for most people," says Gill Livingston, professor of psychiatry of older people, at University College, London, "but even more frightening for them." There is also the fear that, when it comes to triage—the selection of patients for scarce medical resources, the elderly with dementia will find themselves at the end of the queue, based on questionable assumptions about the patient's underlying frailty and quality of life."

"Spirituality and Public Health: An Opinion" By: The Rev. John A. Hau'oli Tomoso and published in the APHA Spirituality Series, Spring 2020

As a Social Worker and Episcopal Priest, I believe that faith and public health can work together. From my training and experience as a Social Worker, the theory and concept of "Person-in-Environment" or PIE, an understanding that a person is heavily influenced by their environment, brings me to its nexus. Thus, I believe that public health would be remiss to ignore the roles of spirituality, religion and faith, and how they play a part in assuring and nurturing the health of individuals, families and communities.

Faith, like public health and its related policy realm, emphasizes socially redeeming values that help to safeguard various populations, especially those on the fringes, and the under-served, to ensure a consistency of health lived and shared by all. It is a fact that many of the social and health services we enjoy today, sprang out of the church and faith community's response to sickness, disease and unsanitary environments. From the practice and living of faith, compassionate and "close to God" processes and systems of care became, over the centuries, embedded in society.

Public health, from my understanding that "health is everyone's business", cannot ignore how the basic spirituality of all human beings, plays a role in assuring and nurturing the overall wellbeing and health of society. Enlightened public health builds partnership with people of faith and with faith-based programs, which are willing and able to assist in the building of healthier populations and communities.

Just like culture, faith can act as a social determinant of health. Compassion, mercy and love, are fundamental parts of religious values, tenants and doctrines, adhered to by many persons of faith. Together, public health and faith find compatibility, so as to frame and re-frame thinking, discussion and actions for health. There is, I believe, a growing recognition that faith, religious and spiritual concerns are important for understanding health-related attitudes, beliefs and behaviors and for public health.

Green Walks: Forest Bathing Therapy

SPEAKERS: COLBY TAKEDA, Jade Rhodes

Thursday June 25th**11:30 AM – 12:45 PM****LEARNING OBJECTIVES:**

- What is forest bathing?
- What are the psychological and physiological benefits?
- How does forest therapy work?
- Where can forest walks take place?
- Where can I find more information about local Green Walks?

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

https://us02web.zoom.us/webinar/registerWN_IrFN_KpUTWWI_RhSoC_Zkw**ABOUT THE SPEAKERS**

Phyllis Look was born and raised in Honolulu, Hawaii. For almost 60 years, her family has lived in the same valley in which she now guides. Phyllis has always loved the outdoors. She is an avid hiker, belongs to the Hawaiian Trail & Mountain Club and has trekked in the Grand Canyon and in Provence, France. She also practices Iyengar Yoga. Phyllis received her forest therapy guide training and certification from the Association of Nature & Forest Therapy Guides & Programs and has guided more than 100 walks. She is also certified in Wilderness First Aid (WFA), as well as a certified Forest Therapy Trail Consultant.



Colby Takeda is a team member with Blue Zones Project, a well-being initiative that shares practices from the longevity hot-spots—blue zones—around the world. Colby works in communities across Hawaii to develop innovative programs, cross-sector partnerships, and effective health policies to improve well-being and make healthy choices easier. Colby also enjoys working with the bookend generations—youth and older adults and advocates that people of all ages should have safe, enjoyable, and equitable access to green space.



Jade Rhodes is a recent graduate of Hawaii Pacific University with a double BA in Sustainability and Development and Asian/ Pacific Island Studies and a current Kupu member for DOFAW's Kaulununani Urban and Community Forestry program. Her research focuses on trees and their effects of public health outcomes in urban landscapes. Her career goals are to work in the realms of urban ecology with focuses on environmental justice and integrating indigenous knowledge systems in city planning.



Zoom webinar sponsored by:

GENERATIONS HAWAII'S RESOURCE FOR LIFE

3rd of 4 in a series



DATE & TIME

JUNE 12 | 2PM
(HAWAII STANDARD TIME)

TOPIC

DEMENTIA CARE & COMMUNICATION DURING THE COVID-19 CRISIS

Brought to you by



HALI'A
Memory Care



REGISTER NOW

THE PLAZA ASSISTED LIVING PRESENTS

MAKING THE CONNECTION

DEMENTIA CARE AND COMMUNICATION - STRATEGIES FOR SUCCESS DURING THE COVID-19 CRISIS

Alzheimer's disease and other dementia typically damage the language centers of the brain. The person living with dementia gradually has more and more difficulty understanding what we are saying and communicating their needs. Sadly, the short-term forgetfulness that accompanies dementia makes matters worse; even if the person understands a request, he or she may soon forget the request. The damage to the brain's language centers cannot be reversed, but there are techniques that can help maximize communication and connection, even late into dementia.

We are pleased to invite you to this informative and helpful webinar offering insights into dementia and communication which will also discuss some of the added complexities with the Covid-19 environment. This workshop is presented by David Troxel, co-creator of the internationally recognized Best Friends™ Approach to Dementia Care and memory care consultant to The Plaza Assisted Living and its Hali'a Memory Care program.

THE WEBINAR WILL

- Offer a brief overview of communication and dementia including a discussion of aphasia, agnosia and apraxia
- Describe one communication related dementia, primary progressive aphasia
- Discuss strategies for successful communication including communication "dos and don'ts"
- Discuss the importance of emotional communication
- Discuss truth telling and dementia along with more skillful redirection techniques
- Discuss some specific challenges home-bound caregivers face during the Covid-19 crisis
- Discuss how the Best Friends Approach and its focus on Life Story work can lead to greater success

Please join us for this webinar which will also include time for questions and discussion.

ADVANCE REGISTRATION

https://us02web.zoom.us/webinar/register/WN_hPrWBJ2uQWOxgZpWu-FSWQ

After registering, you will receive a confirmation email
with information about webinar access.

PRE-CRISIS PLANNING FOR THE LAST CHAPTER

A dementia diagnosis like Alzheimer's often causes fear and anxiety over how to plan for the future when a loved one becomes incapacitated by illness and needs quality care.



Learn about legal, financial and care solutions from attorneys Laurie Adamshick and Tom Rulon, and elder care coordinator Kim Ong, of the Elder Law Practice of Rulon & Adamshick LLC. They will introduce you to proactive steps you can take to help your loved one plan for and control the last chapter of life.

If you are caring for a loved one with Alzheimer's or another dementia, these planning tips can help you help them.



Presenters:

Laurie T. S. Adamshick, Elder Law Attorney
Thomas Rulon, Elder Law Attorney
Kim Ong, R.N., Elder Care Coordinator
The Elder Law Practice of Rulon & Adamshick LLC

**Wednesday, July 1, 2020
10 to 11 a.m.**

This meeting will be offered online and by phone.

JOIN AT:

<https://bluejeans.com/749825669> or by phone: 1.408.317.9253 Meeting ID for Both: 749 825 669

**Register online at alz.org/hawaii or call us at 800.272.3900
For details, contact Tonya at tshammondullis@alz.org or 808.518.6651**

alzheimer's  association®

Visit alz.org/CRF to explore additional education programs in your area.