



hawaii pacific gerontological society

Volume 44, No. 2

February 2023

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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 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

Whew! January sure did fly by fast!! It was a very busy month with the legislature back in session and the Capitol is open to the public. Opening day was very exciting and the Capitol was packed!

There are several bills related to Kupuna and Kupuna issues being discussed during this session, and we all should be involved in getting them passed. If you see a bill that you are passionate about and would like to submit written testimony, it's very easy to get your voice heard. There are guidelines on <http://www.capitol.hawaii.com> on how to submit written testimony. You register and go from there. I encourage everyone to get involved in getting these important bills passed. The more voices heard from, the more likely it is to pass. If you have questions about this, let me know and I'll help you through the process.

Education is the foundation of success. HPGS offers the quarterly educational sessions for it's members to enhance their knowledge of relevant topics. The old adage, "To be forewarned is to be forearmed" is so applicable to education. For instance, the Alzheimer's Association is advocating for a bill, SB163, to promote a Public Awareness Campaign about Alzheimer's Disease that educates the public on early signs of cognitive impairment, the value of early detection and diagnosis, and benefits of discussing changes in memory and thinking with health care professionals. With the rising numbers of folks with Alzheimer's and related dementias, educating the public is hugely important. Being "forewarned" or educated on these topics, current and future caregivers can know what to do and where to turn to if their loved one gets the diagnosis. This is a great bill to advocate for. The first hearing was 2/1/23 and it has passed on through to the next committee. This is a great starting place for your advocacy for our Kupuna.

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 Kupuna in Hawaii.

HPGS MEMBERSHIP

Mahalo to these HPGS members who have renewed for 2023:

Company

Captain Cook Coin Co. of Honolulu
Financial Benefits Insurance
FirstLight Home Care of Honolulu
Hawaii County Office of Aging
Lanai Kinaole Inc
Pear Suite
Rulon & Adamshick

Individual

Cynthia T. Arnold, LLC
Reuben Ignacio
Kathy Jaycox
Hope Levy
Judith Mikami
Kimberly Oshiro
David Rockemann
Frances Shirota
Judith Sykes
Wally Wake

If your company/department/organization's name or your name was not listed in the January or this HPGS newsletter, please renew your 2023 membership online at www.hpgs.org or print and mail a check from the attached membership form. Everyone's membership is valued and will be of great value to HPGS members this year.

HPGS MEMBER NEWS

Did you see the television PSA for the **Hawaii County Office of Aging** that featured Horace Farr? It was well done and with good information for Hawaii Island Kupuna and their families.

The people of God at Trinity By-the-Sea Episcopal Church 100 Kūlanihāko'i St., Kihei, Maui, Hawai'i cordially invite you to the Celebration of a New Ministry of the Installation of their Vicar The Rev. John A. Hau'oli Tomoso By the Bishop of Hawai'i The Rt. Rev. **Robert L. Keali'ikoaokeakua Fitzpatrick** On Saturday, January 28, 2023, 9:00 a.m.

If you have any news to share in this monthly HPGS newsletter, please feel free to send articles, events, photos, etc. to Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com.

HPGS GENERAL MEMBERSHIP MEETING

A big MAHALO goes out to Jane Burigay, who is the Social Security Administration Public Affairs Specialist in Hawaii, for taking time out of her busy schedule to speak at the HPGS General Membership Meeting held via Zoom on Thursday, January 19th. She offered a wealth of information to our attendees, and started off with the 8.7% COLA increase in 2023 for approximately 70 million Americans for Social Security and Supplemental Security Income. There is a newly designed Social Security website (Jane misses the photos) that is very user friendly, with a wealth of information at www.ssa.gov. The local Social Security office is open if an in-person meeting is needed but making an appointment is advised (1-800-772-1212). Jane also said that there are free interpreter services offered. For more information, these links are offered: 2023 Social Security Changes <https://www.ssa.gov/news/press/factsheets/colafacts2023.pdf>; COLA <https://www.ssa.gov/news/cola/>; Trustee's Report <https://www.ssa.gov/OACT/TR/2022/index.html>; Medicare <https://www.ssa.gov/benefits/medicare/> and Social Security Office Locator, SSA Office Locator Social Security Office Locator, Social Security



The Hawaii SHIP presentation was given by Wanda Anae-Onishi, with a lot of good information for HPGS Members in attendance. Did you know that Hawaii SHIP is a statewide, volunteer-based program at the Executive Office on Aging that educates, assists, and empowers Hawaii's Kupuna and people with disabilities, their families, caregivers, and individuals turning 65 with Medicare and healthcare topics. They provide free services such as one-on-one, local, unbiased, timely, accurate and cost-effective counseling; presentations; certified Medicare publications; health plan comparisons, financial assistance eligibility screenings, and application submission to help pay Medicare costs. For more information, call 808-586-7299 or toll-free at 1-888-875-9229. Their website is hawaiiship.org



Turning 65? Retiring? Have questions?

Join us for
PROJECT
GRAD 65
~ a virtual ~
presentation

COMMANDMENTS FOR SENIORS

Here are a few things that will make any senior laugh or remind them of themselves:

* Everyday is a Sunday.

- "On time" is when you get there.
- It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free...and three sizes smaller.
- Lately, have you noticed people your age are so much older than you?

EVENTS

Sponsored by
St. Francis Healthcare System

Parkinsons Up Close & Personal Saturday, February 11th 9am to 10:30am

Learn about the characteristics of Parkinson's Disease, symptoms, diagnosis and treatments from a patient's viewpoint.

Instructor: Jerry Boster, President,
Hawai'i Parkinson Association

Understanding Hawai'i's Long Term Care Options

Tuesday, February 21th
10:30am to noon

Learn about the various long-term care options available for Hawai'i's families and the role of the Long-Term Care Ombudsman program in protecting the health, safety, welfare, and rights of long-term care residents.

Instructor: **John McDermott**, Long Term Care Ombudsman, LSW, ACSW, M.Div.

For the above two events, please contact Melissa Caballes at (808) 547-8138 or mcaballes@stfrancishawaii.org.

10 Warnings Signs of Alzheimer's Thursday, February 16th 10am to 11am

What to watch for in yourself and others. Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. See flyer attached for more info.

Project Dana Zoom

Wednesday, February 8th
9:30am to 11:30am

"How to Meditate for Stress Management" by Rev. Jeffrey Soga
Call 808-945-3736 for Zoom link

SHARE EVENTS WITH HPGS MEMBERS
BY EMAILING SHERRY GOYA,
EXECUTIVE DIRECTOR
(sgoyallc@aol.com)

HPGS 2023 CONFERENCE

Those who attended the January 19th HPGS General Membership Meeting heard that the HPGS biennial conference will be held on **Thursday and Friday, September 7th and 8th** at the Ala Moana Hotel. The conference committee is looking for presenters for both days and should be evidence-based, best practices, and/or research-focused. Consideration will be made on broad topic areas like breakthroughs in geriatric medicine and long-term care; innovative policy and technology accessible ideas to address ageism and encourage active aging; and initiatives focusing on post-pandemic recovery and building more sustainable, socially connected, age-friendly communities. The "Call for Presentation Proposals" form can be found online at www.hpgs.org. Anyone interested in making a presentation should complete the form online. Poster presenters are also being requested.

VALENTINE'S DAY WHILE FACING ALZHEIMER'S

Valentine's Day can be a particularly sentimental time for those living with Alzheimer's and their partner as they adjust to dual roles as both romantic partners and care partners.

Tips for Navigating Relationship Changes:

Despite changing roles and responsibilities, it is possible for couples navigating Alzheimer's to adjust to these changes while maintaining their love and well-being.

- **Adapt activities.** Continue enjoying as many activities as you can together, both old and new.
- **Maintain communication.** Be open with your feelings and what you're going through whether as a person living with the disease or as a caregiver.
- **Ask for help.** Share with others how they can provide help and support as roles and responsibilities change.
- **Strengthen relationships.** Take the initiative to contact family and friends and explain that while Alzheimer's disease has changed your lives in some ways, you value their friendship and support.
- **Be prepared.** Plan ahead for the future by putting together financial, legal and care plans.
- **Seek support.** Sometimes befriending another couple in the same situation offers new possibilities for support.

The Alzheimer's Association is here to provide support and resources as couples navigate changes in their relationship. For information and support, visit ALZ.org or call the Alzheimer's Association toll-free 24/7 Helpline at 1-800-272-3900 – day or night



February 14th - **Valentine's Day**

February 20th - **Presidents' Day**

February 22nd - **Ash Wednesday**

March 3rd - **Girls' Day**





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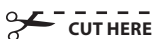
Founded in 1979, the **Hawaii Pacific Gerontological Society** is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership opportunities available to all islands consists of gerontology educators, students, medical 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 odd-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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2023 MEMBERSHIP RENEWAL FORM

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)
- \$50 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.