



hawaii pacific gerontological society

Volume 41, No. 10

October 2020

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HPGS raises funds and awards scholarships to college students interested in careers involving aging and older people. Each year, HPGS offers Undergraduate and Graduate Scholarships for students enrolled in the University of Hawaii system, Hawaii Pacific University, Chaminade University, and Brigham Young University-Hawaii who have a serious interest in professional work related to aging, long-term care, and/or death and dying. This year, 2 undergraduate and 2 graduate scholarships at \$1,500 each will be awarded. Scholarship applications must be sent by email to sgoyallc@aol.com and must be received by Wednesday July 8, 2020 to be considered for the following academic year.

PRESIDENT'S MESSAGE



EILEEN PHILLIPS, PRESIDENT

Aloha Kakou!

I hope this Newsletter finds you well! With all the drama happening in the news these days, I feel like I am in a Soap Opera called "As the Covid World Continues." When will the world get back to the way we were 9 months ago? Some days I am hopeful, and other days, well, reality pushes me to search for the light at the end of the Covid tunnel.

However, on the bright side there are plenty of wonderful events and good news stories out there too...we just need to pay attention and find them. Coming soon in the HPGS world will be a VIRTUAL General Membership Meeting on October 22nd, Thursday at 11:30am. This event will bring officials from the Office of Elderly Affairs together to discuss how services in each county have adapted in order to keep our Kupuna engaged in activities. All four counties will have a chance to present their plans that are working, and plans that are yet to be in place. This meeting will be a great way to find out how to access county programs that continue to serve our seniors. The following valued officials have been invited to present their plans for their respective counties: Mr. Horace Farr from Hawaii County, Ms. Kealoha Takahashi from Kauai County, Ms. Deborah Stone-Walls from Maui County and Mr. Derrick Ariyoshi from Honolulu County. As a virtual event, each official will have the opportunity to discuss the answers to the following questions:

- 1) Can you report on the changes your county has made in its services to our Kupuna because of the pandemic?
2) Do you have any creative plans to adapt services in the future so that Kupuna may continue to enjoy activities as Hawaii moves into the Holiday season? If so, can you describe your ideas?

After these are addressed there will be an opportunity for the members to ask questions and offer suggestions. Don't miss this rare chance to find out more about each county's efforts.

As some of you know, HPGS has an annual fundraiser every fall and honors a member of the Kupuna community who has shown absolute dedication and perseverance as an advocate for this group. This year's honoree is Cullen Hayashida. As a preview to this event you can catch Cullen in an interview on KITV Channel 4 with Diana Ako's "Aging Well" Segment on October 27th starting at 5:00pm, 6:00pm and may repeat at 10:00pm. Don't miss it!

Take Care of yourself and keep social distancing!

A hui hou!

Eileen Phillips, RN
HPGS President

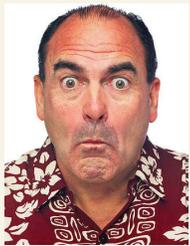
MISSION STATEMENT

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.

## HPGS SCHOLARSHIP FUNDRAISER



One-third of the \$10,000 goal for the November 6th "4th Annual HPGS Scholarship Fundraiser" has been received at the writing of this newsletter. This year's honoree is Dr. Cullen Hayashida, an educator who has for 40+ years helped to develop elder care service projects in hospital, nursing home, home care, college and community settings.

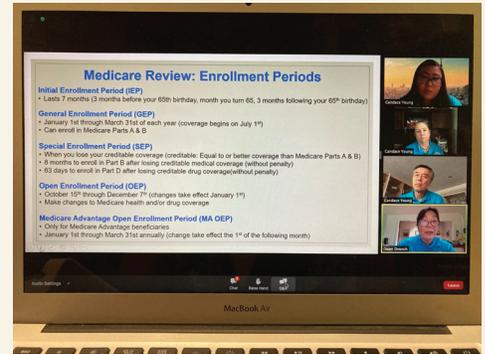


The Fundraising Committee has been meeting regularly and are so excited about the program that will start at 5:30pm. The emcee will be Frank Delima, who, as you know, is also vested in education through his Student Enrichment Program for public and private elementary and middle/intermediate school students. HPGS' scholarships help college students with their educational expenses. Frank also promises to sing one of his songs for attendees!

If you missed the Kupuna Power segment with Brickwood Galuteria, go to [www.hpgs.org](http://www.hpgs.org) and you'll find on the HOME page the link to the show. Also, watch the KITV Living Well segment on October 27th, announcing this fundraiser to their audience. Once again, please find our fundraiser flyer attached. The HPGS website has the form where charge-card donations may be made. Donations will be welcomed until November 30th.

## HPGS FREE WEBINARS

A big Mahalo goes out to **Hawaii SHIP (State Health Insurance Assistance Program)** for their presentation by Candace, Carol, Dawn, and Stephen. They talked about "Medicare Covid-19," educating attendees on medicare enrollment and coverage/benefits, as well as fraud and scams associated with Covid-



19. SMP Hawaii (Senior Medicare Patrol) was also presented as the "sister agency" of SHIP. They can be reached at 808-586-7281 (1-800-296-9422 toll-free) or check them out at <https://smphawaii.org/>. Hawaii SHIP has an Oahu Helpline at 808-586-7299 (1-800-875-9229 toll-free) or go to [www.hawaiiship.org](http://www.hawaiiship.org). There was a good "question and answer segment" after the formal presentation, as this was a very timely webinar for HPGS members.

The HPGS Webinar coming in **October** will be a presentation from Fred Collins of **Valley of the Temples** on planning to reduce the emotional and financial stress to those you leave behind and support those we love. Make your decisions in advance so your children don't have to wonder what to do, especially as they are grieving. This very important webinar will be held on Thursday, October 29th from 11:30am to 12:45pm. See the flyer attached and register today!

## WORKSHOPS THAT WORK

There was an interesting workshop sponsored by **Hale Hauoli Hawaii** and held on September 26th, entitled "Dementia in The Family" with a Wellness/Well-Being Presentation. It runs eighty-one minutes and a few seconds. Fun was had and the audience of 168 were great! Kathy Wyatt does such an incredible job organizing, promoting and supporting these meaningful workshops. Thanks go to Kathy. Dr. Pokii Balaz opened up the fall series and there's two more to go...more will come in November, the Winter Series. Click on this link & enjoy - <https://www.halehauoli-hawaii.org/september-26-2020/> And please, share with anyone you think might enjoy hearing about wellness strategies.

Workshops sponsored by **Senior Move Managers/De-clutter Hawaii** will be held on October 14th (Downsize & Move: when is it time to move?), October 21st (Aging in Place: declutter personal belongings and get organized), and October 28th (Avoid Hoarding: difference in hoarding levels and the disease). All workshops start at 1pm. Make a reservation at [smm.eventbrite.com](http://smm.eventbrite.com) or call Cynthia at 808-779-6224.

## EVENTS

### Zoom Workshop Series

**Continues** by Dorothy Colby  
from 10am to 11:30am

Thurs, Oct 15 - Challenging Behaviors:

Recognizing Unmet Needs  
Thurs, Nov 5 - End of Life Care  
& Letting Go

<https://bit.ly/pachawaii2020>

Contact: Jody Mishan  
808-295-2624

[jmishan@hawaii.rr.com](mailto:jmishan@hawaii.rr.com)

**Hale Hauoli Hawaii** is offering the following FREE virtual workshops on "Demential in the Family - Care Options and Resources."

Register for any or all workshops at [www.halehauoli-hawaii.org](http://www.halehauoli-hawaii.org) and click on events; or call 808-798-8706.

NOV. 7 Dr. Poki'i Balaz "Dealing with Dementia During the Holidays"

NOV. 14 Cynthia Arnold "Decluttering for the Holidays"

## FROM A HEALTH/ GERIATRIC SOCIAL WORKER

*My daily conversations with our residents have changed during the COVID-19 pandemic. We would normally discuss the difficulties in transitioning to this new environment of assisted living, their difficulties in giving up their homes and independence, and following a new routine and structure. We would discuss the things they miss.*

*Today, we discuss their fears and worries about catching this virus. We discuss friends who were taken too soon by this virus, and we talk about their own fears of death....their loved ones....themselves.*

LAC

## HELP FOR SENIORS

Because Covid has eliminated the opportunity for many seniors to gather for prepared meals at churches or senior centers, some of our seniors may need extra help with their food budgets. The attached flyer to this newsletter is being shared by Kathy Jaycox, HPGS Board member, and explains how eligible applicants may receive monthly benefits that could apply to grocery shopping or to programs such as Meals on Wheels. Individuals can apply online OR call 211 and ask to be connected to a social service agency that will assist with the application process.

## RECORDING AVAILABLE: FUNERALS AND MEMORIALS IN THE TIME OF COVID-19:

How are we supporting people in our community whose loved ones have died but are not able to go to funerals or memorials in a usual way because of the pandemic? Watch our (Virtual) **Kōkua Mau** Monthly Meeting from August 27, 2020. <https://youtu.be/PjSRZPt68s> In Hawai'i, about 1,000 people die a month so nearly 6,000 people have died since gathering restrictions began impacting 10s of 1000s of people have not been able to grieve, mourn and comfort each other.

Learn about what is happening in our community and strategize about solutions. Click on the time code to jump to a specific presentation on our YouTube channel

1. 0:03 **Context and introductions** by **Jeannette Koijane**, Executive Director, Kōkua Mau
2. 03:15 **Military rituals in the time of COVID** by **Patricia W. Nishimoto**, DNS, FAAN, Oncology Clinical Nurse Specialist, Tripler Army Medical Center
3. 12:01 **What resources are available?** Support groups and extra support in the time of COVID? by **Valerie Payton** MA, LCSW, Bereavement Social Worker, Home Hospice, St. Francis Community Health Services
4. 35:39 **What are mortuaries seeing in these times when no one can come together** – by **Pete Dilwith**, Pete Dilwith, CFSP, CPC, CCO, VP of Operations, Mililani Memorial Park & Mortuary.
5. 54:42 **Clarence Liu**, Retired chaplain (Navian Hawaii), local boy

Please visit the Kōkua Mau webpage for Grief and Bereavement for the latest listing on resources in Hawaii as well as some national resources. <https://kokuamau.org>



hawaii pacific gerontological society

# 4th ANNUAL HPGS SCHOLARSHIP FUNDRAISER

## Friday, November 6, 2020 starting at 5:30pm.

Zoom Link to be sent to registered participants



Honoring Gerontologist  
**CULLEN HAYASHIDA**

and Featuring Hawaii's Favorite Son

**FRANK DELIMA**



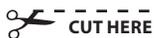
The Hawaii Pacific Gerontological Society's (HPGS) mission is to enhance the general well-being of older individuals in Hawaii. Each year, HPGS awards scholarships to students enrolled in paraprofessional training, undergraduate and graduate programs in Hawaii, who have a serious interest in professional work related to aging, and long-term care.

This year's Scholarship Fundraiser honors gerontologist, **Dr. Cullen Hayashida**, who over the past 40+ years, has helped to develop over 50 elder care service projects in hospital, nursing home, home care, college, and community settings. His work as an educator-researcher and program developer have been directed towards two objectives: (1) to find cost-effective caregiving solutions in the least restrictive environment; and (2) to advocate for older adults as assets to the community.

HPGS is grateful to Dr. Hayashida for serving as this year's ambassador to promote the need to invest in Hawaii's future generation of students in the field of aging and to Hawaii's favorite son **Frank DeLima** who will be emceeing this important event.

Please join us for a memorable evening with Dr. Hayashida and Frank Delima and join us in this collective effort to raise scholarship funds for our best and brightest for the sake of our kupuna!

All proceeds of this virtual fundraiser will go to the HPGS Scholarship Fund to support those studying in the field of aging. Donations may be made online at [www.hpgs.org](http://www.hpgs.org) through PayPal any time from now until November 30th. Those who wish to write a check should complete the form below and mail to HPGS, P. O. Box 3714 • Honolulu, HI 96812, a nonprofit 501(c)(3) association. If there are any questions, contact Sherry Goya, HPGS Executive Director, at 808-722-8487 or [sgoyallc@aol.com](mailto:sgoyallc@aol.com).



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

Company (Optional): \_\_\_\_\_

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

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

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

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

To pay by charge card, go to [www.hpgs.org](http://www.hpgs.org) and use fillable form.

Donation made for the HPGS Scholarship Fund in the amount of

\$50    \$100   Other \$ \_\_\_\_\_

Donation Only

Please email me the Zoom link to attend on November 6

To learn about Hawaii Pacific Gerontological Society, please check out [www.hpgs.org](http://www.hpgs.org)



## Do you know someone who needs extra help with their food budget? SNAP might be a solution.

The Supplemental Nutrition Assistance Program (SNAP) is a federally-funded program administered by the State of Hawaii that helps individuals and families have more money for food.

### Who is eligible?

- Must be U.S. citizen or legal permanent resident
- Resident of State of Hawaii
- Household income meets Federal Income Guidelines  
(Example: Single Person - Household annual income does not exceed- \$23,791/yr.)

### Benefits

SNAP provides financial support in purchasing food items and/or prepared meals through selective meal programs such as Meals on Wheels. Average benefit is about \$300/month.

Easy to use Electronic Benefit Transfer (EBT) card is issued. It is like a debit card to purchase food at the markets and selected food establishments.



The EBT card allows user to purchase food products from:

- Major markets, most local grocery stores (look for “EBT Accepted” signs) and Farmers Market
- Support Services – Meals on Wheels Program, Supplemental Produce Program aka the Green Bag; may also purchase seeds to grow food

### How to Apply?

Call “211” and ask the 211 operator to connect you to a social service agency in your area that will assist you to apply for SNAP. (e.g. Helping Hands Hawaii, Catholic Charities, etc.) Verifying documents will be requested when submitting application. See Department of Human Services (DHS)/ Benefit, Employment and Support Services Division (BESSD) website: <http://humanservices.hawaii.gov/bessd/1961-2/> for required documents.

### OR

Applicants can apply on own directly through Department of Human Services/BESSD:

- Use the digital fillable/printable application form on the DHS/BESSD website: <http://humanservices.hawaii.gov/bessd/1961-2/>
- Call 1-(855)-643-1643 (toll free), and press 2 for the Supplemental Nutrition Program if need any help
- There are also Processing sites statewide listed in the DHS website
- DHS provides free bilingual and sign language interpreters. Call 1-888-764-7586 and press 7.