



hawaii pacific gerontological society

Volume 45, No. 4

April 2024

HPGS 2024 BOARD OF DIRECTORS

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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 Spring to All!

Spring is a time for projects and plans – and at HPGS we are indeed moving forward with planning for our 2025 Biennial Conference. The Ala Moana Hotel has already been secured for Thursday and Friday, September 11th and 12th. We hope you will consider joining a committee and adding your unique voice to help us build a memorable and thought-provoking conference. Committees that can use your help include Awards; Exhibitors; Marketing; Program/Speakers, and Sponsors.

If you are interested or would like more information on the work of these committees, please contact Executive Director Sherry Goya at sgoyallc@aol.com. If you enjoyed our last conference in 2023 and have ideas for our next one, we want to hear from you!

If you know of a deserving student studying gerontology, nursing, or any other field related to aging, be sure to let them know that applications are now being accepted for the Tony Lenzer Graduate and Undergraduate Scholarship Program and Nursing Scholarship Program. A total of eight awards will be given. The application form can be found at hpgs.org/scholarship/. The deadline to apply is July 3, 2024.

The Eldercare Worker Training Scholarship Program continues to accept applications on a rolling basis. This year there will be six \$750 awards to be given. Don't miss this opportunity to apply!

Our ability to offer these scholarships is directly tied to the generous donations we receive every year at our fundraiser event honoring a community leader who has made a positive impact on the lives of older adults. This year we are pleased to announce we will be honoring Dorothy Colby, a highly-regarded dementia care specialist and Director of Community Relations at Hale Ku'Ike. An in-person dinner will precede the presentation at 15 Craigside beginning at 5:30 pm on Friday, November 8, 2024. Please consider joining us for an evening of socializing, collaborating, and celebrating the work and ongoing difference Dorothy makes in the lives of so many.

Wishing you all the lightness of Spring –
With gratitude and warmest aloha,

Laurie

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.

EVENTS

Project Dana's Public Presentations

Wed, April 10th from 10am to 11:30am

Zoom & Honda Honwanji HI Betsuin
"Social Security: What It Means To You
& Your Family"

by Jane Burigsay, So. Coast Area Public
Affairs Specialist

Sat, April 13th from 10am to 11:30am

(Same as above)

Teach caregivers about strategies to
use before, during and after per
doctor visits.

by Candace Nakamoto, Hawaii SHIP

For both events, contact Maria
Morales, Program Coordinator

808-945-3736

cogs@projectdana.org

St. Francis Healthcare System of HI

Thurs, April 11th from 11am to 12noon

Hawaii Parkinson Association (virtual)

Fri, April 19th from 9am to 12noon

Care Camp at St. Francis (\$10 fee)

Thurs, April 24th from 9:30am

to 11:30am

Koinobori (in-person)

Contact Kauai Asing at 808-547-8092

Catholic Charities Hawaii/Hale

Ku`ike

Fri, April 19th from 10am to 11:30am

Dementia & Dysphagia

(See flyer attached)

Hawaii County Office of Aging

Friday, May 10th from 10:30am to

1:15pm

2024 Older Americans Recognition

Luncheon

WaikoloaVillage

Call 808-961-8600

HPGS 2024 SCHOLARSHIP PROGRAM

Applications for undergraduate and graduate students, as well as nursing students, are being taken and can be found at <http://www.hpgs.org>. All applications must be submitted online, with a deadline of July 3, 2024. See the flyer attached, which announced the 2024 HPGS scholarships available to college students interested in the geriatric field in the March newsletter. Pass along the information to students you know who are looking to enter a career in gerontology. Nursing students have a separate scholarship program this year.

HPGS GENERAL MEMBERSHIP MEETING

SAVE THE DATE: Thursday, May 16h from 11:30am via Zoom!

What do Public Nurses Do? will be presented by Courtney DiMaggio, KIA Board Member and Public Health Nurse on the island of Molokai. She will be providing a glimpse of the work of public health nurses and their role in the community. The vision, mission, and values of the Department of Health Public Health Nursing Branch will be discussed. Be prepared to get great information and bring questions you've always wanted to ask. The Zoom link will be provided in May in the HPGS newsletter and again separately the week of.

HPGS MEMBER NEWS

In recognition of Older Americans Month, the **Hawaii County Office of Aging** will be hosting the "2024 Older Americans Recognition Luncheon" on Friday, May 10th from 10:30am to 1:15pm at the Hilton Waikoloa Village. Tickets are \$35 for those register with the Office of Aging or \$50 for non-registered individuals. Call HCOA at 808-961-8600.

Did you see HPGS past-president **Kathy Wyatt** on a PSA commercial regarding how important senior day care centers are to our kupuna? It reinforces the need to keep our kupuna active through being social, playing games, going on excursions, etc.

LANAKILA MULTI-PURPOSE SENIOR CENTER

Membership to **Lanakila Multi-Purpose Senior Center** is available for free to individuals who are 60 years or older. Individuals interested must be able to participate safely on their own, live independently, and reside on 'Oahu. Call our membership specialist at (808) 847-1322 to schedule an appointment. After your application has been processed, you will have access to center activities throughout the year.

2024 HPGS MEMBERS

Mahalo to these HPGS members who have renewed their membership since the last newsletter:

Mae Fujii, Babette Galang, Beverly Gotelli, Larry Grimm
Phyllis Hanson, Kamaka Jingao, Kevin Kawamoto, Danice Mah, Travos Motosue,
Riley Regan, Ann Sakaguchi, Frances Shirota, Judy Sykes, Leslie Tanoue

Captain Cook Coin Co of Honolulu, Financial Benefits Insurance

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 cost.

Announcing Zoom Dementia Series Workshop: for Providers, Caregivers, Friends and Advocates of Persons Living with Memory Loss

Dementia and Dysphagia (Swallowing Difficulties)

Friday, April 19, 2024, 10-11:30am



Aida Wen, MD, is an Associate Professor, Dept. of Geriatric Medicine, John A. Burns School of Medicine at University of Hawaii and is board certified in Geriatrics and Palliative Care. She is the Principal Investigator of the HRSA funded Geriatric Workforce Enhancement Program which strives to enhance geriatric training for all health professionals, and to integrate geriatrics into primary care. She is Medical Director of Manoa Cottage Kaimuki, a nursing facility dedicated to dementia care. Passionate about improving dementia care and nursing home care, Dr. Wen strives to help patients, providers and caregivers make the journey through this difficult diagnosis as gracefully as possible.



Dorothy Colby is a Certified Positive Approach to Care™ (PAC) Trainer and national Mentor, with more than 25 years of professional and personal experience caring for people with dementia and training caregivers. The PAC trainings created by Teepa Snow share dementia care techniques that provide essential information for unpaid and professional caregivers on how to have a positive and meaningful relationship with loved ones living with all forms of dementia. Dorothy is Director of Community Engagement for Hale Ku'ike Memory Care Homes at Nuuanu, Bayside & Pali locations.

The presenters will cover:

- Definition and statistics about swallowing difficulties in persons living with dementia, including warning signs
- How dysphagia can progress in individuals with undiagnosed, early-stage, or end-stage dementia
- Anatomy of swallowing and how therapy can help
- How caregivers can help optimize enjoyment and nutrition of food and liquids with assistive tools and techniques at mealtime in different stages of the progression of dysphagia
- Preparing different consistencies of food and liquids, how to bring joy and good taste to meals

Advance Registration is required at this link:
<https://forms.gle/fmdmZpjfQ1R2HgQU8>

The Zoom link & handouts will be sent to registrants before the session.

Sorry, no CEs or certificates are available for this presentation.

For questions about the workshops or if you need help registering, please contact:
Jody Mishan, (808) 295-2624 or jmishan@hawaii.rr.com

Our sponsors:



Pacific Islands Geriatric Education Center
Department of Geriatric Medicine John A.
Burns School of Medicine
University of Hawaii

These caregiver workshops are made possible by the Elderly Affairs Division of the City & County of Honolulu through Federal Older Americans Act funding