



hawaii pacific gerontological society

Volume 45, No. 7

July 2024

HPGS 2024 BOARD OF DIRECTORS

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Laurie Adamshick, President
Cynthia Arnold, Secretary/Treasurer
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Directors:

Poki'i Balaz
Courtney-Paige DiMaggio
Kendi Ho
Hope Levy
Lesley Milligan
Christy Nishita
Kristina Wong

Sherry Goya, Executive Director
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Honolulu, HI 96812

www.hpgs.org
HPGS.808@gmail.com

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

Summer Greetings from all of us at HPGS!

In the category of news you should know: Governor Josh Green recently signed into law a number of bills supporting and protecting older adults in our state. Among them, Hawaii now has a Silver Alert Program. The Program will alert the public of missing kupuna, or adults with developmental or cognitive disabilities who go missing and are determined to be at risk. Hawaii is the 28th state to adopt this law. You may have already noticed the appearance of the first Silver Alert on tv and other media. This is a great tool to help reunite missing persons with their families.

In addition, a new Long-Term-Care master policy plan is to be developed by the Executive Office on Aging and the State Health Planning and Development Agency. The last time this was undertaken was in 2013. A long-term-care planner position will be added to the EOA to oversee this project. The new law emphasizes the preference for home-based care and the development of a plan to ensure a continuum of care services.

With the first half of the year already behind us, it is time to give some thought to joining The Walk to End Alzheimer's. The Walk and the donations raised are a great way to show your support for the ongoing efforts of the Alzheimer's Association to end this difficult and deadly disease. The Walk on Oahu will take place on Saturday, November 2 at Magic Island; on Kauai it will take place on October 19; on Maui on November 16, and on Hawaii Island on September 21. To register or create a team, go to https://act.alz.org/site/SPageServer/?pagename=walk_homepage. See you on The Walk!

Our Board of Directors is growing to accommodate more community perspectives. The newest director to join us is Lesley Milligan from Islands Hospice (read more about her on page 2). Kristina Wong was voted President Elect, to take office in 2026. They are part of a robust and energetic Board with whom I am honored to serve.

With gratitude and 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.

HPGS 2024 ELDERCARE WORKER AWARD

The HPGS Workforce Development Committee, chaired by Christy Nishita has already awarded four out of ten \$750 scholarships through their Eldercare Worker Training Award. One of those students who has completed her Nursing Assistant Training Program is Jaya Diggs. She emailed HPGS and wrote: "I would like to thank Sherry and the committee for the opportunity and support from the scholarship. It has helped me push my career further and for that I will always extend my gratitude towards the ones that make this possible for people just like me!"



There are still six scholarships available for 2024 and application can be made online at www.hpgs.org - click on the "Scholarship" page to apply.

OTHER HPGS SCHOLARSHIPS

HPGS was organized in 1979, dedicated to improving the quality of life for Hawaii's elder adults. It promotes the understanding of the aging process, supportive services, and legislation that helps people age with dignity and grace. The deadline for undergraduate and graduate students studying in the field of gerontology is July 3rd.

Applications received have been from students attending the University of Hawaii's campuses on Oahu and Maui, although also open to Hawaii Pacific University, Chaminade University and Brigham Young University. HPGS also has four Nursing scholarships which were granted this organization by the Hawaii Community Foundation for the sole purpose of supporting nursing students interested in gerontology.

HPGS TONY LENZER SCHOLARSHIP FUNDRAISER



Attached to this month's newsletter is the registration form for the 2024 HPGS Tony Lenzer Scholarship Fundraiser set for Friday, November 8th from 5:30pm at the Arcadia. After having four Zoom fundraisers, this is the first in-person event since 2019 and the Fundraising Committee has been planning it since this January.

HPGS will be honoring a highly-regarded dementia care specialist with more than 25 years of professional and personal experience in caring for people with dementia. Dorothy Colby has provided dementia trainings for family caregivers and professionals, including physicians on all islands and the Mainland since 2014.

Proceeds from this event will go towards the 2025 scholarships offered to students in the geriatric field throughout Hawaii. Tickets are \$125 per person and two sponsorships of Gold and Silver will be available for a table of seven. Donations are also being accepted from those who cannot attend in person.

HPGS BOARD ELECTIONS

At the HPGS Board meeting of June 13th, **Lesley Milligan** was voted in as a Director. She is a Patient Care Navigator and Community Liaison at Islands Hospice since 2021. Having an anthropology degree is helpful when working with kupuna, as well as any age, because "it is the study of people throughout the world, their evolutionary history, how they behave, adapt to different environments, communicate and socialize with one another." She has experience in working closely with healthcare providers, patients, and their families to provide education, helping to coordinate the support services available to them.



Also voted as the President-Elect for 2024 and 2025 was **Kristina Wong** who has worked in the medical field since 2005. As the Care Manager at ALTRES Home Care, she manages all aspects of home care service and develops tailored care plans based on the individual needs of each client and their family. She continually strives for excellence and takes pride in knowing that the level of coordinated care provided to her clients is second to none. Having worked as a Certified Nurse Aide early in her career, Kristina is also passionate about advocating for caregivers and the increased demands and difficulties they face.



A change made at the June Board Meeting was to have the HPGS President serve for two years. The HPGS President for 2024 and 2025 is **Laurie Adamshick**, an elder law attorney and partner in the specialized Life Care Planning law firm of Rulon & Adamshick. Her law practice focuses on comprehensive Life Care Planning to help older adults navigate the long-term care maze, and address the legal and myriad other issues that families are often faced with as an older loved one declines.



WELCOME TO HPGS

Islands Hospice

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WHERE IS TONY LENZER?



Here's a photo of Tony Lenzer, the first President of the Hawaii Pacific Gerontological Society, back in October 1982 at an HPGS conference. It was held at the Hilton Hawaiian Village, and the second HPGS conference.

The photo was given to HPGS from the conference's co-chair Colette Browne, an HPGS Lifetime Member. Gerontology was Tony Lenzer's life-long interest and career. In 1969, he came to the University of Hawaii's School of Public Health to establish a Gerontology Program, and to support aging research and teaching across the University of Hawaii at Manoa campus.

From 1988-93, he also served as the first Director of the UH Center on Aging. Tony was an active member of the HPGS board until his passing in early 2018. What a beautiful find in the album from 1982.



Tony Lenzer

HPGS MEMBER NEWS

In the most recent **AARP Hawaii** Bulletin, mention was made of Hawaii's ballot: "Voters will decide Saturday, August 10th, which candidates for U.S. Senate and House, state legislature, and some county and city offices advance to the November 5 elections." It also wrote that "Mail ballots should arrive by Tuesday, July 23, and must be received by your county by 7pm on primary day."

Generations Magazine will be holding their 16th Annual Aging in Place Workshops on Saturday, August 3rd at the Ala Moana Hotel from 8am to 2:15pm. It is open to the public and there is no charge to attend. There will be 36 sessions in six rooms, with limited seating, as well as over 40 exhibitors to visit and chat with professionals who work with and for kupuna. See the Aug/Sept 2024 issue of Generations Magazine for a complete schedule of workshops, which should be out the second week of July.

Ohana Care Maui wanted to share some information to HPGS members about "What is Palliative Care." If you have further questions, contact them at 808-344-1285.

- It is specialized medical care for those living with a serious illness that can help you live more comfortably and improve your quality of life. It is useful at any point of a serious illness.
- Helps you and your family with medical, social and emotional support to cope with a life-threatening illness, while your primary care team works towards the best outcome for your condition.
- You can receive Palliative Care no matter your age, prognosis or whether you receive treatments.
- Palliative Care provides an essential layer of support, relief, hope and ensures everyone involved is on the same page.
- Provides support based on the needs of the patient, not on the patient's prognosis.

SUMMERTIME RECIPE

Chinese Chicken Salad

Dressing:
4 tbsp sugar
2 tsp salt
1/4 cup salad oil
1/2 tsp black pepper
4 tbsp Heinz white vinegar

4 to 6 pieces chicken breasts
6 slices of ginger
Boil together until fully cooked. Strip chicken into thin strips. Refrigerate until ready to serve

1 head iceberg lettuce, chopped
3 to 6 stalks green onions, sliced thin diagonally
1 pkg sliced almonds, slightly roasted in oven
1/4 pkg rice sticks, deep friend in about 2" of oil

Toss all salad ingredients together.
Pour dressing over salad just before serving



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Please join us in person in honoring

Dorothy Arriola Colby

8th Annual HPGS Tony Lenzer Scholarship Fundraiser

Reception with Pupu & Wine

Friday, November 8, 2024, 5:30pm



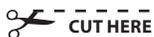
The Hawaii Pacific Gerontological Society will be honoring **Dorothy Arriola Colby** at its 8th annual Tony Lenzer Scholarship Fundraiser on Friday, November 8th at Arcadia (1434 Punahou Street). This is the first in-person Fundraiser Reception since 2019. We look forward to having you join us!

Dorothy is a highly-regarded dementia care specialist with more than 25 years of professional and personal experience in caring for people living with dementia. Since 2014, she has provided dementia trainings for family caregivers and professionals, including physicians on all islands, as well as on the U.S. Mainland. She is a Certified Positive Approach to Care Trainer and Mentor. She is also a Hawaii Alzheimer’s Disease Initiative Memory Care Navigator, Dementia Friends Master Trainer & Champion, and Roslyn Carter Institute Dealing with Dementia Trainer.

Dorothy was born in Kailua and raised in Hau’ula on the island of Oahu. After graduating from St. Andrew’s Priory School in 1981, she attended Bryn Mawr College, where she earned her master’s degree. In 2003, Dorothy went back to school to pursue a personal dream of training as a professional chef. She is a proud graduate of the Culinary Institute of the Pacific at Kapiolani College. Dorothy served many roles at Hale Ku’ike over the years, working as a Chef, Business Manager, Administrator, and now as the Director of Community Relations.

A big advocate for so many individuals, families, and organizations, Dorothy says “My mission is to bring care partners together to learn how to better support those living with dementia.” Her teachings help people learn about brain change and to see the world through the eyes of someone living with dementia. Dorothy advocates for our Hawaii community to come together to learn and support each other in the loving work for our kupuna living with dementia.

Please join us in recognizing and honoring Dorothy at this year’s Fundraiser Reception. Proceeds will go to support the HPGS annual Tony Lenzer Scholarship program for students with a serious interest in professional work related to aging, long term care and/or death and dying.



CUT HERE

Deadline of October 21st

Mail this form and check

payable to HPGS to

P. O. Box 3714 • Honolulu, HI 96812

Name: _____

Company (Optional): _____

Address: _____

City: _____ State _____ Zip _____

E-Mail: _____ Phone: _____

Use the fillable form and pay with a charge card at <http://www.hpgs.org>.

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!

INDIVIDUAL TICKETS: \$125 per person. Tickets requested: _____ = \$_____

TABLE SPONSORS: ___ Gold (\$3000) ___ Silver (\$2000)

Tables seat seven people. LIMITED SEATING

Any seat not spoken for can be donated back to the HPGS scholarship fund. How many seats will be available? ___

A taped video testimony is welcomed.

Contact Kathy Wyatt at

kw Wyatt01@aol.com.

DONATIONS: Made to HPGS for the Tony Lenzer Scholarship Fund: \$_____

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