



hawaii pacific gerontological society

Volume 44, No. 10

October 2023

**HPGS 2023 BOARD OF DIRECTORS**

**Officers:**

Kathy Wyatt, President  
Laurie Adamshick, President-Elect  
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Kathy Jaycox  
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Christy Nishita  
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Sherry Goya, Executive Director  
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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](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

Emphasizing part of the mission of HPGS, "the mission is to increase awareness of and interest in the field of gerontology by providing networking and educational opportunities, as well as scholarships, to Hawai'i's workforce or other interested parties...". I bring this up because the 7th Annual HPGS Fundraiser is rapidly approaching, to be held on November 2, 2023 at 5:30pm via Zoom. Each year, HPGS recognizes an outstanding advocate of Hawai'i's kupuna to be honored for his contributions to all things Kupuna.

This year, HPGS is honoring **Gary Simon**, the State President of AARP and a man who is also on many other Boards. Yes, it is a fundraiser as well as recognition of this special person. But going back to the mission of HPGS, the funds raised go to educational opportunities and scholarships for students interested in the gerontology field.

With the workforce shortage in healthcare being a national crisis, offering scholarships to students to study gerontology is HPGS's way of helping increase the workforce for healthcare and care of our kupuna! Donations made to HPGS have enabled us to offer very generous scholarships to students in gerontology, social work, and nursing. The amount of the scholarships has increased over the years as a result of our generous supporters. HPGS appreciates your help in fulfilling our mission.

This year we have also seen a re-emergence of in-person workshops and conferences that feature presentations on elder care, dementia, and a myriad of topics that enhance focus on the health and quality of life of our kupuna. As I age, I am excited to see all the innovative ways that these topics are working to bring the subject matter to the forefront to make my golden years the best that they can be. And thus, if we all recognize that we are aging, it will increase the impetus to continue this important work to ensure a bright and rewarding future for our kupuna.

As 2023 wanes, plan to attend a workshop or two to increase your knowledge. There are many to choose from and you are guaranteed an increased insight of what is being done in our domain, gerontology.

**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 Hawai'i'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.

## EVENTS

**Wed, Oct 11th, 9:30 am to 11:30 am**

Via Zoom\* and Honpa Hongwanji  
Hawaii Betsuin 1727 Pali Hwy

**Topic: Adult Day Health Centers**

**Sat, Oct 14th, 9:30 am to 11:30 am**

Via Zoom\* and Waipahu Hongwanji  
Buddhist Temple 94-821 Kuhaulua St

**Topic: Part 2: Conversation on  
Advance Care Planning**

\*Zoom links provided by inquiry

Call or e-mail Maria Morales

(808) 945-3736 [cgs@projectdana.org](mailto:cgs@projectdana.org)

**Fri, Oct 20th, 9am to 10am**

**HI County Office on Aging**

1055 Kinoole St, Hilo

**Mon, Oct 30, 4pm**

**At Ohana Care Maui**

How to Understand & Handle

Dementia Behaviors

RSVP 808-344-1285

**Thurs, Nov 2nd, 5:30 to 7pm**

Zoom from Arcadia

**HPGS Scholarship Fundraiser**

**Wed, Nov 8th, 9:30am to 12noon**

**Resource Fair** at Royal Kona Resort

Ali'i Surf Room

Registration at 8:30am

**Lanakila Multi-Purpose**

**Senior Center** offers multiple **online classes** to Center Members only. All classes are held via Zoom and are free! Please contact Susie Chun Oakland at [suzanne.oakland@catholiccharitieshawaii.org](mailto:suzanne.oakland@catholiccharitieshawaii.org) or Riva Torno at (808) 847-1322 or [riva.torno@catholiccharitieshawaii.org](mailto:riva.torno@catholiccharitieshawaii.org) to receive more information.

## HPGS BOARD NEWS

According to the HPGS Bylaws, the Board shall be composed of the president of HPGS, immediate past-president, president elect, secretary/treasurer, and ten members-at-large. The Board shall include a diverse representation of the community at large. There are currently twelve members on the board, including officers.

After the HPGS Biennial Conference held September 7th and 8th, **Eileen Phillips**, the conference chair, stepped away from the board due to her work load. She was the core of the conference committee that held everything together for over a year of planning. Eileen was also a past-president and one of the greatest supporters of all the HPGS events and fundraisers. She will be missed by her fellow board members and especially Sherry Goya, HPGS Executive Director. It is rare to have such a dedicated person who volunteered her time freely. A big Mahalo also goes out to Attention Plus Care who supported her as she worked to support HPGS.



Another Board member who has actually left Hawaii for Chicago, **Kathy Jaycox** will be missed at the board meetings. She was a retired secondary and post-secondary school teacher for forty years in Illinois and Hawaii. Her dedication to nonprofits in Hawaii included HPGS, AARP Hawaii, Kupuna Caucus, and St. John Vianney Church & School.

As 2023 comes to an end, the HPGS Board is looking for a few new members who would like to support Hawaii's kupuna through their association and participation with this board. There are monthly meetings, about an hour via Zoom, starting at 11:30am. Check the HPGS website ([www.hpgs.org](http://www.hpgs.org)) for the committees which support the board. Events held, also via Zoom, are general membership meetings in January, May and September. The HPGS Tony Lenzer Scholarship Fundraiser is held the first Thursday in November and provides monies for college students in the field of gerontology. Every-other-year is when the HPGS conference is held, with this year's held at the Ala Moana Hotel on September 7th and 8th. It was such a success that the board foresees an even better conference in 2025.

Please call or email Sherry Goya, HPGS Executive Director, at 808-722-8487 or [sgoyallc@aol.com](mailto:sgoyallc@aol.com) if interested in becoming a valuable HPGS board member. Because board meetings are via Zoom, we welcome those from any of the Hawaiian island chain.

## HPGS CONFERENCE POSTERS

The HPGS conference held at the Ala Moana Hotel on September 7th and 8th had fourteen poster presentations along the back wall of the Hibiscus Ballroom. Some of the creators of the posters attended the conference and talked with attendees during Friday's lunch hour. Check out ALL posters at <http://www.hpgs.org> under the CONFERENCE section, just below the conference program on the right of the page.

## TONY LENZER SCHOLARSHIP FUNDRAISER

The program is being planned with many speakers and special presentations being held via Zoom on Thursday, November 2nd, from the Arcadia assisting living facility on Punahou Street. Kathy Wyatt, HPGS President, and the honoree **Gary Simon** will be "live" from 5:30pm. Anyone wishing to offer taped or live congratulatory messages to Gary should email Kathy at [kwyatt01@aol.com](mailto:kwyatt01@aol.com).

## HAWAII SHIP NEWS

Hawaii SHIP said that the Medicare open enrollment period runs from October 15 to December 7, 2023. During this time, people on Medicare can compare 2024 coverage options on Medicare.gov, which provides clear, easy-to-use information to allow people to compare options for health and drug coverage, which may change from year to year. People who want to keep their current Medicare coverage do not need to re-enroll. Contact Hawaii SHIP to help you compare health and drug coverage using the updated Medicare Plan Finder on Medicare.gov.

## HALLOWEEN SAFETY TIPS FOR SENIORS

COURTESY OF ALTRES HOME CARE'S WEBSITE

Consider these tips before the festivities begin to ensure your loved ones are safe and comfortable this Halloween.

### 1. Avoid the roads.

A general rule is to avoid excessive driving on Halloween night. With a large number of children and their families crowding the streets and going door to door for candy, there is a much bigger risk of pedestrian accidents. If possible, do all errands and visits before the evening begins. Popular trick-or-treat hours are from 5:30pm to 9:30pm, so plan to be off the roads during this time.

### 2. Remove Hazards.

Candles and pumpkins are beautiful decorations to add to the stairs or porch, but consider moving items that could pose a tripping hazard to higher levels. If your family chooses to light candles as additional decoration, make sure that it is not placed where it can easily be blown over by the wind or knocked over.

### 3. Recruit A Team.

If your loved one is worried about handling Halloween alone, suggest a few family members, friends, or neighbors drop by to help provide company throughout the evening. Bringing over some food and companionship can put your family at ease and can help lessen the stress of Halloween.

## EXECUTIVE OFFICE ON AGING

The *Executive Office on Aging (EOA)* is the designated lead agency in the coordination of a statewide system of aging and caregiver support services in the state of Hawaii, as authorized by the federal and state laws.

The federal Older Americans Act established an Aging Network and provides federal funding for elderly support services, nutrition services, preventive health services, elder rights protection, and family caregiver support services. Chapter 349 of the Hawaii Revised statutes established the Executive Office on Aging as the focal point for all matters relating to older adults' needs and the coordination and development of caregiver support services within the state of Hawaii.

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Website: [health.hawaii.gov/eoa](http://health.hawaii.gov/eoa)

## HAWAII COUNTY OFFICE OF AGING

A large contingent of HPGS conference attendees came from the Hawaii County Office of Aging and the Aging and Disability Resource Center, as well as others influenced by Horace Farr to attend. Their latest newsletter provide a wealth of information that is being shared to HPGS members.

Here are five simple and easy to remember ways to foster better health through the Fall and Holiday season. As we close out the year, let us all strive and work together to have a healthy and safe holiday season. Family gatherings and holiday festivities should be enjoyed by all ages. For family and friends many of these activities bring memories that should be cherished throughout a lifetime. Let's finish the year healthy and active ringing in a healthier 2024.

1. Keep your vaccinations current and up-to-date. As an example, are you current on your Flu and COVID vaccines? Fall is the time to prepare for Flu season. Older individuals are more vulnerable to the Flu and COVID. So keep your vaccinations up-to-date.
2. Do exercises that promote leg strength and balance. Poor leg strength and balance are a common cause of falls in older adults. If you seem low on strength or have poor balance talk to your doctor.
3. Walk more. Walking can be an easy way for older adults to stay active. It's also a form of exercise that can easily be combined with socializing. Walk with a friend, or walk to visit a friend.
4. Wash your hands frequently. Sanitize surfaces regularly. Consider wearing a mask when with large groups in confined spaces. This is especially important as we gather for holiday festivities.
5. Socialize – Safely! Contribute and engage. Research has shown that relationships and contributing to the world are key to maintaining well-being while aging. Take advantage of outdoor spaces and engage with others.

## THE HAWAII COMMUNITY FOUNDATION

The Hawaii Community Foundation made a \$1,000 nursing scholarship donation to **Tiffany Miguel** on behalf of HPGS for her 2023-2024 school year. The Waipahu High School graduate is now a Junior at Chaminade University of Honolulu. HPGS made a large donation many years ago to support nursing students and HCF has been periodically awarding scholarships on HPGS's behalf. Attached to this newsletter is Tiffany's message.



hawaii pacific gerontological society

# 7TH ANNUAL HPGS TONY LENZER 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.

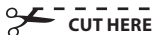
Before retiring in 2019, Gary was the Director of Corporate Affairs and Advocacy at the St. Francis Healthcare System, was previously Executive Director of St. Francis Hospice and Program Director for St. Francis Health Services for Senior Citizens. As a volunteer, he serves on the boards of The Arc 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 the HPGS Tony Lenzer scholarship fund. Donations may be made online at [www.hpgs.org](http://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 nonprofi t 501(c)(3) association. If there are any questions, please contact Sherry Goya, HPGS Executive Director, at 808-722-8487 or [sgoyallc@aol.com](mailto:sgoyallc@aol.com)*



Contact Name: \_\_\_\_\_  
Company (Optional): \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
E-Mail: \_\_\_\_\_ Phone: \_\_\_\_\_

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](http://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!*

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

To learn about Hawaii Pacific Gerontological Society, please check out [www.hpgs.org](http://www.hpgs.org)



HAWAI'I COMMUNITY FOUNDATION

# MAHALO

for giving students a brighter future

Thanks to the incredible generosity of donors like you, over 1,300 Hawaii students were able to receive scholarships totaling more than \$6 million this year. Your invaluable scholarship not only provides students with hope, but also empowers them to chase after their dreams. We are sincerely grateful for your unwavering support, as you are shaping the future of Hawaii through your kindness. Thank you!

\*Please note that the list of scholarship awardees may be subject to change.



# Hawai'i Pacific Gerontological Society Nursing Scholarship Fund 2023-2024 Academic Year



HAWAI'I COMMUNITY  
FOUNDATION



## Tiffany Irene Miguel

Enrolled Institution: **Chaminade University of Honolulu**  
Class Standing: **Junior**  
Enrolled Major: **Nursing**  
High School: **Waipahu High School**

This award will impact my future by easing more of the financial burden of tuition off the shoulders of me and my parents. I am very grateful that I have received this award because it motivates me to achieve my dreams and work harder towards my degree. Financial situations shouldn't be a reason why individuals aren't able to strive to success and having generous donors to take part in this journey tells me that I should have an opportunity to grasp on and be thankful for. Thank for this scholarship and being part of the reason I can continue my studies!

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A documentary film  
screening  
about hope in aging

keys  
BAGS  
NAMES  
words

hope in aging and dementia

*Presented by*

**Hawaii Family Caregiver Coalition**



**FREE - 3 LOCATIONS on OAHU - FREE**

**AIEA**

**SATURDAY**

**OCTOBER 7, 2023**

1:00-3:00PM

Hale Hau'oli

St. Timothy's Church

98-1247 Kaahumanu Street

**KANEOHE**

**TUESDAY**

**OCTOBER 17, 2023**

8:30-11:00AM

Anchor Church

45-815 Pookela Street

**KAPOLEI**

**SATURDAY**

**OCTOBER 28, 2023**

2:30-4:00PM

Kapolei Public Library

1020 Manawai St

*In partnership with*



**GET TICKETS [GAB808.ORG](http://GAB808.ORG)**