



hawaii pacific gerontological society

Volume 44, No. 5

May 2023

HPGS 2023 BOARD OF DIRECTORS

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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

May is National Older Americans Month. Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Every May, the Governor in Hawaii proclaims May as Older Americans Month in Hawaii. During this time, each county selects a man and a woman as their Outstanding Older American based on their service to their communities. On June 2nd, a celebration of all of the honorees is culminated in a luncheon sponsored by the Executive Office on Aging. This year's celebration will be attended by Lt. Governor Sylvia Luke and other dignitaries. We congratulate all of the honorees and thank them for their service to their communities.

The theme for Nurses month this May is "You Make a Difference" and is divided into four weekly focus areas; Self-Care, Recognition, Professional Development, and Community Engagement. Thank a nurse this month!

May has been Mental Health Awareness Month since 1949 and is a time to raise awareness and reduce the stigma surrounding mental health issues. This year, more than ever, in our post-covid times, many are in need of mental health support.

The HPGS Board of Directors made a donation to the Hawaii Family Caregiver Coalition so that the "Aging & Disability Issues 2023" (A guide for Hawaii Legislators, Organizations & Citizens) could be printed and distributed. The booklet has some of these subjects: Keeping Kupuna healthy, Age-Friendly Hawaii, aid to caregivers, disability issues, real caregiver stories and what you can do to support our aging loved ones and caregivers, including contact information. The booklet can be found on www.hpgs.org/resources.

May 25th is the second HPGS General Membership Meeting via Zoom at 11:30am. Senator Sharon Moriwaki, Representative Troy Hashimoto, Caroline Cardirao from the Executive Office on Aging, and Derek Ariyoshi from the Elderly Affairs Division, will be our guest speakers. Please try to join us. They have a lot of great information to share. See the attached flyer.

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

Individual

Bree Komagome
Clint Evans
May Ratiu

Company

Arcadia Family of Companies
Ohana Care Maui LLC
The Plaza at Kaneohe
The Plaza at Mililani
The Plaza at Moanalua
The Plaza at Pearl City
The Plaza at Punchbowl
The Plaza at Waikiki

EVENTS

Ohana Care Maui

Wednesday, May 24th, 3pm to 5pm
Understanding the Unique Needs
of the Family & Loved Ones

Wednesday, June 7th, 3pm to 5pm
How to Give Practical Support and
What to Look for When Death
Approaches

Wednesday, June 14th, 3pm to 5pm
How to Prepare for Life's Final Phases
and the Grief Surroundings It
RSVP at 808-344-1285

The Alzheimer's Association Hawaii Chapter

Thursday, May 25 -- Why You Need an
Advance Health Care Directive and
Power of Attorney

May 31 -- Affording Care in Hawaii:
A Caregiver's Guide to Kupuna Care,
Special Loan Programs and More

To register,
email tshammondttullis@alz.org.

Project Dana

How can Technological Devices &
Services Help Caregivers
Saturday, May 13th,
9:30am to 11:30am via Zoom
Call 808-945-3736
or email cgs@projectdana.org

HPGS CONFERENCE

Since the HPGS 2023 Biennial Conference will be held at the Ala Moana Hotel on Thursday and Friday, September 7th and 8th, attendees will be treated to a room filled with companies, organizations and government agencies who provide service, products, facilities, etc. for Hawaii's Kupuna. Attached to this month's newsletter is the "**Exhibitor's Application Form.**"

Exhibitors will have the opportunity to be on a "stamp form" so that conference attendees visit their table to answer a question; i.e. What does AARP stand for? Each exhibitor can have their own question; and upon answering or learning what the answer is, they will stamp or initial their box on the form. When all boxes are filled in, the conference attendee will be eligible for door prizes at the end of the conference.

Besides having a table in the Garden Lanai, exhibitors may place an ad in the conference program. Anyone and everyone can get a table at the conference, even if you are not registering as an attendee for both days. Deadline is Monday, July 10th or until all tables are reserved.

ELDERCARE WORKER TRAINING AWARDEE



The HPGS website (www.hpgs.org) is regularly updated with the latest \$750 scholarship from the *Eldercare Worker Training Award*. **Seigrid de los Reyes** is enrolled in a nurse aide certification program at Hale Hau'oli Hawai'i. She offered these words of appreciation for her scholarship: "I am immensely grateful and honored to receive this opportunity. I want to learn how to show my support and care to our kūpuna especially since I, myself, live with my grandparents. They are my pillars and are such a great influence on who I am today and what I want to be. I want to give back, take care of them, and walk an extra mile for them."



Chevys Ishikawa is a nurse aide at Always Best Care Senior Services who is studying to obtain certification status as a CNA. He provided this message in response to news of her award: "Thank you so much for selecting me as one of the scholarship recipients for the Eldercare Worker Training Award for 2023! I'm very grateful for this opportunity to further my studies in elderly care. This scholarship will allow me to focus more on my studies without having to stress and worry about financial burden. I plan to complete my Prometric Certification hopefully in June or by the end of this year. Thank you again for selecting me and allowing me to further my knowledge so I can offer the highest level of care for my grandmother and also our residents at Always Best Care Senior Services!"

NATIONAL STROKE AWARENESS MONTH

"May is National Stroke Awareness Month and it's a great time to raise awareness and learn how to recognize a stroke," says Bonnie Castonguay, HPGS Member, **Hookele Navigators**. A stroke happens when blood flow to an area of the brain is blocked or when a blood vessel in the brain bursts. When someone is experiencing a stroke, every second that goes by is crucial. It is extremely important to get treatment as soon as you suspect stroke symptoms. She also says, "Learn the BE FAST acronym to recognize the signs of stroke and help save lives." You may be having trouble with Balance, Eyes, Face, Arms, Speech, and Time (is crucial).



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GENERAL MEMBERSHIP MEETING

Thursday, May 25, 2023

11:30 am

Via Zoom <https://us02web.zoom.us/j/9326683629>

State and County Eldercare Strategic Legislative Plans and Updates

Four of our Island's key leaders will share what the plans are for this year, from our 2023 legislative session, state's Office of Executive Office on Aging, and Elderly Affairs Division, City and County of Honolulu.



Senator Sharon Moriwaki



Caroline Cadirao

Director of the state's Executive Office on Aging



Representative Troy Hashimoto



Derrick Ariyoshi

County Executive, Elderly Affairs Division

RSVP: Sherry Goya (sgoyallc@aol.com)



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2023 Biennial Conference Sustainable Transitions in Gerontology

September 7 and 8, 2023

Ala Moana Hotel

Exhibitor Application Form

Company Name: _____

Business Address: _____

City: _____ State: _____ Zip: _____

Contact Person: _____ Phone: _____

Email Address: _____

HPGS welcomes companies, organizations, and government agencies who provide service, products, facilities, etc. to Hawaii’s Kupuna community to have an exhibition table on Friday, September 8th in the Garden Lanai of the Ala Moana Hotel from 11:30am to 4:30pm (set up from 10:30am in the Garden Lanai). Conference attendees will be looking forward to learning and meeting professionals in the various fields of Kupuna care, financial, legal, medical, service equipment, medicare, housing, etc.

Exhibitors will have the opportunity to create an incentive question (i.e. What does AARP stand for?) for attendees when they visit the exhibitor’s table. This will allow attendees the chance to win prizes at the end of the conference. **What is your question?** _____

The conference program will list all exhibitors; and exhibitors may place a camera-ready ad in the program. See below for rates of one table and two chairs for each exhibitor and ad rates:

Exhibitor’s Rates

HPGS Member Non-Profit: _____ x \$275.00 = \$ _____

HPGS Member For-Profit: _____ x \$350.00 = \$ _____

Non-HPGS member: _____ x \$425.00 = \$ _____

[] Requesting Electrical Outlet

Ad Rates

Business Card Size Ad (Horizontal 3.5 x 2): _____ x \$100.00 = \$ _____

1/4 Page Ad (Vertical 4.6875 x 3.375): _____ x \$200.00 = \$ _____

1/2 Page Ad (Horizontal 4.75 x 7): _____ x \$400.00 = \$ _____

Full Size Page Ad (Vertical 10 x 7): _____ x \$600.00 = \$ _____

Application deadline is Monday, July 10, 2023 or until all tables are reserved.

Mail this application with check made payable to HPGS to P. O. Box 3714; Honolulu, HI 96812; OR go online at www.hpgs.org/conference to complete the form and make payment with a charge card.

HELP US EVEN MORE! HPGS is a non-profit organization and you can help us even further by adding 3% to your total to cover PayPal’s credit card processing fees. Mahalo!