



hawaii pacific gerontological society

Volume 44, No. 6

June 2023

**HPGS 2023 BOARD OF DIRECTORS**

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Honolulu, HI 96812  
[www.hpgs.org](http://www.hpgs.org)  
HPGS.808@gmail.com

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

As plans continue for the HPGS Biennial Conference set for Thursday and Friday, September 7th and 8th this year, we have decided to extend the deadline for nominations for the **Na Lima Kokua Awards** to June 30th. If you are able, nominate someone for all the categories. The conference presentations, both speakers and posters, have been locked in, with the schedule set at the Ala Moana Hotel. It's going to be a great conference, not to mention the ICE CREAM SOCIAL on Friday! Hope to see you there; and remember, all HPGS members will receive a discount to the conference.

The conference could not be a total success without sponsors who help defray the costs of having an in-person two-day conference for this year. To be a Gold sponsor, the donation is \$3,000, the Silver sponsorship is \$2,000, and a Bronze sponsor is \$1,000. A very affordable "Friend of HPGS" can be any amount that you would be able to donate. All sponsorships will be noted in the conference program, announced periodically during the conference; and the gold, silver and bronze have added benefits such as free registration, free ad in the program, and free exhibitors table, to name a few.

Older Americans Month is now in the past, but recognition of the seniors from all the counties for their service to their communities reminded me of how gratifying it is to volunteer for so many worthy causes. The seniors recognized, in their 80's and 90's, have been volunteering for many years, and it gives them a purpose for their lives, since retiring from their careers. There are many opportunities to volunteer in our communities. It not only helps those being served, but it helps the volunteer. You can call any organization, from AARP to the Alzheimer's Association to Meals on Wheels, etc. Get out there and make you feel good!

Lastly, don't forget that Hawaii's hurricane season is June to November. I hope that the article on page 3 will be of help to you and our Kupuna, as a hurricane can hit any of our Hawaiian islands.

**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.

## EVENTS

It's registration time for the HPGS Biennial Conference set for **Thursday and Friday, September 7th and 8th** at the Ala Moana Hotel. The best deals are the early-bird registrations for HPGS members, students and seniors 65 years and older!

Check your calendar NOW so you can spend two full days of educational sessions geared to Kupuna, students, teachers, caregivers, business professionals, nonprofits, government agencies, etc. Everyone will be able to learn from individuals, co-presenters, and panelists, on topics about elder care, lifelong learning, mental health, memory, aging-in-place, preventive care, cardio medicine....and MUCH MORE.

Speakers will be from Hawaii, Japan and the Mainland. Keynote speakers will be Kathy Stokes, Director of Fraud for AARP National, Interim-Dean Lee Buenconsejo-Lum from the John A. Burns School of Medicine, Keith Hayashi, Board of Education Superintendent, and Caroline Cardirao, Director of the state's Executive Office on Aging.

Besides all the presentations, there will be a continental breakfast and lunch both days, as well as a Networking Pau Hana event on Thursday and an Ice Cream Social on Friday.

Exhibitor's will be in the Garden Lanai on Friday, September 8th from 11:30am to 5:00pm. (See attached form.) Conference attendees will be encouraged to visit exhibitor tables and answer a simple question (or learn the answer) about each exhibitor in order to receive a stamp credit toward a later drawing.

## HPGS GENERAL MEMBERSHIP MEETING

The second HPGS General Membership Meeting of 2023 was held via Zoom on Thursday, May 25th, with three great speakers from the legislature, state and city. Those who missed the meeting can go to [www.hpgs.org](http://www.hpgs.org) and click on EVENTS to view most of the meeting (the "record" was turned on a little after the meeting began).



The first speaker was **Senator Sharon Moriwaki**, co-convenor (with Representative Troy Hashimoto and over 200 members) of the legislative Kupuna Caucus working on legislation to support Kupuna, which meets monthly. The Kupuna Caucus includes legislators and over 200 providers and people interested in supporting kupuna. Members submit ideas and vet them, coming up with five that are introduced and supported. Senator Moriwaki is proud to help lead that group of one of the best caucuses in the legislature. It was a great year for enhancement of Kupuna services either as direct services and/or funding for our Kupuna. Five bills that were approved to go to the Governor for his signature were:

1. Add three staff for the Hawaii State Health Insurance Program (SHIP) to provide objective information on Medicare and other health insurance (SB900);
2. Add three staff for the Senior Medicare Patrol program to help seniors with Medicare and Medicaid fraud (SB1592)
3. Funding to help seniors who need help to pay rent (SB898)The Executive Office on Aging was allowed to get more given more flexibility how funds are allocated to programs.
4. Allows the Executive Office on Aging to claim reimbursement for additional services such as LTC Ombudsman, that can be used to pay for additional senior services (SB1373).
5. Allow all caregivers, not only those employed, to receive adult care and respite services - this bill has already been signed into law (Act 18) and going forward (SB1372).
6. Funding for alzheimer's public health campaign (HB278)



**Caroline Cardirao**, the director of the state's Executive Office on Aging, thanked the legislature for what they did this past legislative session but feels we still need to build on more ways to advance and move forward for Hawaii's Kupuna. She heads the state-lead aging network with partnerships and stakeholders throughout the community. Every four years, they prepare a Hawaii State Plan on Aging, which establishes direction for a comprehensive, coordinated statewide system of person-centered, long term services and supports in the community. Caroline presented the Executive Office on Aging's "Goals for 2023 and beyond."



The final speaker of the meeting was **Derrick Ariyoshi**, County Administrator of the Elderly Affairs Division of the City and County of Honolulu. He provided information about the county's reaction to the Covid pandemic in a positive way. Lessons learned were shared and opportunities identified for the support needed by everyone. They have a four-year area plan on aging which will be integrated with the state's plan and are to develop objectives and strategies that are aligned with the state.

## HPGS MEMBERSHIP

### New Member

#### Kupuna Care Pair

Todd Pang  
2383 Beckwith Street  
Honolulu, HI 96821  
808-779-8871  
todd@kupunacarepair.com  
<https://www.kupunacarepair.com>

### RENEWED

#### Individual

Hiilei Akaka  
Kimberly Almeida  
Vicki Belluomini  
Dionne Carvalho  
Denise Fernandez  
Kristi Ishikawa  
Kristen Kagoshima  
Kevin Kawamoto  
Hyenie Martin  
Claudette Medeiros  
Iris Lei Sanchez  
Timmy Satot  
Karen Sumer  
Cary Valdez

## HPGS MEMBER NEWS



**KŌKUA MAU**  
*Continuous Care*  
A Movement to Improve Care

**Kōkua Mau** is Hawai'i's Movement to Improve Care and foster conversations. As a community benefit organization, our purpose is to improve quality of life for people living in Hawai'i by promoting excellence in hospice, end-of-life, palliative care, and early advanced care planning through the provision of:

- Public and professional education
- Development of professional and organizational healthcare capacity
- Workplace Wellness Programs
- Advocacy and public policy
- Statewide leadership
- Promotion and fostering of a collaborative membership.

Email: [info@kokuamau.org](mailto:info@kokuamau.org), Tel: 808-585-9977.

## MED-QUEST INFORMATION

If you are covered by Med-QUEST, please be on the look out for a **pink letter** in the mail. That letter may be a notice confirming that your QUEST coverage has been renewed, or it may be a notice requesting additional information. It is important that everyone open their **pink letter** and check to see if Med-QUEST needs any additional information.

Please remember that this notification process will happen over a one-year period from April 2023 – March 2024. This means that not all Members will receive their pink letters at the same time.

In preparation for this renewal period, Med-QUEST asks members to do the following:

- Be sure to update your contact information by logging into your account on [Medical.mybenefits.hawaii.gov](https://Medical.mybenefits.hawaii.gov) or by calling the Health Plan number on the back of your insurance card.
- If you no longer need QUEST (Medicaid) coverage, call us at 1-800-316-8005, (TTY/TDD 711) to let us know.
- If you need coverage but no longer qualify for Med-QUEST, please check with your employer to see if you are eligible for health insurance coverage.
- If you are not eligible for health insurance through your employer, please visit the Health Insurance Marketplace at [HealthCare.Gov](https://HealthCare.Gov) or by calling 1-800-318-2596 to make sure you stay well and stay covered!

More information is available at [Medquest.hawaii.gov/staywell](https://Medquest.hawaii.gov/staywell)

## HAWAII'S HURRICANE SEASON IS JUNE TO NOVEMBER

When a hurricane threatens, the senior population may experience additional peril. They face many more obstacles during an emergency than most people: isolation, limited mobility, and medical needs. Older adults can lower their risk by preparing for hurricanes and other emergencies before they happen.

### THINGS YOU NEED TO TAKE IF YOU LEAVE YOUR HOME

**List:** Before an emergency arises, make a list of everything you need to stay healthy. Include the name and contact information of your doctor and pharmacy, a list of your medications, and any medical devices you use. Then let the people on your contact list know where the list will be in case you need it.

**Kit:** One thing you will need is a kit with all the items you need to survive for a minimum of 72 hours. For a comprehensive list, visit [www.ready.gov](https://www.ready.gov). The American Red Cross can also help you with information on recommended items.

**Cash:** The general rule of thumb is to have at least enough cash to pay for 30 days of essential living expenses. Be sure you have at least some of your cash in small bills and some in coins in case you need it.

Everyone can take steps to prepare for the kinds of emergencies that are the most likely where they live. In Louisiana those include hurricanes and river flooding, but also flash flooding, fires and more. Sometimes the danger is known well ahead of time, and you have time to prepare. Other times, you must react quickly. Always follow directions given by local officials when deciding whether to evacuate. Know who will help before you need it.

For more information on being ready, see [Preparing Makes Sense for Older Americans - YouTube](#). Another resource for preparation is the FEMA Mitigation Outreach phone line at 833-336-2487.



# 2023 Biennial Conference Sustainable Transitions in Gerontology

September 7 and 8, 2023

hawaii pacific gerontological society

## Registration Form

# Sustainable Transitions in Gerontology Thursday & Friday, September 7 & 8, 2023

The HPGS 2023 Biennial Conference will have three keynote speakers and a number of educational presentations from very qualified national and local speakers. The conference is intended for elder-care practitioners in the health and human service fields, businesses, government agencies, non-profits and faith-based organizations serving older adults, applied researchers, students in gerontology, advocates for seniors and senior interested in continuing their education. The conference will start with a continental breakfast, lunch and afternoon snack.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Organization/Company (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

- I will attend the Thursday Networking Pau Hana from 4:15pm
- I will attend the Friday Ice Cream Social from 4:00pm

	2023 DATES	REGULAR REGISTRATION <small>Received before 8/18/23</small>	LATE REGISTRATION <small>Received after 8/31/23</small>
MEMBER	BOTH DAYS	\$345	\$445
NON-MEMBER	BOTH DAYS	\$445	\$545
STUDENT SENIOR 65+	BOTH DAYS	\$295	\$395

Total amount being paid with this registration form is \$\_\_\_\_\_ (check attached)

Please send your completed form, along with your check, payable to Hawaii Pacific Gerontological Society and mail to:

**HPGS Biennial Conference**  
**P. O. Box 3714**  
**Honolulu, HI 96812**

For charge card registrations, go to [www.hpgs.org](http://www.hpgs.org) and register online.

**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!



hawaii pacific gerontological society

# 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.

Conference attendees will be encouraged to visit exhibitor tables and answer a simple question (or learn the answer) about each exhibitor in order to receive a stamp credit toward a later drawing. Each exhibitor will design a question intended to engage with attendees, such as “What does AARP stand for?” Once the conference attendees have submitted their fully stamped credit forms, they will be eligible for door prizes at the end of the conference.

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](http://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!



# 2023 Biennial Conference Sustainable Transitions in Gerontology

September 7 and 8, 2023

hawaii pacific gerontological society

## Sponsorship Form

The Hawaii Pacific Gerontological Society (HPGS), a nonprofit organization dedicated to ensuring an adequate workforce and resources in the field of aging, is seeking sponsors for its upcoming 2023 Biennial Conference on September 7th & 8th. This Biennial will focus on the essential adjustments made by organizations, individuals and kupuna themselves over the past few years in response to the needs of our elderly population. HPGS would like to highlight these important changes at this year's conference.

The conference will feature keynote speakers and individual sessions. The HPGS Biennial Conference is intended for professionals and practitioners in the aging network, health and human service field, businesses, government agencies, non-profits, and faith-based organizations serving Kupuna, applied researchers, students in gerontology, advocates for Kupuna and Kupuna themselves.

Over 250 people are expected to attend this two-day conference which will have presentations conducted by local and national experts on geriatric medicine and long term care, innovative policy and technology accessible ideas to address aging, health and wellness, businesses, innovative programs and services that promote the well-being for seniors. HPGS is seeking sponsors to help defray conference expenses. The conference fees are at an affordable rate to attract attendees such as seniors and students in the aging field. Benefits of sponsorship are listed below.

### SPONSOR SHALL RECEIVE:

#### GOLD SPONSOR

(donation of \$3,000 or more)

- Acknowledgement in the conference program
- Full page PDF ad in the conference program
- Two conference registrations for two days
- Link to your website on HPGS Website
- Company banner placed in meeting room
- Free exhibitors table
- 10 min presentation to group

#### SILVER SPONSOR

(donation of \$2,000)

- Acknowledgement in the conference program
- Half page PDF ad in the conference program
- One conference registrations for two days
- Link to your website on HPGS Website
- Company banner placed in meeting room
- Free exhibitors table
- 5 min presentation to group

#### BRONZE SPONSOR

(donation of \$1000)

- Acknowledgement in the conference program
- One-fourth page PDF ad in the conference program
- One conference registration for two days
- Free exhibitors table

#### FRIEND OF HPGS

(donation of \$100 and up)

- Acknowledgement in the conference program

We have chosen this sponsorship level:  Gold  Silver  Bronze  HPGS Friend \$100, \$200, OTHER  
Amount of our check attached is \$\_\_\_\_\_  I wish to be an anonymous donor.

**Deadline is August 15, 2023.** Complete this form, write check to HPGS, and mail to P. O. Box 3714; Honolulu, HI 96812, OR go online at [www.hpgs.org/conference](http://www.hpgs.org/conference) to pay 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!

Company Name \_\_\_\_\_ Website \_\_\_\_\_

Contact Person \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone# \_\_\_\_\_

Mahalo for supporting the HPGS 2023 Biennial Conference!