hawaii pacific gerontological society

Volume 42, No. 5

May 2021

HPGS 2021 BOARD OF DIRECTORS

Officers:
Debbie Kim Morikawa, President
Rick Tabor, President Elect
Eileen Phillips, Past President
Cynthia Arnold, Secretary/Treasurer

Directors:
Laurie Adamshick
Poki`i Balaz
Humberto Blanco
Kathy Jaycox
Sara Lenzer Medeiros
Christy Nishita
Rick Tabor
John A. H. Tomoso
Kathy Wyatt

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

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

The HPGS Board hopes that if your name was not in the January or 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

Kudos to the State of Hawaii, Department of Human Services, Social Services Division, Adult Protective & Community Services Branch for signing up 45 of their staff as Associate Members of HPGS! The success of HPGS depends on this type of leadership and commitment to be involved. I hope more of you will reach out to your associates, co-workers and professional networks and encourage them to engage with us!

UPDATES & HIGHLIGHTS

As I mentioned in our last newsletter, this is the year to join HPGS so you can take advantage of the member discount to our **Biennial Conference** this year, scheduled for **September 15-16, 2021**.

Please check out our Conference information as well as our new members on page 2!

We will be scheduling our first **Ad-Hoc Committee** meeting to **"rebrand" Adult Day Care Services** this month. Please be on the look out for an email from Sherry Goya with the date, time and Zoom link. We need your input, so I'm hoping you will log on and give us your thoughts and ideas!

AARP is inviting you to join fellow caregivers in a complimentary workshop series starting on **Friday, May 14**. The goal of the series is to help you take better care of your loved ones residing both at home, in nursing homes and/or in assisted living facilities. See the attached flyer for more details.

And last but not least, thank you to all of our members who joined us at our last General Membership Meeting and to our terrific speakers! What an amazing turnout! I believe we had almost 40 individuals in attendance. Let's keep this up!

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.

WELCOME TO HPGS

INDIVIDUAL

Jay Curlee
Julia Curlee
Susan James
Lana Sue Kaopua
Rev. Msgr. Terrence Watanabe

Associate Members from the State of Hawaii/Department of Human Services/Social Services Division/Adult Protective & Community Services Branch:

Gloria Acain
Sharon Adric
Sebastian Afaga,Jr.
Liza Badua-Dumbrique
Leimomi Brigoli
Nicolas Cole
Rosanne De Vries
Dorie Duoit-Mendoza
Meaghen Figeroa
Shannelle Gomes-McEnroe
Eric Gray
Kimberly Hayashi
Renni Iwasa
Shanie Jefferies
Laurie Jicha
Kenwyn Kaahaaina
Laron Kageyama
Jezebel Kapileo
Dawn Kawabata
Erin Lee
Jennifer Lienhart-Tsuji
Kelly Linoz-Lee
Dana Lyman
Nellieshy Mamuad
Jasmine Matila
Anne Miyamoto
Chassi Mulliken
Rubie Murata
Anginette Onaka
Cornelius Patrick
Samuel Ray Rice
Carol Sakamoto
Donna Shibata
Kristine Shimogawa
Diedre Sumic
Fran Takamiyashiro
Lori Tsuruda
Jacqueline Werner
Deanna Wong
Erin Wong
Tracy Yadao
Wayne Yamashita

HPGS BIENNIEL CONFERENCE

With meetings held every month since February, the HPGS conference to be held Wednesday and Thursday, September 15th & 16th will be run by POP Creative Media, which was created in 2016 by Nolan Hong and his future-wife Jamie (married in 2018). They are so creative (not a pun) and energetic about what they do for many nonprofits. The more the conference committee meets with them, the more they learn about how a Zoom conference will look like, and it is going to be so exciting!

Jaimie and Nolan originally met at Oceanic, where she was a commercial producer and he an account executive. Jaimie did commercial productions for corporate clients and Nolan did ad sales, directing, acting, writing, producing, and marketing management. They agree that running a small business isn't easy but they couldn't be happier. Check them out at https://popcm.me.As decisions have been made and forms completed, check out www.hpgs.org under "Conference" for all updates.

The conference committee has already secured some very exciting speakers from the Mainland U.S. and Singapore. Dr. Anthony Fauci was invited but said that he was very busy and sends well wishes for the conference. The President of the American Society on Aging, CEO, Peter Kaldes, has already agreed to speak (check out http://asaging.org). More information on the speakers will be in the June HPGS newsletter. As soon as the program for this two-day conference is complete, the registration form will be sent to all HPGS members, as well as any one on all islands who might be interested in attending.

Although there are a number of presentation proposals being received by the conference committee, there may be other sessions of interest to HPGS members, college students, professionals and the general public. That said, the committee has extended the deadline date to receive presentations proposals to **Monday, May 31st**. Attached to this newsletter is the form, which can be completed online under "Conference" at www.hpgs.org.

The other change is for the Video Presentation Proposals, which is extended to **Friday, June 18th**. The form can also be found online; however, the form notes: Your video poster could highlight a community program, new project, or research study in the field of aging. As you begin to prepare your video presentation, concentrate on two or three of the most important message you was to convey. These might be your main objective, most impacted outcomes, or the long-term goals of your project or program. Prioritize your ideas so that you can present your audience with the main ideas you want them to remember. There is no charge to make a video presentation.

May 17th is the deadline to submit nominations for the **Na Lima Kokua** awards. Categories are: Communication/Arts, Community Service, Government, Research/Teaching, Business and the Tony Lenzer Scholar. Nominators and nominees will be notified once award winners have been accepted.

EVENTS

AARP Virtual Fraud Education
Tuesday, May 18th at 7pm
Movie Night: The Good Liar

Saturday, May 22nd at 10am
Inside the Mind of a Con Artist
Learn how to avoid cybercrime.

Sign up at
http://aarp.cvent.com/HIFraud

May 19th at 10am
How to talk story with someone who has dementia.
tinyurl.com/2jevznec
tshammondtullis@alz.org

Wednesday, May 19th from 11:30am to 1pm
Generations Brown Bags Webinar
"Managing Your Inflammatory Health"
by Dr. Jon Ruckles & Randall Mau, Cardax Inc
https://us02webzoom.us/j/83866525005
Visit www.generations808.com for more info.

Friday, May 21st from 2pm
Zoom presentation by
Dr. Tracy Matsumoto
"Fascial Adaptive Stretch and Optimal Health"
Contact Kimberly Itagaki at 808-768-7778 or email kimberly.itagaki@honolulu.gov.
Register in advance and receive a confirmation containing information about joining the meeting: https://zoom.us/meeting/register/tJYscemsqTkoHNOdj0cltJSE1N1-Ya5XwFeS

Kauai Virtual Education
May 21 & 28 - 2pm to 3pm
Living with Alzheimer's for Caregivers
Middle-Stage, Part 1 & 2
May 21st: tiny url.com/ymrhyks7
May 28th: tiny url.com/k7p7399m
hblanco@alz.org

HPGS 2ND QTR GENERAL MEMBERSHIP MEETING

The HPGS General Membership Meeting, held on April 22nd, featured a panel discussion on "Moving Past the Pandemic - Where we are now & Where we are going," featuring Kealii Lopez, AARP Hawaii State Director, CJ Johnson, Dept of Health Program Specialist, and Darrah Kauhane, Project Vision Hawaii Executive Director. Each presenter shared their program's incredible responses to our global pandemic, mostly focused on COVID vaccine distribution. A big round of applause and thank you to our presenters for a well attended, useful discussion. Our take away was: "We're very lucky we live in Hawai'i." Please get vaccinated so we can enjoy each other's company again. Go to www.hpgs.org to see the meeting in its entirety.

POLST ZOOM MEETING

The Physician's Orders for Life-Sustaining Treatment program in Hawaii is strong but Amy Vandenbroucke, JD, Executive Director of National POLST, will present what is happening with National POLST including the new national POLST form & guide, the new Technology Guide and CDA (clinical document architecture) work supporting POLST technological portability, updated policies, website information and will leave time to answer questions.

If you have questions or items you would like covered in the presentation, please send them ahead of time to Jeannette Koijane at info@kokuamau.org so we can pass them on to Amy. For more information about POLST, please visit the Kōkua Mau website https://kokuamau.org/polst/ Remember – Everyone needs an Advance Directive, not everyone needs a POLST.

You are invited to a Zoom meeting.
When: May 27, 2021 03:00 PM Hawaii

Register in advance for this meeting:
https://us02web.zoom.us/meeting/register/tZMsdOqrrzMqGdzGtVZwTCmaYIHQshvxVOl6

After registering, you will receive a confirmation email containing information about joining the meeting.
https://zoom.us/meeting/register/tJYscemsqTkoHNOdj0cltJSE1N1-Ya5XwFeS

Contact Kimberly Itagaki at 808-768-7778 or email kimberly.itagaki@honolulu.gov for any questions.

DONATIONS WELCOMED

PALOLO CHINESE HOME
Better Care. Better Lives

The **Palolo Chinese Home** will celebrate Nursing Home Week from May 9th to the 15th. Donations for 200 staff would be appreciated but they would be just as happy accept a lesser quantity. Items such as food (individuals packed bags) of chips, cookies, candy, Managua, malasadas, cupcakes, pastries, musubi, mochi, ice cream, dim sum, mini bento, popcorn, cotton candy, boba drinks, etc. are welcomed. Non-food items are gift certificates, movie tickets, food coupons, shirts, baseball caps, logo hand towels, key chains, small key chain hand sanitizer bottles and holders, other swag type items. Contact Eric Batalon at 808-748-4905 or ebatalon@palolohome.org to schedule a gift delivery.

hawaii pacific gerontological society

2021 Biennial Conference

Foresight 2021 and Beyond

Innovations in Aging

September 15 - 16, 2021

"A Virtual Conference"

CALL FOR PRESENTATION PROPOSALS

Submission Deadline: EXTENDED to Monday, May 31, 2021

Submit Proposals at www.hpgs.org

The 2021 Hawaii Pacific Gerontological Society's Biennial Conference is seeking presentation proposals that address the conference theme: "Foresight 2021 and Beyond." We welcome proposals from all disciplines, professions, and graduate students. Presentation proposals should be evidence-based, best practices and/or research-focused and will be considered in these broad topic areas:

- Breakthroughs in geriatric medicine and long-term care.
- Innovative policy and programmatic approaches to address ageism and encourage active aging.
- Initiative focus on post-pandemic recovery and on building more resilient, socially connected, and age friendly community.

The conference will feature keynote speakers and individual sessions. The HPGS Biennial Conference is intended for professional and practitioners in the aging network, health and human service field, businesses, government agencies, non-profits and faith-based organizations serving seniors, applied researchers, students in gerontology, advocates for seniors, and seniors themselves. It will be held virtually on September 15 & 16, 2021.

Proposal Submission Guidelines and Review Process

The HPGS Biennial Conference Committee invites individuals to submit a presentation proposal that addresses the conference theme "Foresight 2021 and Beyond." Selected presentations will be scheduled for individual sessions of 45 minutes. Presentation may have up to two speakers. We welcome proposals from all disciplines and professions. Presentation contents must be new and highly relevant to our conference participants.

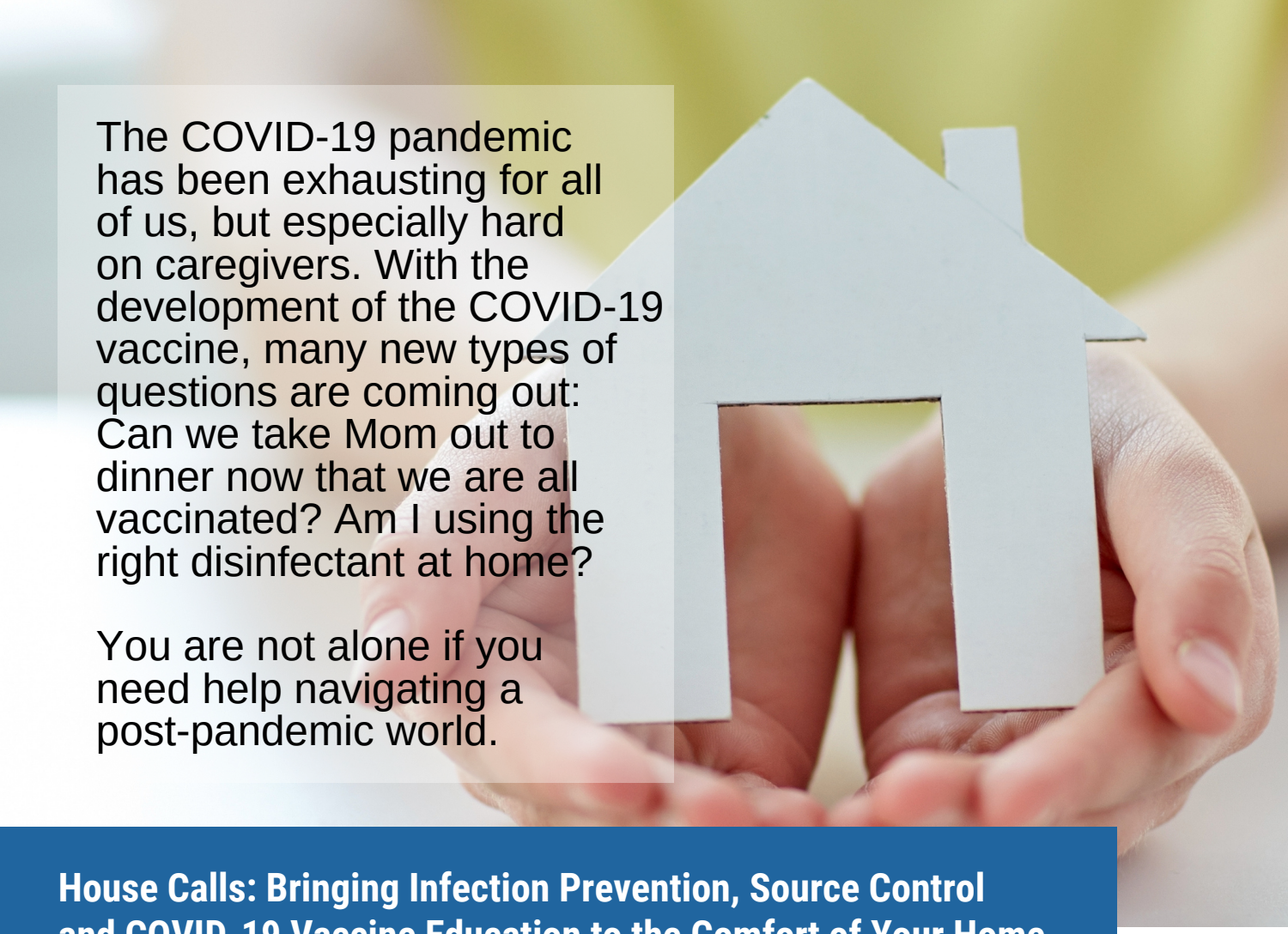
Each presenter is limited to two proposals, and may not be the single or lead presenter in more than one proposal. Once a proposal is accepted, all the presenters must register for the conference, although there is no conference fee for presenters.

The Biennial Conference Committee will review all proposals received online by June 2, 2021. Notification of acceptance will be emailed to the lead presenter by end of May 2021. To submit a proposal, please go to the HPGS website (www.hpgs.org) and complete the form.

It is strongly recommended that speakers on Oahu come to the "Control Center" to deliver their presentation; otherwise, virtual presentations will be arranged.

For questions, please contact the Biennial Conference Co-Chairs and/or Executive Director:

Eileen Phillips, Co-Chair	eileenp@attentionplus.com	808-739-2811
Kathy Wyatt, Co-Chair	kwyatt01@aol.com	808-292-4665
Sherry Goya, Executive Director	sgoyallc@aol.com	808-722-8487



The COVID-19 pandemic has been exhausting for all of us, but especially hard on caregivers. With the development of the COVID-19 vaccine, many new types of questions are coming out: Can we take Mom out to dinner now that we are all vaccinated? Am I using the right disinfectant at home?

You are not alone if you need help navigating a post-pandemic world.

House Calls: Bringing Infection Prevention, Source Control and COVID-19 Vaccine Education to the Comfort of Your Home

You are not alone if you need help navigating a post-pandemic world.

We invite you to join fellow caregivers in a complimentary workshop series starting on Friday, May 14. During this series, you will learn the latest news about the COVID-19 vaccination and how to keep yourself and your loved ones safe and protected from leading health experts from AARP and Mountain-Pacific Quality Health. The goal of the series is to help you take better care of your loved ones residing both at home, in nursing homes and/or in assisted living facilities.

These virtual workshops are accessible from the comfort of your own home!

AARP®

PROJECT FIRSTLINE
CDC'S National Training Collaborative for Healthcare Infection Prevention & Control

Mountain-Pacific Quality Health

May 14

I'm vaccinated, now what? Are we back to normal?

Stevi Sy, PharmD, MS-HSA, Mountain-Pacific
Jill Hult, RN, MSAS, LNHA, Mountain-Pacific

While the COVID-19 vaccine offers hope, it's important to remain cautious for your safety and the safety of others as variants of COVID-19 emerge. This workshop will give you meaningful and reengaging ways to connect with your loved ones residing both at home, in a nursing home or in an assisted living community.

June 11

Infection Control: Slowing the Spread of COVID-19

Dr. Aida Wen, Geriatrician and Associate Professor, Department of Geriatric Medicine, University of Hawaii John A. Burns School of Medicine (JABSOM)

There are several practical ways to keep yourself healthy and free of infection. The best way to prevent infection is to know how to prevent being exposed to a virus. Learn more about how you can promote infection control within your care setting during this workshop.

July 9

Protecting Yourself and Loved Ones—The New Normal

Jill Hult, RN, MSAS, LNHA, Mountain-Pacific

With good communication and teamwork, the spread of infections can be controlled! In this workshop, learn simple and cost-effective strategies that can mitigate infections from spreading, and protect yourself and your loved ones.

August 13

Cleaning and Disinfecting in a COVID-19 World: What you should know

Kelley O'Leary, RN, MSN, CIC, Infection Preventionist, Hawaii Department of Health

Do you know how how to properly clean and disinfect your home? Learn about disinfectant products on the market and their proper applications to maximize their effectiveness and how to protect your home from harmful germs.

September 10

Is it safe to socialize and travel?

Jill Hult, RN, MSAS, LNHA, Mountain-Pacific
Patty Hall, LPN, Wyoming State LTC Ombudsman

Infectious diseases can easily be picked up while traveling. During this workshop, you will learn the safest ways to socialize and travel, the risks and expectations of doing so, and how to find balance with safety and quality of life.

October 8

To be announced...

Register for the Series

These live workshops will be held at 9:00 AM HST, 11:00 AM AKDT, 12:00 PM PDT and 1:00 PM MDT.
Workshops will last 30 to 45 minutes

AARP® | PROJECT FIRSTLINE — CDC'S National Training Collaborative for Healthcare Infection Prevention & Control | Mountain-Pacific Quality Health