



hawaii pacific gerontological society

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January 2024

HPGS 2024 BOARD OF DIRECTORS

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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 2024 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



LAURIE ADAMSHICK
PRESIDENT

Happy 2024!

I am honored to address you as the new President of HPGS for 2024. We start the New Year reenergized to perform the impactful work of our organization in serving older adults within our state.

So, who is HPGS? If you are reading this as a member, then obviously YOU ARE HPGS – a person or group of persons invested in learning about and improving the lives of our collective Kupuna. For those unfamiliar, I am an elder care attorney in private practice who works exclusively with older adults and their families. I am also a former primary caregiver for my late parents. I am joined by esteemed Board member colleagues who are also HPGS. Their work as registered nurses, gerontologists, educators, day program providers, mental health professionals, care managers, and Alzheimer's Association champions, among others, has greatly enriched the work of HPGS.

But HPGS seeks the collective input, wisdom and involvement of all in Hawaii to increase awareness of issues and improve the lives of our Kupuna. Whether you're passionate about community outreach, healthcare, education, or simply making older lives better, we need YOU. After all, if not yet, won't we all be Kupuna someday?

Consider joining a committee and adding your voice and unique point of view to further our goals. In return for a few hours a month, make new friends and support issues that will affect all as we age. Your commitment can be the catalyst for change.

Join us on January 18 at noon for our first General Membership Meeting of 2024 on Zoom. For details on the topic and speaker please see the article on page *.

Finally, I extend my deepest gratitude to each of you for being a part of our compassionate and dedicated community. Your support has been instrumental in our achievements. I am confident that working together, we will contribute to an even brighter future for the older adults in our Hawaii.

Warmest aloha,
Laurie Adamshick

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.



WELCOME TO HPGS

NEW MEMBER

Individual

Courtney-Paige DiMaggio
May Ratiu

HPGS MEMBERSHIP

The HPGS Lifetime members who should be recognized every January are:

Colette Browne
Michael Cheang
Horace Farr
Hawaii Meals on Wheels
Cullen Hayashida
Scott Makuakane
Ron Matayoshi
Hideaki Nakamoto
Eldon Wegner

EVENTS

Hilo ADRC

(1055 Kinoole St)

Advance Healthcare Directive
Free In-Person or Online Zoom
Sunday, Jan 21 @ 2-3:00pm
Register at 808-987-1230

HPGS General Membership Meetings

**Thursday, January 18th
from 11:30am**

**Thursday, May 16th
from 11:30am**

**Thursday, September 19th
from 11:30am**

Via Zoom - No RSVP Needed

See the article about the January HPGS General Membership Meeting. Topics for future meetings are welcome for the May and September meetings. Email HPGS Program Committee Chair Rick Tabor at rtabor12@twc.com with your suggestion(s).

HPGS GENERAL MEMBERSHIP MEETING

The first general membership meeting of 2024 will be held via Zoom on **Thursday, January 18th from 11:30am**. **Rick Tabor**, HPGS Board Program Committee Chair, will moderate and assist with a presentation on the upcoming legislative session. Guest speaker, **Virginia Beck**, is the coordinator of the State Capitol's Public Access Room (PAR). She will focus her talk on how you can add your voice to the lawmaking process that takes place every year at the Hawaii State Legislature. Opening Day of the 2024 Regular Session is January 17th, so her presentation is very timely! Virginia will cover power dynamics, asking for hearings, delivering testimony and other topics crucial to advocates who want to get active at the legislature. Zoom link <https://us02web.zoom.us/j/81815669082?pwd=TkJ4ZWt0YkhVUTVNZlplbm56WEhKdz09>



2024 HPGS MEMBERS

The following HPGS members have renewed their membership for 2024. If you have not yet done so, we hope you will renew with the attached form or go online at www.hpgs.org and renew with your charge card. An added Mahalo goes out to those who pay the 3% PayPal fee to save HPGS that added fee.

ALTRES Home Care
Susan C. Anderson
Sherry A. Goya,
Hawaii County Office of Aging
Hale Hauoli Hawaii
Judy Mikami (Molokai)
Peggy Perkinson
Rulon & Adamshick LLC
Rick Tabor
The Mediation Center of the Pacific
John Tomoso (Maui)

HPGS NEWSLETTERS

The HPGS newsletter is published every month, with work on the layout happening the last week of the prior month. Articles, pictures, events, etc. are welcome by all HPGS members by emailing Sherry Goya, HPGS Executive Director at sgoyalc@aol.com. All newsletters can be found on the HPGS website at <http://www.hpgs.org>.

HPGS MEMBER NEWS

Gimme A Break is a non-profit 501(c)3 organization whose mission is to care for caregivers by giving an emotional and physical break as well as resources for continued well-being. Contact them at info@gab808.com, call 808-754-3797, or check their website at gab808.com.

Check the **Hawaii Family Caregiver Coalition** website at hfccoalition.org to learn about their services.

Project Dana is a Faith in Action program that provides a variety of services to the frail elderly and disabled to ensure their wellbeing, independence, and dignity in an environment of their choice. Support comes from a corps of trained volunteers guided by the principle of "Dana," which combines selfless giving and compassion without desire for recognition or reward. Contact Cyndi Osajima, Executive Director, at 808-945-3736 or info@projectdana.org. Their website is <http://www.projectdana.org> and located at 902 University Avenue.



Join Project Dana's Public Presentation Meetings!

Upcoming Events:

Meeting Date:	Wednesday, January 10, 2024
Time:	10:00 am to 11:30 am
Location:	Zoom and Honpa Hongwanji Hawaii Betsuin (1727 Pali Highway, Honolulu, HI 96813)
Topic:	“Constipation Relief: What’s the Scoop?”: – Learn how constipation affects elders’ quality of life, what can caregivers do for prevention, and what can be done if the person is impacted.
Speaker:	Dr. Warren Wong, Geriatrician

Meeting Date:	Saturday, January 13, 2024
Time:	10:00 am to 11:30 am
Location:	Zoom and Waipahu Hongwanji Buddhist Temple (94-821 Kuhaulua Street, Waipahu, HI 96797)
Topic:	“Declutter is Important” – A cluttered home can be a risk to an elder’s safety and well-being, however, de-cluttering your loved one’s home can become an overwhelming task for a caregiver. Learn how caregivers may become aware of the signs of clutter, steps to take in de-cluttering, and who are the professionals available in community to help.
Speaker:	Cynthia Arnold, Let’s Move

*Zoom links will be provided by inquiry

Please call or e-mail if you are interested on attending public presentations or need more information about the program:

**Maria Morales
Program Coordinator
(808) 945-3736
cgsg@projectdana.org**

Get Informed About Medicare & Social Security

Project Grad 65



Event: Project Grad 65 presentation

Date: February 5, 2024 (Monday)

Time: 10 AM-12 PM (SSA from 10:00 AM-11:00 AM & SHIP from 11:00 AM-12:00 PM)

Medicare basics: Hawaii SHIP volunteers

Social Security 101: Jane Burigsay, SSA Public Affairs Specialist

Registration link: <https://us06web.zoom.us/meeting/register/tZMpf-yurTlqG9NQa1R2xJJ9C82hBzGlao03>

You will learn...

- ✓ What are the different parts of Medicare?
- ✓ How and when to sign up for Medicare?
- ✓ What are the different penalties you could incur?
- ✓ When are you eligible to receive retirement benefits?
- ✓ When should you file for Medicare?
- ✓ How do you get the most from your benefit?

Real-time captioning is provided. If you need auxiliary aid/service or other accommodations, call 808-586-7299 at least one week before the presentation.

Arrangements will be based on availability of services.

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