



hawaii pacific gerontological society

Volume 41, No. 12

December 2020

HPGS 2020 BOARD OF DIRECTORS

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- Eileen Phillips, President
Debbie Kim Morikawa, President-Elect
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Cynthia Arnold, Secretary/Treasurer

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- Laurie Adamshick
Poki'i Balaz
Humberto Blanco
Kathy Jaycox
Christy Nishita
Rick Tabor
John A. H. Tomoso

Sherry Goya, Executive Director
808-722-8487 • sgoyallc@aol.com

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PRESIDENT'S MESSAGE



EILEEN PHILLIPS, PRESIDENT

December 2020 NEWSLETTER

HPGS President's Final Message

Aloha Kakou!

I cannot believe how quickly my presidency has ended. Even though the year did not go as planned, my heart is full to know we accomplished some of our goals despite all the challenges with the Pandemic. Some of our most challenging moments were just getting together as a board! In January, I remember setting some goals and hoping for action packed year. Let's take a look at how we did:

- 1) Promote Membership to individuals and organizations - We did this by keeping our Newsletter going, and promoting membership at our General Membership meetings and Monthly Webinars.
2) Engage organizations to contribute to the FREE publicity and outreach HPGS offers. We offered 90% of our webinars this year. Attendance was not as desired, but we were there with the information. Most webinars are on the HPGS.org website and will continue to be available to members.
3) Attend 90% of the Kapuna Caucus meetings - well, this didn't happen because the meetings were cancelled up until recently. I was able to attend the most recent Zoom meeting which highlighted the review of the 17 measures that affect our seniors. (Nice Santa suit Kathy!)
4) Bring new ideas and research in order to educate the leaders who can implement change. This goal was intended to be met with the Biennial Conference, which was cancelled, so not met this year, but we will bring it on next year!

HPGS is looking forward to a new year with another chance to make the Biennial happen. We are preparing to provide an in person experience this year, as well as a virtual conference just in case that is needed. As the Past-President, I will continue to be on the board and work with our new incoming president, Debbie Kim-Morikawa, to make it thru the next challenge... getting our seniors vaccinated!

I will end with an excerpt from The Wall Street Journal article written by Anne Tergesen, which quotes Bill Thomas, a well-known advocate for improving seniors quality of life: Written Nov. 15, 2020 10:00 am ET

As the pandemic wreaks havoc on our mental and physical health, it is also quietly reshaping how Americans will face retirement and old age in the years to come.

(Continued on Page 2)

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.

The HPGS Board wishes all members a very happy and safe holiday season. Mahalo to those who donated to the HPGS 4th Annual Scholarship Fundraiser to support those studying in the geriatric field for 2021. Please continue to read the HPGS monthly newsletters, attend monthly webinars, and participate in quarterly general membership meetings.

MAHALO CONTINUES

The HPGS Fundraising Committee wishes to thank the following for their donation right after the 4th Annual HPGS Scholarship Fundraiser was held on November 6th.

Kahala Nui - \$2,000
Jan Park - \$200
John Nakao - \$100

Congratulations to everyone who contributed to the total amount raised of \$12,260 in support of 2021 scholarships!

2021 HPGS RENEWAL

The HPGS membership form is attached for those who wish to renew for 2021 in December. Renewals can be made online at www.hpgs.org, with payment through PayPal. Membership dues are listed on the renewal form, from \$10 for individuals 65 and over to company/organizations at \$100. HPGS thanks those who will continue as valuable members and the Board looks to a better 2021.

EVENTS

Generations Brown Bag Lunch Webinars

EILEEN PHILLIPS,

From ATTENTION PLUS

December 16, 2020 Wednesday

11:30am-1:00pm

Free Access, Every Third

Wednesday of the Month

Please Contact Rick to Sign Up to Present & RSVP Participation.

Rick Tabor | 285.5936 |

Rick@Generations808.com

Zoom Link Will Be Sent to Those Who RSVP w/Rick.

HPGS MEMBER NEWS

"KEEPING RESIDENTS SAFE, ENGAGED & CONNECTED"

The **Plaza Assisted Living** is presenting a 30-minute informational session to the community, addressing the evolving needs of their residents during the COVID-19 crisis (and beyond), followed by Q & A.

Informational session dates and registration:

Friday, December 18th at 12pm

Register online at: https://plazaassistedliving.zoom.us/webinar/register/WN_eUk5okD1TpK9MIuTOUPSFw

For more information go to PlazaAssistedLiving.com or call (808) 628-7600.

FOREST BATHING GRANT



Earlier this year, HPGS launched Green Walks, a program to bring forest therapy to people across Hawai'i. Green Walks was made possible through a grant from the Kaulunani Urban and Community Forestry Program. After five successful walks with 100+ participants on O'ahu and Maui, the COVID-19 pandemic forced our team to cancel the remaining scheduled walks.

Knowing that the benefits of nature therapy would be especially beneficial during stay-at-home orders, Green Walks adapted and went online. Through 10 virtual Green Walks, over 200 participants were able to use technology to connect with nature from the comfort of their living rooms, offices, backyards, and nearby parks. In addition, the Green Walks team was able to share forest bathing practices during public webinars with the Hawai'i Pacific Gerontological Society and the Japan-America Society of Hawai'i.

When surveyed, 98% of Green Walk participants indicated that they were 'confident' or 'highly confident' that forest therapy was beneficial to them, and 92% of participants would recommend this experience to others. One participant noted that the highlight for her was "standing in one spot, rooting myself to the ground and feeling the world around me with my senses—seeing, hearing, touching, tasting, and smelling."

PRESIDENT'S MESSAGE (CON'T)

The virus is bringing sweeping change, mainly by "accelerating developments already under way," says physician and entrepreneur Bill Thomas. For example, "isolation of older people has long been a problem, but Covid is focusing attention on the issue and adding urgency" to address it.

Some changes in store will be stressful. Rising government deficits and falling bond yields are creating so much uncertainty about financing retirement that most people who can continue to work will-and for as long as possible, says Laura Carstensen, director of Stanford University's Center on Longevity. "It's going to make people rethink retirement altogether," she says.

A Hui Hou! It has been my honor to be your Board President.

Eileen Phillips, RN
HPGS President

Hawaii Pacific Gerontological Society

DECEMBER WEBINAR

Thursday, December 17, 2020 - 11:30 am to 12:45 p.m.

HOLIDAY SURVIVAL KIT

Key Learning Objectives

1. Learn about evidenced based strategies to help prevent the stress and depression that can sometimes descend during the holidays, especially during a global pandemic.
2. Be able to recognize holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.
3. Discover how you can find peace and joy during the holidays with just a little bit of planning and some positive thinking.

PRESENTED BY: RICK TABOR

Rick has been a Mental Health Professional since 1975. He is a Certified Cognitive Disabilities Specialist and Consultant Presenter. His primary kuleana is service-above-self, taking a person-centered, solution focused, and individually tailored approach to achieve positive outcomes. Rick is currently Generations Magazine's Community Development Director and serves on several Kūpuna Boards and nonprofit organizations.



Please click on the following link to REGISTER for the webinar:

https://us02web.zoom.us/webinar/register/WN_U8im2ez1SsSCswMDEkBTWQ

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

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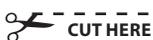
Founded in 1979, the **Hawaii Pacific Gerontological Society** is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership opportunities available to all islands consists of gerontology educators, students, medical and social service personnel, older adults (kupuna), caregivers, companies and organizations from every sector of the community. Federal I.D. #99-0211232

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 and quarterly General Membership Meetings.
- 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. Company member's information and individual member's names will be placed on the HPGS website.
- 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 or 808-722-8487
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2020 MEMBERSHIP RENEWAL FORM

Contact Name: _____

Company/Organization: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Facsimile: _____

E-Mail: _____

Website: _____

Dues from July 2020 has been reduced by half: (check one):

- \$5 for individual 65 and over
- \$10 for individual under 25 years
- \$40 for individual 26 to 64 years
- \$50 for company/organization (includes the contact person listed)
- \$25 for Associate Member (individual of company member)

Date Paid: _____

Payment Amount: _____

Check Enclosed: # _____

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 and use fillable form.



PARTY WITH A PURPOSE

WINTER HOLIDAY SOCIAL

Hawaii teens, young adults, and kūpuna are invited to help celebrate the season during this free virtual event. Attendees will explore their gifts and talents, build new connections, and have a chance to win great prizes.

SUNDAY DECEMBER 27



3PM-4PM

FREE ZOOM EVENT



*CLICK THE LINK BELOW OR
TYPE IT INTO YOUR WEB
BROWSER TO RSVP*

bit.ly/holidaypurpose

