



hawaii pacific gerontological society

Volume 38, No. 3

March 2017

## HPGS 2017 BOARD OF DIRECTORS

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Christy Nishita, Past President  
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808-722-8487 • [sgoyallc@aol.com](mailto:sgoyallc@aol.com)

P. O. Box 3714  
Honolulu, HI 96812  
[www.hpgs.org](http://www.hpgs.org)

HPGS members are welcome to submit articles of interest, pictures and articles from events, notices of job openings, committee reports, etc. Please submit your article and/or picture by the second Friday of every month to Sherry Goya, HPGS Executive Director, at [sgoyallc@aol.com](mailto:sgoyallc@aol.com).

## PRESIDENT'S MESSAGE



PERCY IHARA, PRESIDENT

Aloha, HPGS Members!

We have begun our push to increase our aging industries workforce by having the UH Center on Aging and HPGS Career & Job Fair this past March 14th at the UH Manoa Campus Center ballroom, where students from all the college campuses and high schools were invited. Thank you to HPGS' Board member, Christy Nishita, who spearheaded this effort and to our 37 vendor partners

who attended.

HPGS plans to have more of these types of events as our workforce in all of our industries are dwindling. Look out for our "HPGS Job Fair" on July 15th at Catholic Charities where we will promote to all ages, including the mature worker. Companies, non-profits and agencies in our field should attend and be a vendor. We do expect a good crowd of individuals looking for employment.

Did you know that HPGS has a YouTube Channel where we will post all of our webinars for viewing? This venue is open to the public, and we invite you, your co-workers, friends and families to check it out. I know a number of you could not make last months webinar on Adult Day Centers, so please check out our YouTube channel and subscribe.

Lastly, HPGS believes there are many individuals, companies and organizations who would benefit from being a member. Attached to this month's newsletter is the HPGS Membership Form that we hope you will share with those who you feel should join to reap the benefits of being well informed in all aspects of Hawaii's aging community. The forms lists those benefits.

## MISSION STATEMENT

The mission of the Hawaii Pacific Gerontological Society shall be to provide professionals and students in the field of aging with vital information, workshops, networking, and scholarships to enhance the gerontology workforce, to support the creation of needed policies and programs, and to deliver excellent service to the aging population in Hawaii and the Pacific.

## WELCOME NEW HPGS MEMBERS

### Attention Plus Care

Janet Hochberg  
1580 Makaloa Street, #1060  
Honolulu, HI 96814  
P: 808-440-9356 • F: 808-218-6504  
E: janetg@attentionplus.com  
W: www.attentionplus.com

### Financial Benefits Insurance, Inc.

Laura Newman  
1311 Kapiolani Blvd, #504  
Honolulu, HI 96814  
P: 808-792-5194 • F: 808-792-5187  
E: lnewman@fbihi.com  
W: www.fbihi.com

### Get2insurance

Martha Khlopin  
1003 Bishop Street, #2700  
Honolulu, HI 96813  
P: (808) 230-3379  
E: getmartha@aol.com

### Kalakaua Gardens Senior Assisted Living

Steve Nawahine  
1723 Kalakaua Avenue •  
Honolulu, HI 96826  
P: (808) 518-2273 • F: (808) 892-4595  
E: steve@kalakauagardens.com  
W: www.kalakauagardens.com

### Soderholm Mobility, Inc.

Norman Berg  
P. O. Box 19010 • Honolulu, HI 96817  
P: (808) 834-1417 • F: (808) 834-1070  
E: norman@soderholmmbus.com  
W: www.soderholmmbus.com

Senior Member:  
**Joy Tamaribuchi**

Student:  
**Allyson Enos** - UH Manoa

## INTERNATIONAL VIRTUAL AGE WITHOUT BORDERS CONFERENCE

By Cullen T. Hayashida, Ph.D.

The age of the internet has spawned new opportunities for the cross-cultural exchange of ideas in gerontology and active aging! During the last week of February 2017, the **Age without Borders Virtual Summit** premiered its first international 'conference' involving 53 international active aging experts. Speakers from the US, Australia, Ireland, Europe, Iceland, Malta, Mauritius, Singapore, Hong Kong, Japan and **Hawaii** provided innovative and practical models of addressing age from a well care perspective. Topics covered Health & Wellness, Technological Innovations, Global Leadership; Lifelong Learning; Retirement, Travel & Caregiving, Finance & Housing and the last on Purpose & Legacy. While this event is now officially over, it is still possible to access all of the presentations/interviews via the [agewithoutborders.net](http://agewithoutborders.net) for a one time fee. Increasingly, Hawaii's aging policies and programs stand to benefit from a more global perspective!

## KUDOS TO MARTHA



HPGS Board member, Martha Khlopin, has been on the Board for a year and is the current Fundraising Committee chairperson. Most recently, HPGS received a letter and a \$75 check. John Morioka wrote: "I had the recent pleasure of working with Martha Khlopin who helped me with my medicare enrollment.

It was really a daunting task for me and I can't say enough good things about Martha who so generously and expertly guided me through the maze. I wanted to pay her but she refused and asked that instead, I send this donation to the Hawaii Pacific Gerontological Society." In closing, John said, "I am sure you must be doing tremendous work to have such an endorsement from Martha. Best wishes and much success to you."

## UPCOMING EVENTS



For the second year in a row, the YMCA of Honolulu and Generations Magazine, along with Kahala Mall, will be sponsoring the National Senior Health & Fitness Day on Wednesday, May 31st from 9am to 1pm. This is a FREE event for the public, and tables will be available at NO charge to companies and organizations who provide resources for active older adults throughout the community. Attached to this newsletter is the Event Application that needs to be completed and emailed or faxed to Sherry Goya at [sgoyallc@aol.com](mailto:sgoyallc@aol.com) or 808-235-3650. Deadline is May 24th or until all forty tables are taken.

## HPGS & UH CENTER ON AGING CAREER & JOB FAIR

### MAHALO to these vendors:

- Aloha Nursing Rehab Centre
- Alzheimer's Association, Aloha Chapter
- Architects Hawaii Limited
- Bayada Habilitation & Behavioral Health
- Bayada Home Care
- Bright Star Care
- Bristol Hospice - Hawaii, LLC
- Catholic Charities Hawaii
- Generations Magazine
- Get2insurance
- Hale Hauoli Adult Day Care
- Hale Ho Aloha Inc.
- Hale Kuike, LLC
- Hawaii Center for Psychology
- Hawaii Meals on Wheels
- Hawaii Medical Service Association (HMSA)
- Hawaii SHIP
- Home Care Solutions LLC
- Kahala Nui
- Kalakaua Gardens Senior Assisted Living
- Kokua Care
- Lanakila Pacific
- Leahi Hospital
- Maluhia Hospital
- Manoa Cottage Kaimuki/Manoa Cottage Care Homes
- Ohana Health Plan
- Pacific University
- Palolo Chinese Home
- Project Dana
- Rulon & Adamshick LLC
- Senior Move Managers/De-Clutter Hawaii
- St. Francis Healthcare System
- Talent HR Solutions
- The Caregiver Foundation
- The Ihara Team of Keller Williams Honolulu
- The Plaza Assisted Living
- United Healthcare
- Wilson Care Group



conversation relating to Hawaii's aging network. Papa Johns pizza was purchased at a discount and water was donated by Senior Move Managers/De-Clutter Hawaii.

There were 37 vendors from a range of companies and organizations from architecture to assisted living facilities and senior service companies. Students from UH and across Oahu were invited to the fair. HPGS reached out to UH and their community colleges, HPU, Chaminade, as well as public and private high schools. The general public was also invited to the event through Generations radio and KITV morning news. Funds raised will support HPGS activities, including scholarships.



Door prizes were awarded to 22 students and included gift cards to Burger King, Papa Johns, Longs, Starbucks, McDonald's, Ruby Tuesday, Barnes & Nobles, and Regal Theaters. A Fit Bit was donated by Curt Kiriu and a gift basket from United Healthcare. A big thank you goes to these companies who provided all the great door prizes.

Homecare Solutions  
Ohana Health Plan  
Papa Johns Pizza  
Pohai Nani  
Sherry A. Goya, LLC  
St. Francis Healthcare System  
The Caregiver Foundation  
The Plaza Assisted Living

Presenting

# *Hawaii Alzheimer's Disease Initiative*

## Speakers Bureau

### Topics on Dementia, Brain Health, and Caregiving

A partnership of UH Center on Aging's *Hawaii Alzheimer's Disease Initiative*,  
*Kokua Mau: Hawaii's Hospice & Palliative Care Organization*, and JABSOM Dept. of Geriatric  
Medicine & Pacific Islands Geriatric Education Center

#### TOPICS INCLUDE:

✿ Palliative Care for Persons Living with Advanced Dementia

✿ Hospice and Dementia

✿ The Grief Journey of Caregiving and Dementia

✿ Caregiver Self-Care

✿ Starting the Conversation on Advance Care Planning  
for Persons with Memory Loss

✿ Brain Health & Risk Factors for Dementia

✿ Non-Medication Strategies for Dementia Behaviors

These presentations are appropriate for diverse venues which could include groups or organizations, clubs, employee or retiree associations, unions, caregivers, healthcare settings, senior centers, workplaces for employees, libraries, churches or temples

To book for your group, please contact  
*Jody Mishan at (808) 295-2624*  
[jmishan@hawaii.rr.com](mailto:jmishan@hawaii.rr.com)

Made possible by a grant from the Administration for Community Living to the University of Hawaii Center on Aging: Alzheimer's Disease Initiative: Specialized Supportive Services Program

**HADI** Hawai'i Alzheimer's  
Disease Initiative  
A PROJECT OF THE UH CENTER ON AGING  
www.hawaii.edu/aging/hadi

 **ACL**  
Administration for Community Living

  
**KOKUA MAU**  
"Continuous Care"  
Hawai'i Hospice and Palliative  
Care Organization

  
**Pacific Islands Geriatric Education Center**  
Department of Geriatric Medicine  
John A. Burns School of Medicine  
University of Hawaii





**Caring for family is a big job.**  
Do you know your options and how you'll pay for them?

Thousands of people on Oahu are helping older loved ones. Learn your options for providing and paying for care.

### **Panel:**

- **What's Your Plan? Know Your Options**  
Michael Yee, CFP™
- **Long-Term Care and Life Insurance**  
Terry Peacock, Insurance Advisor
- **Reverse Mortgages**  
Percy Ihara, Reverse Mortgage Advisor
- **Accessory Dwelling Units**  
Curt Kiri, Certified Aging in Place Specialist
- **Medicaid**  
Scott Suzuki, Attorney
- **Government Programs**  
Ashley Muraoka-Mamaclay, Elderly Affairs Division

### **Policy Update**

AARP Hawaii

### **Tips for Improving Quality of Life at Home**

Michael Cheang, Dr.PH

### **Caregiver Conference**

**Saturday, March 25, 2017**

**8:00 a.m. to 12:00 noon**

**Cost:**

**Free**

**Parking: \$6 at HJCC**

**Location:**

**HJCC Manoa Grand Ballroom**

2454 S. Beretania Street, 5th Floor  
Honolulu, HI 96826

**Register:**

**[aarp.cvent.com/care3-25](http://aarp.cvent.com/care3-25)**

or call toll-free **1-877-926-8300**

Sponsored by:

**AARP**® Real Possibilities  
**Hawaii**





**You are invited**

**FREE seminar!**

# Family Caregivers

**Who Is Taking Care of You?**

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**Thursday, March 30**

**11:30am-12:45pm**

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To join the *Hawaii Pacific Gerontological Society's* webinar

**"Family Caregivers"**

**Register online at: <https://goo.gl/ni48eN>**

- Are you silently suffering with stomach aches, heart palpitations and high blood pressure?

- Are you the only one doing all the chores by yourself because no one is helping you?

- Plus, do you want siblings to stop arguing, blaming, and pointing fingers at each other?

When your loved ones rely on you to take care of their needs, are you thriving or struggling?

60% of their Family Caregivers, barely hanging onto the emotional roller coaster, end up in the hospital themselves due to heartbreak and stress-related ailments.

## About the Webinar

This webinar will explain CPR (Cure, Prayer and Relief), Humane vs. Destructive Caregiving, and how to delegate, collaborative teams and communicate effectively. In the end, all Mom and Dad want is PEACE.

**Annette Pang**, transformational coach, owner of Caring Manoa and Living Manoa, Licensed ARCH II Care Homes. Her Forgiving Family CPR Course empowers families to learn balance, lasting skills and gratitude.





# Kūpuna POWER

CELEBRATING HAWAII'S SENIORS



## Save the Date !

**April 13, 2017**

**Thursday, 9:00–11:30 a.m.**

**The Hawaii State Capitol Rotunda**

**Education, Exhibits, Entertainment  
Exercise and Plenty of Aloha**

**FREE  
Event  
FOR SENIORS**

For Booth Space and Information, please call: Janet Maduli – 282-5577 or [janetmaduli@me.com](mailto:janetmaduli@me.com)



Sponsored by Nā Kūpuna Makamae Center , *a Project of Pacific Gateway Center*



## KAHALA MALL Event Application

Applications must be made **no later than (2) weeks prior** to the first day desired for such event. Applications are granted subject to the Rules and Regulations, which are included with this application. By accepting this application, the applicant agrees to be bound by the terms and conditions of the Rules and Regulations.

**Submitting this application DOES NOT confirm your request. You will be contacted within (7) business days once the application is reviewed.**

Return completed application to:

Sherry Goya  
Generations Magazine  
Email: [sgoyal1c@aol.com](mailto:sgoyal1c@aol.com)  
Fax: 808-235-3650

ALL OF THE FOLLOWING INFORMATION MUST BE PROVIDED:

Name of Performer/Organization: \_\_\_\_\_

Organization is: ☐ Profit ☐ Non-Profit

Applicant (Must be 18 years old or older): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Required): \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail Address (Required): \_\_\_\_\_

Purpose of Event: YMCA's National Senior Health & Fitness Day - To provide resources for Active Older Adults throughout the community. MAY 31, 2017 from 9am to 1pm

Number of persons engaging in activity: 500+

Indicate which of the following equipment (w/quantity) you would like Kahala Mall to provide:

N/C 6-ft. tables \$10 per table (up to 6) N/C chairs \$2.00 per chair (up to 10)

ADDITIONAL MATERIALS, PROPS, ETC. BRINGING: SET UP AFTER 7AM AND NO BREAKDOWN UNTIL 1PM.

Requested Date: By May 24th or until tables are taken Time: 12noon

**Payment for equipment rental is required to be submitted minimum (5) business days prior to event date. Cash accepted or please make check payable to Kahala Mall Merchants' Association.**

If granted permission, applicant hereby agrees to be bound by the terms and conditions of the Rules and Regulations included with this application along with equipment fees. The undersigned hereby warrants and represents that the information set forth above is true and correct and acknowledges that he/she has read the Rules and Regulations included with this application.

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_



## **RULES AND REGULATIONS PERTAINING TO THE USE OF PUBLIC AREAS OF KAHALA MALL Center Court**

- 1) Use of the Mall's public areas must be authorized by an approved application, available in the Mall Management Office. The application must be completed and returned to the Mall Management Office at least two weeks prior to the event request date, otherwise, Mall Management reserves the right to deem the event cancelled.
- 2) Reservations are on a first-come, first-served basis, and at the days and times allowed at the discretion of Mall Management. A confirmation letter and/or copy of the application form will be forwarded at least one week prior to the approved event, confirming the date and time. Organizations/groups using the Mall's public areas must bring a copy of their approved letter and/or application on the day of their event. Mall Management reserves the right to cancel or reschedule a performance at any time, for any reason.
- 3) The Mall can provide a PA system (includes 12-channel mixer, 1 monitor & 2 speakers), 4 direct inputs, 4 microphones (with stands), and a CD/cassette player for public use at Center Court. Additional equipment may be provided by the organization/group, however, Mall Management, along with its Security team, will monitor the sound system and regulate the sound level of the performance.
- 4) In order to maintain a comfortable shopping environment and sound level throughout the Mall, Mall Management reserves the right to monitor/approve the sound level of each performance, whether Kahala Mall provides the PA system or the group provides the equipment. A sound check is required prior to the performance, and Security personnel will monitor the volume throughout the performance to ensure sound level control. Absolutely, no drums, drum sets or the like are allowed.
- 5) The areas of the Mall used by the public are not public ways, but are for the use of Kahala Mall tenants and the public transacting business with them. Permission to use the said areas may be revoked by Mall Management at any time.
- 6) The premises occupied must be left in the same condition and/or orderliness and cleanliness as when received.
- 7) Parking for scheduled event participants is restricted to the second-level parking deck, fronting Barnes & Noble Booksellers (Waialae Avenue entrance, near Whole Foods).
- 8) Any and all materials used by the organization/group (i.e. flyers, brochures, leaflets, photos, etc.) must have the approval of Mall Management prior to display or distribution.
- 9) Organizations/groups requesting the use of the sign holder (22" x 28") must provide a professionally-made sign that has been approved prior to display by Mall Management. Banners or any other forms of signage are not permitted. No tape, tacks, staples or adhesive materials of any kind may be used on the sign holder.
- 10) The use of video recorders, monitors, tape recorders, and other professional electronic equipment is **STRICTLY PROHIBITED**, without prior consent.
- 11) The sale of merchandise and/or services is **STRICTLY PROHIBITED**.
- 12) Solicitation for funds, contributions, signatures or participation in surveys is **STRICTLY PROHIBITED**.
- 13) There is to be no religious or political solicitation or verbalization of any kind on Mall premises.
- 14) Failure to comply with any of the aforementioned Rules and Regulations will result in an immediate removal from the Mall. If failure to comply and/or removal cause any damages to Mall property, the organization/group responsible will be liable for the cost of rectifying said damages.

## SUMMER INTERNSHIP 2017

Explore career opportunities in the ever-growing field of Senior Care with one of Hawaii's premier senior living providers, Kāhala Nui. This Summer Internship is open to current college students who are interested in gaining real-world experience and an up close glimpse into what it will take to care for our aging population.

### Summary

Dates: June 19 – July 28, 2017 (6 weeks)

Hours: Monday – Friday, 9:00 am – 4:30 pm

*(may occasionally vary for special events)*

Compensation: \$10 per hour

Deadline to apply: **April 14, 2017**

Location: Kāhala Nui  
4389 Malia Street

~ plus 1 week at ~

Live Well at Iwilei (Senior Wellness Center, licensed for Adult Day Care)  
888 Iwilei road



### Description

Summer Interns will spend time getting a chance to observe as well as gain hands-on experience working with our seniors in a rotation between the following potential departments (may be subject to change):

- Lifestyles (Activities)
- Dining Services (Front-of-the-House service, Culinary, and Dietary)
- Therapy (Physical Therapy, Occupational Therapy, and Speech Therapy)
- Resident Services
- Live Well at Iwilei (Senior Wellness Center, licensed for Adult Day Care)
- Assisted Living and Memory Support

### How to Apply

Requirements: Must be a currently enrolled college student who has completed at least one (1) year of college

Submit the following to [employment@kahalanui.com](mailto:employment@kahalanui.com) by **April 14, 2017**

1. Resume
2. Most Recent college transcript (unofficial copy is acceptable); may additionally submit high school transcript (optional)
3. Essay (no more than 500 words) telling us why you are specifically interested in this internship and what your career goals are after college



hawaii pacific gerontological society

## MEMBERSHIP FORM

Founded in 1979, the **Hawaii Pacific Gerontological Society** is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership opportunities available to all islands consists of gerontology educators, students, medical and social service personnel, older adults (kupuna), caregivers, companies and organizations from every sector of the community.

HPGS discusses, networks, and shares information about issues and policies affecting Hawaii kupuna, to include career and job fairs, expos, webinars, etc. They also provide scholarships for undergraduate and graduate students interested in careers in aging, as well as tuition assistance for workers seeking to upgrade their knowledge in this field.

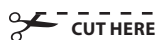
Benefits of an HPGS member includes:

- The HPGS monthly **newsletter** is distributed electronically and filled with age-related news, events, activities, job openings, announcements, and more.
- **Webinars** presented by professionals in the aging field are free to members on a regular basis.
- Throughout the year, there are **events** to bring HPGS members together for timely and relevant issues, discussions, and educational opportunities, as well as networking events.
- HPGS prides itself in offering **scholarships** for those pursuing education in the field of aging, thus creating fundraising options.
- A two-day biennial **conference** is held in even-numbered years and offers professional and educational venues on aging research, practice and policy for Hawaii, while also attracting national and international participants.
- HPGS members receive electronic **notices** on significant events, opportunities available, and other announcements.
- The HPGS **website** provides a resource of news, events, membership, etc.
- There are a number of **committees** where membership involvement is welcomed.

For further information, please contact

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

Hawaii Pacific Gerontological Society • P. O. Box 3714 • Honolulu, HI 96812 • [www.hpgs.org](http://www.hpgs.org)



CUT HERE

Contact Name: \_\_\_\_\_

Company/Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Facsimile: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Website: \_\_\_\_\_

Annual dues (check one):

- ☐ \$10 for individual 65 and over
- ☐ \$20 for individual under 25 years
- ☐ \$80 for individual 26 to 64 years
- ☐ \$100 for company/organization  
(includes the contact person listed)

**If paying on or after July 1st,  
dues are half price.**

Date Paid: \_\_\_\_\_

Payment Amount: \_\_\_\_\_

Check Enclosed: # \_\_\_\_\_

Mail this form and check payable to HPGS to P. O. Box 3714 • Honolulu, HI 96812