



hawaii pacific gerontological society

Volume 46, No. 3

March 2025

HPGS 2025 BOARD OF DIRECTORS

Officers:

Laurie Adamshick, President
Kristina Wong, President-Elect
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
808-722-8487 • sgoyallc@aol.com

P. O. Box 3714
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

Spring is almost upon us once again. Welcome to March!

Mark your calendars for May 16 when we are pleased to be welcoming Senator Sharon Moriwaki as the featured speaker at our 2nd general membership meeting for 2025. She will update us on the status of kupuna-related bills at the Legislature. If you have questions about any of these bills, take this opportunity to ask and learn more. A flyer with information on this meeting, including the Zoom link to join the meeting, will be coming in the April newsletter.

Planning is in full swing for our next conference on September 11 and 12 later this year. Please plan on attending -- It will be a time to learn, share best practices, network, and establish positive relationships with colleagues. I look forward to meeting you at the conference.

For those of you on the Neighbor Islands, HPGS would like to encourage you to not only maintain your membership but become more actively involved in our mission in your own island community. Networking with us as a member or director can help bring new ideas and insights to both your community and ours. Although we are heavily represented by members here on Oahu, we are an all-island organization and are always looking to include those outside of Oahu. Beyond of your own involvement, if there is someone in your community who is making a positive difference in the lives of kupuna there, please introduce us at the next general membership meeting or simply call or email Executive Director Sherry Goya (sgoyallc@aol.com); (808) 722-8487 so we may learn more about them. We sincerely want to include everyone on all islands.

It seems appropriate to reference a Hawaiian proverb here: Pupukahi i holomua.

Meaning: Let's unite to move forward.

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 Kupuna in Hawaii.

WELCOME TO HPGS

Individual

Lovina Abdi • Robin Avery • Riley Regan

Company

Brain Matters LLC
Amy Kelley
1549 Ipukula Street
Honolulu, HI 96821
P: 808-940-8979

E: kelley.amy@gmail.com

W: www.brainmattershawaii.com

Stern at Home Therapy
David Hrobochak
5964B Gannet Avenue
Ewa Beach, HI 96706
P: 808-940-2481

E: dhrobochak@sternathometherapy.com

W: www.sternathometherapy.com

HPGS 2025 MEMBERSHIP DUES

Mahalo to the following HPGS members who renewed their 2025 membership since February:
Attention Plus Care • Danice Mah
Financial Benefits Insurance

Hale Hau'oli Hawaii • Kapahulu Center
Sara Lenzer Medeiros • Kokua Mau
Molokai Rural Health Comm. Assn
Ohana Care Maui LLC • Hope Young
The Ihara Team - Keller Williams
Honolulu

AGE FRIENDLY HONOLULU

The *Age Friendly Honolulu Initiative* is preparing for Hawaii's growing older population. Most kupuna prefer to live independently in their own home and the community for as long as possible. A safe home environment is critical to help kupuna age-in-place and prevent falls. Almost half (49%) of injury-related mortalities from an unintentional fall was among the kupuna aged 65 years and older. The Hawaii State Department of Health indicates that home modifications are effective in preventing falls. Learn more about **Age-Friendly Honolulu** by going to www.agefriendlyhonolulu.com

2025 HPGS BIENNIAL CONFERENCE

This year's conference is being chaired by Laurie Adamshick and Kristina Wong. It will be held at the Ala Moana Hotel on September 11th and 12th. The committee members were listed in the January newsletter; however, any HPGS member may join a committee by contacting Sherry Goya, Executive Director, at 808-722-8487. The monthly newsletter will have conference articles and forms as they are released here first. HPGS members are encouraged to also share with their contacts, whether to attend or be a presenter, sponsor or exhibitor, all aspects of the conference. Check your calendar now, and we hope you will plan to attend.

Sponsorship Form

HPGS is seeking sponsors to help support the cost of this dynamic 2-day conference. The **Sponsorship Form** is attached to this month's newsletter. Your sponsorship will allow us to keep the registration fee relatively low, enabling more to attend and learn from our distinguished speakers. It will place your name and brand messaging in a prominent position for conference attendees and speakers alike. Please consider this unique opportunity.

Call for Presentation Proposals

To make this year's conference of great interest to attendees, the HPGS conference committee is looking for qualified speakers. Attached is the form, reiterating the theme: "Navigating the Map of Aging." We welcome proposals from all disciplines, professions, and graduate students. Proposals should be evidence-based, best practices, and/or research-focused. If you have information and insight that will broaden the knowledge of attendees on topics related to aging, please consider submitting your proposal. Deadline to apply is April 30, 2025.

HPGS NEWS

Ohana Care Maui reports they are Maui's VIP Home Care Agency for residents and visitors. They have 24/7, island-wide services as a Hawaii-licensed home care agency. The company is proud to say that they are woman-owned and run. For a free care consultation, call 808-344-1285 or check their website at OhanaCareMaui.com.

The Long Term Care **Ombudsman** facilitates residents and family councils, provides mediation for families and others, participates in senior fairs and community events (some are in the evenings or weekends), testifies on bills, works with the media and other senior advocacy groups, and must stay on top of new laws and regulations, trends, system advocacy issues, etc. They are looking to hire staff and secure volunteers statewide. Visit www.hi-ltc-ombudsman.org for more information or call John at 808-586-7268.

Kokua Mau recently announced that Hawaii has just become the first state in the nation to offer community-based palliative care for Medicaid (Med-QUEST) beneficiaries. Palliative care is now available as soon as a patient is diagnosed with a serious illness as a covered preventive benefit. Through a grant from Hui Pohala, Kokua Mau has produced a series of four webinars to help healthcare professionals and members of managed care plans optimize this valuable, new benefit. See the EVENTS on page 3 of this newsletter for more information.

EVENTS

Kokua Mau Webinar Series

info@kokuamau.org

Thursday, March 13th, noon to 1pm
Overview of the Palliative Care
Services Benefit

Thursday, March 20th, noon to 1pm
Care Coordination Under Palliative
Care Benefit

Tuesday, March 25th, noon to 1pm
Pediatric Palliative Care Benefit

Thursday, April 3rd, noon to 1pm
How the New Benefit Helps You &
Your Family

GENERAL RESOURCES (FROM THE AARP FAMILY CAREGIVER GUIDE)



AARP has a website dedicated to providing you with information about how they're advocating for caregivers in our state: aarp.org/StateCaregiving

The Hawaii Aging & Disability Resource Centers help older adults, individuals with disabilities and family caregivers find options for long-term supports and services available to them. It is run by the Area Agency on Aging on each island and it's meant to provide a one-stop shop for information about aging: hawaiiadrc.org or 808-643-2372 (statewide)

Aloha United Way is a statewide community information and referral service. It provides an online search and also a statewide telephone hotline to help people find food, shelter, financial assistance, elder care, disability services and more: auw211.org or 877-275-6569 (toll free)

HPGS MISSION STATEMENT

The Board would like HPGS members to assist in choosing between two versions of the Mission Statement after they found that there were two versions, one which is currently on our website and newsletter, then one in the HPGS Bylaws. Please email, text or call Sherry Goya, HPGS Executive Director at sgoyallc@aol.com or 808-722-8487. The board will be voting on which is most desired and all three areas will have one consistent Mission Statement. Mahalo!

Website & Newsletter — Version 1

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, and otherwise to support the creation of needed policies and programs that will enhance the quality and number of age-friendly services to our Kūpuna in Hawaii.

Bylaws — Version 2

The mission of HPGS shall be to provide professionals and students in the field of aging with vital information, workshops, networking, and scholarships to enhance the gerontology workforce, to support the creation of needed policies and programs, and to deliver excellent service to the aging population in Hawaii.

2025 HPGS BOARD OF DIRECTORS

The HPGS Board has a total of eleven members listed on the first page of this newsletter. Mahalo to these officers for their added responsibilities to this association: Laurie Adamshick, President; Kristina Wong, President-Elect; Cynthia Arnold, Secretary/Treasurer; and Kathy Wyatt, Past-President.

All board members are volunteers dedicated to HPGS, and either chair or sit on a committee, as well as work on the biennial conference. A short bio of each member is on <http://www.hpgs.org> under the ABOUT heading. The board meets the second Thursday of every month. Anyone interested in becoming a board member may contact Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com or 808-722-8487.



Left to right: Courtney Di Maggio, Sherry Goya, Lesley Milligan, Cynthia Arnold, Laurie Adamshick, Kendi Ho, Kristina Wong, Kathy Wyatt and Tada Meya



hawaii pacific gerontological society

2025 Biennial Conference Navigating the Map of Aging

Ala Moana Hotel
September 11 and 12, 2025

Sponsorship Form

The Hawaii Pacific Gerontological Society (HPGS), a nonprofit organization dedicated to ensuring an adequate workforce and resources in the field of aging since 1979, is seeking sponsor for its upcoming 2025 Biennial Conference to be held September 11th & 12th at the Ala Moana Hotel. The conference will focus on the ever-growing map of aging and how to understand what's available for our kupuna and in their best interest. From supportive services, resources, and advisement, our speakers and discussion panels will help to bring some insight into navigating through these pinpoint that show us where we can go and what we can seek out.

The conference is intended for professionals and practitioners in the aging network, health and human service field, businesses, government agencies, non-profit and faith-based organizations serving kupuna, applied researchers, students in gerontology, advocates for kapuna and kupuna themselves.

Over 250 people are expected to attend this two-day conference which will have presentations conducted by local and national experts to address and discuss topics that include long-term care, geriatric medicine, aging, health and wellness, businesses, innovative programs and services that promote the well-being of seniors. HPGS is seeking sponsors to help defray conference expenses. The conference fees are at an affordable rate to attract attendees such as kupuna and students in the aging field. Benefits of sponsorships are listed below.

SPONSOR SHALL RECEIVE:

GOLD SPONSOR (donation of \$3,000 or more)

- Acknowledgement in the conference program
- Full page PDF ad in the conference program
- Two conference registrations for two days
- Link to your website on HPGS Website
- Company banner placed in meeting room
- Free exhibitors table
- 10 min presentation to group

SILVER SPONSOR (donation of \$2,000)

- Acknowledgement in the conference program
- Half page PDF ad in the conference program
- One conference registrations for two days
- Link to your website on HPGS Website
- Company banner placed in meeting room
- Free exhibitors table
- 5 min presentation to group

BRONZE SPONSOR (donation of \$1000)

- Acknowledgement in the conference program
- One-fourth page PDF ad in the conference program
- One conference registration for two days
- Free exhibitors table

FRIEND OF HPGS (donation of \$100 and up)

- Acknowledgement in the conference program

We have chosen this sponsorship level: Gold Silver Bronze HPGS Friend \$100, \$200, OTHER
Amount of our check attached is \$_____ I wish to be an anonymous donor.

Deadline is August 11, 2025. Complete this form, write check to HPGS, and mail to P. O. Box 3714; Honolulu, HI 96812, OR go online at www.hpgs.org/conference to pay with a charge card. **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!

Company Name _____ Website _____

Contact Person _____ Email _____

Address _____

City _____ State _____ Zip _____ Phone# _____

Mahalo for supporting the HPGS 2025 Biennial Conference!



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2025 Biennial Conference Navigating the Map of Aging

Ala Moana Hotel
September 11 and 12, 2025

Call For Presentation Proposals

Submission Deadline: Wednesday, April 30, 2025

Submit Proposals at www.hpgs.org

The 2025 Hawaii Pacific Gerontological Society's Biennial Conference is seeking presentation proposals that address the conference theme: "Navigating the Map of Aging." We welcome proposals from all disciplines, professions, and graduate students. Presentation proposals should be evidence-based, best practices, and/or research-focused. They will be considered in these broad topic areas:

- Breakthroughs in geriatric medicine and long-term care.
- Innovative policy and technology accessible ideas to address ageism and encourage active aging.
- Initiatives focusing on post-pandemic recovery and building more sustainable, socially connected, age-friendly communities.

The conference will feature keynote speakers and individual sessions. The HPGS Biennial Conference is intended for professionals and practitioners in the aging network, health and human service field, businesses, government agencies, non-profits, and faith-based organizations serving Kupuna, applied researchers, students in gerontology, advocates for Kupuna, and Kupuna themselves. This conference will also focus on the essential adjustments made by organizations, individuals, and Kupuna themselves over the past few years in response to the needs of our elderly population. HPGS would like to highlight these important changes at this year's conference held at the Ala Moana Hotel, Honolulu, on September 11 & 12, 2025.

Proposal Submission Guidelines and Review Process

The HPGS Biennial Conference Committee invites individuals to submit a presentation proposal that addresses the conference theme "Navigating the Map of Aging." Presentation contents must be new and highly relevant to our conference participants. There are 2 presentation formats: 1) oral presentation and 2) poster presentation. Oral presentations will be scheduled for individual sessions of 45 minutes. The presentation may have up to 2 speakers. Posters can highlight a community program, new project, or research study in the field of aging. Poster presenters will have face-to-face time with attendees in the Exhibit Hall.

Each presenter is limited to two proposals and may not be the single or lead presenter in more than one proposal. Once a proposal is accepted, all presenters must register for the conference. There is no conference fee for presenters. To submit a proposal, please go to the HPGS website (www.hpgs.org) and complete the form.

The Biennial Conference Committee will notify the lead presenter of acceptance by the end of May 2025. Speakers must present at the Ala Moana Hotel. Remote presentation and attendance will not be offered. More information will be sent to the lead presenter.

For questions, please contact the Biennial Conference Committee Co-Chairs and/or Executive Director:

Laurie Adamshick, Chair

Sherry Goya, Executive Director

sgoyallc@aol.com

808-722-8487