



hawaii pacific gerontological society

Volume 44, No. 8

August 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

In May 1982, HPGS was granted their 501(C) (3) IRS status; however, the Petition for Charter of Incorporation with the State of Hawaii was made in October 1981, with then-past-president Anthony Lenzer listed on the filing. Tony Lenzer was the president of HPGS in 1979, the year believed to be its inception.

Creating HPGS, in his words, was his belief that "the field of gerontology is complex and multidisciplinary because it has so many applications to the real lives of older people and their families". That is for this reason our 22nd Biennial Conference offers so many diverse presentations, showing just how multidisciplinary the field of gerontology is." He also said, "My major life's work has been as a teacher and mentor of young professionals. This has been enormously satisfying in that it offers opportunities for passing on my experience to the next generation and seeing the continuity this represents".

HPGS endeavors to continue Tony Lenzer's passion for educating the next generation, increasing their interest in the field of gerontology through these biennial conferences, and offering scholarships for those who wish to pursue a career in the field.

Registration for this year's conference, entitled "**Sustainable Transitions in Gerontology**," is open to HPGS members and the general public for the two day conference to be held on September 7 and 8 at the Ala Moana Hotel by Mantra. The deadline for the discounted rate is Friday, August 18th. Registrations will be accepted until **Thursday, August 31st**. Parking is available in the hotel, with a validation stamp. Parking at the Ala Moana Shopping Center will be for a fee if parking within the area closest to the hotel.

Be sure to read the two articles attached to this month's newsletter regarding this year's conference. Generations Magazine has a full-page article from Eileen Phillips, HPGS Conference Chair; and the MidWeek article was written by Sherry Goya, HPGS Executive Director, who says that she received five calls inquiring about the conference.

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.

HPGS MEMBERSHIP

Just a reminder....the membership dues for 2023 has been cut in HALF as of July 1st. Please encourage family and friends to join HPGS. Contact Sherry Goya, HPGS Executive Director at 808-722-8487 or sgoyallc@aol.com if there are any questions.

NEW MEMBER Company

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Melody Halzel, Keely Kalama-Lahey,
Devin Kan-Hai, Keilyn Kawakami,
Jean Kimoto, Christine Monzo,
Mahlon Moore, Sophia Soa,
Michiyo Tomioka, Hirofumi Watanabe

EVENTS

AARP's top brain health expert, Sarah Lock, will share research and strategies for keeping your brain healthy on **Saturday, August 12th** at the Generations Magazine Aging in Place Workshops in Honolulu. AARP is sponsoring six sessions in the Hibiscus Ballroom of the Ala Moana Hotel. Join them for: Maximize Your Brain Health; Music and Brain Health; Aging & Medication; Body and Brain Exercises, Care Resources at Every Stage, and Home Modification for Aging in Place. The event will feature 20 additional sessions from 8:30am to 2:30pm.

"Part 1: The Conversation on Advance Care Planning" Saturday, August 12th

9:30am to 11:30am

Zoom and Waipahu Hongwanji
Buddhist Temple (94-821 Kuhaulua St)
808-945-3736

Obun Dance Lesson

Sponsored by AARP &
Pearl City Library

Sunday, Aug 20th at 1pm
at the Pearl City Library

HPGS CONFERENCE UPDATE

Emailed in mid-July to all HPGS members was the attached **Conference Agenda**, that listed the times for the HPGS biennial two-day conference to be held at the Ala Moana Hotel on Thursday and Friday, September 7th and 8th. The Registration Form is attached for those who would like to pay with a check; or to make a charge-card payment through PayPal, go to www.hpgs.org to register online.

Generations Magazine featured the conference in their June/July 2023 issue, and Oahu's **MidWeek** newspaper featured the HPGS conference on July 26th. The MidWeek article is on page 3, and the Generations Magazine article is attached for your reading pleasure. Please pass along this issue of the HPGS newsletter to your friends and family who may want to join you at the conference. Registration for HPGS members is at a reduced rate through August 18th. Those who join before they register for the conference can receive the "Member Rate." HPGS members should encourage their family, friends, and/or coworkers to attend this powerful biennial conference.

It will not only be an educational two days, but there will be **15 poster presentations** to learn about such topics as: *Generational Link Through Technology, Enhancing Future Time Perspectives, Call to Action to Build Workforce, Social Support Related to Sustainable Living, as well as Current Status/Problems of Case Management*, to name a few. The posters will be displayed throughout the two days in the Hibiscus Ballroom. Poster presenters may also be attending the conference to chat about their poster.

HPGS CONFERENCE SPONSORS

With the 2023 HPGS Biennial Conference Committee working hard as they near the "finish line," they would like to thank the following sponsors to date. These companies and individuals help support the conference with expenses such as the room, audio-visual equipment, food, etc. so that attendees can have a wonderful experience at an affordable price. To be a sponsor, go to www.hpgs.org.

Gold Sponsor - **Kahala Nui**

Silver Sponsor - **Generations Magazine**

Bronze Sponsor - **Arcadia Family of Companies • Hale Hauoli Hawaii
HMSA • Mi-Care Plus**

Friend: **Susan Anderson • Attention Plus Care • Cynthia T. Arnold, LLC
Horace Farr • Sherry A. Goya, LLC • Ilima at Leihano • Kathy Jaycox
Sharon Moriwaki • Soderholm Mobility • There's Always Hope
Roneale Whittington • Warren Wong**

PROPERTY TAX UPDATE

The Star-Advertiser's "Kokua Line" had an interesting article that is worth repeating to HPGS members. It started with the question: "I am a senior citizen homeowner in my 70's living in my home in Honolulu. I am receiving the senior home exemption for my real property taxes. I heard the amount of the exemption has increased. Do I have to file any paperwork or do anything to get this increased amount?"

The answer's first paragraph was: "No, since you already have a home exemption on file with the city, \$160,000 automatically will be deducted from the assessed value of your home before your property taxes are calculated for tax year 2024-2025 (not the current tax year); owner-occupants who lack this exemption must apply by October 2nd."

BEST OF HONOLULU

The Honolulu Magazine's 2023 "Best of Honolulu" winners and finalists were announced in their July/August 2023 issue. It has categories like Food & Drink, Shopping, Fitness & Outdoor, Services and Entertainment & Getaways. Looking through the magazine, HPGS Executive Director Sherry Goya found a few HPGS members and wanted to feature them.

Services

Best Adult Day Care

Finalist: **The Plaza Assisted Living**

Best Employment Staffing Company

Winner: **ALTRES**

Best Retirement Community

Winner: **The Plaza Assisted Living**

Best Retirement Community

Finalist: **Kahala Nui**

Best Senior Assisted Living

Winner: **Arcadia Family of Companies**

Best Senior Assisted Living

Finalist: **The Plaza Assisted Living**

6 MIDWEEK JULY 26, 2023



PROOF POSITIVE

An Association That Strives To Serve Hawai'i's Kūpuna

By Sherry Goya, executive director of Hawai'i Pacific Gerontological Society

The Hawai'i Pacific Gerontological Society was formed in 1979 to promote an understanding of the aging process, support kūpuna services, and work with universities, legislators, and government agencies that help people age with dignity and grace.

Individuals, companies, nonprofit organizations and government agencies join HPGS to have a seat at the table when it comes to kūpuna and their families being educated, informed and associated with professionals in gerontology. The organization's biennial two-day conference will be held at Ala Moana Ho-



The Hawai'i Pacific Gerontological Society conference committee during the 2021 biennial conference that was held via Zoom from Ala Moana Hotel by Mantra. PHOTO COURTESY SHERRY GOYA

tel by Mantra from 7:30 a.m. to 4:30 p.m. Sept. 7-8. 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 afternoon.

Keynote speakers will in-

clude Dr. Lee Buenconsejo-Lum, interim dean of University of Hawai'i John A. Burns School of Medicine;

SAVE THE DATE

The HPGS Board of Directors would like to announce that the 2023 HPGS Scholarship Fundraiser will be honoring **Gary Simon** on Thursday, November 2nd from 5:30pm to 7:00pm, via Zoom. Attached is the reservation form, with no deadline, as donations can be made through November 30th.



Many HPGS members and others have known Gary, whether personally or by his reputation, as of being an advocate for Hawai'i's Kupuna. He was on the cover of Generations Magazine's Sept/Oct 2022 edition, sharing his personal story and how he made it his mission to help Kupuna and family who needed help. He has seen a lot over the years, and that is what makes him determined to make life happier for everyone along their journey to aging. Just before retiring from St. Francis Healthcare, he was the volunteer state president for AARP Hawaii in 2019. He is currently also the Chair of the AARP Hawaii Executive Council. Gary serves on the boards of The Arc in Hawaii, the Hawaii Family Caregiver Coalition, and Kokua Council. He served multiple terms on the State of Hawaii Policy Advisory Board for Elder Affairs and was a member of the Statewide Task Force on Alzheimer's Disease and Related Dementias.

Please join the HPGS Board and Gary via Zoom on November 2nd. The Zoom link will be shared with all HPGS members in the October 2023 HPGS newsletter, as well as everyone who completes the form and makes a donation to the HPGS Scholarship Fundraiser will receive an email with the link the week of the event.

ELDERCARE WORKER TRAINING AWARD



HPGS awarded a very deserving young woman with \$750 to help defray the cost of her Nursing Assistant Certification course. Sophia Soa wrote: "FA'AFETAI TELE LAVA (thank you very much, in Samoan), HPGS! This scholarship will help me pay for the cost of my Nursing Assistant Certification course, lifting the financial weight off my family and me. Thank you for investing in my future; I will utilize the skills and knowledge I learn to continue to provide vigilant and steadfast care for the kupuna at her home. This CNA certification will increase my medical experience and for that, I thank you from the bottom of my heart."

Keith Hayashi, state Department of Education superintendent; and Kathy Stokes, director of fraud prevention for AARP. All are prominent individuals in their fields and will offer information of interest to attendees, who are coming from neighbor islands, Japan and throughout O'ahu. The public is welcome to attend; however, there is a discount for HPGS members.

The Na Lima Kōkua award winners will be honored at the Sept. 7 luncheon. This includes two students who will receive the Tony Lenzer Scholar Award, and \$2,000 to go toward their gerontology education. HPGS has gen-

erously offered scholarships throughout the years for graduate and undergraduate students, and has also distributed funds for students training in eldercare work.

The reputation of HPGS to support students who want to get into the gerontology field is well known. It was awarded a grant in 2022 from Hawai'i Community Foundation to benefit nursing students in the state who have a strong commitment in a career related to aging, long-term care, and/or death and dying.

Visit hpgs.org for more information on the conference, or contact me at 808-722-8487 or sgoyallc@aol.com.

Sustainable Transitions in Gerontology

by Eileen Phillips, HPGS Conference Co-Chair

The Hawaii Pacific Gerontological Society (HPGS), is thrilled to announce its 2023 biennial conference from September 7–8 following the success of its virtual conference in 2021.

Designed for a diverse audience that includes kūpuna practitioners in the health and human service fields, businesses, government agencies, nonprofits, and faith-based organizations serving kūpuna, HPGS extends a warm invitation to its two-day event at the Ala Moana Hotel. Applied researchers, students in gerontology, advocates for kūpuna, and kūpuna themselves who are keen on continuing their education as they age are also encouraged to join in this exciting event.

The conference's theme, "Sustainable Transitions in Gerontology," spotlights the crucial adjustments made by businesses, organizations, individuals and kūpuna over the past few years in response to the ever-changing needs of our elderly population.

An impressive lineup of keynote speakers is set to inspire attendees, featuring Dr. Lee Buenconsejo-Lum, Interim Dean of the John A. Burns School of Medicine, and Keith Hayashi, Department of Education Superintendent. HPGS is working to create a dynamic and informative event with additional speakers from Hawaii, the Mainland and Japan.

Seven "Na Lima Kokua Awards" will be presented to individuals or companies/organizations from categories of business, communications, community service, government, and research/education, along with two Tony Lenzer Scholarships to be awarded on Thursday, Sept. 7.

To register for this exceptional gathering, visit hpgs.org and click on "Conference." The registration fee is nominal for HPGS members, non-members, students and seniors.

As a special offer, *Generations Magazine* readers will receive the "Regular Registration" rate through Aug. 31, 2023.

MARK YOUR CALENDAR

Hawaii Pacific Gerontological Society Biennial Conference

Sept. 7–8

Ala Moana Hotel

Established in 1979, HPGS is a nonprofit organization committed to enhancing the quality of life for Hawaii's Kupuna community. Since 1981, the dedicated board and biennial conference committees have organized 20 in-person two-day conferences and, as previously mentioned, a two-day virtual conference held during the Covid-19 pandemic in 2021. ■

HAWAII PACIFIC GERONTOLOGICAL SOCIETY
(501(c)3 nonprofit)

PO Box 3714, Honolulu, HI 96812
Sherry Goya, HPGS Executive Director
808-722-8487 | Sgoyallc@aol.com
hpgs.org



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hawaii pacific gerontological society

7th ANNUAL HPGS SCHOLARSHIP FUNDRAISER

Thursday, November 2, 2023, 5:30pm

Zoom link to be sent to registered attendees.

Honoring

Gary Simon



Knowing the journey a person has traveled to get to this point in life is admirable. The Hawaii Pacific Gerontological Society is honoring **Gary Simon** for his many years of being an advocate for Hawaii’s Kupuna.

Born in Honolulu, Gary is a proud graduate of the 1978 class at Saint Louis High School. He received his bachelor of science in chemistry from the University of Hawai’i Manoa and says he learned how to reason and how to think rationally, as well as sensibly. More significantly, the degree taught Gary how to think freely and to consider and try different avenues and method to realize a desired outcome or solution.

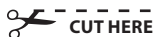
Before retiring in 2019, Gary was the Director of Corporate Affairs and Advocacy at the St. Francis Healthcare System, was previously Executive Director of St. Francis Hospice and Program Director for St. Francis Health Services for Senior Citizens. As a volunteer, he serves on the boards of The Arc In Hawaii, the Hawaii Family Caregiver Coalition, and Kokua Council. Gary served multiple terms on the State of Hawaii Policy Advisory Board for Elder Affairs and was a member of the Statewide Task Force on Alzheimer’s Disease and Related Dementias.

Fast forward to 2023 where Gary is the State President of AARP Hawaii and also the Chair of the AARP Hawaii Executive Council, a volunteer leadership committee that helps set AARP Hawaii’s state agenda and programs. He says, “The most pleasurable and nourishing aspects about my position with AARP Hawaii is cultivating connections with others, learning about their lives, their culture and values, as well as their work, while partnering with them and their agencies to build energy, momentum, and change towards a community in which all bloom and flourish.”

“When you say “I” and “my” too much, you lose the capacity to understand the “we” and “our”.”

- Steve Naraboli

The 2023 HPGS fundraiser will be virtual, as it has been for the past three years. All proceeds will support HPGS and the scholarship fund. Donations may be made online at www.hpgs.org. from now until November 30th by clicking on the “Donate” button. Those who wish to write a check should complete the form below and mail to HPGS, P. O. Box 3714; Honolulu, HI 96812. HPGS a nonprofit 501(c)(3) association. If there are any questions, please contact Sherry Goya, HPGS Executive Director, at 808-722-8487 or sgoyallc@aol.com



Contact Name: _____

Company (Optional): _____

Address: _____

City: _____ State _____ Zip _____

E-Mail: _____ Phone: _____

Donation made for the HPGS Scholarship Fund in the amount of

\$50 \$100 Other \$ _____

Please email me the Zoom link to attend on November 2nd

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.

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!

To learn about Hawaii Pacific Gerontological Society, please check out www.hpgs.org