



hawaii pacific gerontological society

Volume 41, No. 2

February 2020

**HPGS 2020 BOARD OF DIRECTORS**

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- Debbie Kim Morikawa, President-Elect
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Sherry Goya, Executive Director  
808-722-8487 • sgoyallc@aol.com

P. O. Box 3714  
Honolulu, HI 96812  
www.hpgs.org  
hpgs.808@gmail.com

Do you know someone who's thinking of being a kupuna caregiver/Nursing Assistant or do you want to be a kupuna caregiver Nursing Assistant? Need training? Need financial assistance? Apply for an HPGS Eldercare Worker Training Award! \$500 scholarships available for training class cost.

Go to [hpgs.org/scholarships.html](http://hpgs.org/scholarships.html) for information and application materials

**PRESIDENT'S MESSAGE**



EILEEN PHILLIPS, PRESIDENT

HPGS will be working hard for you this year! The Board of Directors met last January 30th and completed a goal-oriented agenda. I am grateful for the members of the HPGS board this year and happy to announce we are on track for creating an exciting Biennial Conference.

The goals for each committee were lofty but reachable. Here are some of them:

Publicity, Editorial, Website lead by Poki'i Balaz: Get website exposure, use Hawaiian dialectics in writings, promote events on various calendars, enhance website, visit facebook, and send out press releases.

Scholarship Lead by Christy Nishita: Update criteria for graduate and undergraduate scholarships, increase awareness of scholarships, collect applications in April and announce winners at the Biennial Conference, prepare press releases, find donors to increase Elder Care Worker scholarship, and consider high school student recruitment.

Membership and Nominations Committee lead by Mapuana Taamu: Get members to renew for 2020, bring in new members, increase social media exposure, reach out to other professional and cultural organizations to reach their elderly population.

Fundraising by Debbie Kim-Morikawa: Honor an individual at the annual fundraiser dinner in November and share how retirees can designate funds to HPGS to save on taxes while supporting HPGS.

Biennial Conference 2020 Vision by Kathy Wyatt and Eileen Phillips: Promote the benefits of attendance, participation and presenting, cultivate sponsorships, spotlight exhibitors, share poster presentations, secure nominations for the Na Lima Kokua awards, and offer CEUs for nurses and social workers.

Programs, Webinar, Continuing Education by Mapuana Taamu: Continue the monthly webinars, get membership input, continue monthly general membership meetings with networking time, and consider other times for meetings.

We are off to a great start and hope to hear from all of you this year, whether it be on our Facebook page (hawaiipgs), or as a participant at our webinars and General membership meetings!

Don't forget to renew your membership so we can keep you in the loop about how we are making our goals! If you have ideas or suggestions please contact me at 808-739-2811 or email me at [eileenp@attentionplus.com](mailto:eileenp@attentionplus.com).

**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 TO HPGS

### INDIVIDUAL

Marieh Roberts

## HPGS LOGO FOR WEBSITES

One of our valued HPGS members asked Sherry Goya, HPGS Executive Director, if the HPGS logo could be used on their website to show our membership and their dedication to their profession of assisting Hawaii's kupuna. What a good question and Mahalo for such a great suggestion to share with other HPGS members! Any HPGS who has paid their 2020 membership dues may request the HPGS logo for their website by emailing [sgoyallc@aol.com](mailto:sgoyallc@aol.com) and the logo will be emailed as a jpg.

## EVENTS

### OAHU

#### FREE declutter & downsize seminars:

Saturday, **February 22nd**  
at 10:30am  
Aiea Public Library at  
99-374 Pohai Place

Thursday, **March 19th**  
at 9:30am  
Pohai Nani Assisted Living Facility  
45-090 Namoku Street

RSVP required at 808-779-6224.

#### Kokua Council

Monday, **February 24th**  
11:30am to 1pm  
Harris United Methodist Church  
Speakers from HPGS, Meals on  
Wheels, Rotary Kahala, and AARP.

Monday, **March 2nd**  
**Alzheimer's Advocacy Day**  
**at the State Capitol**

## HPGS BIENNIAL CONFERENCE

All forms pertaining to the 2020 HPGS Biennial Conference being held on Thursday & Friday, September 10th & 11th are online at [www.hpgs.org](http://www.hpgs.org). You will be able to become a sponsor, apply to be a presenter, have a poster displayed, nominate someone for one or more of the six "Na Lima Kokua" awards, become an exhibitor, and/or register to attend. Most forms may be downloaded or submitted online. More information will be forthcoming every month via this newsletter and online at <http://hpgs.org/conference.html>

The **2020 Conference Committee** is co-chaired by **Kathy Wyatt & Eileen Phillips**, along with **Sherry Goya**, HPGS Executive Director. Sub-committee members are listed below

### 2020 Sub-Committees

- Sponsorship - Kathy Wyatt, Rick Tabor and Percy Ihara
- Program - Eileen Phillips and Poki'i Balaz
- Exhibitors - Cynthia Arnold
- Awards - Kathy Jaycox, Debbie Kim Morikawa, John Tomoso and Humberto Blanco
- Marketing/Registration - Mapuana Taamu and Laurie Adamshick
- CEU - Christy Nishita & Kathy Wyatt
- Hotel Liaison - Cynthia Arnold

## HPGS CONFERENCE - AWARDS



2018 Na Lima Kokua Award Winners

The Awards Committee of the HPGS 2020 Biennial Conference is asking for nominations for their "Na Lima Kokua" Awards, which will be announced at the 2020 Biennial Conference to be held September 10th and 11th at the Ala Moana Hotel. Individuals residing in Hawaii, or businesses operating in Hawaii, for two years or more and striving to make a unique contribution to the elderly, are eligible to be nominated.

There are SIX categories that the Awards Committee is considering: Communications/Arts, Community Service, Government, Research/Teaching, Business, and Tony Lenzer Scholar. A short explanation of each award is on the form attached to this newsletter. All nominations must be accompanied by the form and a 500-word minimum explanation of why the nominee should be considered for a specific award. Since there are six categories, the nominator may also leave the award category blank for the Awards Committee to choose which award suits the nominee.

Deadline for the Na Lima Kokua Awards nominations is May 15th. For more information, contact Sherry Goya, HPGS Executive Director at 808-722-8487 or [sgoyallc@aol.com](mailto:sgoyallc@aol.com). The award winners will be honored at the conference.

## EVENTS

### KAUAI

Princeville  
2nd Thursday, **February 13**, 2-3 pm  
Church of the Pacific  
4520 Kapaka St., Princeville

Lihue  
3rd Thursday, **February 20**, 2-3 pm  
Agency on Elderly Affairs  
4444 Rice St., Lihue  
Room Piikoi B (Across hall from AEA)

Westside  
4th Thursday, **February 27**,  
1:30-2:30 pm  
Waimea Neighborhood Center  
4556 Makeke Rd, Waimea

Regency At Puakea  
Last Tuesday, **February 25**, 5-6:30 pm  
Meets with Kauai Parkinson's  
Support Group

For more information on the  
**Support Groups for Family  
Caregivers**, contact Humberto  
Blanco ([humberto.blanco@alz.org](mailto:humberto.blanco@alz.org))

**Family Caregivers Training**  
Monday, **February 24** - Healthy  
Living for Your Brain and Body  
5:30 PM Science@ Your Library  
event at the Lihue Public Library  
4344 Hardy St, Lihue, HI 96766  
Further information: Call Humberto  
245-3200 ext. 8242 (program)  
Sarah Styan 335-0657 (HI  
Alliance for Science)

Wednesday, **February 26** - **Healthy  
Living For Your Brain and Body**  
1 PM Kapaa Library, 4-1464  
Kuhio Hwy, Kapa'a, HI 96746.  
Further information: Call  
Humberto 245-3200 ext. 8242  
(program), Lani 821-4422 (site)

Wednesday, **March 25**  
**10 Warning Signs**  
5 PM Princeville Library  
4343 Emmalani Dr,  
Princeville, HI 96722  
Further information: Call Humberto  
245-3200 ext. 8242 (program)  
Katherine Bengston 826-4310 (site)

## MAUI ELDER JUSTICE

Twenty professionals from various agencies gathered to discuss the future of elder justice on Maui. This meeting held September 12, 2019, focused on what Maui needs to do in order to establish an Elder Abuse unit and the best and most efficient way to make it happen. There were four committees established out of this initial meeting, Legislative, Grants, Prevention & Awareness and Civil/Criminal or Multidisciplinary Team (MDT) establishment. Four members of Maui's newly established EJT attended Kupuna Caucus on Friday October 4 to propose bills for the upcoming legislative session that will facilitate easier prosecution of elder abuse in the future. The next steps for this planning group are to continue advocating for changes in Hawaii laws, writing grants for sustainability of the Prosecutor's Elder Abuse Unit, outreach efforts to increase understanding and prevention of elder abuse and the establishment of a Maui MDT.

If you would like more information about elder justice and resources, please visit our website at [www.mauicountyadrc.org](http://www.mauicountyadrc.org).



Inaugural meeting of the Maui Elder Justice Team September 12, 2019. Participating agencies were: Office of the Prosecuting Attorney for Maui County, Maui County Office on Aging, Department of Human Services - Maui Adult Protective and Community Services, the Maui Police Department, Department of Health - Executive Office of Aging and Legal Aid Society of Hawaii, Maui Office.

## GREEN WALKS

Green Walks is led by Blue Zones Project, Forest Bathing Hawai'i, and the Hawai'i Pacific Gerontological Society, with support from the Kaulunani Urban and Community Forestry Program and the Association of Nature and Forest Therapy Guides and Programs.

Register today for Green Walks, "*An Inside-Out Experience with Hawaii's Trees*," which is a free forest bathing experience led by Hawai'i's first certified forest therapy guide, Phyllis Look. Participants will learn about the healing properties of green spaces and leave with simple ways to strengthen their connection with the natural world. Join us under the trees! See all Green Walks locations and register at: [bit.ly/GreenWalks](http://bit.ly/GreenWalks). *Participants ages 18 and over are welcome; no experience necessary.*

HPGS is excited to share Green Walks, a series of free forest bathing walk experiences on O'ahu, Maui, Kaua'i, and Hawai'i Island. Attached to this newsletter is a poster with details. Feel free to share Green Walks with your networks so that more people can enjoy the therapeutic benefits of trees!

## AARP NEW

AARP has opened applications for the 2020 AARP Community Challenge grant program to fund "quick-action" projects that spark change across the country. Grants can range from several hundred dollars for small, short-term activities to several thousand, or tens of thousands for larger projects.

The AARP Community Challenge is open to 501(c)(3), 501(c)(4) and 501(c)(6) nonprofits and government entities. Other types of organizations will be considered on a case-by-case basis. AARP will prioritize projects with permanent or temporary solutions that aim to achieve one or more of their outcomes.

The 2020 application deadline is 11:59 p.m. ET, **April 1, 2020**, and all projects must be completed by November 9, 2020. To submit an application or learn more, visit [www.AARP.org/CommunityChallenge](http://www.AARP.org/CommunityChallenge).

## FREE TAX PREP

According to the Honolulu Star-Advertiser's February 5th edition, Christine Donnelly shares information about free tax returns by the AARP Foundation's Tax-Aide program at 16 sites on Oahu and 16 on neighbor islands who will accept walk-in clients. The article says, "This annual program, coordinated with the IRS during tax season, provides free federal and state income tax preparation for low- to moderate-income people whose returns are not complicated. You don't need to be an AARP member to use the service." For information about all sites, go online to [war-foundation.org/taxhelp](http://war-foundation.org/taxhelp) or call 888-227-7669.

## JOB OPPORTUNITY

Right at Home, in-home assistance company, is hiring Caregivers for the island of Oahu. Apply at <https://www.rightathome.net/pearl-city/jobs>

## THE IMPORTANCE OF CAREGIVER EDUCATION

Providing care for a loved one can be challenging, especially for someone with Alzheimer's disease or other dementias. Many family caregivers begin their caregiving journey with no experience and can be understandably overwhelmed by their new responsibilities. Having no experience causes stress, uncertainty, fear, frustration, and a myriad of other emotions. One of the most effective ways to help ensure the highest quality of care for those with dementia is through caregiver education. Learning about the disease and knowing what to expect can help caregivers feel more in control and better able to plan ahead.

HPGS, along with Hale Hau'oli Hawai'i, and other organizations such as the Alzheimer's Association, AARP, The Hawaii Parkinson Association, and the Caregiver Foundation, offer caregiving educational sessions throughout the year. The majority of these offerings are at no cost to the participants. The goal of all of these organizations is to reach as many people as possible to give them invaluable information to make their lives and the lives of their loved ones better and easier. Please see the link to a workshop on March 21st, "Dementia in the Family: Care Options and Resources", sponsored by Hale Hau'oli Hawai'i, on the HPGS website. For more information about workshops for caregivers, the websites for the above mentioned organizations are:

- [www.hpgs.org](http://www.hpgs.org)
- [www.alz.org/hawaii](http://www.alz.org/hawaii)
- [www.thecaregiverfoundation.org](http://www.thecaregiverfoundation.org)
- [www.halehauolihawaii.org](http://www.halehauolihawaii.org)
- [www.parkinsonshawaii.org](http://www.parkinsonshawaii.org)
- [www.aarp.org](http://www.aarp.org)

**HALE HAU'OLI HAWAII**

**FREE**

**WORKSHOP**

**Dementia in the Family: Care Options and Resources**

**March 21<sup>st</sup> 2020**  
8:30am - 1:00pm  
Doors Open at 8:00am

*This informative workshop is offered with the support of a grant from the City and County of Honolulu.*

**GUEST SPEAKERS INCLUDE:**

**DR. POKI'I BALAZ**  
DNP, APRN, FNP-BC: "Dementia Basics" and "Caregivers - It's All About You!"

**MR. GARY POWELL**  
Executive Director, The Caregiver Foundation: "How to Decide? Making Choices for Those Who Cannot"

**RULON AND ADAMSHICK**  
Elder Law Attorneys: "Planning for the Next Chapter: Incapacity & Dementia"

**RICK TABOR**  
Right at Home: "Caring for the Caregiver: Mindfulness and Stress Management"

*Many exhibitors will be there to offer resource materials on many topics. A continental breakfast will be served.*

*The workshop is open to everyone at no charge, but attendance is limited so you must register to hold a spot.*

Register Online At  
[www.halehauolihawaii.org](http://www.halehauolihawaii.org)  
Or Call  
808-798-8706  
✉ [kwyatt01@aol.com](mailto:kwyatt01@aol.com)

Waianae Coast Comprehensive Health Center Dining Pavilion  
86-260 Farrington Highway  
Waianae, HI 96792

# GREEN WALKS

*An Inside-out Experience with Hawai'i's Trees*

**GREEN WALKS** are free, guided forest therapy experiences that help you reconnect with your senses and the natural world. Research has shown multiple physiological and psychological benefits of this well-being practice, from lowered blood pressure and boosted immune functions to increased focus, clarity, and creativity.

*\*Open to ages 18+. No experience necessary, but participants must be comfortable walking up to a mile and sitting on the ground or standing for 15-20 minutes. Space is limited; registration required.*

## **Tuesday, February 18<sup>th</sup>**

Wahiawa Botanical Garden (O'ahu)  
1396 California Avenue  
10 am - 12 pm

## **Tuesday, March 17<sup>th</sup>**

Grove Farm Sugar Plantation (Kaua'i)  
4050 Nawiliwili Road  
10 am - 12 pm

## **Tuesday, February 25<sup>th</sup>**

Ho'omaluhia Botanical Garden (O'ahu)  
45-680 Luluku Road  
10 am - 12 pm

## **Monday, March 23<sup>rd</sup>**

Sadie Seymour Botanical Gardens (Kona)  
76-6280 Kuakini Highway  
10 am - 12 pm

## **Monday, March 2<sup>nd</sup>**

Hui No'eau Visual Arts Center (Maui)  
2841 Baldwin Avenue  
10 am - 12 pm

## **Monday, March 30<sup>th</sup>**

Kalōpā State Recreation (Honoka'a)  
44-3375 Kalopa Mauka Road  
10 am - 12 pm

## **Tuesday, March 3<sup>rd</sup>**

Maui Nui Botanical Garden (Maui)  
150 Kanaloa Avenue  
10 am - 12 pm

## **Tuesday, March 31<sup>st</sup>**

Lili'uokalani Park & Gardens (Hilo)  
21 Banyan Drive  
10 am - 12 pm

## **Tuesday, March 10<sup>th</sup>**

Foster Botanical Garden (O'ahu)  
180 N. Vineyard Boulevard  
10 am - 12 pm



Register for free at  
[bit.ly/GreenWalks](https://bit.ly/GreenWalks)





hawaii pacific gerontological society

2020 Biennial Conference
2020 Vision
Innovations in Aging
September 10 - 11, 2020
Ala Moana Hotel, Honolulu, Hawaii

Awards Nomination Form

2020 Vision

Seeking nominations for
Na Lima Kokua Awards
to be given to

Individuals residing in Hawai'i, or businesses operating in Hawai'i, for two years or more who have strived to make a unique contribution to the elderly. Those eligible would be individuals and businesses who have helped to enhance the image of aging or who have promoted the field of gerontology. Also, nominees must not have previously won this award in any category. All nominations must be accompanied by the nomination form below. Please attach the nomination form to a brief (500 word minimum, no more than one page) write-up of the person or business being nominated.

Deadline to submit nominations is: May 15, 2020. For more information, please contact Sherry Goya at (808) 722-8487 or sgoyallc@aol.com. The award winners will be honored at the 2020 Biennial Conference of the Hawaii Pacific Gerontological Society to be held at the Ala Moana Hotel on September 10 & 11, 2020. Please fill out the nomination form as thoroughly as possible so we can successfully contact all nominees.

DETACH NOMINATION FORM HERE

AWARD CATEGORIES (Please circle ONE; if unsure, leave blank):

COMMUNICATION/ARTS
(media, performing arts, creative, and literary arts)

COMMUNITY SERVICE
(volunteers and professionals serving Hawai'i)

GOVERNMENT
(includes government employees and elected officials)

RESEARCH/TEACHING
(instructors in public or private schools, trainers, and researchers)

BUSINESS
(businesses which have contributed to the welfare of the elderly)

TONY LENZER SCHOLAR
(students preparing for careers in gerontology)

PLEASE PRINT INFORMATION BELOW; ATTACH WRITE-UP; AND SEND TO:
HPGS CONFERENCE - ATTN: SHERRY GOYA, P.O. BOX 3714, HONOLULU, HI 96811 OR EMAIL TO sgoyallc@aol.com

Name/Title of Nominee:
Organization:
Address:
Telephone: Email:

Name/Title of Nominator:
Organization:
Address:
Telephone: Email: