



hawaii pacific gerontological society

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May 2022

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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

5:55 am, birds chirping, roosters crowing, sun rising. I roll over and turn off the alarm clock before the beep Beep BEEP, thinking to myself, "wow, it's May 2022, I'll be 65 on the 9th. Life is amazing."

Let's start by dispelling ageism. For most age brings wisdom, awareness of moderation, a desire to do more of what we love, and perhaps the freedom to give back through service to others. More of us now carry on with our careers. The average age of Nobel Prize winners is 62 years old. Warren Buffet is closing in on 90. Many experts say that age has little to do with success and leadership. So age is an issue of the mind over matter. If you don't mind, well you know the saying.

Let's eradicate ageism. I'm here to tell you life doesn't end once you retire. For many of us, retirement opens a new chapter, with new adventures. It offers many of us more time to stay active and take on new exciting challenges to learn, grow, and advance our skills, hopefully surrounding ourselves with people we love, and staying on the path of wisdom with dignity and happiness. Add some well-seasoned resilience to help with the unavoidable bumps and we should be in great shape. As John Lennon sang: "Life is what happens while you're busy making other plans." Meaning, we can set the goals we want for our future, but that won't change the fact that life is lived moment to moment, day to day, and tomorrow isn't promised. So carpe diem - seize the day.

I think that's a reasonably healthy goal to strive for. And that's my 65th birthday wish I'll hope to realize. Join me, if you can. We'll have cake and together we'll turn this 'silver tsunami' into a revolution of well-adjusted, aloha spirited Kūpuna with a dignity movement that shatters the outdated ageism stereotypes.

Please enjoy this month's newsletter. And we'll hope to see you via Zoom at the May 19th (11:30am-1:00pm) HPGS General Membership Meeting.

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 MEMBERSHIP

NEW

Hawaii Dental Service

Michael Orozco
900 Fort Street Mall, #1900
Honolulu, HI 96813
P: 808-529-9265

E: marketing@hawaiidentalsservice.com

W: www.hawaiidentalsservice.com

Hawaii Pacific Neuroscience

Kore Liow
2230 Liliha Street, #104
Honolulu, HI 96817
P: 808-261-4476

E: kliow@hawaiiineuroscience.com

W: www.hawaiiineuroscience.com

Lunalilo Home

Poki'i Balaz
501 Kekauluohi Street
Honolulu, HI 96825
P: 808-395-1000

E: pokii@lunalilo.org

W: www.lunalilo.org

Ohana Care Maui LLC

Jessica Galvez
1464 Lower Main Street, #211
Wailuku, HI 96793
P: 808-344-1285

E: info@ohanacaremaui.com

W: ohanacaremaui.com

RENEWED

Susan Anderson

JOB OPENING

The University of Hawaii at Manoa's Thompson School of Social Work & Public Health, Center on Aging, has a full-time Junior Researcher position available. Closing date to apply is May 13th. The link is: <https://www.schooljobs.com/careers/hawaii.edu/jobs/3534293/junior-researcher-position-0085856t?keywords=junior&pagetype=jobOpportunitiesJobs>

HPGS JOB BOARD

Just a reminder that HPGS has their own "Job Board" at www.hpgs.org for members only. Listings can be submitted for any paid or volunteer jobs an HPGS member may have. There is no charge for this benefit.

HPGS GENERAL MEMBERSHIP MEETING

Join us for our HPGS General Membership Meeting on Thursday, May 19th 2022 from 11:30-1:00pm on Zoom. The meeting will feature a special panel that will focus on new approaches to fostering intergenerational connections and utilizing technology in innovative ways. These solutions arose from the pandemic and strive to improve the health and quality of life of kupuna. The presentation will feature speakers from Kupuna Care Corps, Our Kupuna, Lanakila Pacific and the University of Hawaii Center on Aging. Zoom link to join: <https://uhtasi.zoom.us/j/81600980502>

2022 AGING & DISABILITY ISSUE

The Hawaii Family Caregiver Coalition has published its 2022 Aging & Disability booklet, and here are a few highlights of what you'll find inside:

- The priority issues that deserve the attention of our lawmakers, advocates, and the public
- Facts & figures on aging nationally and in Hawaii
- A case for cost-effective services that keep the elderly healthy and save millions in elder care
- Long-term care issues in Hawaii
- The state of retirement in Hawaii and what can be done
- Real caregiver stories

There's much more, including what you can do to support our aging loved ones and caregivers, and resources in Hawaii with contact information. If you would like us to mail you the original printed version of the booklet, please email Gary Simon at gsimon@aarp.org with your street address and let him know how many booklets you would like.

RECONNECTING WITH SCHOLARSHIP AWARDEES



Eric Wolfe, a 2020 Scholarship awardee, is now a registered nurse, employed at Kahala Nui, and is working toward becoming a gerontological nurse practitioner. As part of his graduate program, he will be conducting a project on decreasing caregiver burnout for those who work with patients with Alzheimer's disease. Eric feels "the HPGS scholarship has supported me to pursue these goals and to better care for our Kupuna."

HPGS NEWS

Hawaii Pacific Neuroscience Memory Disorders Center is the only facility in Hawaii with a dedicated multidisciplinary team of clinical neurologists, research neurologists, cognitive rehabilitation specialists and brain health and wellness specialists trained in diagnosing and treating memory disorders and dementia. The Memory Disorders Center and Alzheimer's Research Unit is a part of the global network of top neuroscience centers involved in Alzheimer's research funded by NIH and other organizations. Our Neuroscience Center of Excellence is recognized nationally for its work not only in providing not just routine clinical evaluations, but is also the only facility in Hawaii to offer groundbreaking Clinical Trials in Alzheimer's Dementia and Parkinson's disease including Aducanumab for mild to early Alzheimer's dementia. Click to see Clinical Trials available or call (808) 564-6141 for more information or email info@HawaiiNeuroscience.com

TONY LENZER SCHOLARSHIPS

The Hawaii Pacific Gerontological Society (HPGS) raises funds and awards scholarships to college students with a serious interest in careers involving aging and older people. This year, HPGS is proud to offer five (5) undergraduate and graduate scholarships at \$2500 each. Please visit our website (<https://www.hpgs.org/scholarships.html>) to learn more and forward this information to your students. The deadline for applications is 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. Applications are accepted on a rolling basis.

EVENTS

HPGS General Membership Meeting

Thursday, May 19th
11:30am to 1pm
Via Zoom

See flyer attached for more info.

Hawaii SHIP will have an Open House

on Friday, May 27, 2022,
10am – 11am.

This presentation is for prospective volunteers and partners. Register to attend at: <https://zoom.us/join/joinMeeting/register/tJYoc--pqjqoGNdr3Fhu-NJWaVBr5tioqWRG>

For **Alzheimer's Association** events, go to: https://www.alz.org/events/event_search?etid=6&cid=53&zip=96813

SOCIAL SECURITY BY JANE BURIGSAJ SOCIAL SECURITY PUBLIC AFFAIRS SPECIALIST IN HAWAII

Answers from the experts:

You may need Social Security when you least expect it and we're here to make sure our information is always accessible to you. Whether you're planning for your retirement years in advance or thinking about applying today, you probably have questions.

Our Frequently Asked Questions web page at faq.ssa.gov has answers to your questions about our programs and services. We feature our most-asked questions at the top of the page to help you find answers to the most common questions quickly, like:

- What should I do if I receive a call from someone claiming to be a Social Security employee?
- How do I change or correct my name on my Social Security number card?
- How do I apply for a new or replacement Social Security number card?
- How can I get a Social Security Statement that shows a record of my earnings and an estimate of my future benefits?

You can also browse by topics like:

- Disability.
- Social Security Payments.
- Retirement.
- Medicare.

We also have a publications library at www.ssa.gov/pubs with information on many topics. And we provide each publication in text, audio, and downloadable formats.

SMP HAWAII

U.S. Congress established the **Senior Medicare Patrol** in 1997 to protect older adults from Medicare fraud. SMP Hawaii is one of 54 projects nationwide funded by the U.S. Administration for Community Living (ACL) and is also a referral agency for individuals affected by alleged scams that may be unrelated to healthcare, such as investment, romance, social media, tax and more.

SMP Hawaii increases public awareness about the resulting economic and health-related consequences because of Medicare fraud, errors and abuse. SMP Hawaii works to resolve beneficiary complaints of potential healthcare fraud in collaboration with state and federal partners, including the U. S. Department of Health & Human Services Office of the Inspector General (OIG), Centers for Medicare & Medicaid Services (CMS), Hawaii State Department of the Attorney General (AG), Medicaid Fraud Control Unit and Hawaii State Department of Commerce and Consumer Affairs (DCCA).

SMP Hawaii, along with SMP projects across the nation are celebrating 25 years of protecting kupuna this June 1, 2022. Learn more about SMP, and its year-long activities and events during this special milestone, as well as how to volunteer and make an immediate and lasting difference.

Check out their website at www.smphawaii.org FB: smphawaii808
Call (Oahu) 808-586-7281 or (Neighbor Islands) 1-800-296-9422
Email info@smphawaii.org



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***Intergenerational connections and technology:
New approaches emerging from the pandemic***



**General Membership Meeting
Thursday, May 19th, 2022
11:30-1:00pm**

The COVID-19 pandemic has highlighted the critical need for social connections across generations and the importance of technology to facilitate connections. This meeting will feature speakers from:

- Kupuna Care Corps
- Our Kupuna
- Lanakila Pacific
- University of Hawaii Center on Aging

**Zoom Link to Attend:
<https://uhtasi.zoom.us/j/81600980502>**

If you have any questions, please contact Sherry Goya,
Executive Director at sgoyallc@aol.com



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Announcing 2022 Tony Lenzer Undergraduate and Graduate Scholarships!

The Hawaii Pacific Gerontological Society (HPGS) raises funds and awards scholarships to college students with a serious interest in careers involving aging and older people.

This year, HPGS is proud to offer five (5) undergraduate and graduate scholarships at \$2500 each.

**Visit <https://www.hpgs.org/scholarships.html>
to learn more and apply.**

Deadline: July 1, 2022

"I am very grateful that HPGS has selected me as one of this year's scholarship recipients. I would like to thank HPGS and all of my mentors for supporting me in my academic journey. I want to impact change for Kupuna, and advocate for additional services and opportunities for older adults. I would also like to provide education for older adults and their families, helping to guide them as they make tough decisions or changes that come with the aging process."

- Chelsie, 2021 Scholarship Winner