



hawaii pacific gerontological society

Volume 45, No. 10

October 2024

HPGS 2024 BOARD OF DIRECTORS

Officers:

Laurie Adamshick, President
Cynthia Arnold, Secretary/Treasurer
Kathy Wyatt, Past-President

Directors:

Ku'u De Monte
Courtney-Paige DiMaggio
Kendi Ho
Tada Meya
Lesley Milligan
Travis Motosue
Christy Nishita
Kristina Wong

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

Aloha kakou!

An email from the Kupuna Caucus today soliciting bill proposals for the 2025 legislative session caused me to reflect on the area of kupuna care that greatly needs to be addressed in our state: Financial Exploitation. I get calls every week from concerned family looking for assistance for an older loved one who has been or is being scammed, swindled, cheated, used, defrauded, deceived and/or taken advantage to the tune of significant amounts of money. You probably know someone this has happened to or have heard stories. Many of our kupuna are reluctant to admit it is happening to them because often the person victimizing them is a family member.

With the growing number of our population over the age of 65, each year our Legislature has enacted an increasing number of bills intended to protect our elders. Let's all support new legislation to better educate and inform those who might be targeted, to increase funding for those public agencies that investigate and prosecute those committing these crimes of deception, trickery and theft, and enact new laws with more teeth to punish them. If you feel outraged and want to get involved, even in a small way, please consider contacting the Kupuna Caucus with your ideas and proposals to address this. Submit your proposal on [SurveyMonkey here](#) by October 31. If you so choose, you will have an opportunity to present your proposal during the November 1 regular Kupuna Caucus meeting. If your proposal becomes a bill, HPGS will track it and keep our membership informed of its progress. You can make a difference for so many kupuna, as we all age together.

You have heard and read about our upcoming annual Tony Lenzer Fundraiser event on November 8 at 5:30 at Arcadia. I am excited to see and talk to many of you, and to honor a very special person – Dorothy Colby. We will enjoy pupus and wine and hear wonderful stories about what a difference Dorothy has made for so many. This fundraiser supports a great cause: our scholarship program that supports students in fields related to gerontology and geriatric issues, and eldercare workers providing care. If you have not yet registered, please don't delay. We expect to fill the room with folks wanting to express their aloha to Dorothy. You will find the registration form attached to this newsletter.

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

Individual

Tadahiro Meya

Company

Cardax, Inc.

David Watumull

1050 Queen St, Suite 100 #337

Honolulu, HI 96814

P: 808-457-1375

E: dwatumull@cardaxpharma.com

W: www.cardaxpharma.com

Move with a View

Amy Kelley

1549 Ipukula Street

Honolulu, HI 96821

P: 808-940-8979

E: amy@movewithaview.com

W: www.movewithaview.com

EVENTS

County of Maui Office on Aging and Maui Economic Opportunity, Inc.

51st Annual Senior Fair

Saturday, November 2nd

10am to 2pm

Maui Mall Village in Kahului

St. Francis Healthcare System Hands on Bathing for the Family Caregivers

In-person Class

Friday, October 11, 2024

10:00 am to 11:30 am

(808) 547-6500

Project Dana's Meetings

Wednesday, October 9th

10am to 11:30am

Hawaii Parkinson Association

Saturday, October 12th

10am to 11:30am

Hospital Discharge Planning &
Medicare

Zoom or Honpa Hongwanji

on Pali Hwy

808-945-3736

HPGS TONY LENZER SCHOLARSHIP FUNDRAISER

Reservations are still open to attend (in person) the annual **HPGS Tony Lenzer Scholarship Fundraiser**. For the 8th year in a row, the Hawaii Pacific Gerontological Society has selected a worthy honoree who exemplifies a person who is dedicated to Hawaii's kupuna. HPGS is delighted this year to honor **Dorothy Colby** on Friday, November 8th from 5:30pm at Arcadia.

For those wishing to offer a testimonial but who are not able to attend in person, we would love to share your video testimonial with Dorothy at this event. Contact Kathy Wyatt, HPGS Fundraising Chair at kwyatt01@aol.com to submit a video.

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.

WELCOME TO THE HPGS BOARD

Three new board members were voted in at the September 12th HPGS Board meeting. They are from three different areas of service to Hawaii's kupuna.



Sharalyn Ku'unani De Monte, is the Founder/Owner of Caregiver's Heart Hawaii, specializing in long-term placement in care homes, foster homes, assisted living communities and private skilled nursing for kupuna. She is also the founder and owner of Home Sweet Home Care Hawaii, which specializes in at-home care for kupuna. Ku'u is a Certified Life Coach for overwhelmed caregivers of kupuna or parents of growing children. Inspired by her grandparents who raised her and her older sister, Ku'u now has the privilege of working with kupuna and families for the past ten years. She is passionate about learning new ways to support our kupuna and their families so they can live a quality life. Ku'u is married and has three children.



Tadahiro Meya, Financial Advisor with Edward Jones, is a former teacher and challenged his students with the motto: "It's not about being the best in the world, it's about being the best for the world." He wanted them to dig deeper to find their passion to find their "why." He is now a financial advisor who wants to educate families through his passion to help achieve their long-term goals. Tada focuses on serving retirees, veterans, divorcees, widows/widowers and those who have received an inheritance, while partnering with their CPA, estate attorney and other professionals. When not in the office, he looks forward to spending time with his wife and children along with their Jack Russell Terrier. They love to cook together, spend time outdoors and travel the world.



Travis Motosue, is the President of Financial Benefits Insurance, Inc. and was raised in Kailua, Oahu. He attained the rank of Eagle Scout and graduated from Iolani High School in 1999. While attending Iolani and UH, Travis lived in Kaimuki with his grandparents, forging a close bond and relationship. As the "circle of life" happens with all of us, Travis was being taken care of when he was younger and then found himself taking care of his grandparents as they got older. He attended Oregon State University, then graduated from the University of Hawaii with a B.S. major in Biology in 2003. Travis found his passion in helping seniors with their insurance needs in 2004, and has 20 years of experience in the insurance business. Travis is a husband and father of two young boys.

DESSERT RECIPE

Banana Mochi Bread

1 lb Mochiko (16-oz box)
1 cup Bisquick
4 tsps baking soda
4 tsps allspice or cinnamon
1 tsp salt
2 cups sugar
1-1/2 cups oil
3 tsps vanilla extract
5 eggs
3 cups ripe/mashed bananas
2 cup walnuts/mac nuts, chopped
1 cup raisins (optional)

Combine first six ingredients in a large mixing bowl. Mix separately the oil and vanilla, then add to dry ingredients. Add eggs and mix together until batter is well blended. Stir in bananas, nuts and raisins. Pour into four greased loaf pans (8-1/2" x 4-1/2"). Allow batter to sit for five minutes before putting in the oven. Bake at 350 degrees for one hour or until a knife inserted comes out clean.

AARP FAMILY CAREGIVER HEALTH RESOURCES

Hawaii State Health Insurance Assistance Program (SHIP) provides free health insurance information and counseling to people with Medicare.

Trained volunteers can answer questions about Medicare parts A, B, C and D.
808-586-7299 (Oahu)
888-875-9229 (Neighbor Islands)
hawaiihip.org

Med-QUEST Division, State Dept of Human Services administers health care benefits for aged, blind and disabled Medicaid-eligibility beneficiaries.

808-524-3370 (Oahu)
800-316-8005 (Neighbor Islands)
medquest.hawaii.gov

Kokua Mau

Kokua Mau is Hawaii's trusted resource for accurate information on advance care planning as well as hospice and palliative care. 808-585-997
kokuamau.org

HPGS MEMBER NEWS

The National Hospice and Palliative Care Association and Council of States has awarded **Kokua Mau** with the prestigious Trailblazer Award recognizing their extraordinary efforts in establishing palliative care initiatives to improve care for those with serious illness in Hawaii. They said, "Kokua Mau was instrumental in securing CMS approval of a new Palliative Care Service Benefit for their Medicaid population, the first in the United States," said Logan Hoover, VP of Policy and Government Relations, National Hospice and Palliative Care Association.

Did you know? Since **Senior Medicare Patrol** (SMP) started in 1997, their 54 programs nationwide have helped Medicare/ Medicaid beneficiaries with expected recoveries in the amount of \$252.8 million. Before 2007, the Office of Inspector General only reported savings to Medicare members with self-reported data on savings for Medicaid members. Prior to 2012, SMPs also only reported actual recoveries. Now figures are reported on costs avoided due to help from SMP and other partners. Always feel comfortable – no blame, no shame – when you suspect healthcare fraud, errors, or abuse. SMP Hawaii is here to help. Call: 1-800-296-9422.

The Kupuna and Caregiver Resource Fair, provided by **Kathy Wyatt**, HPGS Past-President and owner of Hale Hauoli Hawaii, which was held on Saturday, September 21st was a huge success. There were over thirty exhibitors who also had time to make a presentation to the over 200 attendees. Good information was provided and connections with valuable resources was had. Kathy thanked AARP for their support in getting many to attend. A light breakfast and bento lunch was also provided.

HPGS 2024 COMMUNITY SUPPORT AWARD

There is a line-item in the annual budget for HPGS to support the community throughout the islands for those who offer services for our kupuna.



For 2024, the HPGS Board approved the annual \$1,000 donation to be made to an organization that supports kupuna on Maui and thank them for their service. After receiving the HPGS donation, they wrote: "Habitat for Humanity Maui is dedicated in helping our kupuna in the community by providing necessary repairs within their home for the purpose of allowing them to age in place safely. Your donation allows us to fulfill that mission and we Mahalo you for supporting us in our efforts to take care of our kupuna."

HAWAII COUNTY OF AGING

The **Hawaii County of Aging** has a quarterly newsletter emailed, filled with good information for everyone. Their October-December 2024 issue included the following information:

The Three F's of Autumn

1. **FALLS**—With shorter days and cooler weather, please practice fall prevention guidelines.
2. **FRAUD**—Please beware, that as we approach the holiday season fraud and scams will proliferate.
3. **FIRE**—Please practice fire safety.

For more information and tips on **FALLS, FRAUD, and FIRE** prevention, please call the Hawaii County Office of Aging, Aging and Disability Resource Center at (808) 961-8626 or 808-323-4392.