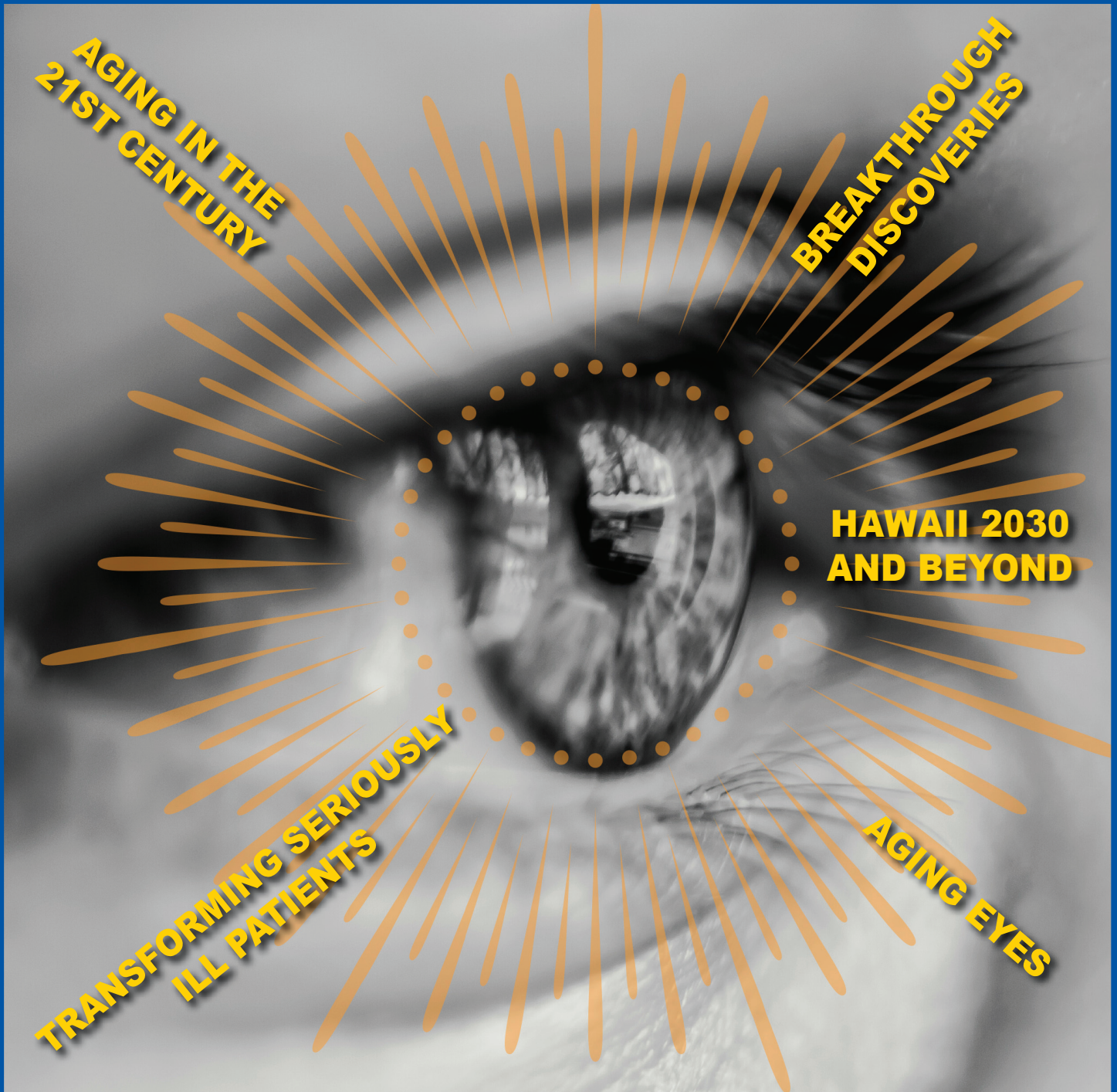


SEPTEMBER 15 - 16, 2021

2021 Foresight and Beyond

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Welcome



Debbie Kim Morikawa
President

As the current HPGS President, it's an honor to welcome you to the 2021 Biennial Conference! I first became an HPGS member in the late 80's and had the privilege at that time of serving as Conference Program Co-Chair with Ken Takeuchi.

When HPGS was first established in 1979, geriatric care was a novel concept. We were primarily a networking organization of professionals trying to learn as much as we could about this new field and making sure that we got as many people excited and involved in it as we were. I believe the first conference was held in 1981 and the conference became the galvanizing event to connect us with each other, to share information, and to commiserate and collaborate.

The field of gerontology and geriatric medicine has come a long way since then yet I believe we would all agree that there is still much more to be done to ensure we can all receive the highest quality of care with as many options as possible.

Times have changed and COVID has made networking and collaboration much more challenging and impersonal. More than ever, it is essential to reconnect and have conversations about the current needs. HPGS is a volunteer organization dependent on the voluntary services and commitment of its members. Your voice and views are what help to shape how we look at aging and what kind of system we want in place for us as we get older.

Our Co-Chairs, Eileen Phillips and Kathy Wyatt have worked tirelessly to put together an exciting and informative line-up of speakers for this year's conference. We hope in addition to being inspired by our presenters you will recommit to becoming active and engaged members in HPGS so we can open up more dialogues to create new narratives that bring hope and promise for all of our futures.

I look forward to engaging with you throughout the conference and beyond! Thank you for joining us for the next two days!

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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



Welcome to the HPGS Biennial Conference - 2021 Foresight and Beyond - which is a two-day conference presented by the Hawaii Pacific Gerontological Society. It has been a privilege for us to participate in such a fascinating event to those interested in the gerontological field.

The journey to September 15th has been a long one, but one that was fulfilling for the entire HPGS Board and the hardworking conference committee members. Since the 2020 conference was cancelled due to the Covid-19 pandemic, the committee's work which started in 2019 was put on hold. In November 2020, the committee peeked its head out to see if a 2021 conference would work, and it was decided to hold the conference "virtually," for the first time ever.

As past-presidents of this amazing volunteer organization, we found that the members of our board have been a great resource for all things Kupuna in Hawaii and the Pacific. This year's Biennial Conference will have four featured, ten educational presentations and sixteen video presentations from international, national, and local speakers. A big Mahalo to the conference committee members for their expertise and dedication to continued education during these two days. The committee is also grateful to the sponsors of the conference, especially **Kahala Nui**, who sponsored the Ala Moana Hotel's Carnation Room as the "*Kahala Nui HPGS Control Room*." A list of all our valuable sponsors is on the following page. Last, but not least are the donations for door prizes to six registrants. More door prizes at the end of each day. Donations by Attention Plus Care, Sherry A. Goya, LLC, GYMGUYZ, Hale Hauoli Hawaii, Kathy Jaycox, Sara Lenzer Medeiros, Christy Nishita, Rick Tabor, Senior Move Managers and talent hrsolutions.

We have a great show for you with loads of information and are excited to hear from you during the question and answer sessions. Let's make this a memorable conference, and we promise you will be rejuvenated with new discoveries, insights and knowledge for 2021 and beyond!

Mahalo,
Eileen Phillips & Kathy Wyatt



Eileen Phillips
Conference Co-Chairs



Kathy Wyatt
Conference Co-Chairs



Sherry Goya
Executive Director



MAHALO TO THE CONFERENCE COMMITTEE MEMBERS

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Kathy Wyatt

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Christy Nishita

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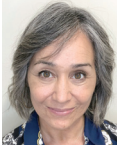
Video Presentations



Chelsie Arume

University of Hawaii

“Three Things Young People Should Know About Successful Aging.”



Kai Asing

St. Francis Healthcare System of Hawaii

“Walking in the Slippahs of our Kupuna.”



Melody Hazel

University of Hawaii

“The Impact of Nature-Based Interventions for Caregivers of People with Dementia.”



Cullen Hayashida, Ph.D.

Change AGent Hawaii/University of Hawaii

“From Youthful to Useful: Workshop Findings”



Mohammad Hossain

University of Hawaii

“Productive Engagements and Psychological Wellbeing of Older Adults;
An Analysis of the Health & Retirement Study Dataset.”



Kendi Ho

University of Hawaii

“Cross-Cultural Communication in Eldercare.”



Whitney Katsutani

University of Hawaii

“Exploring the Creation of Meaningful Relationships Through Participation and
Engagement in a Virtual Intergenerational Mentorship Program.”



Lindsey Ilagan

Hawaii Public Health Institute

“Kupuna initiatives by the Hawaii Public Health Institute





Video Presentations



Jenny Lee
University of Hawaii
“Kupuna Food Security Coalition.”



Christy Nishita, Ph.D. and Kendi Ho
University of Hawaii
“Career Pathways in Aging.”



Brian O'Hare
University of Hawaii,
“Effective Care Practices at the End-of-Life: Perspectives from the Social Sciences.”



Takeo Ogawa, Ph.D.
Kyushu University and Yamaguchi University
“Resilient Long-Term Care for the Elderly in Covid-19 Pandemic.”



Tyran Terada
University of Hawaii
“The Association Between Leisure Games and Cognitive Functioning Among Older Adults.”



Uyanga Batzogs
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“Inspired by Older Adults at Osher Lifelong Institute.”



Uyanga Batzogs
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“Heroes at Senior Living Organizations During Pandemic.”



Uyanga Batzogs
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“Virtual Memory Cafe for Hawaiian Families.”





Conference Agenda



Wednesday, September 15, 2021

- 8:30 am HPGS Biennial Conference's "virtual" site opens from the Ala Moana Hotel's Carnation Room (Kahala Nui HPGS Control Room)
- 8:45 am Welcome to the conference by **Debbie Kim Morikawa**, HPGS President, with **Eileen Phillips** and **Kathy Wyatt**, HPGS Conference Co-Chairs
- 9:00 am Featured Speaker: **Caitlin Doughty**, Death Becomes Us: Talking to Elders about End-of-Life
- 10:00 am Presentation #1: **Dr. Lois Ricci**, Breakthrough Discoveries on Aging, Research on Changes in the Field of Gerontology
- 10:55 am BREAK - watch Video Presentations
- 11:05 am Presentation #2: **Elana Kieffer & Mario Rubano**, Convening Neighborhood Groups for Age-Friendly Change (And How To Pay For It)
- 11:55 am Presentation of the **Na Lima Kokua Award** Winners
- 12:20 pm MID-DAY BREAK
- 12:55 pm Presentation #3: **Tyrie Jenkins**, Care of the Aging Eyes - New Innovations
- 1:45 pm Presentation #4: **Rae Seitz** and **Sharon Vitousek** from Hui Pohala, Transforming Care for Seriously Ill Patients in Hawaii
- 2:35 pm BREAK - Tapping Session and watch Video Presentations
- 2:45 pm Presentation #5: **Karen Kolb**, Reframing Aging - A Look at the Negative Attitudes of Aging
- 3:35 pm Featured Speaker: **Dr. Leng Leng Thang**, Age-Friendly Singapore: An Asian Model for the 21st Century
- 4:20 pm Closing Remarks



Conference Agenda



Thursday, September 16, 2021

- 8:30 am HPGS Biennial Conference's "virtual" site opens from the Ala Moana Hotel's Carnation Room (Kahala Nui HPGS Control Room)
- 8:45 am Welcome to Day two of the conference with an overview of the sessions
- 9:00 am Featured Speaker: **Dr. Harry Moody**, Aging in the 21st Century: The Promise and Potential of the Boomer Generation
- 10:00 am Presentation #6: **Margaret Perkinson** and **Kendall Horan**, Virtual Hui Project: Community Program to Empower and Connect Older Adults
- 10:50 am BREAK
- 11:05 am Presentation #7: **Kevin Kawamoto**, Our Changing Community by the Numbers: The latest census data and their implications for elder services and support
- 11:50 am Special Announcement: HPGS Fundraiser to honor Emmet White, Arcadia Family of Companies
- 12:10 pm MID-DAY BREAK
- 12:45 pm Presentation #8: **Faye Sahai**, **Michael Chong** and **Bryan Hong**, Innovations & Impact in Aging Technologies
- 1:35 pm Presentation #9: **Louise Tanswell** and **Cheri Teranishi-Hashimoto**, The Truth About Lymphedema and Chronic Swelling
- 2:25 pm BREAK
- 2:35 pm Presentation #10: **Andrew Mason**, **Alan Oshima** and **Cullen Hayashida**, Hawaii 2030 and Beyond: The Economic Implications of Population Aging
- 3:25 pm Featured Speaker: **Peter Kaldes**, Understanding Best Practices Learned During Covid Pandemic
- 4:15 pm Closing Remarks and Award "Point System" winners.



Opening • Welcome Speech

Welcome to HPGS Biennial Conference

8:45 am – 8:55 am



Debbie Kim Morikawa is the HPGS President and owner of GYMGUYZ, an in-home personal training franchise. Her degree is in occupational therapy and she has spent the majority of her career in the fields of health and human services. Debbie's entrance into the franchise world with GYMGUYZ has afforded her the opportunity to combine all of her past experiences and knowledge to help improve the lives of others through fitness and health.



Eileen Phillips is the HPGS Conference Co-Chair and a Registered Nurse having over 25 years of experience in nursing after receiving her Bachelor of Science Degree in Nursing from the University of Hawaii at Manoa, and Bachelor of Science Degree in Marketing from Florida State University. Eileen is currently the Client Service Director for Attention Plus Care, a Joint Commission Accredited Home Health Care provider in Hawaii, with a focus on the Medically Fragile population, and advocates for families and individuals needing home health care.



Kathy Wyatt is the HPGS Conference Co-Chair and Founder/President of Hale Hau'oli Hawai'i, a non-profit organization whose mission is to promote positive aging through community education programs, adult day care options, and caregiver support groups. She is a registered nurse with Master's degrees in Nursing and Business Administration. She is on the Board of Directors of the Policy Advisory Board for Elderly Affairs, on the board of Hawaii Pacific Gerontology Society, Treasurer of the Hawaii Family Caregiver Coalition, Secretary of the Board of the Caregiver Foundation, on the Board of the National Adult Day Services Association, on the Board of Kokua Council, and she is active in the Kupuna Caucus. In addition, she operates Hale Hau'oli Hawai'i, adult day care center in Aiea in two locations, as well as the Hoaloha Nurse Aide Training program.



Sherry Goya has been the HPGS Executive Director since 2016. She is a graduate of Honolulu Business College and started her consulting business in 1993. Sherry also owns Real Estate Referral Center, Inc. and is the Executive Director of two other associations, as well has over fifty clients requiring her marketing skills from newsletters, post cards, flyers, personal brochures, bulk mailing, websites, to events planning and fundraising.



Wednesday, September 15, 2021



Featured Presenter

Death Becomes Us: Talking to Elders About End-of-Life

Caitlin Doughty

9:00 am – 10:00 am



Caitlin Doughty, born and raised in Kaneohe, Hawaii, graduated from the University of Chicago in Medieval History. After graduating college, she moved to California; however, for the foreseeable future, Caitlin will be traveling and living on the road. She is a mortician, activist, and funeral industry rabble-rouser. In 2011 she founded the death acceptance collective The Order of the Good Death, which has spawned the death positive movement. Her educational web-series “Ask a Mortician” has been viewed almost 150 million times. All three of her books, *Smoke Gets in Your Eyes*, *From Here to Eternity*, and *Will My Cat Eat My Eyeballs?* were New York Times best-sellers. Caitlin speaks throughout the world at universities and libraries.

TOPIC:

Talking openly about death and dying, especially after the pandemic, can be painful and scary, no matter a person’s age. But when we work in elder care, those conversations take on an urgency and practical purpose. In this talk we will address how to have those difficult conversations with humor and openness. How to empower our elders with control and choices, how to get your whole organization excited about presenting funeral and end-of-life options, how to coach families to lead-with-feeling.

In Memory of

Dr.
Anthony Michael Lenzer

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The memorial card features a circular portrait of Dr. Anthony Michael Lenzer on the left. The background is light blue with a white, cracked-ice pattern. Decorative elements include two red maple leaves and two orange and white koi fish. The text is in a mix of blue serif and script fonts.





Presentation #1

Breakthrough Discoveries On Aging, Research On Changes In The Field Of Gerontology

Lois Ricci, Ed.D, GNP RN

10:00 am to 10:50 am



Lois Ricci is a geriatric nurse practitioner/educator, consultant. She is now a consultant and adjunct faculty with Kennesaw State University in Georgia where she teaches gerontology courses and the Professional Development in Gerontology Certificate Class. Dr. Ricci is with the CareNet Project at Rosalyn Carter Institute for Caregiving, and a facilitator for the AARP's Disrupt Aging Classroom, a national college education program and a master trainer for the AARP/ University of CT Disrupt Aging Classroom project.

TOPIC:

Breakthrough discoveries on aging have been made addressing critical issues confronting older adults. In the 1950s, after World War II (producing what we know as the "baby boom" cohort) the population of older adults became qualitatively different and more than tripled from 13 million in 1950 to 40.8 million in 2010. Interest in the topic has accelerated in recent decades due to population aging and has been incorporated into many disciplines. A new paradigm in aging could mean changing the way we think about it.

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Presentation #2

Convening Neighborhood Groups For Age-Friendly Change (And How To Pay For It)

Elana Kieffer & Marco Rubano

11:05 am – 11:50 am



Elana Kieffer is the Acting Director of The New York Academy of Medicine’s Center for Healthy Aging. She has 15 years of experience working in a wide range of older adult services, with a focus on project management, program development, and sales and marketing. Prior to her time at the Academy, Elana worked at The New Jewish Home and at MJHS Hospice and Palliative Care. She also worked in affordable and market-rate senior housing for two Boston-based organizations, The Community Builders and Hebrew SeniorLife. Elana has an MBA in nonprofit management with a concentration in aging services from the Heller School at Brandeis University.



Marco Rubano is a recent graduate of the City University of New York Graduate School of Public Health and Health Policy and serves as Policy Associate with the New York Academy of Medicine’s Center for Healthy Aging.

TOPIC:

The Center for Healthy Aging at The New York Academy of Medicine will discuss the successful model of bringing together over 30 older adult leaders through New York City on a monthly basis for peer networking and support and to share innovative practices around Covid-related needs our neighborhoods. They will also explore how they created and distributed mini-grants to address these efforts. They will then provide concrete strategies for replicating this model in Hawaii, and demonstrate how we can support older adults in making their neighborhoods more age-friendly.

Memories from the 2018 HPGS Biennial Conference





Presentation #3

Care of the Aging Eyes - New Innovations

Tyrie Jenkins

12:55 pm – 1:40 pm



As a nationally renowned Ophthalmologist and eye surgeon, **Tyrie Jenkins, M.D.** sets the standard for eye care in the US and at her practice in Honolulu. Widely known as a LASIK pioneer, she performed laser vision correction in 1997 and was the first to do so in Hawaii. Over the years, Dr. Jenkins has evaluated and invested in new technologies so she can bring the very best care and deliver outstanding outcomes for her patients. More recently, she was the first to perform laser assisted cataract surgery – LenSx® in February of 2012. Dr. Jenkins has also participated in several medical missions to Marshall Islands, China, Samoa, and Vietnam.

TOPIC:

The United States has been in the midst of a profound demographic change: the rapid aging of its population, as reflected by an increasing proportion of persons aged 65 and older. As a result, eye issues related to aging are increasing. Change in demographics is driving innovation eye care. Learn about the latest innovations in eye for the aging population.



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Presentation #4

Caring For Those With Serious Illness: We Can Do Better

Rae Seitz and Sharon Vitousek

1:45 pm – 2:30 pm



Dr. Rae Seitz is a Harvard trained palliative medicine specialist who was instrumental in the design, build, and establishment of home-based palliative care first at Kaiser Permanente Hawaii then at HMSA as the lead for Supportive Care. Dr. Seitz helped to establish a hospital-based palliative care consultative service at Kaiser Foundation Hospital, is an educator and speaker about palliative medicine and palliative care. In 2013 Dr. Seitz was recognized as one of 30 visionaries in palliative care by the Academy of Hospice and Palliative Medicine. She is committed to building capacity for high quality palliative care in Hawaii. Dr. Seitz serves as chairperson for Hui Pohala, a growing coalition to improve access to high quality palliative care. She also is a founding board member of Kōkua Mau.



Dr. Sharon Vitousek is a graduate of Williams College, the University of Hawaii John A. Burns School of Medicine and the UH Internal Medicine Residency Program. She is board certified in Internal Medicine and worked for four years at the Queen Emma Clinic, working for both the medical school JABSOM and the Queen's Medical Center after she finished completing her chief residency at Queens. She was a founding board member of North Hawaii Community Hospital (NHCH) and a founding board member of the Hawaii Health Information Corporation, (HHIC). She later served as President of the NHCH Bboard, chair of the NHCH Quality Committee and NHCH Chief of Staff. While Chief of Staff, she led the first physician leadership retreat and was the physician lead for the first Joint Commission survey. Dr. Vitousek was a founding board member for the Dan Hanley Center for Health Leadership. Dr. Vitousek currently serves on the Mountain Pacific Quality Health Foundation Board. She continues to seek ways to improve population health.

TOPIC:

This session will examine the health care many in Hawaii with serious illness experience, review current models of care for those with serious illness that are available in Hawaii, list three key reasons why palliative care can be the best care possible for people with serious illness and our community, and also consider how you might help make palliative care available for everyone in Hawaii with serious illness.

It was in 1981 when the Hawaii Pacific Gerontological Society held their first conference at the Ilikai Hotel. Their second was held in 1982 at the Hilton Hawaiian Village. Since then, the HPGS conference has been a biennial two-day event at a variety of hotels. The 21st HPGS conference was set for September 2020....then Covid-19 came to Hawaii. For 2021, the HPGS conference committee worked very hard to bring a virtual event filled with information on a number of topics. A big Mahalo goes out to the HPGS board and conference committee.



Presentation #5

Reframing Aging - A Look At The Negative Attitudes Of Aging

Karen Kolb

2:45 pm – 3:30 pm



Karen Kolb Flude, MS, RFG is the Manager of the Senior Services division of Chicago's Department of Family and Support Services. She oversees a broad portfolio of the Area Agency on Aging's in-home programs including Home Delivered Meals, Caregiver Support, Legal Services and Benefits Access. A Gerontologist by training, Karen is active in several national organizations, including the American Society on Aging where she has served on the national board and in a variety of national leadership roles in addition to serving locally on the ASA Chicagoland Aging Roundtable. She is also an associate member of the National Academy of Social Insurance. Karen is a proud resident of Chicago where she lives a short distance from four generations of her family. She loves the diversity of Chicago and enjoys the broad variety of activities, neighborhoods, and natural settings.

TOPIC:

Innovative policy and problematic approaches to address ageism and encourage active, with aging initiative focus on post-pandemic recovery while building a more resilient, socially-connected and age-friendly community.

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Wednesday, September 15, 2021



Featured Presenter

Age-Friendly Singapore: An Asian Model for the 21st Century

Dr. Leng Leng Thang

3:35 pm – 4:20 pm



Leng Leng Thang is an internationally renowned gerontologist, anthropologist, and Japanese study specialist and one with significant knowledge about aging policies and practices throughout Asia. She has been an author, editor, co-editor, and a contributing writer for many books and numerous research articles on intergenerational relations, age-friendly cities, and the development of age-related infrastructure in Singapore. Professor Thang has contributed, edited or co-edited a number of books; i.e. co-editor of “Experiencing Grandparenthood: An Asian Perspective in 2011” and “Intergenerational Contact Zones: Place-based Strategies for Promoting Social Inclusion and Belonging in 2020. She is presently co-editing a special issue of a social science journal on Active Aging in Asia.

TOPIC:

Professor Thang’s presentation will provide an overview of Asia, the world’s fastest aging region and its implications. Attendees will understand Singapore’s existing approach to create an Age-Friendly Society and its limitations, as well as understand Singapore’s new aging initiative as a model for the rest of the 21st Century

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Thursday, September 16, 2021



Featured Presenter

Aging in the 21st Century: The Promise and Potential of the Boomer Generation

Dr. Harry Moody

9:00 am – 10:00 am



Dr. Harry “Rick” Moody is a graduate of Columbia University (Ph.D.) in philosophy from (1973). He has taught at Columbia, Hunter College, New York University, and the University of Santa Cruz. Dr. Moody is the author of over 100 scholarly articles, as well as a number of books, including *Ethics in an Aging Society*, *Aging: Concepts and Controversies* (10th edition). He was the former Vice President of AARP and nationally known for his work in older adult education and instrumental in the creation of what is today known as the Road Scholar program, Dr. Moody is a strong advocate and ambassador for the active aging message nationally and internationally.

TOPIC:

The learning objectives will be to understand the challenges and opportunities from the explosive growth of the boomer population, understand successful aging as gifting our life experience and talents despite physical changes, and how we increase our health span when we fill everyday helping others.



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Presentation #6

The Virtual Hui Project: A Community Program to Empower and Connect Older Adults

Margaret Perkinson, Ph.D. & Kendall Horan, OTD

10:05 am – 10:50 am



Margaret A. (Peggy) Perkinson, PhD, is a medical anthropologist and gerontologist. She received her doctorate in Human Development and Aging from the University of California, San Francisco and has been involved in gerontological research and education for over 35 years. Peggy has worked at the Philadelphia Geriatric Center, Washington University in St. Louis, Saint Louis University, University Missouri-Kansas City, and the University of Hawaii at Manoa. Her research on family caregiving, dementia, long-term services and supports, and service learning in the U.S., Guatemala, and China has been funded by NIH/ NIA, AARP-Andrus Foundation, the Alzheimer's Association, the Illinois Department on Aging, and the Administration on

Aging. She is an elected fellow of the Gerontological Society of America, the Academy for Gerontology in Higher Education, and the Society for Applied Anthropology and past president of AAGE (Association for Anthropology and Aging). Peggy is also a member of Kupuna Caucus, Kokua Council, Faith Action for Community Equity Long-Term Care Committee, HPGS, and Mindful Hawaii and writes a column for Generations Magazine.



Kendall Horan, OTD, received her doctorate in Occupational Therapy from Creighton University with an executive certification in Home Modifications from the University of Southern California. Kendall has experience working in skilled nursing facilities, home health, and inpatient rehabilitation hospitals. Her research focuses have been on age-friendly communities, intergenerational connections, undergraduate student engagement, and home modifications.

TOPIC:

Innovative social communities will aid in reducing loneliness and social isolation, but they need to be developed and tested (Berg-Weger & Morley, 2020). This presentation describes a pilot project to develop virtual communities, or "huis," for older adults to counter pandemic-induced social isolation. A virtual hui resembles a public "third place," a safe, comfortable, and welcoming place to meet and interact with others and engage in meaningful activities. It is unique in that it exists online, is run for and by older adult participants, and is centered around a shared interest or goal. The Virtual Hui Advisory Board provided guidance and feedback throughout the development of the project and facilitated their own pilot virtual huis, which included developing community service projects; touring local sites, e.g., Hawaii Plantation Village; participating in online museum tours; and facilitating a "Wisdom Circle." Analysis of focus groups, in-depth interviews, and zoom meeting recordings provided feedback and suggestions for future developments.



Presentation #7

Our Changing Community by the Numbers: The Latest Census Data and Their Implications for Elder Services and Supports

Kevin Y. Kawamoto, MSW, PH.D.

11:05 am – 11:50 am



Kevin Y. Kawamoto has been a part-time lecturer teaching gerontology classes in the Thompson School of Social Work & Public Health and is an affiliate graduate faculty member in both Social Work and Communications at UH Manoa. He has previously held positions as associate professor and assistant professor at the University of Hawaii and the University of Washington (Seattle) respectively, and was the technology studies manager in the mid-1990s at The Freedom Forum Media Studies Center when it was located at Columbia University in New York City. He was a graduate degree fellow at the East-West Center and a Crown Prince Akihito Scholar while studying in Japan at Nanzan University in Nagoya. His M.S.W. (multigenerational social work specialization) and Ph.D. (Communications) are from the University of Washington. He also has an M.A. in Communication from the University of Hawaii at Manoa.

TOPIC:

2020 was a decennial census year. This presentation will provide updated demographic data relating to older adults at both the national and community levels, as well as discuss available sources for stakeholders to do their own demographic research on elders. This research can also be used for grant-proposal writing, policy and white papers, public testimonies, academic and non-academic publications, and to prepare for community presentations. In addition to focusing on demographic data, this presentation will provide examples of how the data have practical applications for those who work with elders in the community.

Speakers at the 2018 HPGS Biennial Conference



Annette Pang



John Feather



Kumu Ramsay Taum



Presentation #8

Innovation & Impact in Aging Technologies

Faye Karnavy Sahai & Michael Chong

12:45 pm - 1:30 pm



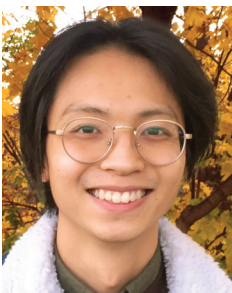
Faye Karnavy Sahai

Health Care Innovation Investor & Advisor

Faye is currently Partner at Mirai SV Global advising corporations on innovation and Managing Director at Vinaj Ventures, investing in digital health startups with Telosity.co Fund. She has been involved in building Caremates platform supporting seniors and partnered with the University of Toronto on HippoCamera, a dementia application that has proven to improve memory. Prior, she was an executive at Kaiser Permanente, Blue Shield, AIG, Schwab, and Deloitte Consulting.



Michael Chong is the Chief Information Officer for the Arcadia Family of Companies. He joined Arcadia in 2007 and oversees IT strategy and all areas of technology including IT security and cybersecurity for the organization. Prior to Arcadia, Michael worked for eight years in Portland, San Diego and Seattle as a Systems Administrator and Systems Engineer in the health care industry with MModal (now 3M). He received his Bachelor of Arts from Pacific University and his Master of Science in Information Systems from Northwestern University.



Bryan Hong is currently a PhD Candidate studying the cognitive neuroscience of memory with Dr. Morgan Barense at the University of Toronto. Broadly, he is interested in studying how we organize our memories for later retrieval. In addition to his research, he is the co-founder of Dynamic Memory Solutions Inc., where he has been working on the development and validation of HippoCamera, a smartphone app that leverages principles from cognitive neuroscience to help mitigate memory loss for events from our day-to-day lives.

TOPIC:

Innovation and emerging technology are increasing in digital health and aging technology. 2020 and 2021 have seen record years of investments in innovation. What are key trends and breakthroughs impacting seniors and long term care? (SG, Health apps, AI, IOT, Robotics VR/AR) - what do all of these mean? They will share the emerging trends and pilot results of innovations for seniors.

The Hawaii Pacific Gerontological Society wishes to thank the presenters for their time and expertise in their field of education and experience. The knowledge that they are sharing will inform and enlighten those watching. HPGS is gratefully appreciative of their participation. Mahalo Nui Loa!





Presentation #9

The Truth About Lymphedema and Chronic Swelling

Louise Tanswell, RN CLT-LANA & Cheri Teranishi-Hashimoto, DPT CLT-LANA

1:35 pm – 2:20 pm



Louise “Ellie” Tanswell is a registered nurse, massage therapist, and nationally certified LANA lymphedema therapist. She started her nursing career in England in 1981 and specialized in cancer and palliative care. Today, with over 35 years of nursing experience, Hawaii is home; and in 2019 Ellie spearheaded the annual Proclamation at the state capital for March 6th “World Lymphedema Day” to be recognized in Hawaii. In 2021, she became the founder and president of Lymphacare Hawaii, a nonprofit whose mission is to improve the quality of life for those people living with lymphedema.



Cheri Teranishi-Hashimoto serves as the Therapy Director for the Rehabilitation Hospital of the Pacific and continues to be the Program Director for the Women’s Health & Cancer rehabilitation programs. She has been a Physical Therapist for over 19 years at various hospital and outpatient facilities and is one of only three Board Certified Women’s Health Clinical Specialists in the State of Hawaii. She became a Certified Lymphedema Therapist through the Academy of Lymphatic Studies in 2005 and obtained national certification through the Lymphology Association of North America in 2007.

TOPIC:

The truth about lymphedema is that it is under diagnosed, misdiagnosed and often left untreated leading to a progressive spiral of lymphatic dysfunction. Left untreated, life can become miserable causing immobility, frequent skin infections and suffering, both physically and financially. Lymphedema is an incurable disease no longer only associated with cancer. Venous disease, obesity and lack of mobility may also cause chronic swelling which over time, becomes lymphedema. There are no standard guidelines for its diagnosis and assessment, and because lymphedema is intermittent and unpredictable, there is insufficient data to assist in reducing its morbidity.

2018 HPGS Biennial Conference’s Na Lima Kokua Award Winners



Congratulations to:

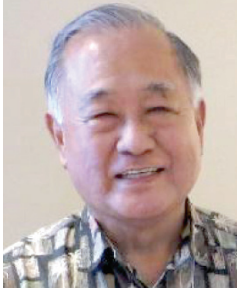
(left to right) Community Service Award - Pedro Haro with Caring Across Generations; Business Award - Nathaniel Stillman, Recreation Director at Kalakaua Gardens; Research/Teaching Award - Dr. Kamal Masaki of the Department of Geriatric Medicine at the UH; Government Award - State Representative Gregg Takayama; and representing Volunteer Award, Na Hoaloha of Maui County, King Van Nortrand, Pua Pahukoa, Alida Murray and Judy Guajardo. The Tony Lenzer Award winner, Ruby Young, UH Gerontology Student, was unable to attend.



Presentation #10 Hawaii 2030 and Beyond: The Economic Implications of Population Aging

Andrew Mason, Alan Oshima & Cullen Hayashida

2:35 pm – 3:20 pm



Moderator: **Cullen T. Hayashida, Ph.D.**

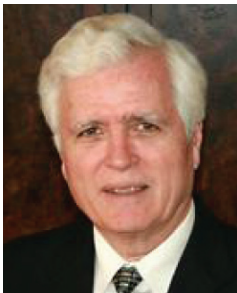
Sociology, University of Hawaii

Change Agents Hawaii

- 40+ years as aging systems infrastructural developer of over 50 elder care service projects in the hospital, nursing home, home care, college and community settings and other organizations locally, nationally and in East Asia
- Advocate to reframe Hawaii's aging policy agenda from age as merely geriatric pathology to age as a growing asset to the community

TOPIC:

Brief Remarks on Population Aging and the Depopulation in Japan: Early Warnings to Plan Ahead?



Speaker 1: **Andrew Mason, Ph.D.**

Senior Fellow, East-West Center

- UH Professor Emeritus of Economics Dr. Andrew Mason has addressed population aging and the economic implications using National Transfer Accounts which quantifies how people in all age groups meet their material needs in 70 countries.
- Principal Investigator for the 2020 macro-economic study reporting on the challenges Hawaii faces with population aging.

TOPIC:

Hawaii 2030 and Beyond: The Economic Implications of Population Aging



Speaker 2: **Alan Oshima, JD**

- Former President and CEO, Hawaiian Electric Company
- Governor's Lead Navigator for Hawaii Economic and Community Recovery & Resiliency Plan
- Board Member, Hawaii Schools Facilities Agency

TOPIC:

Reflections on the Role and Responsibilities of Older Adults for a Sustainable Hawaii

The implications of Dr. Mason's report will be first placed in an international context of population aging and the depopulation of Japan by Hayashida. Dr. Andrew Mason will then provide a summary of his study's findings conducted for the State of Hawaii on the probable effects of population aging on Hawaii's economy based on his National Transfer Accounts research methods. Given his former role as the lead navigator for the State by Governor Ige, Oshima will reflect on the roles and responsibilities of older adults for a sustainable Hawaii.



Featured Presenter

Understanding Best Practices Learned During Covid Pandemic

Peter Kaldes

3:25 pm – 4:10 pm



Peter Kaldes, Esq., CEO and President of the American Society on Aging joined ASA in March 2020 and at the start of the global pandemic. His visionary and innovative leadership is transforming how ASA unites, empowers and champions everyone working to improve aging. Before joining ASA, Kaldes was President and CEO of the South Florida Institute on Aging (SoFIA) where he led the transformation of a 55-year-old, community-based organization by launching new programming, impactful thought leadership and nearly doubling its budget. Prior to SoFIA, Kaldes led a \$20 million philanthropic economic development portfolio as a senior executive at JP Morgan Chase & Co. He also has a distinguished career in public service including as senior economic policy advisor in the Obama White House, the U.S. Department of Commerce and the Senate. Kaldes began his career as an international litigator at the global firm of Weil Gotshal. He is a graduate of the University of Pittsburgh School of Law and Tufts University.

TOPIC:

Understand best practices and lessons learned from across the country and how ASA organizations remained resilient during and beyond COVID; understand how we need new policy proposals beyond COVID that will bridge digital divide, fight ageism, increase health equity and combat climate change; and learn ways to advocate for these efforts.



American
Society
on Aging

The next event for HPGS will be the **5th Annual HPGS Fundraiser** Thursday, November 4, 2021, 5:30 pm
Zoom link to be sent to registered attendees.

Honoring

Emmet White

Retired President and CEO, Arcadia Family of Companies



The Hawaii Pacific Gerontological Society is pleased to recognize the work of **Emmet White** at this year's virtual fundraiser. Emmet exemplifies a true servant leader who placed the needs of our kūpuna above all. Emmet retired from the Arcadia Family of Companies in 2018 after 23 years of service. During his tenure he established the Arcadia Foundation which provides financial assistance to older adults in need. He expanded Arcadia's services both onsite and in the community and was instrumental in ensuring the development of a culture of social accountability as a 501(c)3 organization to advocate for more resources for our kūpuna and the professional organizations supporting them. He is married to Betty White, the former Head of School for Sacred Hearts Academy and in June of this year celebrated 51 years of marriage. Together they have three children and seven grandchildren.



2021 Na Lima Kokua Awards



For sixteen of the past twenty-one HPGS conferences, the Hawaii Pacific Gerontological Society has honored individuals, businesses and/or organizations with their **Na Lima Kokua** award in six different categories. Multiple nominees were received for the Business, Communications/Arts, Community Service, Government, Research/Teaching, and Tony Lenzer Scholar awards this year. Please congratulate the following winners:

BUSINESS AWARD - Soderholm Bus & Mobility



As the President of Soderholm Bus and Mobility, **Denise** handles many of the primary functions of her business. Arguably her favorite part is her management of the accounting and finances of Soderholm Sales, the commercial side of the company, and Soderholm Mobility, a more retail-focused side of the business. On top of running the day-to-day business, she handles vehicle inventory, business development, and much more.

In 2011 she made the final push to begin Soderholm Mobility after seeing a gap in the market of personal mobility equipment. Since then, she has expanded to serve so many different groups within our community, all with the same goal of bringing driving independence to more and more people.

COMMUNICATIONS/ARTS - KTA Super Stores



Derek Kurisu graduated with a bachelors degree in agriculture from the University of Hawaii. He has been a part time and full time employee of KTA Super Stores since 1968, serving four generations of this family-owned company. KTA was founded in 1916; and Derek created private label products named “1916” to celebrate their centennial anniversary three years ago. He co-authored two books, *Kau Kau to Cuisine* and *No Sweat Cooking* and is also the creator and producer of two television cable programs, “People in Paradise” and “Seniors Living in Paradise,” the latter highlights seniors. The program changes monthly and airs nightly on Hawaii Island local cable TV channel 27 from 6:30 to 8:30pm, bringing awareness to positive people and positive things happening on Hawaii island. Derek has dedicated his time in making a difference in people’s life.

COMMUNITY SERVICE - Warren Wong



Dr. Warren Wong is a Clinical Professor in Geriatric Medicine, John A. Burns School of Medicine and a Fellow of the Institute for Healthcare Improvement. He has dedicated his professional life to the care of older adults. Early in his career he was a physician at On Lok Senior Health Services in San Francisco Chinatown. Dr. Wong went on to develop the geriatrics service at Kaiser Permanente in Hawaii. In 2017 he founded a startup, MemoriesConnect, which provides app-based support to people living with dementia and to their caregivers and loved ones. In 2018 he became medical director at Myhealthpersona.com, a medical technology firm focused on person centered overall wellbeing. In 2020, Dr. Wong initiated COVID19Caregiving.com, a virtual community for caregivers in the context of COVID-19.

GOVERNMENT - Derrick Ariyoshi



For the past two years, **Mr. Ariyoshi** has served as the County Executive for the Elderly Affairs Division which is the designated Area Agency on Aging for the City and County of Honolulu. In this position, he supports the administration of federal Title III and state Kupuna Care services to support older adults to lead independent, meaningful and dignified lives in their own homes and communities for as long as possible. Prior this position, he was Hawaii State Director for the Corporation for National and Community Service (CNCS). While in that position, he served



2021 Na Lima Kokua Awards



as lead federal representative administering Senior Corps and AmeriCorps VISTA grants in Hawaii and the U.S. Western Territories. Prior to CNCS, he served in various administrative positions both with the Executive Office on Aging and Department of Human Services – Adult and Community Services Branch

RESEARCH/TEACHING - Andrew Mason



Andrew Mason is Senior Fellow at the East-West Center, Honolulu, Hawaii and Emeritus Professor of Economics, University of Hawaii at Manoa. He is a member of the Center for the Economics and Demography of Aging (CEDA) at the University of California, Berkeley. Mason co-developed a conceptual and a statistical framework for understanding the generational economy showing how individuals at every age acquire and use economic resources to meet their material needs, to help others, and to provide for the future. He co-founded the National Transfer Account network comprised of teams from over seventy countries developing and applying the tools used to study the generational economy. Mason has authored or co-authored more than 150 journal articles and book chapters and co-authored or co-edited thirty books and monographs. He recently led a study of the economics of aging in Hawaii: Andrew Mason and Michael Abrigo, 2020 “Hawaii’s Generational Economy,” Department of Business, Economic Development and Tourism, State of Hawaii. The study identifies some of the major economic challenges people in Hawaii will face in the coming decades.

TONY LENZER SCHOLAR - Chelsie Arume and Jamaica Laguna Manuel



Chelsie Arume wrote: “I am very grateful that HPGS has selected me as one of this year’s scholarship recipients. I would like to thank HPGS and all of my mentors for supporting me in my academic journey. I am currently a full-time student and hope to graduate with my Master of Social Work degree in Spring 2022. In addition to furthering my education, I work part-time as an in-home caregiver for older adults. I believe our Kupuna deserve to be independent and age in place for as long as possible. In my future career as a social worker, I want to ensure that older adults are able to obtain the resources they need to continue living comfortably and independently in the community. I want to impact change for Kupuna, and advocate for additional services and opportunities for older adults. I would also like to provide education for older adults and their families, helping to guide them as they make tough decisions or changes that come with the aging process.”



Jamaica Laguna Manuel lives in Ewa Beach and attends the University of Hawai’i: West Oahu to attain dual degrees in the Public Administration Concentration in Health Care Administration Degree and the Public Administration Concentration in Long-Term Care Degree. She will be completing both bachelor’s degree by spring 2022. Jamaica is currently working as a Nursing Assistant at these home care agencies: AnamCara Care Hawaii, Inc., 3GS Direct Care Services Provider, LLC, and Hawaii Nursing Solutions, Inc. to be able to help more elderly in the community with their Activities of Daily Living (ADLs). She wrote: “By exploring every experience that I had, I am also preparing myself to establish my own Home Care agency someday. As you may see, I truly have compassion and care to make a change for the community and for the work that I do in order to help the elderly in the community. On the other hand, I would want to say Thank You for my professor, Dr. Lisa Spencer for nominating me to write my Personal Statement essay. I would want to say Thank You to Ms. Sherry Goya, the HPGS Executive Director of the organization, Ms. Kathy, Mr. Cullen, and on behalf of the committee that I had gotten the chance to meet on Zoom during the time of interview with me. Lastly, I would want to say Thank you once again for the people that had help me accomplish my personal statement essay and to be able go through the interview smoothly. Thank you for those who actually believe in my abilities to further out my career in life with the Long-Term Care pathway.”