



hawaii pacific gerontological society

Volume 45, No. 6

June 2024

**HPGS 2024 BOARD OF DIRECTORS**

**Officers:**

Laurie Adamshick, President  
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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](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**



LAURIE ADAMSHICK  
PRESIDENT

June Greetings!

Inspired by Older Americans Week last month, and its theme of "Powered by Connection", we have been busy setting up a new webpage on our site ([hpgs.org](http://hpgs.org)), entitled *Kupuna Volunteer Connections*, to help older adults find volunteer opportunities suited to them.

HPGS believes in the continuing value of older adults and supports all efforts to keep them engaged in our communities as mentors, advisors or simply friends. Studies have shown that consistent volunteering can improve the health and well-being of people 65 and older by providing a connection to the community and opportunities for personal enrichment. It can decrease stress, social isolation, loneliness and depression. Of most importance, it provides a feeling of purpose and increases physical activity, both of which are essential for staying healthy and independent.

If you have openings for older volunteers, please let HPGS assist by listing the details on our new page. On the other hand, if you are looking for a place to make new friends and contribute your time and skills as a volunteer, we hope you will bookmark and keep checking our page for new and fulfilling volunteer opportunities where you can make a difference. We live in the land of aloha – For the aloha you give to these organizations, much more aloha will come back to you.

Speaking of volunteering, HPGS is an organization run by dedicated volunteers! Please think of us too in deciding where to offer your time. We have a number of committees that could use your help and support.

While on our website, please note our Job Board page. As a reminder, member organizations can list job openings for free. The post will remain on the page for 45 days unless a request for an additional 45 days is submitted. Companies or organizations interested in becoming an HPGS member may submit a completed application for membership on our website here: <https://hpgs.org/membership-2/>.

Enjoy the June sunshine and tradewinds! If you will be traveling, stay safe and well (and consider taking a mask)!

Until next month, much 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.

## 2024 HPGS MEMBERS

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

Kathryn Braun  
Executive Office on Aging  
Kapahulu Center  
Shirley Kidani  
Tani Kagesa Salazar  
The Mediation Center of the Pacific  
John A. H. Tomoso

If you have not yet done so, we hope you will renew by going online at [www.hpgs.org](http://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.

## HPGS MEMBER NEWS

Since 2021, ALTRES employees have volunteered more than 650 hours to support more than 75 nonprofit organizations. They have supported the Diamond Head Theatre, Kupu, Sustainable Coastlines Hawaii and others. Additionally, ALTRES launched a program last year that matches up to \$500 of an employee's donation to a nonprofit organization. They are a valuable HPGS member; and Kristina Wong, Care Manager with ALTRES, is a valuable member of HPGS Board of Directors.

## EVENTS

### Project Dana

**Wednesday, June 12th**  
**10am to 11:30am**

Zoom & Honpa Hongwanji HI Betsuin  
"Who We Are and Avoid Being a  
Victim"

Dept of Commerce & Consumer Affairs  
Investor Education Program  
RSVP Maria Morales  
808-945-3736  
[cgs@projectdana.org](mailto:cgs@projectdana.org)

## HPGS GENERAL MEMBERSHIP MEETING

HPGS is fortunate that not only is Courtney-Paige DiMaggio an HPGS Board member, she is also a Native Hawaiian Registered Nurse at the Moloka'i Department of Health Public Health Nursing and a clinical lab instructor for the CNA class at University of Hawaii Maui College-Molokai Campus. She has over 20 years of nursing experience helping those in need and is currently focused on finding options in providing care for the kupuna on Moloka'i and helping to find ways to "grow" a Moloka'i healthcare workforce.

Courtney was the featured speaker at our May 16 General Membership Meeting. Her Powerpoint presentation answered the question: What is a Public Health Nurse? Below is a summary of her presentation, with the video of the Zoom meeting at <https://hpgs.org/events/>.

All nurses have an important role in the overall health care system. Most people are familiar with the nurses in the clinical setting such as those caring for patients in a hospital. Public Health Nurses' (PHNs) patients are the whole community. They look at the health needs of the community and find solutions to assist in addressing the needs. PHNs are in all areas of your community, as health consultants, aiding with the prevention and spread of communicable diseases when working with those with active and latent tuberculosis, Hansen's disease, providing vaccinations, working with keiki in schools and with kupuna, and providing emergency preparedness education.

On the island of Moloka'i, there are no long-term care beds available for our precious kupuna. Many kupuna and those who are dependent on others to care for them need to be placed in long term care facilities or care homes on the outer islands. While, the push is for everyone to age in place, unfortunately some have died in place, waiting for placement in an off-island facility. Others, have passed on an outer island, not surrounded by family and not on their island home. As the aging population has significantly increased and access to kupuna care resources has not been equitable for Moloka'i kupuna, the Moloka'i Public Health Nurses have been actively working with other Moloka'i agencies and programs to find help for kupuna and their families. The dream is a long-term care facility. Although it is a big dream, the Moloka'i Public Health Nurses continue in pursuit of this dream for the kupuna who passed away not surrounded by family, kupuna that have died in place, and for the dignity of all Moloka'i kupuna.



Moloka'i Public Health Nursing Staff (Left-Right): Louise "Lulu" Linker, RN, BSN, Chelseamay Pupuhi, RN, MSN, Margaret Makekai, LPN, and Shantel "Ulu" Place, OA. Not pictured: Courtney-Paige DiMaggio, RN, BSN

## HURRICANE SEASON

As June begins, so does hurricane season, and for Hawaii, it is June 1st to November 30th. You can assume that if a hurricane or tropical storm strikes your area, all utilities can be affected. Be ready to cope with the possibility of loss of water, electricity, and telephone service.

The American Red Cross recommends having a gallon of water per person per day. Nonperishable food that does not require cooking and a manual can opener is suggested, as is a battery-powered radio, and flashlights with batteries. Take into account food and supplies for everyone, which includes your pet. Did you know that a whistle is a good idea to signal for help? Be sure all medications are filled, and stay safe this hurricane season.

## PRESERVE YOUR RESOURCE

The Board of Water Supply has these quick tips to help reduce our personal water use:

1. Water lawns just 1-2 minutes a week, which will promote deeper root growth.
2. Don't water lawns between 9am and 5pm since water evaporates quickly when the sun is out.
3. Check for plumbing leaks in toilets, faucets, and sprinklers.
4. Install water-efficient fixtures that can save gallons of water.
5. Take shorter showers or turn off the water when layering.
6. Put a nozzle on your garden hose.
7. Don't let the faucet run and run when brushing teeth, shaving, washing dishes, etc.

## HPGS 2024 SCHOLARSHIP PROGRAM

**Just a reminder:** HPGS is accepting applications for the **Tony Lenzer Scholarship**, **Eldercare Worker Training Awards** and **Nursing Students** scholarships to provide tuition assistance for workers who enroll in credit or noncredit courses and certificate programs, which will enhance their knowledge and skills in areas related to aging. The Tony Lenzer and Nursing scholarships have a **deadline of July 3rd** and are offering \$2,000 per person for up to four awardees. For this year, the Eldercare scholarship program is ongoing until ten students are awarded \$750 each. The [application forms can be found at http://hpgs.org/scholarships/](http://hpgs.org/scholarships/).

**NOTE:** To be **eligible** for the **Tony Lenzer Scholarship**, students must meet ALL of the following criteria: (a) Be enrolled in a degree program at any UH campus, HPU, BYU-Hawaii, or Chaminade at the undergraduate or graduate level; (b) Have two or more semesters to complete before graduation; and (c) Have a GPA of 3.0 or higher.

For questions, contact Christy Nishita, HPGS Workforce Development Chair at [cnishita@hawaii.edu](mailto:cnishita@hawaii.edu) or Sherry Goya, HPGS Executive Director at [sgoyallc@aol.com](mailto:sgoyallc@aol.com) or 808-722-8487

## NEW HPGS VOLUNTEER WEBPAGE

HPGS is pleased to announce it now has a new webpage where organizations can post their volunteer opportunities for older adults. It is free and part of our continuing efforts to encourage and support kupuna in our communities for the valuable contributions they can make. Organizations can submit their post by completing the form at <http://www.hpgs.org/kupuna-volunteer-connections/>. This site is available to all the Hawaiian Island organizations to post their volunteer opportunities.

## SUMMER RECIPE

### Cool Crab Dip

1-1/2 to 2 lbs crabmeat  
1 lb shrimp, cooked, peeled, deveined, chopped  
2 (8oz) packages cream cheese, softened  
White worchestershire sauce  
Tabasco  
Salt & pepper  
Juice of 1 lemon  
Mayonnaise and/or sour cream, if needed to thin out



Chop the seafood by hand into bite size chunks, set aside. Put cream cheese, worchestershire sauce, tabasco, lemon juice and salt & pepper in a food processor and whiz until well whipped. Continue to add seasoning to taste. Judiciously add either mayonnaise or sour cream to thin out the dip. Remove the cream cheese mixture and add to the chopped seafood and mix together. Serve with corn chips or crackers.





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# Announcing 2024 Tony Lenzer Undergraduate and Graduate Scholarships!

The Hawaii Pacific Gerontological Society (HPGS) awards scholarships to college students with a serious interest in careers involving aging and older people.

HPGS is proud to offer four(4) undergraduate and graduate scholarships at \$2000 each.

Also, nursing students at undergraduate and graduate levels are eligible for one of four (4) scholarships at \$2000 each.

For more information and to apply for either scholarship, visit:  
<https://hpgs.org/scholarship/>

**Deadline: July 3, 2024**

