



hawaii pacific gerontological society

Volume 44, No. 1

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**HPGS 2023 BOARD OF DIRECTORS**

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Kathy Wyatt, President  
Cynthia Arnold, Secretary/Treasurer

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HPGS has open enrollment for new members throughout the year. HPGS members may renew for 2023 any time online at [www.hpgs.org](http://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**



KATHY WYATT  
PRESIDENT

Hau'oli Makahiki Hou!

As we begin our new journey into 2023, I am so looking forward to serving as President of HPGS. We have a new legislature starting this month; and hopefully, this will be a productive year for all Kupuna legislation that is put forth.

Our three General Membership Meetings this year will be offering many interesting speakers on topics that will be geared to all of our members. The first one for 2023 will be held via Zoom on Thursday, January 19th from 11:30am with two great speakers: Jane Burgisay from the Social Security Administration and Wanda Anae-Onishi from Hawaii SHIP. Bring your questions to get expert answers. The flyer for the meeting is attached to this newsletter. No RSVP is needed but please mark your calendars now.

HPGS will have a two-day Biennial Conference this fall, September 7th and 8th, with a plethora of important topics addressed, while holding it at the Ala Moana Hotel. Put your thinking caps on and let me, Sherry Goya, or any board member know if there is a speaker who would be beneficial to conference attendees. The slogan for this year's conference its "Sustainable Transitions in Gerontology" and future HPGS newsletters and our website at [www.hpgs.org](http://www.hpgs.org) will keep you updated at all times.

But most of all, I believe that it will be a great year to get back to meeting in person, seeing old friends and colleagues, and working hand in hand to promote issues that affect our Kupuna. I feel certain that this will be the best year ever, so far, and we can accomplish many great things working together.

Kathy Wyatt  
HPGS President

**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.

## WELCOME TO HPGS

### COMPANIES

#### Luana Kai, a LifePlan Community

Lisa Hardy  
e/o Emerald Communities  
10901 176th Circle NE  
Redmond, WA 98052  
425-556-8100  
lisah@emeraldcommunities.com  
www.emeraldcommunities.com

#### Roselani Place

Faith Gianan  
88 South Papa Avenue  
Kahului, HI 96732  
808-871-7720  
faith@roselaniplace.com  
www.roselaniplace.com

### INDIVIDUALS

Danice Mah  
Kylee Maneja

## HPGS MEMBERSHIP

In the beginning of this year, HPGS thanks these Lifetime Members:

Collette Browne  
Michael Cheang  
Horace Farr  
Hawaii Meals on Wheels  
Scott Makuakani  
Ron Matayoshi  
Eldon Wegner

Mahalo to these HPGS members who have renewed for 2023:

### Company

AARP Hawaii  
Dept of Geriatric Medicine, UH  
Hale Hauoli Hawaii  
Ilima at Leihano Senior Living  
The Caregiver Foundation  
The Mediation Center of the Pacific, Inc.

### Individual

Susan Anderson  
Kathryn Braun  
Mae Fujii  
Babette Galang  
Kelson Oshiro  
John A. H. Tomoso

## HPGS GENERAL MEMBERSHIP MEETING

HPGS' first general membership meeting for 2023 will be held via Zoom on Thursday, January 19th from 11:30am. What a great way to start the year than to have two very knowledgeable women provide presentations that can set the tone for the year. The **Social Security Administration** Public Affairs Specialist in Hawaii is Jane Burgisay, who will let you know when to file for Medicare, when you are eligible to receive social security retirement benefits, and how you can get the most from your benefits. From **Hawaii SHIP** (State Health Insurance Assistance Program), HPGS members will hear from Wanda Anae-Onishi to let you know of the free services provided to Medicare beneficiaries, their families, caregivers, and soon-to-be retirees. A reminder email with the Zoom link will be sent to HPGS members the week of the meeting.

## EVENTS

Alzheimer's Association

### Tuesday, January 17th

12:00pm-1:00pm

The goal of this presentation is to help people faced with care decisions become familiar with the various levels of care and the type of options appropriate for each. Speakers: Laurie T.S. Adamshick, Esq., Elder Law Attorney, and J. Mike Meyer, RN, CCM, Certified Elder Care Coordinator. Sponsored by the Aloha Chapter of the Alzheimer's Association. Go to [tinyurl.com/JAN1723HI](https://tinyurl.com/JAN1723HI) to register.

AARP Hawaii

### Wednesday, January 25th

11:30am

How Life Care Planning Can Help You Take Care of Mom and Dad...and Yourself.

This presentation will introduce Life Care Planning, a holistic, innovative planning approach that can help prepare adult children for the legal, financial and other challenges they will likely face when caring for an older parent. Speakers: Elder Law Attorneys Laurie T.S. Adamshick, Esq., and Thomas A. Rulon, Esq., and Certified Elder Care Coordinator J. Mike Meyer, RN, CCM. Sponsored by AARP. Go to <https://events.aarp.org/HI1-25> to register.

### Thursday, January 26th

12:00pm - 1:00 pm

The Cost of Aging in Place

The goal of this presentation is to shed light on important factors, beyond financial expense, that comprise the often-overlooked costs of aging in place. Speakers: Laurie T.S. Adamshick, Esq., Elder Law Attorney, and J. Mike Meyer, RN, CCM, Elder Care Coordinator. Sponsored by the Aloha Chapter of the Alzheimer's Association. Go to [tinyurl.com/JAN26AIPC](https://tinyurl.com/JAN26AIPC) to register.

Nutrition for Diabetes

### Monday, January 30th

11:00 AM to 12:30 PM

Learn more about how different foods affect blood sugars and how to build eating habits that promote healthy behaviors long-term. Presenter: Jenna Copley, MSc, RD, LDN, works with the National Kidney Foundation of Hawaii interdisciplinary team to provide health awareness and prevention education focused on kidney health and contributing diseases such as diabetes and hypertension. Contact Melissa Caballes at (808) 547-8138 or [mcaballes@stfrancishawaii.org](mailto:mcaballes@stfrancishawaii.org).