



hawaii pacific gerontological society

Volume 46, No. 4

April 2025

## HPGS 2025 BOARD OF DIRECTORS

### Officers:

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

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Travis Motosue  
Christy Nishita  
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Sherry Goya, Executive Director  
808-722-8487 • [sgoyallc@aol.com](mailto:sgoyallc@aol.com)

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Honolulu, HI 96812  
[www.hpgs.org](http://www.hpgs.org)  
[HPGS.808@gmail.com](mailto:HPGS.808@gmail.com)

HPGS has open enrollment for new members throughout the year. HPGS members may renew for 2025 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

Aloha as we begin the month of April

Recently I learned a new term being used by medical providers and social workers that we all need to be taking seriously: social prescribing. According to [socialprescribingusa.com](http://socialprescribingusa.com), "Social prescribing is a model of care delivery that enables health professionals to formally prescribe non-clinical community activities— including the arts, movement, nature, and service (volunteering)— to improve patient health, and at minimal patient cost." Much has been written in the past about the detrimental effects of social isolation. Like many of you, I worry about those older folks who are living alone in my neighborhood not unlike prisoners in their own homes with few

opportunities to see and interact with other people. There is now scientific evidence of something we all knew – that social interaction has a positive effect on our mental and physical health. Like that old Barbra Streisand song, we are "people who need people". And increasingly medical providers are prescribing social activities as essential to our achieving and maintaining good health.

One very good way of carrying out that social prescription and improving our health is to get involved in serving others. Volunteering with groups that assist and support our kupuna has far reaching benefits for not just the kupuna but the volunteers too. It just so happens that April is National Volunteer Month. Consider reaping the personal benefits that come with serving others by volunteering with one (or more) of the organizations listed on the HPGS.org website – click on Kupuna Volunteer Connections to get started. The sense of purpose and personal fulfillment gained will have a positive effect on not just your mood but your health and wellbeing as well.

This month our Biennial Conference Committee is releasing its Awards Nominations and Exhibitor's Form, as we are one month closer to our September Conference. Please read the details on page 2 and consider submitting a nomination or reserve an exhibitor's table.

We are still looking for presenters for the conference and lining up exciting national keynote speakers who will be announced next month. The Conference will be a great opportunity for us all to broaden our understanding of issues connected to "Navigating The Map of Aging" and reconnecting in person. I look forward to meeting you there.

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.

## WELCOME TO HPGS

### Individual

Stephen Chezik  
Brandy Ching

### Company

#### Kaiser Permanente

Joy Robinson-Bell  
711 Kapiolani Blvd  
Honolulu, HI 96813  
P: 808-342-0449  
E: joy.d.robinson-bell@kp.org

#### Kalakaua Gardens

Miho Katagiri  
1723 Kalakaua Avenue  
Honolulu, HI 96826  
P: 808 518-2273  
E: miho.katagiri@kalakauagardens.com

#### Yim & Yempuku, AAL, LLC

2054 S Beretania Street  
Honolulu, HI 96826  
P: 808-524-0251  
F: 808-599-3598  
W: <https://www.yimandyempukulaw.com>

## HPGS 2025 MEMBERSHIP DUES

Mahalo to the following HPGS members who have renewed their 2025 membership since the last newsletter:

Hi'ilei Akaka • Octavio Barretto  
Angela Danish • Thelma Fetalvero  
Danelle Higa • Percy Ihara  
Kristi Ishikawa • Kamaka Jingao  
Kristen Kagoshima • Devin Kan-Hai  
Casey Kaya • Lanai Kinaole, Inc.  
Sanya Lucas  
Maui County Office on Aging  
Claudette Medeiros • David Nakama  
Denise Ropa • Timmy Satot  
Karen Sumer • Cary Valdez  
Maria Van Kleek  
Jeanine Yonashiro-Cho

## 2025 HPGS BIENNIAL CONFERENCE

The HPGS Board started discussions about this year's conference last January, reserving the Ala Moana Hotel in June 2024. The conference committee has also been meeting monthly since January, with results announced in each HPGS newsletter from the first issue of this year. Each newsletter will continue to have articles and/or forms, with a summary in the October newsletter. We hope you wrote down the dates of Thursday and Friday, September 11th and 12th on your calendars in anticipation to be at the Ala Moana Hotel for education, inspiration, interaction, and participation.

The March HPGS newsletter let you know of the **Sponsorship** opportunities and we would like to thank the following who have made donations since then:

GOLD: AARP Hawaii, ALTRES Home Care, Kahala Nui

SILVER: Generations Magazine

FRIEND: Uyanga Batzog, Sherry A. Goya, LLC, Yim & Yempuku, AAL, LLC

The other form that was announced in the March newsletter was the **Call for Presentation Proposals**. Anyone interested in being a presenter at the conference should go to [www.hpgs.org](http://www.hpgs.org) and complete the application form. The deadline is April 30, 2025 and accepted presenters will be notified by mid-May with date and time. They will be asked for a photo and bio that will be in the conference program.

The two forms that are being announced this month are the **Awards Nomination Form** and the **Exhibitor's Form**. Please download and print the forms to complete and mail in. The Exhibitor's Form may be completed and paid via PayPal online through the HPGS website.

Since the first HPGS biennial conference in October 1986, the Na Lima Kokua Awards have been awarded individuals and businesses who have helped to enhance the image of aging or who have promoted the field of gerontology. There are six categories (see the attached form for more details): Communication/Arts, Community Service, Government, Research/Teaching, Business and Tony Lenzer Scholar. This form can be completed and emailed, along with a 300 to 500 write-up about the nominee. Deadline is August 8, 2025.

As in past conferences, the Exhibitor's Committee has offered companies and organizations an opportunity to meet attendees. This year is no different, although there will be limited space in the foyer on Friday, September 12th. HPGS members will receive a discount on the exhibitor's fee, as will nonprofit organizations. The deadline is on or before July 14th, depending on space availability. This form will also give companies and organizations an opportunity to place an advertisement in the conference program. The 2023 HPGS conference program can be found on our website, on the Conference page.

## HPGS GENERAL MEMBERSHIP MEETING



With the 2025 legislative session ending this month, the HPGS Board felt it would be a good idea to have **Senator Sharon Moriwaki** talk about kupuna-related bills that were discussed and signed into law. She is currently the co-convenor of the legislative Kupuna Caucus, with over 200 members, working on legislation to support kupuna. This Zoom meeting will be held on Thursday, May 15th from 11:30am. NO RSVPs are needed, just click onto the Zoom link on the attached flyer. An email reminder will also be sent HPGS members in early May with the link.

## EVENTS

### Alzheimer's Association

Dementia Meets Palliative Care  
Wednesday, April 9th  
12noon to 1pm  
via Zoom  
Nic Los Banos  
nklosbanos@alz.org  
808-518-6649

### Project Dāna

Caregiver Training Workshop  
Saturday, April 26th  
*Topic: Personal Connections  
and Action Starters*

This training offers caregivers the opportunity to learn two key skills from Teepa Snow's Positive Approach to Care. Through positive personal connections and positive action starters, caregivers can effectively guide and support care recipients in their daily activities. Join us to explore, practice, and apply these techniques to enhance your caregiving approach.

Contact Maria Morales, Executive  
Director  
(808) 945-3736  
cgsg@projectdana.org

### Hawaii United Okinawa Assn

Senior Health & Fitness Fair  
Friday, May 2nd from 9am to 1pm  
Hawaii Okinawan Center  
94-587 Ukee Street in Waipio  
808-676-5400

### Hawaii County Office of Aging

Hosting the annual luncheon for the  
Older Americans Recognition  
Friday, May 9th - 10:30am to 1pm  
Hilton Waikoloa Resort  
808-961-8600

### HPGS General Membership Meeting

Thursday, May 15th from 11:30am  
via Zoom  
Guest Speaker is Senator Moriwiki  
"2025 Kupuna-Related Legislation"  
SEE FLYER ATTACHED

## PAST HPGS SCHOLARSHIP WINNER

Uyanga "Rose" Batzogs was the recipient of the **Tony Lenzer Scholarship** in 2019. She and other awardees were presented with \$2,000 checks and certificates from HPGS at the board meeting on September 12, 2019. At that time, Rose was pursuing her PhD studies in Social Welfare and planned to develop new and better services for multi-generations. At a Generations event with the City and County of Honolulu's senior programs on March 20th, she and Sherry Goya, HPGS Executive Director, reconnected. At that meeting, Rose gave Sherry a donation check to HPGS for \$200, which will go toward a "Friend" sponsorship for this year's biennial conference. Thank you, Rose!



## INFO, EDUCATION & RESEARCH RESOURCES

Below information is from the "Aging & Disability Issues 2024," which is a guide for Hawaii's legislators, organizations and citizens.

### Medicare Nursing Home Compare

Find and compare Medicare-certified nursing homes based on a location and compare the quality of care they provide and their staffing. A nursing home is a place for people who can't be cared for at home and need 24-hour nursing care.  
Website: [www.medicare.gov/nursing@homecompare/search.html](http://www.medicare.gov/nursing@homecompare/search.html)

### National Alliance for Caregiving

The National Alliance for Caregiving is a non-profit coalition of national organizations who share a vision of a society that values, supports, and empowers family caregivers to thrive at home, work, and life. Its mission is to build partnerships in research, advocacy, and innovation to make life better for family caregivers. The Alliance conducts research, does policy analysis, develops national best-practice programs, and works to increase public awareness of family caregiving issues. Recognizing that family caregivers provide important societal and financial contributions toward maintaining the well-being of those they care for, the Alliance supports a network of more than 80 state and local caregiving coalitions through its advocacy collaborative and engages researchers committed to caregiving through its research collaborative. NAC is a founding member of the International Alliance of Care Organizations (IACO).  
Phone: (202) 918-1013  
Email: [info@caregiving.org](mailto:info@caregiving.org)  
Website: [www.caregiving.org](http://www.caregiving.org)

## JUST A REMINDER....

The HPGS conference will be held on Thursday and Friday, September 11th and 12th at the Ala Moana Hotel. **Potential presenters** are welcome to share their knowledge with attendees who come from all islands and are professionals, government employees, nonprofit members, college students, and even our kupuna. The conference committee is seeking presentation proposals that address the conference theme: **Navigating the Map of Aging**. Go to <http://www.hpgs.org> and apply under the Conference heading....*Call for Presentations is Now Open.*



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## 2025 Biennial Conference Navigating the Map of Aging

Ala Moana Hotel  
September 11 and 12, 2025

### Awards Nomination Form

Seeking nominations for

## “Na Lima Kokua” Awards

to be given to

Individuals residing in Hawai'i and businesses/organizations operating in Hawai'i for two years or more who have strived to make a unique contribution to the elderly. Those eligible would be individuals and businesses/organizations who have helped to enhance the image of aging or who have promoted the field of gerontology. Also, nominees must not have previously won this award in any category. All nominations must be accompanied by this form. ***Please attach this form to a 300 to 500 word minimum write-up of the individual or business/organization being nominated.***

Deadline to submit nominations is: **August 8, 2025**. For more information, please contact Sherry Goya at (808) 722-8487 or [sgoyallc@aol.com](mailto:sgoyallc@aol.com). The award winners will be honored at the 2025 Biennial Conference of the Hawaii Pacific Gerontological Society Conference on Thursday, September 11, 2025 to be held at the Ala Moana Hotel.

### AWARD CATEGORIES (Please circle ONE; if unsure, leave blank):

#### COMMUNICATION/ARTS

(media, performing arts, creative, and literary arts)

#### COMMUNITY SERVICE

(Individual and business/organization serving Hawai'i)

#### GOVERNMENT

(includes government employees and elected officials)

#### RESEARCH/TEACHING

(instructors in public or private schools, trainers, and researchers)

#### BUSINESS

(businesses which have contributed to the welfare of the elderly)

#### TONY LENZER SCHOLAR

(Two students preparing for a career in gerontology to be awarded \$2,000 each for education costs.)

PLEASE PRINT INFORMATION BELOW; ATTACH WRITE-UP; AND SEND TO:

HPGS CONFERENCE – ATTN: SHERRY GOYA, P.O. BOX 3714, HONOLULU, HI 96812 OR EMAIL TO [sgoyallc@aol.com](mailto:sgoyallc@aol.com)

Name of Nominee: \_\_\_\_\_

Business/Organization: \_\_\_\_\_

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

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

Name of Nominator: \_\_\_\_\_

Business/Organization: \_\_\_\_\_

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

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



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## 2025 Biennial Conference Navigating the Map of Aging

Ala Moana Hotel  
September 11 and 12, 2025

### Exhibitor Application Form

Company Name: \_\_\_\_\_

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

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

Contact Person: \_\_\_\_\_ Phone: \_\_\_\_\_

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

HPGS welcomes companies, organizations, and government agencies who provide service, products, facilities, etc. to Hawaii's Kupuna community to have an exhibition table on Friday, September 12th in the foyer of the Ala Moana Hotel from 11:30am to 4:30pm (set up from 10:30am). Conference attendees will be looking forward to learning and meeting professionals in the various fields of Kupuna care, financial, legal, medical, service equipment, medicare, housing, etc.

Conference attendees will be encouraged to visit exhibitor tables. A skirted six-foot table and two chairs will be provided. If using a banner, it cannot be taped to the walls and a stand-up banner should be placed behind or to the side of the table. Electrical outlets are available but limited. Requests are being accommodated on a first-come, first-serve basis.

The conference program will list all exhibitors; and exhibitors may place a camera-ready ad in the program. See below for rates of one table and two chairs for each exhibitor and ad rates:

#### Exhibitor's Rates

HPGS Member Non-Profit: \_\_\_\_\_ x \$275.00 = \$ \_\_\_\_\_

HPGS Member For-Profit: \_\_\_\_\_ x \$350.00 = \$ \_\_\_\_\_

Non-HPGS member: \_\_\_\_\_ x \$425.00 = \$ \_\_\_\_\_

[ ] Requesting Electrical Outlet

#### Ad Rates

Business Card Size Ad (Horizontal 3.5 x 2): \_\_\_\_\_ x \$100.00 = \$ \_\_\_\_\_

1/4 Page Ad (Vertical 4.6875 x 3.375): \_\_\_\_\_ x \$200.00 = \$ \_\_\_\_\_

1/2 Page Ad (Horizontal 4.75 x 7): \_\_\_\_\_ x \$400.00 = \$ \_\_\_\_\_

Full Size Page Ad (Vertical 10 x 7): \_\_\_\_\_ x \$600.00 = \$ \_\_\_\_\_

Application deadline is Monday, July 14, 2025 or until all tables are reserved.

Mail this application with check made payable to HPGS to P. O. Box 3714; Honolulu, HI 96812; OR go online at [www.hpgs.org/conference](http://www.hpgs.org/conference) to complete the form and make payment 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!





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## GENERAL MEMBERSHIP MEETING

Thursday, May 15, 2025

11:30am via Zoom

Get a wrap-up on kupuna-related bills this legislative session from Senator Sharon Moriwaki.



**Senator Sharon Moriwaki**

Elected in 2018, Senator Sharon Moriwaki represents Waikiki, Ala Moana, Kakaako and McCully. She is currently the co-convenor of the legislative Kupuna Caucus, with over 200 members, working on legislation to support kupuna. She has introduced legislation to further support issues and programs that benefit kupuna and their caregivers. Other highlights to mention is her work championing programs that enable kupuna to live in their own homes as long as possible, including rent supplements when needed, strengthening the Long-term Care Ombudsman's office, building a long-term care system that includes family caregivers and direct care workforce training, state health insurance assistance and Senior Medicare Patrol, increasing penalties for crimes against kupuna, and working with Medicaid providers supporting increased reimbursement rates for Medicaid providers, including community-based programs.

**Join Zoom Meeting**

<https://us02web.zoom.us/j/7585097318?pwd=SU1kL3hRUlJyZlNUTitrYXg4aE5yQT09&omn=88037219777>

Meeting ID: 758 509 7318

Passcode: 4ruPYhNZ2