



hawaii pacific gerontological society

Volume 42, No. 7

July 2021

**HPGS 2021 BOARD OF DIRECTORS**

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808-722-8487 • sgoyallc@aol.com

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

HPGS members who have not yet renewed for 2021 should go to [www.hpgs.org](http://www.hpgs.org) (under Membership) and renew in order to get a discount at the HPGS Biennial Conference set for September 15th & 16th.

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](mailto:sgoyallc@aol.com).

**PRESIDENT'S MESSAGE**



DEBBIE KIM MORIKAWA  
PRESIDENT

What an amazing year 2021 is turning into! As we get closer to 60% of our population being fully vaccinated against COVID-19 there is hope for a return to more intimate collaborations. And while the pandemic required physical distancing it consequentially opened the doors to a virtual world where so much more is possible.

Our Biennial Conference Committee was able to secure an exciting lineup of speakers from across the globe due to this virtual platform. Also in this virtual realm, greater participation is possible for those whose jobs in the past precluded physical attendance at an all day conference. So please be sure to hold **September 15th and 16th** for **2021 Foresight and Beyond, HPGS' Biennial Conference**.

I am also thrilled to announce Emmet White as this year's honoree for **HPGS' 5th Annual Fundraiser**, a virtual event being held on **November 4th**. Emmet is the former President and Chief Executive Officer of the Arcadia Family of Companies and the epitome of a servant leader. During his tenure at Arcadia, their Foundation was formed and their services expanded significantly onsite and into the community. He served on many boards and through his leadership, drove initiatives to ensure that our kūpuna would be well cared for. Please be sure to **save the date**, Thursday, **November 4th** at 5:30 p.m. , so you can join us in acknowledging Emmet for all of his contributions!

And last, but not least I am pleased to announce that we have begun the journey to promote an age-friendly future by reframing our views on aging. We've chosen to start with an initiative to change the public perception of Adult Day Care through education and awareness and have had 2 brainstorming meetings so far. If you're interested in getting involved, please email me at [Debbie.Kim.Morikawa@gymguyz.com](mailto:Debbie.Kim.Morikawa@gymguyz.com). Our next Zoom meeting is scheduled for **Wednesday, August 4th** at 1:00 p.m.

**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

Jamaica Laguna Manuel  
Brian J. O'Hare

## EVENTS

St. Francis Healthcare System offers free seminars, and listed below are a few for the later month of July. For more details and to registered, contact Maylynn Wong at 808-547-8138 or mwong@stfrancishawaii.org.

### Hawai'i's Long-Term Care Options

Wednesday July 21, 2021  
5:00 PM to 7:00 PM

The Program also seeks and trains volunteers for the important advocacy work that is needed.

Presenter: John McDermott, LSW, ACSW, M.Div., is the Long-Term Care Ombudsman in Hawai'i

### NEW! Financial Planning Following 2020 COVID Disruption

Wednesday July 28, 2021  
5:00 PM to 6:30 PM

Learn about the impacts of COVID disruption on your finances and what you can do to take control of your financial future.

Presenter: Caine Nakata is the Director of Operations for the Foundation for Financial Education, Hawaii Chapter.

### NEW! Improve Your Health Through High-Quality Restorative Sleep

Thursday July 29, 2021  
5 PM to 7 PM

Learn tips and strategies to get a better night's rest. Start with small changes that improve your sleep habits and wake up refreshed and ready for each new day!

Presenter: Dr. Sriharsha Vajjala, MD, Director of Sleep Laboratory and Sleep & Insomnia Center, Hawai'i Pacific Neuroscience

## 2021 HPGS CONFERENCE

It was in 1981 when the Hawaii Pacific Gerontological Society held their first conference at the Ilikai Hotel. Their second was held in 1982 at the Hilton Hawaiian Village. Since then, the HPGS conference has been a biennial event at a variety of hotels. The 21st HPGS conference was set for September 2020...then Covid-19 came to Hawaii.

Fast forward to 2021, and the conference committee has confirmed four featured speakers and ten presentations. Check out the CONFERENCE section of the HPGS website ([www.hpgs.org](http://www.hpgs.org)) to see the registration form and sign-up today! The fees are very nominal for HPGS members, non-member, and students/seniors. If you sign up by August 16th, door prizes of \$25 gift cards will be awarded. Another set of gift cards will also be awarded on August 31st, with the registration fee raised by \$100.

**Mahalo to the HPGS Conference Committee chairs and members for putting together a two-day conference filled with knowledge, education, innovation and humor from international, national, and local speakers.**

### Wednesday, September 15, 2021

- 8:30am HPGS Biennial Conference's "virtual" site opens from the Ala Moana Hotel's Carnation Room  
8:45am Welcome to the conference by **Debbie Kim Morikawa**, HPGS President, with **Eileen Phillips** and **Kathy Wyatt**, HPGS Conference Co-Chairs  
9:00am Featured Speaker: **Caitlin Doughty**, Death Becomes Us: Talking to Elders about End-of-Life  
10:05am Presentation #1: **Dr. Lois Ricci**, Breakthrough Discoveries on Aging, Research on Changes in the Field of Gerontology  
10:55am BREAK - watch Video Presentations  
11:05am Presentation #2: **Elana Kieffer & Mario Rubano**, Convening Neighborhood Groups for Age-Friendly Change (and how to pay for it)  
11:55am Presentation of the **Na Lima Kokua Award** Winners  
12:20pm MID-DAY BREAK  
12:55pm Presentation #3: **Tyrie Jenkins**, Care of the Aging Eyes - New Innovations  
1:45pm Presentations #4: **Rae Seitz** and **Share Vitousek** from Hui Pohala, Transforming Care for Seriously Ill Patients in Hawaii  
2:30pm BREAK - watch Video Presentations  
2:45pm Presentation #5: **Karen Flude**, Reframing Aging - A Look at the Negative Attitudes of Aging  
3:35pm Featured Speaker: **Dr. Leng Leng Thang**, Age-Friendly Singapore: An Asian Model for the 21st Century  
4:20pm Closing Remarks and Door Prize Drawings

### Thursday, September 16, 2021

- 8:30am HPGS Biennial Conference's "virtual" site opens from the Ala Moana Hotel's Carnation Room  
8:45am Welcome to Day two of the conference with an overview of the sessions  
9:00am Featured Speaker: **Dr. Harry Moody**, Aging in the 21st Century: The Promise and Potential of the Boomer Generation  
10:05am Presentation #6: **Margaret Perkinson** and **Kendall Horan**, Virtual Hui Project Community Program to Empower and Connect Older Adults  
10:05am BREAK  
11:05am Presentation #7: **Faye Sahai** and **Kevin Kawamoto**, Our Changing Community by the Numbers: The latest census data and their implications for elder services and support  
11:50am Special Announcement: HPGS Fundraiser to honor Emmet White, Arcadia Family of Companies  
12:00pm MID-DAY BREAK  
12:45pm Presentation #8: **Michael Chong**, Innovations & Impact in Aging Technologies  
1:35pm Presentation #9: **Loise Tanswell** and **Cheri Teranishi-Hashimoto**, The Truth About Lymphedema and Chronic Swelling  
2:20pm BREAK  
2:35pm Presentation #10: **Andrew Mason**, **Alan Oshima** and **Cullen Hayashida**, Hawaii 2030 and Beyond: The Economic Implications of Population Aging  
3:25pm Featured Speaker: **Peter Kaldes**, Understanding Best Practices Learned During Covid Pandemic  
4:10pm Closing Remarks and Door Prize Drawings

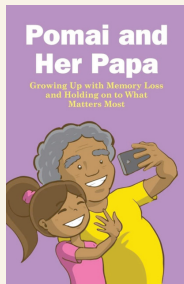
## HPGS MEMBER NEWS



For someone with a disability, independence can mean many things. Acts of daily living that people take for granted, may present unique challenges for many of us who live with a disability. Depending on the level of your ability, you may require the use of assistive devices to accomplish many tasks in the course of a day. Nothing exemplifies independence more than mobility. If you, or someone in your life is interested in exploring mobility freedom, contact **Soderholm Mobility** on Dillingham Blvd. at (808) 834-1417. One simple phone call can be the beginning of your journey to independence. Also visit Soderholm on the web at [www.SoderholmMobility.com](http://www.SoderholmMobility.com)

## POMAI AND HER PAPA

Hā Kūpuna, along with many community partners, proudly presents this short storybook about a young girl, Pomai and her grandfather, Papa. In this story, Pomai is worried as she sees Papa is beginning to show signs of dementia-related aging. Pomai's family (Papa included) and broader community comes together in support and care for one another. Learn about the many things young people can do with their loved ones living with dementia. Free download



<http://manoa.hawaii.edu/hakupuna/pomai-and-her-papa/>

## HPGS GENERAL MEMBERSHIP MEETING

Please join HPGS at our July General Membership Meeting set for Thursday, July 22nd from 11:30am via Zoom. A flyer on this meeting is attached to this newsletter. You won't want to miss out, so sign-up today.

As the Alzheimer's Association Aloha Chapter takes on a journey on the movement of Alzheimer's across time, their presentation team will discuss the advancement in research, the impact of target programs on the dementia community, the role of public policy, why it should matter to you, and how development pushes the community at large to reach a world without Alzheimer's and all other dementias.



Speakers from the Alzheimer's Association will be **LJ Duenas**, Executive Director, **Ivy Castellanos**, Director of Programs and Public Policy, **Ian Ross**, Public Policy and Advocacy Manager, and **Justin George**, Director of Development.

This zoom meeting is sponsored by Generation Magazine.

For more information, Contact Sherry Goya, Executive Director at [sgoyallc@aol.com](mailto:sgoyallc@aol.com) or 808-722-8487.

## TONY LENZER SCHOLARSHIP DONATION

An HPGS supporter and friend of the Tony Lenzer family has donated \$5,000 to the Tony Lenzer Scholarship Fund last month. This is not their first time making a substantial donation to support Hawaii's students. With their donation, they wrote, "We feel the Tony Lenzer Scholarship fund creates a win win investment for all. The education of our gerontology students will sustain the care and aloha for our Kupuna community. Mahalo, Tony for being the pioneer and father of 3 creative daughters."

Aloha, Carol Ann and Mark

## SHARE PHOTOS & ARTICLES

Sara Lenzer Medeiros, HPGS Board member, wanted to say that Birthdays are always a good reason (as any) to get out the ukulele and chalanganalng with friends and family, especially after being "locked-down" by COVID! Elders, in particular, appreciate the special attention and a chance to share their talents. Kahu Lawrence Kidder teaches old tunes to neighbor keiki. Kala'i on the left, Nainoa on the right.



Send in your photos and article for the next HPGS newsletter to Sherry Goya, HPGS Executive Director, at [sgoyallc@aol.com](mailto:sgoyallc@aol.com).

# Hawaii Pacific Gerontological Society

## General Membership Meeting

**Thursday, July 22, 2020 - 11:30 am to 12:45 p.m.**

### **Alzheimer's, Where are We Now?**

Please Join us as the Alzheimer's Association Aloha Chapter team presents you:

Newest Development in Research

Understanding Programs and its impact on the community at large

Public Policy's role in advancing dementia and Alzheimer's

Development and Research impact on a world without dementia and all other dementias

**PRESENTED BY**

**alzheimer's  association<sup>®</sup>**

**LJ DUENAS, EXECUTIVE DIRECTOR**

**IVY CASTELLANOS, DIRECTOR OF PROGRAMS AND PUBLIC POLICY**

**IAN ROSS, PUBLIC POLICY AND ADVOCACY MANAGER**

**JUSTIN GEORGE DIRECTOR OF DEVELOPMENT**

<https://us02web.zoom.us/j/86330148252?pwd=Tkh0L29GKytDTVhDNDNDL0U3TEFzUT09>

Meeting ID: 863 3014 8252

Password: HPGS

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

**Sponsored by:**



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