



hawaii pacific gerontological society

Volume 43, No. 4

April 2022

HPGS 2022 BOARD OF DIRECTORS

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HPGS has open enrollment for new members throughout the year. Current HPGS members may renew for 2022 any time online at www.hpgs.org or print the form and pay with a check.

The Hawaii Pacific Gerontological Society distributes monthly newsletters and hosts three general membership meetings.

HPGS encourages all members to submit articles, email the board with suggestions for speakers, and/or volunteer on a committee.

PRESIDENT'S MESSAGE



RICK TABOR
PRESIDENT

Thank you for the opportunity to be your 2022 HPGS President. As we hopefully move out of our two year pandemic, I would like to talk about an issue that increased for all ages, especially Hawai'i's Kūpuna, as a result of our social distancing mandates. I'm talking about isolation and loneliness.

Research indicates that isolation and loneliness are as detrimental to our health as smoking 15 cigarettes per day. Centers for Disease Control and Prevention (CDC) has linked social isolation to increased risk of heart issues, stroke, and possibly death. Being separated from others can also affect the brain. Isolation has been associated with decreased cognitive function and AARP reports isolation has been linked to a 50 percent greater risk of Dementia related issues during the pandemic.

In October 2020, an AARP survey found two-thirds of adults reported experiencing social isolation and high levels of anxiety or depression since the beginning of the pandemic. Those feelings continued for many during the two-year pandemic. Which brings us to today's hope of a recovery and return to normalcy.

Hopefully we can stay on the course to a safe recovery so we can start reconnecting again. Remember back when we'd meet for afternoon desserts or just coffee. Maybe a beer (in moderation, of course). Or stop by to see someone and say hello, talk story and catch up on this and that. If our pandemic recovery projections are correct, we should be able to start being together again. We all hope we're here to stay, getting healthier every day. Two years is a long time to social distance. Not being able to see our loved ones, especially those in long-term care, has been hard for them and all of us.

I'd point out that people's feelings of isolation and loneliness were an issue prior to Covid. The pandemic just made it a lot worse. We live in busy times. Families live further and further apart. Finding time to say hello tends to get put off, taken for granted, I'll do it next week! And the lonely get forgotten. Make the time to take the time and reach out or visit someone today. Springtime is a great time to say Aloha. Mahalo.

And for those who are feeling lonely, I have a simple, but helpful suggestion. Make a happy jar, write down all the things that make you happy. Cut them up, fold them and put them in the jar. When you're feeling down or lonely, draw a happy card and do it. Every week add things you'd like to do to the jar. Keep in mind, you'll get out of it, what you put into it. Life is 10% what happens and 90% how we respond.

(Continued on Page 2)

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 Hawai'i'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 Hawai'i.

HPGS SCHOLARSHIP

2022 Undergraduate and Graduate Scholarships in Aging

The Hawaii Pacific Gerontological Society (HPGS) raises funds and awards scholarships to college students interested in careers involving aging and older people. These scholarships are funded by generous donations from the Broadhead family, Assisted Living Options Hawaii, and many individual donors. Each year, HPGS offers Undergraduate and Graduate Scholarships for students who have a serious interest in professional work related to aging, long-term care, and/or death and dying. Visit <https://www.hpgs.org/scholarships.html> to learn more and apply by July 1, 2022.

Eldercare Worker Training Award

HPGS is pleased to announce a training awards program designed specifically for persons currently working with, or planning to work with, older adults. These awards will provide tuition assistance for workers who enroll in credit or noncredit courses and certificate programs, which enhance their knowledge and skills in areas related to aging. Selected programs can be either in local classroom settings or online. Visit <https://www.hpgs.org/scholarships.html> to learn more and apply. Applications are accepted on a rolling basis.



General Membership Meeting
Thursday, May 19th from 11:30am
Intergenerational connections
and technology: New approaches
emerging from the pandemic
More information to come in the
HPGS May newsletter.

RECONNECTING WITH SCHOLARSHIP AWARDEES



Leilani Maxera, MPH, LCSW, recipient of an HPGS scholarship in 2017, went on to obtain her clinical license for social work (LCSW) in 2021. Her career has focused on advance care planning and end-of-life issues through work with Kokua Mau, Death Cafe Honolulu, and the Board of the National Home Funeral Alliance. This led her to start her own private practice, Kaipuokualoku, LLC (kaipuokualoku.com), where she offers community care and death doula work to all islands, plus individual harm reduction therapy and support groups with a focus on grief and bereavement. In updating HPGS on her current work, Leilani offered her gratitude and noted that her "HPGS scholarship was incredibly helpful" to her.

HPGS GRANT

Since the fall of 2021, the Hawaii Pacific Gerontological Society (HPGS) and Pear Suite have been partnering to address the social drivers of health for older adults. With funding from the National Community Care Corps, over 25 student volunteers have been trained to conduct well-being assessments using the online Pear Suite platform and phone system. Based on the results of the assessment, students then provide appropriate health education, resource linking, and remote on-boarding guidance for programs, such as the Supplemental Nutrition Assistance Program, Affordable Connectivity Program, free technology classes, virtual fitness classes, and intergenerational companionship. These volunteer care navigators support behavior change through regular check-ins, motivational interviewing, and other strengths-based approaches to health promotion. The smart phone system that guides interactions and tracks progress also collects population level data to tailor future curriculum updates to changing needs and interests. Thus far, over 150 older adults have benefited from this program across 4 different community organizations. It is our hope that through this program, we can increase the quality of life of Hawaii's older adults by sharing social solutions that help people age with dignity and grace. This method of virtual outreach—conducted by phone and text message—can be especially helpful for older adults who lack a support network, are geographically isolated, or are socially disengaged and lonely.

If interested in connecting with older adults or would like support from our Kupuna Care Corps, please contact, contact Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com. To register as a volunteer (small honorarium included), complete the following form at <https://forms.gle/HAXysi7bsQQtLYdD9> or contact Christy Nishita, HPGS Board member and Workforce Development Chair, at cnishita@hawaii.edu.

PRESIDENT'S MESSAGE (CON'T)

I'll wrap up with: we are social beings, we help each other by staying in touch, by doing things together and helping out when we can. Just talking stories can be a chicken skin experience. Let's not let a two year pandemic keep us from our friendship connections.

I know, this probably is not news to anyone reading it. But the data is quite alarming, so I felt compelled to share my thoughts at this time in our unprecedented history. The road to recovery is in our ability to re-connect with each other. The other tip you already know, remember to wash your hands and have a great day.

Take Care & Aloha Nui Loa
-Thank your for staying healthy,
Rick Tabor, HPGS President 2022

HPGS MEMBERSHIP

NEW

Ruth Bascar-Sellars

RENEWED

15 Craigside

Arcadia

Arcadia Family of Companies

County of Kauai Agency

on Elderly Affairs

David Watumull

The Plaza at Kaneohe

The Plaza at Mililani

The Plaza at Moanalua

The Plaza at Pearl City

The Plaza at Punchbowl

The Plaza at Waikiki

County of Maui Office on Aging Staff:

Hi'iilei Akaka

Cheryl Alcantara

Kimberley Almeida

Vicki Belluomini

Donne Carvalho

Kevin Dusenbury Jr

Kelly Estrella

Kristi Ishikawa

Gizelle Kuailani

Sanya Lucas

James Mariano

Hyenie Martin

Claudette Medeiros

Maria Mosqueda

Sharon Nobriga

Rae-Ann Pagatpatan

Timmy Satot

Lena Stoheker

Cary Valdez

NEWSLETTER CORRECTIONS

Getting emails from HPGS members is always welcomed, especially when someone was left off the Lifetime Member list or a name was spelled incorrectly because that means the member is reading our monthly newsletter. Please note that **Colette Browne** has been a long-time, valued HPGS member, as is **Eldon Wegner** (let's blame spell-check). There are also many emails that thank HPGS for the newsletters, which gives members a ton of information on so many topics. Articles of interest, photographs, specific topics, and/or upcoming events should be emailed Sherry Goya, HPGS Executive Director at sgoyallc@aol.com.

MASKING MANDATE

Governor David Ige let the indoor mask mandate lapse at 11:59pm on March 25th; however, riders of TheBus and TheHandi-Van, all public schools, prisons/jails and airports must wear their mask until at least April 18th. Private businesses are also within their rights to require masks.

There are many mixed feelings among Hawaii residents, and no one is wrong. A quick survey of HPGS Board members shows that mask wearing won't go away for a while, mainly because this association's purpose has always been to "to support the creation of needed policies and programs that will enhance the quality and age-friendly services to our Kūpuna in Hawaii."

Laurie Adamshick said: "Our Elder Care Coordinator who makes routine home visits every quarter continues to wear a mask out of respect and for the safety of our older clients. This was in keeping with the policy we established at the beginning of the pandemic to carefully observe all the safety protocols using masks, face shields, hand sanitizer and even acrylic dividers when conducting in-person meetings. It makes no difference whether our clients are vaccinated or not (and we are not always privy to that information), our concern for our family of clients will motivate us to continue to take the common-sense, protective measure of wearing masks around them."

Kathy Wyatt added, "I'm leaning towards mandatory masks for staff and caregivers and visitors, optional for kupuna (clients). Still doing temp checks, hand sanitizer and wiping surfaces frequently. Social distancing, too."

Sara Lenzer Medeiros says: "On Hawaii Island, we still have a mask mandate for indoors. I personally, will continue wearing a mask going into places with lots of people. My household, with two men over 80, has not had the annual colds or flu. Very happy about that!"

Kathy Jaycox said: "I do know I will wear one when visiting anyone who is ill or frail; I would not want to put anyone at risk. . ."

HPGS MEMBER NEWS



The 2021 HPGS Biennial Conference's *Na Lima Kokua* award winner for **Community Service** was Dr. Warren Wong, Geriatrician. After retiring from Kaiser Permanente Hawaii, Dr. Wong has focused on supporting caregivers. Check out Geriatricswithaloha.com. He posts regularly on a wide range of geriatrics topics. In recent posts, he has focused on dementia. Key points:

1. Dementia is a general term for any disease that injures multiple areas of the brain over time. It affects 3 major domains: Cognition, emotional-behavioral wellbeing and physical abilities.
2. Depression and apathy are examples of emotion and behavior problems commonly seen in dementia. They are similar but not the same.

Check out:

<https://geriatricswithaloha.com/the-brain-is-like-a-computer-is-it-just-getting-older-or-is-it-getting-dementia/>

Contact Dr. Warren Wong to share your thoughts and comments:
dr.warren@geriatricswithaloha.com