



hawaii pacific gerontological society

Volume 41, No. 9

September 2020

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Honolulu, HI 96812
www.hpgs.org

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!

Now that we are all back in lockdown, the world seems to be quieter. The weather has been beautiful and the breezes are consistent. I am excited for our upcoming Fundraiser Event that will be happening on Friday, November 6th at 5:30pm. It will be a virtual event honoring a special someone in our geriatric community. That someone will be Cullen Hayashida! Even though the venue will be from your own home, there will be entertainment and grateful moments of appreciation for the honoree. Make sure you register in order to get the Zoom Link to attend. Donations for this fundraiser go to a great cause: Supporting students who focus on an education in Geriatric services and care. We need young people to move into these areas and become the nurses, social workers, and physicians, which we will all need in the future. See the attached flyer for more information and check the box *"Please email me the zoom link to attend on November 6th."*

Looking forward to seeing you all there!

With a word of encouragement, I was pleased to read an article in the Midweek about Hawaii's task force continuing to work day and night to manage the pandemic in Hawaii. This group of people called the Senate Special Committee on COVID-19 are holding government officials accountable and demanding transparency from the State's leaders. I wanted to take a moment to thank this committee: State Senators *Sharon Morikawa, Kurt Fevella, Donna Mercado Kim, Donovan Dela Cruz, Michelle Kidani and Jarrett Keohokalole*. Mahalo for your efforts in keeping us safe!

Take Care of yourself and keep wearing that mask!

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.

WELCOME TO HPGS

INDIVIDUAL

Monica Joiner
Tani Kagesa
Janny Pastore
Eric Wolfe
Chelsea Fujita
Dani Waring

KUPUNA POWER

Did you watch the Kupuna Power segment aired on Spectrum's Channel 22 Tuesday, August 25th at 7pm or Sunday, August 30th at 12noon on KHNL? If not, it can be viewed online through the HOME page of www.hpgs.org. Brickwood Galuteria hosts this show and had a great interview with this year's HPGS scholarship fundraiser honoree, Cullen Hayashida, and last year's scholarship winner Kehaulani Engle.

It is an excellent show that spotlights the Hawaii Pacific Gerontological Society's background, mission, and future in supporting Hawaii's college students in geriatric studies, which includes nurses, social workers, practitioners, etc. The "virtual event" will be held on Friday, November 6th from 5:30pm. Donations are for the HPGS scholarship fund and are being accepted from now until the November 30th, online or by printing the form and mailing a check. The form is also attached to this newsletter.

ELDER WORKERS SCHOLARSHIPS

HPGS has a "training awards program" designed specifically for persons currently working with, or planning to work with, older adults. They will provide two \$500 scholarships for 2020 to cover tuition costs for one or more individuals to enroll in a credit or noncredit eldercare worker certificate program, which will enhance their ability to work with older individuals. Selected programs can be either in local classroom settings or online. Interested students should go to www.hpgs.org/scholarships.

2020 HPGS SCHOLARSHIPS

HPGS would like to congratulate these winners of the 2020 HPGS Scholarship awards! Each of these talented students were awarded \$1,500 to support their tuition costs. We applaud these students' commitment to studying and pursuing a career in aging. Best of luck in your future endeavors. Thank you to our scholarship committee: Christy Nishita, Ph.D. (Chair), Dr. Peggy Perkinson, and Kahtleen Jaycox for their time in reviewing applications.

Another scholarship of \$1,000 was awarded from the HPGS/UH Center on Aging to Eric Wolfe.



Kala Huang is a PhD student in the UH Manoa Public Health studies, expecting to graduate in 2024. She was excited that HPGS selected her as one of their scholarship recipients. She wrote: "I am the person who is interested in indigenous elderly care in Taiwan since the aging population is a big health issue everywhere, and my passion is to build an excellent, caring environment there. I am so thankful to HPGS because I am have financial issues caused by the Covid-19. It will support my living cost for the new semester and I can focus on learning new things. Also, this opportunity lights up my husband's passion for gerontology; he also wants to be apart of the advocator in an aging society."



Hoping to graduate in May 2021 from the UH Manoa's Masters of Social Work Advance Placement Program, **Tani Kagesa** wrote to HPGS: "Thank you for making it possible to finish my MSW degree and for helping me start on my social work career with less debt. I hope to support kupuna and their families during life transitions; to empower them to have quality of life in their golden years; to assist them in improving their physical and psychosocial well-being. I'm especially passionate about bridging the gaps in the continuum of care, ensuring quality mental healthcare for older adults, as well as transforming our services to be culturally humble and relevant. In the future, I hope to work on macro social work to make improvements in elder care services at the community level to positively impact more people."



Dani Waring attends the UH West Oahu Bachelors of Arts in Public Administration-Long Term Care Program, looking to graduate in December 2021. She tells HPGS: "This scholarship allows me to pay for a fall course and subsequent study books so I don't have to rely on my income to cover it. From my first jot at Hale Makua Health Services (Maui), I knew that I was where I wanted to work through the rest of my working years. I was fortunate to have great mentors throughout my years there who helped me narrow my focus and realize my goal of being a nursing administrator. I wasn't too sure if it would be in the same role but the energy, commitment and pure care that so much of the staff had for their residents had me hooked. Thank you again for being a part of my achievement and I can only hope that I make my community and family proud."

Continued on page 3

EVENTS

Valley of the Temples Webinars

Plan for Tomorrow...Today

Sept 15, 16, 17, 19, 22, 23, 24, 29 & 30
One hour seminar covers reasons to plan for cemetery & funeral needs before they are needed.

Times vary, so check their website at www.valley-of-the-temples.com
Look at the bottom, Plan Ahead, and click on Free Online Seminars

The Plaza's

"3rd Annual

Halia Memory Care Conference"

Monday, September 21st
from 8am to 3:30pm.

The cost is only \$50 to learn about the most current trends in dementia research, treatments and care, with a focus on behaviors, to Hawaii's medical and professional community, and caregivers. Go to MemoryCareConference.com

Catholic Charities Hawaii

is announcing a 6-Session Workshop Series for people who are caring for someone with memory loss in the home or community, or for concerned family members, friends or neighbors who need help in understanding and communicating with someone living with dementia.

Contact: Jody Mishan, (808) 295-2624
or jmishan@hawaii.rr.com

Declutter Webinars

by Senior Move Managers

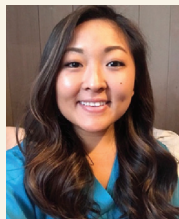
Tuesday, September 15 at 1:00pm
Downsize and Move

Tuesday, September 22 at 1:00pm
Declutter and Age in Place

Tuesday, September 29 at 1:00pm
Declutter and Avoid Hoarding

RSVP by emailing Cynthia at cynthia@smmhawaii.com or call 808-779-6224

2020 HPGS SCHOLARSHIPS (CON'T)



A graduate student in the Doctor of Nursing Practice, Adult-Gerontological Primary Care Program this Fall, **Chelsea Fujita** says, "The older adults of Hawaii have had a strong impact on me throughout my life, and it is my mission to give back to them. I intend to spend my career working diligently to advocate for the elderly population, exploring better ways to provide them with care, and by some day teaching gerontological nursing to hopefully inspire more people to get involved in caring for Hawaii's kupuna. The financial assistance you provided me will be of great help in paying for my education expenses. I am extremely honored to receive the support of HPGS, whose mission is also mine, To improve the quality of life of Hawaii's older adults."



The HPGS/UH Center on Aging awarded **Eric Wolfe** with a scholarship so he can begin the first year of his Doctorate in Nursing Program at the University of Hawaii at Manoa this Fall. Eric wrote HPGS: "Thank you so much for awarding me this scholarship. Being born and raised in Waimanalo, this scholarship is a great honor. I received an undergraduate degree in Medical Anthropology from Creighton University; and while receiving my degree, I was able to research and reflect upon the aging population in the United States through personal experiences with my own grandmother. This sparked a passion for older adults and guides my current career goal to become a hospice and palliative nurse practitioner."

4TH ANNUAL HPGS SCHOLARSHIP FUNDRAISER

The HPGS Fundraiser Committee has been meeting for the past few months, making changes from a dinner to a Zoom event on Friday, November 6th. This year, HPGS will be honoring gerontologist **Cullen Hayashida** for his over forty years of helping develop over fifty elder care service projects in hospital, nursing home, home care, college, and community settings. His "giving" spirit is very much alive as a valued member of the committee. When Cullen asked **Frank Delima** to be part of this fundraiser as the Master of Ceremonies, there was no hesitation....YOU know it will be a "fun" fundraiser.

This will be the fourth year that HPGS has honored an individual for their contribution to Hawaii's kupuna. Monies raised are awarded to students in the geriatric field, as are the five students recognized in this newsletter. The HPGS Board would like to give more money to more students every year, and they are committed to a goal of **\$10,000** for 2021 scholarships. Please find attached to this newsletter the reservation form which can be used to mail-in a check or charge card reservations may be made online at www.hpgs.org

FOREST BATHING UPDATE

Through a partnership with Blue Zones Project, we're happy to offer HPGS members the opportunity to bring Green Walks—a forest bathing experience—to your facilities and community groups for FREE. Due to COVID-19, Green Walks has gone virtual, allowing us to share forest therapy practices with your residents, staff, and families. This program is hosted online (45-90 minutes) by certified forest therapy guide Phyllis Look of Forest Bathing Hawaii. Groups of 8-25 people can participate together from the comfort of their homes. Forest therapy has become an accessible form of downshifting, an important well-being practice during these stressful times. If you're interested in co-hosting a virtual Green Walks experience, please contact Colby at colby.takeda@sharecare.com.

CONGRATULATIONS

Kathy & Scott



HPGS's past-president, Kathy Wyatt, had a beautiful "zoom" wedding ceremony attended by some Board members on Tuesday, September 1st at 3pm. The best thing was that there were also family and friends from all over the Mainland in attendance. Congratulations to Mr. & Mrs. Scott Wacklin (Kathy didn't have to change her KW towels at all).

FROM PROJECT DANA

Dear Sherry and HPGS Ohana,

Thank you so much for the touching and wonderful article written in memory of Rose Nakamura. I remember that evening clearly. All the smiling familiar faces and well wishes. It was fun passing the bowl around the crowd. This was something Rose had planned to do and I very much remember the phone call she made to me in planning that activity. Rose was most supportive of HPGS and held a special place in her heart. Project Dana is grateful for the support of HPGS in the 3 decades since Project Dana was started by the late Mrs. Shimeji Kanazawa, a pioneer in the aging network and Rose Nakamura.

With deepest gratitude,
Cyndi Osajima and Project Dana staff

HPGS JUNE NEWSLETTER UPDATE FROM JOHN TOMOSO

FROM THE BRITISH NEWSLETTER, *THE ECONOMIST*: AUG. 4, 2020

For those affected by dementia, the pandemic has been especially grim... but new research offers some faint glimmers of hope IT IS WELL KNOWN that the pandemic has been especially dangerous for people already suffering from conditions such as heart disease, respiratory problems, diabetes and so on. But government statistics show that the most common pre-existing condition among those who died from covid-19 in England and Wales in March and April was not a physical ailment at all. It was dementia, which 25% of the deceased had been living with. Something similar is presumably true in other countries, but Paola Barbarino, chief executive of Alzheimer's Disease International, an advocacy group, complains that data are scanty. Only Britain and Italy have produced detailed figures, making analysis difficult, and hampering efforts to prepare for any second wave of the pandemic.

That so many people who have died from covid-19 had dementia is partly because both conditions disproportionately affect the elderly and partly because care homes, where many people with dementia live, have been so ravaged by the virus. But the high death rate also reflects the difficulty many people with dementia have in taking hygienic and social-distancing precautions. And the isolation and broken routines that lockdowns have brought have made dementia worse for many. They have hastened the cognitive decline that social interaction can help arrest, and made it harder for families, friends or professionals to provide care. So the number of deaths ascribed to dementia itself has also climbed sharply during the pandemic.

All this is depressing enough for those touched by dementia—including an estimated 50m globally who have the condition (a number expected to rise to 80m by 2030 and 150m by 2050 as the world ages) and their families, friends and carers. Equally depressing is the prospect that the condition has fallen further down the list of health-care priorities during the pandemic. The continuing hunt for a cure and a vaccine for covid-19 will suck resources away from research into the causes and pathology of dementia—which also resembles the coronavirus in that there is no cure and no vaccine. So news of advances in the understanding of dementia—and of how to mitigate, delay, diagnose and perhaps even cure it—are rare chinks of light in the gloom. Dementia has many causes, of which much the most common is Alzheimer's disease. And the Alzheimer's Association International Conference (AAIC), which wound up on July 31st, heard some reasons for hope.

HPGS WEBINARS

Mahalo to Scott Makuakane of **Est8Planning Counsel LLC**, for a very informative webinar on August 27th. His knowledge of estate planning and how Hawaii's system works regarding probate was useful.

Mark your calendar for September 24th from 11:30am to 12:45pm to hear three Hawaii SHIP volunteers talk about Medicare & Covid-19. SHIP stands for State Health Insurance Assistance Program, which is a part of the Hawaii State Department of Health's Executive Office on Aging, so they know quite a bit about medicare, especially for those turning 65 shortly.

Hawaii Pacific Gerontological Society

SEPTEMBER WEBINAR

Thursday, September 24, 2020 - 11:30 am to 12:45 p.m.

MEDICARE & COVID-19

Attendees will learn about:

- 1. Medicare enrollment and switching plans during COVID-19**
- 2. Medicare coverage/ benefits of COVID-19**
- 3. Medicare fraud and scams associated with COVID-19**

PRESENTED BY: Hawaii SHIP Volunteers



Dawn



Stephen



Carol



Please click on the following link to REGISTER for the webinar:

https://us02web.zoom.us/webinar/register/WN_VcZzZyxMRpaJxJNxwUSQrA

For more information or questions call: (808) 722-8487

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GENERATIONS HAWAII'S RESOURCE FOR LIFE



hawaii pacific gerontological society

4th ANNUAL HPGS SCHOLARSHIP FUNDRAISER

Friday, November 6, 2020 starting at 5:30pm.

Zoom Link to be sent to registered participants



Honoring Gerontologist
CULLEN HAYASHIDA

and Featuring Hawaii's Favorite Son
FRANK DELIMA



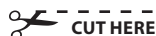
The Hawaii Pacific Gerontological Society's (HPGS) mission is to enhance the general well-being of older individuals in Hawaii. Each year, HPGS awards scholarships to students enrolled in paraprofessional training, undergraduate and graduate programs in Hawaii, who have a serious interest in professional work related to aging, and long-term care.

This year's Scholarship Fundraiser honors gerontologist, **Dr. Cullen Hayashida**, who over the past 40+ years, has helped to develop over 50 elder care service projects in hospital, nursing home, home care, college, and community settings. His work as an educator-researcher and program developer have been directed towards two objectives: (1) to find cost-effective caregiving solutions in the least restrictive environment; and (2) to advocate for older adults as assets to the community.

HPGS is grateful to Dr. Hayashida for serving as this year's ambassador to promote the need to invest in Hawaii's future generation of students in the field of aging and to Hawaii's favorite son **Frank DeLima** who will be emceeing this important event.

Please join us for a memorable evening with Dr. Hayashida and Frank Delima and join us in this collective effort to raise scholarship funds for our best and brightest for the sake of our kupuna!

All proceeds of this virtual fundraiser will go to the HPGS Scholarship Fund to support those studying in the field of aging. Donations may be made online at www.hpgs.org through PayPal any time from now until November 30th. Those who wish to write a check should complete the form below and mail to HPGS, P. O. Box 3714 • Honolulu, HI 96812, a nonprofit 501(c)(3) association. If there are any questions, contact Sherry Goya, HPGS Executive Director, at 808-722-8487 or sgoyallc@aol.com.



CUT HERE

Contact Name: _____

Company (Optional): _____

Address: _____

City: _____ State _____ Zip _____

E-Mail: _____ Phone: _____

Donation made for the HPGS Scholarship Fund in the amount of

☐ \$50 ☐ \$100 Other \$ _____

☐ Donation Only

☐ Please email me the Zoom link to attend on November 6

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**