



hawaii pacific gerontological society

Volume 45, No. 12

December 2024

**HPGS 2024 BOARD OF DIRECTORS**

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[www.hpgs.org](http://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](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

Mele Kalikimaka!

As we are now into the last month of 2024, a time of both giving and receiving and the joy that both bring, I would like to take a moment to focus on the beauty of volunteering. This month so many organizations are going the extra mile to assist those in need. The volunteers who give of their time are rewarded with a renewed sense of purpose and a feeling of being connected to something meaningful. Volunteerism is a journey that not only enriches the lives of others but also nourishes your own soul. For those of us at HPGS, largely run by a volunteer Board of Directors, we know this well.

With the support of you and many others, we are engaged in an effort to help improve the lives of our kupuna and create the community we want to live in.

If you or someone you know is living alone, volunteering can help combat isolation, provide companionship, maintain mental acuity, and build new friendships with people of all ages.

Kupuna, in particular, are a valuable resource for our communities, and can offer wisdom, life experience, and a strong work ethic.

This holiday season give yourself a joyful experience by volunteering when you can. You will find opportunities to volunteer listed on the HPGS.org webpage entitled [Kupuna Volunteer Connections](#) (and the newest listing described on page 2 of this newsletter). There are many more opportunities, of course, often in your own neighborhood school or church (and even with HPGS, if you are interested). You might also take a look at [kanuhawaii.org](http://kanuhawaii.org) where you can find opportunities on all of our islands or [volunteermatch.org](http://volunteermatch.org) where you can be matched to organizations focused on areas of particular interest to you. I believe your experience as a volunteer will be an unexpected gift that will bring greater meaning to your holidays.

Warmest wishes to you this holiday season, and all our best for the New Year!

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.

## 2025 RENEWALS

Mahalo to the following HPGS members who have already renewed their 2025 membership. The HPGS board appreciates your continued support.

Kathryn Braun  
Babette Galang  
Sherry A. Goya, LLC  
Hawaii Meals on Wheels  
Lanai Kinaole Inc.  
Judy Mikami  
Mahlon Moore  
Frances Shiota  
John A. H. Tomoso

## WELCOME TO HPGS

Hale Ku'ike  
Dorothy Colby  
2627 Pali Highway  
Honolulu, HI 96817  
P: 808-221-7105  
E: dorothy@halekuike.com  
W: halekuike.com

## EVENTS

### Project Dana

Saturday, December 14th  
10am to 11:30am

Pneumonia Aspiration Prevention  
Via Zoom and Waipahu Hongwanji  
Buddist Temple  
RSVP 808-945-3736 or  
csgs@projectdana.org

## KUPUNA CAUCUS

Here are the results from the Kupuna Caucus bill proposal poll from 166 total respondents. The top three are:

95 said to establish a Caregiver Tax Credit for family caregivers.

71 wants increased funding for Medicaid-in-home services to allow kupuna to age in place.

58 sees the need for more food security for all kupuna by adjusting the eligibility to provide for a wider range of households to qualify for SNAP benefits and arrange for food pantries to better accommodate the elderly.

## HPGS 2025 MEMBERSHIP DUES

Attached to this newsletter is the **2025 Membership Renewal Form** that can be printed and mail to the post office box if writing a check. If you wish to pay your HPGS membership dues with a charge card, go to [www.hpgs.org](http://www.hpgs.org) and renew online with PayPal. Membership is from January to December, with benefits continuing in 2025, which includes the HPGS Biennial Conference scheduled for Thursday and Friday, September 11th and 12th at the Ala Moana Hotel. HPGS members will be able to attend the conference at a discounted rate so be sure to renew for 2025.

## HPGS GENERAL MEMBERSHIP MEETING



The first HPGS General Membership Meeting of 2025 will be held via Zoom on Thursday, January 16th from 11:30am. The guest speaker will be Audrey Suga-Nakagawa from AARP who has all the information needed to support the legislative bills supporting Hawaii's kupuna. See the attached flyer with more information and the Zoom link. No RSVP is needed, just chime in whenever you can.

Fukuoka 20th Anniversary Active Aging Conference in Asia Pacific (ACAP) will be held on March 17 to 19, 2025 at the Fukuoka International Convention Center. A keynote speaker will be Dr. Kathryn Braun, President of ACAP, University of Hawaii. For more information, go to: <https://manoa.hawaii.edu/acap/>

## HOLIDAY RECIPE

### Jello Fingers

4 small pkg Jello (strawberry, orange, lime, lemon)  
6 pkg Knox gelatin  
1 can condensed milk

- 1) **Dissolve** 1 pkg Gelatin in 1/4 cup tap water. Mix 1 pkg Jello with 3/4 cup + 1 tbsp hot water. Combine the Gelatin and Jello mixes. Pour into four 9x13 pans and refrigerate to gel.
- 2) **Mix** condensed milk with 1-1/4 cup hot water. In another container, dissolve 2 pkg Gelatin in 1/2 cup tap water, then add 1/2 cup hot water. Blend the Gelatin mixture with milk mixture.
- 3) **Pour** 1 cup + 2 tbsp milk mixture onto hardened layer of Jello in refrigerator. Milk mixture should take 10-15 minutes to gel.
- 4) **Add** another layer of Jello, mix as Step 1, making Jello as needed. In order for Jello to cool, start mixing Jello when the timer says there are 10 minutes left for milk layer to gel.
- 5) **Repeat** step 3 and 4 until all Jellos are used.

Suggested Layering: Strawberry, Milk Mixture, Lemon, Milk Mixture, Lime, Milk Mixture, Orange (top layer)

## KUPUNA VOLUNTEER CONNECTIONS

The HPGS website ([www.hpgs.org](http://www.hpgs.org)) has a section where organizations can list volunteer opportunities for members or the public. The most recent listing is for the **Visitor Aloha Society of Hawaii - West Hawaii**, where volunteers are needed to bring comfort and support to visitors facing adversity. They are seeking compassionate individuals who embody the Aloha spirit. You can drive to help visitors reach critical destinations or run errands, answer our duty phone to provide timely assistance, bake treats, or visit hospitals, hotels, police stations to share information.

No prior experience is mandatory; VASH provides training to ensure volunteers are prepared for their roles. Enthusiasm and a willingness to help are most important! Contact Chelsea Ahern at 808-840-9541 or email her at [cahern@gshawaii.org](mailto:cahern@gshawaii.org) to volunteer or get more information.

## JOB BOARD

Just a reminder that the HPGS website also has a section for those looking to post jobs available for your company or organization. There are currently no listings posted but the form is available to share any job openings.

## HPGS NEWSLETTER

The HPGS newsletter is published monthly and emailed to all HPGS members, as well as all past issues can be found at [www.hpgs.org](http://www.hpgs.org). Articles, pictures, events, etc. are always welcome. Submit your article or idea for an article to Sherry Goya, HPGS Executive Director at [sgoyallc@aol.com](mailto:sgoyallc@aol.com) or call her at 808-722-8487 to discuss your topic.

## HPGS MEMBER NEWS

The monthly AARP magazine shared the following "State News West" in case you didn't see it: Caregiving voices. As it advocates for a paid family-leave bill, **AARP Hawaii** is looking for personal stories about the challenges unpaid caregivers face. AARP will push the measure when the Legislature convenes in January. Real-life stories - shared with lawmakers in person or in writing, on social media, and in testimony - can underscore the financial hardships and complications for people who often must quit jobs to care for loved ones. To share your story, contact Audrey Suga-Nakagawa, at [asuganakagawa@aarp.org](mailto:asuganakagawa@aarp.org).

**Hawai'i Meals on Wheels** is excited to participate in GivingTuesday, a national day of generosity. This year, they're on track to deliver over 180,000 meals to homebound kūpuna and individuals with disabilities throughout O'ahu. This continues throughout the month of December.

They need your help to continue meeting their needs. Here are 5 simple ways you can get involved this GivingTuesday:

- 1) **Volunteer** – Help deliver meals to kūpuna during the busy holiday season, including Christmas and New Year's.
- 2) **Donate Items** – Our kūpuna love receiving new blankets, towels, and hotel-sized toiletries.
- 3) **Share a Card** – Brighten a kupuna's day with a handwritten card.
- 4) **Spread the Word** – Share why you support HMoW using #GivingTuesday and tag @hawaiimow Facebook and Instagram.
- 5) **Help a Neighbor** – Do something kind for someone in need, especially a kūpuna or homebound neighbor.

## FROM THE SOCIAL SECURITY ADMINISTRATION

In our ongoing commitment to serve the public more efficiently, we are expanding appointment-based services at our local Social Security offices. By scheduling appointments, we will aim to reduce wait times, streamline service delivery, and improve the overall customer experience. Nearly 400 field offices have already moved to appointment-based service this year. These offices have seen significant improvements in wait times due to more efficient and helpful visitor experiences and increases in the number of customers able to complete their business online.

We are implementing appointment-based services nationwide in two phases. The first phase is a transition period now through January 5, 2025. The purpose of this transition period is to educate our customers about needing to schedule an appointment for SSA services. As a reminder, many of our services can be provided via phone with an appointment and do not require a customer to walk into an office for service.

**Effective January 6, 2025**, we will require customers to schedule an appointment for service in our field offices, including requests for Social Security cards. We encourage customers to become accustomed to our: online services, where many transactions can be completed conveniently and securely, and automated services available on our National 800# at 1-800-772-1213.

Customers who are not able to handle their business online or with the automated options, may call their local Social Security office or our National 800# to schedule an appointment.



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# GENERAL MEMBERSHIP MEETING

Thursday, January 16, 2025

11:30am via Zoom

## 2025 Kupuna Caucus

Discover the top five kūpuna-related bills in the 2025 Kūpuna Caucus package. Audrey Suga-Nakagawa, AARP Advocacy Director, will explain their significance and how they impact Hawaii's kūpuna and families.

Get involved and make your voice heard!

The Kūpuna Caucus is unique from other legislative caucuses as its members include legislators as well as government and community members. Each year it backs a Bill Package containing five kūpuna-related bills.



**Audrey Suga-Nakagawa**

Audrey Suga-Nakagawa is the Associate Director of Advocacy for AARP Hawaii. She works on public policy issues, legislations that impact the lives of Hawaii's older adults and their families such as caregiving support services, affordable housing for kupuna, anti-fraud and elder abuse protection, and pedestrian safety. She is a specialist on aging issues and elder care services in Hawaii and has extensive experience in health care administration.

Join Zoom Meeting

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

Meeting ID: 758 509 7318

Passcode: 4ruPYhNZ2



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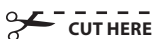
Founded in 1979, the **Hawaii Pacific Gerontological Society** is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership opportunities available to all islands consists of gerontology educators, students, medical and social service personnel, older adults (kupuna), caregivers, companies and organizations from every sector of the community. Federal I.D. #99-0211232

HPGS discusses, networks, and shares information about issues and policies affecting Hawaii kupuna, to include career and job fairs, expos, webinars, etc. They also provide scholarships for undergraduate and graduate students interested in careers in aging, as well as tuition assistance for workers seeking to upgrade their knowledge in this field.

Benefits of an HPGS member includes:

- The HPGS monthly **newsletter** is distributed electronically and filled with age-related news, events, activities, job openings, announcements, and more.
- Throughout the year, there are **events** to bring HPGS members together for timely and relevant issues, discussions, and educational opportunities, as well as networking events and quarterly General Membership Meetings.
- HPGS prides itself in offering **scholarships** for those pursuing education in the field of aging, thus creating fundraising options.
- A two-day biennial **conference** is held in odd-numbered years and offers professional and educational venues on aging research, practice and policy for Hawaii, while also attracting national and international participants.
- HPGS members receive electronic **notices** on significant events, opportunities available, and other announcements.
- The HPGS **website** provides a resource of news, events, membership, etc. Company member's information and individual member's names will be placed on the HPGS website.
- There are a number of **committees** where membership involvement is welcomed.

For further information, please contact  
Sherry Goya, HPGS Executive Director at sgoyallc@aol.com or 808-722-8487  
Hawaii Pacific Gerontological Society • P. O. Box 3714 • Honolulu, HI 96812 • www.hpgs.org



### 2025 MEMBERSHIP RENEWAL FORM

Contact Name: \_\_\_\_\_

Company/Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Facsimile: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Website: \_\_\_\_\_

Annual dues (check one):

- \$10 for individual 65 and over
- \$20 for individual under 25 years
- \$80 for individual 26 to 64 years
- \$100 for company/organization (includes the contact person listed)
- \$50 for Associate Member (individual of company member)

Date Paid: \_\_\_\_\_

Payment Amount: \_\_\_\_\_

Check Enclosed: # \_\_\_\_\_

Mail this form and check payable to HPGS to P. O. Box 3714 • Honolulu, HI 96812  
To pay by charge card, go to www.hpgs.org and use fillable form.