



hawaii pacific gerontological society

Volume 46, No. 7

July 2025

## HPGS 2025 BOARD OF DIRECTORS

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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

July Greetings!

We have been very busy here at HPGS, working together to make our 2025 Conference an enjoyable and informative event you will be glad you attended. I am excited to announce that speakers have been chosen and an itinerary created (for a preview, the itinerary is attached to this newsletter). We will kick off our Conference with a keynote presentation by Sandy Markwood, CEO of USAging. Sandy is a national advocate for aging issues and a champion for ensuring that older adults have the best supports to age well at home and in their communities. Her ideas and insights from working on a national scale will no doubt be helpful to us here in Hawaii Nei.

In the 2023 end-of-Conference surveys a great majority of attendees noted the networking opportunities afforded by our Conference as a major plus. Many commented on the on-the-spot attendee introductions as some of their favorite moments. We appreciate your feedback and are endeavoring to include some of your ideas. Bringing you quality educational content is, of course, our main focus and the primary reason you should attend. But the opportunities to meet others working in similar fields to support and enhance the lives of our kupuna is unmatched. You will gain new contacts you might never have otherwise met.

HPGS wants to continue to grow so that more workforce scholarships can be offered and more learning can be supported. Over the past 40+ years our organization has moved us all forward with new ideas, such as adopting active aging models and identifying ageist stereotypes. With the increasing numbers in our community over the age of 65 (including some of us at HPGS), our education and understanding also needs to increase. Our Biennial Conference offers you priceless opportunities to meet new people and grow in your understanding of current aging issues. Please consider registering today at <https://hpgs.org/conference/>.

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

**Individual**  
Jordan Lewis

## EVENTS

### **Project Dana**

Saturday, July 12th at 9:30am  
*Why It's Good to Plan Ahead  
for End of Life*

Waipahu Hongwanji Buddhist Temple

Monday, July 28th at 6:30pm via Zoom  
*Talk Story Support Group Meeting*  
cgsg@projectdana.org

### **Hawaii SHIP**

Wednesday, July 23rd @ 10-11am  
Ambulance Services & Medicare  
See Flyer in this Newsletter to  
register for this free presentation.

### **GENERATIONS MAGAZINE**

*Aging in Place Workshops*

Saturday, August 2nd from  
8am to 2:15pm

Ala Moana Hotel, 2nd Floor  
FREE to the Public • No RSVPs needed

## HPGS JOB BOARD

Did you know that you can place a  
job opening on <http://www.hpgs.org>  
when you have a position available?

An online application for job  
placement can be put on the HPGS  
website and will be available for 45  
days, an opportunity to be extended.

## VOLUNTEER OPPORTUNITIES

The HPGS website has page entitled  
"Kupuna Volunteer Connections,"  
with opportunities for anyone to  
volunteer at a number of companies  
or organizations. There are contact  
information and details of all listings.

For those who wish to provide a  
listing, simply complete the form by  
filling all spaces.

## 2025 HPGS BIENNIAL CONFERENCE

All the information and forms for the **HPGS Biennial Conference** have been distributed and now it is time to REGISTER for this two-day educational, informative and networking event of the year at the Ala Moana Hotel on Thursday and Friday, September 11th and 12th. The last HPGS conference in 2023, with attendance from seniors, college students, professionals, nonprofits, and government agencies, was so well received that the conference committee feels that more individuals will attend this year. They know that there will be representation from the neighbor islands too. Go online to [www.hpgs.org/conference](http://www.hpgs.org/conference) to make your reservation OR print out the attached registration form and mail in a check. Please encourage your friends, family and fellow employees to join you.

From three renowned keynote speakers to 16 presentations, which includes panel discussions, to a time to visit with Exhibitors in the field of gerontology, with two continental breakfasts and two lunches, YOU will learn something from many of the speakers who are the best HPGS can offer this year. Please see the attached **Conference Itinerary**.

Nominations are still being accepted for the **Na Lima Kokua Awards** (see the form attached). The award winners for all categories will be honored at Thursday's luncheon, with the keynote speaker to be Lt. Governor Sylvia Luke. Complete the form by August 8th for someone you know in Communication/Arts, Community Service, Government, Research/Teaching, Business and especially the Tony Lenzer Scholar where two students will be awarded \$2,000 each.

There are still **Exhibitor** tables available for companies and organizations to share their information to all conference attendees on Friday, September 12th. This is a great way to meet conference attendees who are from seniors themselves to the professionals interested in learning what is available in all aspects of the senior community. This face-to-face opportunity is priceless!

## HPGS NEWS

**Griswold Home Care for Oahu**, a subsidiary of Royal State Corporation, proudly marked its first anniversary with a heartfelt celebration at its corporate office in Restaurant Row. Attendees included providers of services to kupuna, community leaders, and individuals from neighboring businesses, as well as family and friends. Good conversation, food, and laughter filled the office, with team members creating a welcoming atmosphere, embodying the spirit of dedication and service that defines Royal State and Griswold. This anniversary celebrates a year of delivering exceptional, non-medical care and support, enabling seniors to remain in the homes they love and find comfort in.

**Ohana Care Maui** now offers on-site Care Services for Kalama Heights residents! The residents can expect a care office on the 3rd floor, by the elevator, daily from 6am to 10pm. Services include personal care, wellness check-ins, companionship, laundry support and much more. Rates are based on level of care and services needed. Personalized plans are created after an initial consultation. Check out their website at [www.ohanacaremaui.com](http://www.ohanacaremaui.com) Call 808-344-1285 or email [info@ohanacaremaui.com](mailto:info@ohanacaremaui.com).

## CONTACT YOUR LEGISLATORS

On July 1, 2025, the Senate passed HR 1, the budget reconciliation bill that would strip health care from over 17 million people, and postpone the nursing home minimum staffing rule for 10 years. Next it goes to the House for a vote. But the main issue with the bill is that it could result in state Medicaid budgets receiving less money and reductions in benefits and services for kupuna and disabled individuals. Home and community services will likely be cut first, leading to higher costs for institutionalization. It is imperative that we reach out to our representatives and tell them to say NO to these unnecessary and destructive cuts to Medicaid.



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## 2025 Biennial Conference Navigating the Map of Aging

Ala Moana Hotel  
September 11 and 12, 2025

### Registration Form

The HPGS 2025 Biennial Conference includes two full days of educational presentations along with three keynote speakers from national and state leadership positions. The conference is intended for elder-care practitioners in the health and human service fields, businesses, government agencies, non-profits and faith-based organizations serving older adults, applied researchers, students in gerontology, advocates for seniors and seniors interested in continuing their education. The conference will start with a continental breakfast and include lunch and afternoon snack for both days.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Organization/Company (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

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

Phone # \_\_\_\_\_ Email \_\_\_\_\_

	2025 DATES	REGULAR REGISTRATION <small>Received before 8/18/25</small>	LATE REGISTRATION <small>Received after 8/18/25</small>
MEMBER	BOTH DAYS	\$345	\$445
NON-MEMBER	BOTH DAYS	\$445	\$545
STUDENT	BOTH DAYS	\$295	\$395
SENIOR 70+	BOTH DAYS	\$195	\$295

Total amount being paid with this registration form is \$\_\_\_\_\_ (check attached)

To register with a check, complete the form and mail with a check made payable to the Hawaii Pacific Gerontological Society to:

**HPGS**

**P. O. Box 3714**

**Honolulu, HI 96812**

For charge card registrations, go to [www.hpgs.org](http://www.hpgs.org) and register online.

**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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## 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: \_\_\_\_\_



# Conference Agenda



## Thursday, September 11, 2025

- |         |   |
|---------|---|
| 7:30am  | Registration in the 2nd Floor Foyer w/a Continental Breakfast   |
| 8:15am  | Welcome by <b>Laurie Adamshick &amp; Kristina Wong</b> , Co-Conference Chairs   |
| 8:30am  | Keynote Speaker: <b>Sandy Markwood</b> , CEO of USAging   |
| 9:15am  | Break   |
| 9:30am  | Panel Presentation: Innovations in Eldercare Workforce Recruitment & Retention  |
| 10:30am | Break   |
| 10:45am | Presentation: Managed Care Organization Navigating the Map of Aging with GRACE  |
| 11:30am | Break   |
| 11:45am | Buffet Lunch  |
| 12:15pm | Keynote Speaker: <b>Lt Governor Sylvia Luke</b>   |
| 12:45pm | Na Lima Kokua Awards Presentations by <b>Kathy Wyatt</b>  |
| 1:00pm  | Student Presentations: "Lightning Round" MCed by <b>Christy Nishita</b>   |
| 1:30pm  | Break to close the wall, separating Hibiscus Ballroom I & II  |
| 1:45pm  | Presentation in Hibiscus I: <i>The Value of Life Care Planning for Kupuna &amp; Their Families</i>                      |
| 1:45pm  | Presentation in Hibiscus II: <i>What Matters to Older Native Hawaiians? A Qualitative Study of Care Preferences</i>     |
| 2:30pm  | Break   |
| 2:45pm  | Presentation in Hibiscus I: <i>Aging in a Good Way; Lessons Learned From an 18-Year Study with Alaska Native Elders</i> |
| 2:45pm  | Presentation in Hibiscus II: <i>Identifying &amp; Preventing Strokes</i>  |
| 3:30pm  | Break to open the wall, joining Hibiscus Ballroom I & II  |
| 3:45pm  | Presentation: <i>Your Brain on Exercise; New Findings in Dementia Prevention &amp; Management</i>                       |
| 4:00pm  | Closing words by <b>Laurie Adamshick</b> , Co-Conference Chair  |





# Conference Agenda



## Friday, September 12, 2025

- 7:30am Registration in the 2nd Floor Foyer w/a Continental Breakfast
- 8:15am Welcome Back by **Laurie Adamshick & Kristina Wong**, Co-Conference Chairs
- 8:30am Keynote Speaker: National AARP Representative
- 9:30am Break to close the wall, separating Hibiscus Ballroom I & II
- 9:45am Presentation in Hibiscus I: *Ho`ola `Aina Pilipili, Accessible Community Garden & "Dementia-Friendly" Initiative*
- 9:45am Presentation in Hibiscus II: *Social Isolation & Loneliness Along Lifelong Learning Institute Members*
- 10:30am Break
- 10:45am Panel Presentation in Hibiscus I: *Active Aging Consortium in Asia Pacific 2025: Instructive Perspectives*
- 10:45am Panel Presentation in Hibiscus II: *Kupuna Pono, A Pathway to Family Cohesion & Empowered Elder Care*
- 11:45am Break to open the wall, joining Hibiscus Ballroom I & II
- 11:45am Exhibitor Tables are open to visit in the foyer
- 12:00pm Sit-Down Lunch & visit Exhibitor Tables in the foyer
- 1:00pm Break to close the wall, separating Hibiscus Ballroom I & II
- 1:15pm Panel Presentation in Hibiscus I: *Creating Dementia-Friendly Communities; Innovations in Dementia Awareness & Education*
- 1:15pm Panel Presentation in Hibiscus II: *Revitalizing Partnerships for Fall Prevention; Promoting Active Aging Through Collective Action*
- 2:15pm Presentation in Hibiscus I: *Care Provider & Care Receiving Plan*
- 2:15pm Presentation in Hibiscus I: *Aging in a Foreign Land Among Japanese Immigrants*
- 3:00pm Break to open the wall, joining Hibiscus Ballroom I & II
- 3:15pm Presentation: *A Discussion on Palliative Care: What is it and who can it help?*
- 4:30pm Closing words by **Kristina Wong**, Co-Conference Chair



# AMBULANCE SERVICES & MEDICARE: WHAT YOU NEED TO KNOW



Get the facts on Medicare's coverage of ambulance services, including when it applies, what costs you might expect, and what steps to take if a claim is denied. We'll also share helpful resources to guide you through the process with confidence.

## EVENT DETAILS



July 23, 2025 (Wednesday)



10:00 AM – 11:00 AM (HST)



Zoom Registration Link

[https://us06web.zoom.us/join/register/H0d1H\\_CKT0yV-ZfAfkpYNQ](https://us06web.zoom.us/join/register/H0d1H_CKT0yV-ZfAfkpYNQ)

Don't miss this opportunity to get clarity on your Medicare coverage and prepare for the unexpected!