



hawaii pacific gerontological society

Volume 45, No. 9

September 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

Aloha,
September is upon us -- With these dog days of summer not yet just a (unpleasant) memory, you may be in need of some respite from the heat, humidity, constant political noise, school traffic and stress at work and home.

I recently got that respite in a trip to the Big Island and the town of Honoka'a, where my mother's family is from. My grandparents, aunts, uncles and mother have all passed on but the building where I played as a child, and they grew up, lived and worked is now on the National Registrar of Historic Places, along with several other old buildings in town. The memories of them all was a reminder to me of the invisible threads of love and genes that connects us. I felt the spirits of my kupuna during that visit and was reminded of how important that connection truly is.

Last month I wrote about the need for all of us to help educate our community about resources available to support and assist our kupuna. I am excited to share some important updates regarding upcoming events that promise to do just that.

The Senior Citizens Fun Walk is Friday, September 13. Registration is free and includes a leisurely stroll around Pearlridge Center Wai Makai (Old Downtown) punctuated by a mind-stimulating scavenger hunt. After activating your mind and body, an informational fair sponsored by Generations Magazine will follow. For more information, see <https://www.honolulu.gov/parks/program/senior-citizen-program.html>

Our next General Membership Meeting is set for Thursday, September 19 at 11:30am. I will be speaking about aging successfully and maximizing quality of life through preparation. See the flyer attached for the Zoom link to join the meeting. Take to heart that famous old scouting motto: Be Prepared!

On September 21st between 9:00 am and 2:00 pm a free Kupuna and Caregiver Resource Fair will take place at the Honpa Hongwanji Social Hall. Representatives from 20 local companies will speak about available resources and will be on hand to speak personally to those interested. Please see page 2 for the contact information on how to RSVP for this event.

Mahalo for your continued commitment to the older adults in our community. Let's continue to work together to create an inclusive environment for all, especially our cherished elders.

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.

WELCOME TO HPGS

AlohaCare
CapTel Outreach
Saikaew Dudia
RickiLee Yeboah

EVENTS

Generations Magazine Senior Fair at Pearlridge Center

(Indoors between old Sears and
Hallmark)

Friday, September 13th
from 10am to 2pm

Free & Open to the Public

HPGS General Membership Meeting

on Zoom

Thursday, September 19th
from 11:30am

Join Zoom Meeting

<https://us02web.zoom.us/j/7585097318?pwd=SU1kL3hRUIJyZINUTitrYXg4aE5yQT09&omn=87532923037>

Meeting ID: 758 509 7318

Passcode: 4ruPYhNZ2

Kupuna and Caregiver Resource Fair

Saturday, September 21st
from 9am to 2pm

Honpa Hongwanji

1727 Pali Highway, Social Hall

Light breakfast & lunch provided

RSVP kwyatt01@aol.com

or 808-292-4665

Project Dana Presentations

Via Zoom Or at Honpa Hongwanji
Hawaii Betsuin

Wednesday, September 11th
10am to 11:30am

"Nursing Home Partners - Senior Care
Options"

Saturday, September 14th

10am to 11:30am Via Zoom

"What is Home Care?"

Tuesday, October 1st

1:45pm to 2:45pm

"Planning Ahead for your Future with
the UH Elder Law Program"

Call or email Maria Morales

808-945-3736

cgsq@projectdana.org

2024 SCHOLARSHIP AWARDS

As mentioned in the August HPGS newsletter, five scholarships were awarded for 2024. Since then, the following awards were given and these messages were received:

Tony Lenzer Undergraduate and Graduate Student Scholarship \$2,000 each award

TONY LENZER



Saikaew Dudia, Ph.D. student in Public Health, University of Hawaii Manoa, is pursuing a PhD in Public Health at UH Mānoa, said that her research focuses on building age-friendly communities and evaluating aging-related health outcomes. "I am deeply honored to have been selected for the HPGS Tony Lenzer Scholarship. This recognition affirms my commitment to advancing and contributing to the field of gerontology."



RickiLee Yeboah, Doctor of Nursing Practice student, University of Hawaii Manoa, wrote, "As a 35-year-old mother of two on the Waianae Coast, I am ecstatic to be completing a Doctorate of Nursing in Adult Gerontology. Witnessing life's transitions inspires me to specialize in adult gerontology, to honor the wisdom of age, and to ensure compassionate care for those in their later years."

Hawaii Community Foundation Nursing Scholarship \$2,000 each award



Kimberly Baguio, Bachelor of Science in Nursing student, Hawaii Pacific University emailed this message: "I am starting my first semester of nursing school at Hawai'i Pacific University. I gained my interest and passion for geriatrics after working as a Certified Nursing Assistant. It is credibly fulfilling and rewarding and I enjoy the opportunity to make a meaningful impact on our kūpuna's lives. Moreover, it is also my way to give back to those who have contributed so much to our communities."



John Supnet, Associate in Nursing student, University of Hawaii Maui College, wrote, "I am grateful for the generous opportunity. This scholarship will help me continue and finish my Bachelor of Science in Nursing in Manoa. My interest in aging started when I was working as a CNA in a long-term care facility. It felt like I was home and I was enjoying my time taking care of our kupuna."



Ihilani Soon, Bachelor of Science in Nursing student, Chaminade University. She wrote: "Growing up on the east side of Oahu, in Kahaluu, I was surrounded by kupuna and learned to love and care for them with all my heart. My grandparents are my biggest inspirations in working in a career of aging, and I will continue to give back to the community."

HPGS MEMBER NEWS

Generations Magazine will have a "Senior Discount" list in their November/December issue and is looking for companies - stores, restaurants, entertainment venues, etc. - to put on the list for Hawaii's kupuna to see where they can save monies. Email Sherry Goya, Generations Community Relations, with the company name, minimum age (i.e. 55, 60, 65, etc.), restrictions such as only on Tuesdays or Daily, and the discount being offered. She will contact all companies to verify the discount. A disclaimer, however, will read: "Hawaii seniors look young, so be sure to ask for these discounts before ordering or being services. Information confirmed but subject to change."

The Honolulu Star-Advertiser had their "2024 Ilima Awards" and HPGS would like to congratulate the following members for being chosen by readers of the newspaper:

ALTRES - HR Outstanding Services, First Place

The Plaza Assisted Living - Senior Living Facility, First Place

Islands Hospice - Hospice Care, First Place

The HPGS Board is looking for an interested member who would like to join the Board of Directors. The board meets the second Thursday of every month via Zoom and/or in person. Each board member is on a committee and assists in planning the HPGS Biennial Conference. The board also supports the annual HPGS Tony Lenzer Scholarship Fundraiser. There are three HPGS General Membership Meetings via Zoom each year, and the two-day HPGS Conference is held every odd-year. Contact Sherry Goya, HPGS Executive Director, if interested in joining the board or with any questions about being a board member.

HPGS TONY LENZER SCHOLARSHIP FUNDRAISER

The students receiving scholarships this year were from donations collected from last year's fundraiser which honored **Gary Simon**. 2024 is the 8th year that HPGS has honored individuals, starting with **Tony Lenzer** in 2017. All donations made this year will be awarded in 2025 to students who are interested in the field of gerontology to work for Hawaii's kupuna.



This year, HPGS is honoring **Dorothy Colby** at a reception with pupu and wine on **Friday, November 8th from 5:30pm at Arcadia**. Dorothy's "super power" is her love and desire to teach families, caregivers, doctors and professionals dealing with dementia or Alzheimer's throughout the islands for over 25 years. Hawaii is a better place with Dorothy on our side.

Attached to this newsletter is the fundraiser form which can be printed and mailed with a check, or go to www.hpgs.org for the online form to make payment with a charge card. Donations will be accepted until November 30th.

HCF NURSING SCHOLARSHIP

For the second year in a row, the Hawaii Community Foundation made a \$1,000 nursing scholarship donation to **Tiffany Miguel** on behalf of HPGS for the coming school year. She is attending Chaminade University of Honolulu as a senior. HPGS made a large donation many years ago to support nursing students and HCF has been periodically awarding scholarships on HPGS's behalf. Tiffany wrote, "I would first like to extend my gratitude and appreciation upon receive the Hawaii Pacific Gerontological Society Nursing scholarship. This scholarship will greatly impact my financial obligations in attending Chaminade University and allow me to pursue my goals and dream in becoming a registered nurse in the near future."

THE ACTIVE AGING CONSORTIUM ASIA PACIFIC

**The Depopulation of Japan:
Strategies to Moderate this Trend**



Sponsored by:
The Active Aging Consortium Asia Pacific (ACAP)



The Issue and Strategies
Dr. Cullen Hayashida
University of Hawai'i



Japan Perspective
Dr. Masateru Higo
Kyushu University



Korea Perspective
Dr. Sang-Hyop Lee
University of Hawai'i

September 21, 2024 – 12 noon Tokyo time

Check your

Register here.

<https://go.hawaii.edu/56F>





hawaii pacific gerontological society

GENERAL MEMBERSHIP MEETING

Thursday, September 19, 2024

11:30am Via Zoom

“Aging Successfully and Maximizing Quality of Life”

What does it take to age successfully? You might say “a good support system with family, friends, and medical advisors,” “a large bank account,” or even “good genes.” But from the perspective of an attorney who works exclusively with older adults, the one thing that is more important than all that is PREPARATION. Learn how early preparation can benefit you both now while you are healthy and independent, and later as you age and start to face the last chapter of your life.



Laurie Adamshick

Laurie is an elder law attorney and partner in the specialized Life Care Planning law firm of Rulon & Adamshick located in Honolulu. She discovered her passion for elder law as the result of her experience over several years as the primary caregiver and advocate for her late parents. 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 a loved one declines. Laurie is a Veterans Administration accredited attorney and a member of Elder Counsel, the National Academy of Elder Law Attorneys, the Hawaii Estate Planning Council and the Elder Law Section of the Hawaii State Bar Association. She is a past Director of Hawaii Women Lawyers.

Join Zoom Meeting

<https://us02web.zoom.us/j/7585097318?pwd=SU1kL3hRUIJyZINUTitrYXg4aE5yQT09&omn=87532923037>

Meeting ID: 758 509 7318

Passcode: 4ruPYhNZ2



hawaii pacific gerontological society

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



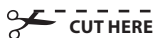
The Hawaii Pacific Gerontological Society will be honoring **Dorothy Arriola Colby** at its 8th annual Tony Lenzer Scholarship Fundraiser on Friday, November 8th at Arcadia (1434 Punahou Street). This is the first in-person Fundraiser Reception since 2019. We look forward to having you join us!

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