



hawaii pacific gerontological society

Volume 46, No. 5

May 2025

HPGS 2025 BOARD OF DIRECTORS

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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 2025 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

Welcome to May – the month we recognize and celebrate the exceptional contributions of older adults during Older Americans Month!

When Older Americans Month was established in 1963, there were only 17 million Americans over the age of 65. We now have an estimated 73 million in 2025. In Hawaii, one in four are 65 or older. While our longevity has increased, so has our way of thinking about aging. It is with this in mind that the HPGS Conference Committee put forward *Navigating the Map of Aging* as the theme for our upcoming Conference in September.

Every one of us – no matter the stage of life – is aging. Most tend to feel the effects of aging in the body first while the mind and spirit often remain more active and youthful. This leads to the stereotypes that kupuna are either enjoying their golden years on a cruise ship or facing dozens of pill bottles and a walker at home. In part because of this wide disparity in both perception and reality, the field of gerontology developed. Due to the outstanding contributions of gerontologists in studying aging, we are probably better informed on aging issues than any previous generation.

Our Conference is an opportunity for those studying or working in fields related to aging to learn about the latest innovations and insights into aging issues. Your membership in HPGS will entitle you to a discount on the Conference fee. With the rising number of our population reaching the status of kupuna each year, we need to keep up with new research, approaches, and initiatives affecting them.

If you or someone you know is interested in sharing your knowledge as a speaker at the Conference, it is not too late to submit a proposal. The deadline for submissions has been extended to May 31, 2025. The proposal application is attached to this newsletter.

Finally, please be sure to join us on May 15th at 11:30 am when Senator Sharon Moriwaki will be the featured speaker at our General Membership Meeting on Zoom. She will update us on the status of the kupuna-related bills introduced during this legislative session. The Zoom link to join the meeting is in the attached flyer. I look forward to seeing you then –

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, 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.

WELCOME TO HPGS

Company

CapTel Outreach

Susan Jung
2801 Ocean Park Blvd
Santa Monica, CA 90405
P: 310-526-5211
E: susan.jung@oeius.org
W: www.oeius.org

Valley of the Temples

Fred Collins
47-200 Kahekili Hwy
Kaneohe, HI 96744
P: 808-294-7475
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E: fred.collins@vothi.com

EVENTS

HPGS General Membership Meeting

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

End of Life Zoom

FREE Medical Aid in Dying
Bereavement Support Group
Every 4th Sunday from 6-8pm HST
Support group specifically for loved
ones of those who have chosen
Medical Aid in Dying in Hawaii.
Facilitated by Leilani Maxera, LCSW
and Joy Rodriguez, End of Life Doula.
RSVP: 808-853-0621 or emailing
joydrodriguez@yahoo.com

Kokua Mau

Palliative Pupus - Via Zoom
Wednesday, May 21st
5:15pm to 6:30pm

This is an opportunity to hear about a
palliative case which usually involves
a range of practitioners, including
doctors, nurses, chaplain, social
worker and covers physical, emotional
and spiritual issues.
Contact info@kokuamau.org

HPGS GENERAL MEMBERSHIP MEETING



No RSVP is needed to attend the HPGS General Membership Meeting via Zoom on Thursday, May 15th from 11:30am. Senator Sharon Moriwaki will talk about kupuna-related bills that were discussed and signed into law. Bring your questions or concerns for future legislation on behalf of our kupuna. See the flyer attached for the link; however, a reminder will be emailed on May 12th.

2025 HPGS BIENNIAL CONFERENCE

Hope you wrote down these dates on your calendar: Thursday and Friday, September 11th and 12th so you can be at the Ala Moana Hotel for education, inspiration, interaction, and participation at this year's HPGS Biennial Conference. This year's slogan is: *Navigating the Map of Aging*.

The conference committee has confirmed that the first keynote speaker for Thursday, September 11th will be **Sandy Markwood**, Chief Executive Officer, USAging. As the CEO of USAging since 2002, she is a national advocate for aging issues and a champion not only for ensuring that older adults have the best supports to age well at home and in their communities, but for ensuring that our society values and supports people across the lifespan.

Thursday's lunch keynote speaker will be **Lt. Governor Sylvia Luke**. This is also the time when the conference's Na Lima Kokua Awards will be announced and awarded. There are six categories which have been perpetuated for many years and include the following:

Business - businesses which have contributed to the welfare of the elderly.

Communications/Arts - media, performing arts, creative, and literary arts.

Community Service - individual and business/organization serving Hawaii.

Government - includes government employees and elected officials.

Research/Teaching - instructors in public or private schools, trainers and researchers.

Tony Lenzer Scholar - two students preparing for a career in gerontology to be awarded \$2,000 each for education costs.

The "Awards Nomination Form" is attached with this newsletter. Only the Tony Lenzer Scholar nomination must be submitted online at www.hpgs.org/conference. All other nominations need a 300-500 minimum word write-up of the individual or business/organization being nominated. It can be emailed to sgoyallc@aol.com or mailed to HPGS at P.O. Box 3714; Honolulu, HI 96812. Deadline for award nominations is August 8, 2025.

The HPGS conference's Programs/Speakers Sub-Committee has extended the **Call for Presentation Proposals** until Saturday, May 31st. All proposal applications need to be submitted online at <http://www.hpgs.org/conference>. The sub-committee will make their presentation choices the first week of June and contact all applicants.

HPGS MISSION STATEMENT

At their April HPGS Board Meeting, they voted on Version 1 to be on the HPGS website, newsletter and bylaws (see below).

Website, Newsletter and Bylaws (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.

OHANA FEAST PACKS

Hawaii Meals on Wheels is thrilled to announce the return of their delicious **Ohana Feast Packs** this summer! Partnering with KTER4U, one of our commercial kitchen partners, they're proud to offer this mouth-watering feast to you and your Ohana! Funds raised from every pack you purchase will help provide nutritious meals to our hungry, isolated Kūpuna.

Drive-thru pick-up information - Saturday, June 7, 2024

Honolulu Community College –
Parking Lot 2

Pick-ups scheduled between 10 AM
and Noon

Cost: \$65 per 'Ohana Feast Pack

The Feast Pack feeds TWO and includes Kalua pig, Squid luau, Chicken long rice, Lomi salmon, Sweet potato, Poi, Rice and Dessert.

For more information or to schedule your pick-up time after purchase, contact Evelyn Fonseca at efonseca@hmow.org or (808) 784-2761.

NEWS FROM SSA

The Social Security Administration (SSA) is taking steps to provide a significant enhancement for my Social Security account holders, by introducing secure digital access to their Social Security number (SSN). This innovative feature is designed to provide the American public with a modernized, secure, and accessible alternative to the traditional physical SSN card.

The digital SSN feature will allow account holders to conveniently display their SSN, when needed, for reasons other than handling Social Security matters. This enhancement will provide individuals who have forgotten their SSN or misplaced their SSN cards a simple solution allowing them to securely view their SSN online through the my Social Security portal. This will reduce their need for an in-person visit and/or having to wait to receive their SSN card through the mail. They will be able to access it via my Social Security on their mobile devices. This digital feature not only streamlines the process for those who need their SSN but also reinforces our dedication to protecting sensitive information. By providing a secure digital option, SSA aims to reduce the risk of lost or stolen cards and enhance the overall user experience.

SSA encourages all account holders to take advantage of this new feature, which will be available starting early this summer. For more information on how to create a my Social Security account, please visit <https://www.ssa.gov/myaccount/>.

THE CELEBRATION OF MOTHERS AND MOTHERHOOD

We will celebrate Mother's Day on May 11th. It is a day in which we honor the mother of the family, the contribution of all mothers, acknowledge the efforts of maternal bonds and the role and influence of mothers in our society. The celebration of mothers and motherhood can be traced back to ancient times with the Greeks and Romans held festivals in honor of the mother goddesses, Rhea and Cybele. However, the closest modern example for Mother's Day is the early Christian festival known as "Mothering Sunday."

Once a major tradition in the United Kingdom and parts of Europe, the celebration of "Mothering Sunday" fell on the fourth Sunday in Lent and was originally seen as a time when the faithful would return to their "mother church" for a special service. However, as time passed, the "Mothering Sunday" tradition changed into a more secular holiday where children would present their mothers with flowers and other tokens of appreciation. Over time, this custom would also eventually fade in popularity. The Mother's Day we celebrate in Australia today, originated from the Mother's Day that was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Following her mother's 1905 death, Anna Jarvis conceived Mother's Day as a way of honoring the sacrifices mothers made for their children. She envisioned the day to be one of personal celebration between mothers and families. Her version of the day involved wearing a white carnation as a badge and visiting one's mother or attending church services.

Hope you recognize and appreciate your mother, whether here on earth or in heaven. We can also learn from our mothers and perpetuate why *Mother's Day* was started and will continue for many more years!



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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



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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. 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

Name of Nominee: _____

Business/Organization: _____

Address: _____

Telephone: _____ Email: _____

Name of Nominator: _____

Business/Organization: _____

Address: _____

Telephone: _____ Email: _____



hawaii pacific gerontological society

2025 Biennial Conference Navigating the Map of Aging

Ala Moana Hotel
September 11 and 12, 2025

Call For Presentation Proposals

Submission Deadline: Saturday, May 31, 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:

- Innovative policy and programmatic approaches to address ageism and encourage active aging.
- Initiatives focusing on workforce development and strengthening the long-term care system.
- Breakthroughs in dementia care, chronic disease management, and other geriatric issues.

The conference will feature keynote speakers and individual sessions. It 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. HPGS would like to highlight these important changes at this year's conference to be held at the Ala Moana Hotel in Honolulu on September 11th and 12th.

Proposal Submission Guidelines and Review Process

The HPGS Biennial Conference Committee invites individuals to submit a presentation proposal that addresses the conference theme of "Navigating the Map of Aging." We welcome proposals from all disciplines and professions. Presentation contents must be new and highly relevant to the conference participants. There are three presentation formats: (1) panel session; (2) oral presentation; and (3) student lightning round. Panel sessions feature a group of three to five colleagues discussing a single theme, each of whom presents a distinct element or perspective, including a moderator, panelists and optional discussant. Oral presentations may be up to two speakers. These two presentation types will be for a maximum of 45 minutes. The "lightning round" presentations will highlight student research and other projects in a short five-minute rounds per student.

Each presenter is limited to two proposals and may not be the single or lead presenter in more than one proposal. There is no conference fee for presenters. To submit a proposal, go to <http://www.hpgs.org> and complete the form.

The HPGS Executive Director 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 emailed the lead presenter.

For questions, please contact Sherry Goya, HPGS Executive Director, at sgoyallc@aol.com or 808-722-8487.