



hawaii pacific gerontological society

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HPGS 2021 BOARD OF DIRECTORS

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The HPGS Board hopes that if your name was not in the January of February newsletters, you will renew today!

The Board will continue to provide monthly newsletters, quarterly general membership meetings, and informative webinars. They hope that HPGS members can become engaged by submitting articles, offering ideas of speakers, and providing information through webinars. Contact Sherry Goya, HPGS Executive Director at 808-722-8487 or sgoyallc@aol.com.

PRESIDENT'S MESSAGE



DEBBIE KIM MORIKAWA
PRESIDENT

HPGS Members! You may have noticed that we recently updated our mission statement to include the term "age-friendly". It is our goal to encourage all sectors of business and our society to view the future of Kūpuna through an "age-friendly lens".

There have been significant strides made since HPGS was founded in 1979 in the identification of resources for Kūpuna, particularly in the area of caregiver training and understanding of dementia. There are more facility and group home residential options for Kupuna and more individuals benefiting from long-term care insurance plans or reverse mortgages. We're seeing more advocacy efforts to support an active aging model, all things which were either a blip on the radar screen or non-existent.

That being said, we still have a long ways more to go to assure an "age-friendly future" for all. Without realizing it, we continue to perpetuate ageist beliefs. Ageism as defined by the World Health Organization is the stereotyping and discrimination against individuals or groups on the basis of their age. It can take many forms, but typically involves a prejudicial attitude, discriminatory practice, or institutional policies and practices that perpetuate stereotypical beliefs.

It's AGEISM which we must overcome in order to create an AGE-FRIENDLY FUTURE. This is a major undertaking, however, we believe we must continue to try to move the bar. Our first step as an organization is to better understand and recognize when we are creating negative stereotypes of people based on their age. This works for both young and old.

Concurrently we will be targeting a few initiatives which could potentially have a more direct impact. The first may be to systemically address the term "Adult Day Care" and to develop a more appealing name for this ever so valuable service for Kūpuna. Hope to hear your thoughts on this and will share more in my next message to you!

MISSION STATEMENT

The mission of HPGS is to increase awareness of and interest in the field of gerontology by providing networking and educational opportunities, as well as scholarships, to Hawaii's workforce or other interested parties, in which to support the creation of needed policies and programs that will enhance the quality and age-friendly services to our Kūpuna in Hawaii.

HPGS GENERAL MEMBERSHIP MEETING

Mark your calendars now to be a part of the Thursday, April 22nd HPGS General Membership Meeting starting at 11:30am via Zoom. A flyer will be emailed next week.

Guest speakers include:

- Keali'i Lopez, AARP Hawaii State Director
- C.J. Johnson, Program Specialist at Hawaii State Dept of Health
- Darrah Kauhane, Project Vision

LIFETIME HPGS MEMBERS

The HPGS membership list was handled by the membership committee chairperson and now the Executive Director updates the list to be consistent year after year. While listing those who have renewed for 2021 in the past two newsletters, a "lifetime" member asked about recognition for their membership. What a good point, so a big MAHALO to the following HPGS "lifetime" members. If anyone's name is not listed, please email Sherry Goya, Executive Director, at sgoyallc@aol.com so the list can be checked and updated.

Company

Hawaii Meals on Wheels

Individuals

Alexandria Au
Horace Farr
Kelika Ishol
Scott Makuakane
Hideaki Nakamoto
Ron Matayoshi
Collette Browne
Elton Wegner
Ronaele Whittington

Mahalo goes out to Ronaele Whittington who made a \$100 donation to HPGS and emailed Sherry Goya, HPGS Executive Director this message: "You all have created a useful and active organization. I am part of the cheering squad."

HAWAII FAMILY CAREGIVER COALITION

The HPGS Board approved to donate \$500 to the Hawaii Family Caregiver Coalition as they have done in the past few years to support their annual report. HPGS understands that the annual report offers an overview of legislative issues dealing with aging, disability, caregiving, and long-term care services and support in Hawaii and calls attention to the priority issues that deserve the attention of our lawmakers, advocates and the public.

Gary Simon, President of the Hawaii Family Caregiver Coalition, sent a letter that read: "Mahalo for the donation of \$500.00 from the Hawaii Pacific Gerontological Society to the Hawaii Family Caregiver Coalition to help underwrite the annual Aging and Disability report. The gift supports the Coalition's mission of enhancing the lives of family caregivers and their care recipients. We are deeply grateful to those who support our mission."

ADDED NEWS

The **Hawaii Department of Health Communications Office** provides timely information on COVID-19. Click on the link for multi-lingual resources: Resources - Hawai'i DOH: Info & Resources for Managing COVID-19 (hawaiiicovid19.com) Visit hawaiiicovid19.com for other info.

VIRTUAL EVENTS

Join the **St. Francis Healthcare's** April Caregiver Education and Wellness classes for their FREE classes designed to get you moving, assist you with preparing for the future, and inspire health and wellness. For more details, contact **Maylynn Wong** at (808) 547-8138 or mwong@stfrancishawaii.org.

Every Monday, 8am to 9am by Glen Higa, NASM-CPT

There is a NEW exercise program designed to activate all the muscles in your body with big intestinal movements to help reduce stiffness, improve circulation, coordination, and balance.

Wednesday, April 7th, 5pm to 7pm by Jane Burigsay, HI SSA

Learn about the eligibility requirements of Social Security retirement, disability, survivor and spousal benefits including Medicare.

Scientists are uncovering important questions about how sleep impacts the aging brain. To close out National Sleep Awareness Month (March), join University of Arizona neuroscientist, Stephen Cowen, Ph.D. and **Alzheimer's Association - Hawaii** volunteer community educator, **Steven Tam** as they share the latest research on age-related and non-age-related memory loss (10 warning signs), and the role of sleep in the memory formation process.

When: Wednesday, March 31, 2021

Time: 11 AM Hawaii Time

Register online: tinyurl.com/alzsleep