



hawaii pacific gerontological society

Volume 46, No. 8

August 2025

HPGS 2025 BOARD OF DIRECTORS

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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

Aloha HPGS Members and Community!

What an eventful day we had last week when a magnitude 8.8 earthquake occurred off the Kamchatka Peninsula of Russia. It was reported to be one of the most powerful quakes ever recorded. When my phone went off with the potential tsunami disaster alert, my mind went to those unbelievable scenes of destruction when a tsunami struck Fukushima in Japan, wiping out boats, cars, buses, homes and everything else in its path. I am sure I was not alone in remembering that terrible footage.

The tsunami scare was a reminder that emergency preparedness is serious business. Although the scare has passed, we are still in hurricane season and need to remain prepared. For many of us who have older neighbors who may be living alone and who may not have family available to assist them, it is our kuleana to lend a helping hand. We may be living in difficult times, but the need to do the right thing, set a good example for our children, and give of ourselves never changes. As I am often reminded, we will someday be kupuna ourselves.

Preparing for the natural decline in financial decision making that comes with aging is another area that requires forethought in order to avoid a financial crisis. This topic will be the focus of a keynote presentation on Friday, September 11, the second day of our upcoming 2-day conference at the Ala Moana Hotel. We are pleased to have Dr. Duke Han, a neuropsychologist, tenured professor and research leader speaking on Financial Decision Making in Older Age: Relevance to Alzheimer's Disease and What You Can Do About it. Dr. Han is just one of the many exciting speakers who will enlighten us at the conference.

Registration for our conference, entitled Navigating the Map of Aging, is now open. You will find the Registration form attached to this newsletter. Please note the deadline for the discounted rate is Monday, August 18, 2025 – Don't miss the opportunity to save \$100 by registering by this date. We look forward to seeing you!

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

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Individual

James Atkisson
Alice Bratton
Kelli Figueira
Kauionalani Fukuda
Kimberlee Sato
Edwin Tagawa
Leilani Westergard
Jordan Yamada

HPGS CONFERENCE PROGRAM

For those who cannot attend the conference but would like to reach those in attendance, the Conference Program offers an advertising opportunity at excellent rates.

Below are the ad sizes available:

\$100 Business Card (horizontal 3.5"x2")
\$200 1/4 Page (vertical 4.6875"x3.375")
\$400 1/2 Page (horizontal 4.75"x7")
\$600 Full Page (vertical 10"x7")

PDF of any ad size should be emailed to Sherry Goya, HPGS Executive Director at sgoyallc@aol.com by August 16th. The Exhibitor's Form (where the ad rates are) also needs to be completed, and payment can be made online. Contact Sherry at 808-722-8487 with questions.

2025 HPGS BIENNIAL CONFERENCE

Registrations are coming in for this year's HPGS conference to be held on Thursday and Friday, September 11th and 12th at the Ala Moana Hotel. If you are not one of the current registrants, it is NOW time to register before the late registration fees start on August 18th, for a savings of \$100.

The two-day conference is very affordable when considering two continental breakfasts and lunches, with snacks, and of course, all the wealth of information to be had with sixteen sessions throughout the two days. The Na Lima Kokua Awards will be presented at Thursday's luncheon and Friday will have exhibitors to meet in person.

CONFERENCE KEYNOTE SPEAKERS



This year's biennial conference is pleased to announce **THREE** keynote speakers, two on Thursday, September 11th and one on Friday, September 12th. The morning keynote for Thursday will be **Sandy Markwood**, CEO of USAging, who 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. A passionate advocate, Sandy has led numerous USAging campaigns to support the needs of older adults as they age, including those focused on combating social isolation among older adults, encouraging healthy aging, supporting caregivers, promoting livable communities, and access to transportation and housing options.



Lt Governor **Sylvia Luke** will be speaking during Thursday's lunch hour. She is the 16th Lieutenant Governor of the State of Hawaii, the third woman to hold the office, and the highest-ranking Korean-American official in the U.S. Born in Seoul, South Korea, she immigrated to Honolulu at the age of nine with her family. Sylvia learned to speak English with the help of their 5th-grade teacher at Queen Ka'ahumanu Elementary. She later graduated from Roosevelt High School and the University of Hawaii at Manoa. Following her undergraduate degree, she continued her education at the University of San Francisco. Sylvia was first elected to the Hawaii State Legislature in 1998, where she served until 2022.



AARP is sponsoring the keynote speaker for Friday morning. His name is **Duke Han**, PhD, a Diplomate of the American Board of Professional Psychology in Clinical Neuropsychology, a Fellow of the American Psychological Association and the National Academy of Neuropsychology, and a tenured Professor of Psychology, Family Medicine, Neurology, and Gerontology at the University of Southern California. The title of his speech is "Financial Decision Making in Older Age: Relevance to Alzheimer's Disease and What You Can Do About It."

SHARING THE VARIETY OF PRESENTERS

There will be sixteen (16) presentations made at the conference throughout two full days. They range from a single presenter to panels of professionals. Just to give HPGS members a feel of the variety of presenters, here are just a few:

"Managed Care Organization Navigating the Map of Aging with GRACE" by **Ritabelle Fernandes** MD, MPH, a Professor at the Geriatric Medicine Department of the John A. Burns School of Medicine, University of Hawaii, who is a practicing

Continued on page 3

HPGS 2023 CONFERENCE



HPGS 2023 Conference Attendees



Panel Discussion on the
Ombudsman Program



Hale Hauoli Hawaii's Exhibitor's Table



Presentation in Hibiscus Room I

TONY LENZER SCHOLAR AWARDED



Miliama Ku'uipo Iloil and mother

2025 HPGS BIENNIAL CONFERENCE (CON'T)

geriatrician at Kalihi-Palama Health Center and also medical director at AlohaCare; and **Kamaile DeMello**, the GRACE Social Worker at AlohaCare, where she provides compassionate, holistic support to members navigating complex medical and social needs.

"Active Aging Consortium in Asia Pacific 2025: Instructive Perspectives" by **Gary Simon**, who is the AARP Hawai'i State President and the Chair of the AARP Hawai'i Executive Council; **Tani Kalei Salazar**, LSW, the Alzheimer's Disease and Related Dementia Services Coordinator at the Executive Office on Aging (EOA), Hawai'i State Department of Health. and **Sara Tompkison**, LCSW, is a retired social worker with the Department of Veterans Affairs.

"Aging in a Good Way: Lessons Learned From an 18-Year Study with Alaska Native Elders" by **Jordan Lewis**, PhD, the New Director of the Center on Aging at the University of Hawaii. Dr. Lewis brings extensive expertise to his new role and is sharing from his studies in Alaska with conference attendees.

"Social Isolation and Loneliness Among Lifelong Learning Institute Members" by **Michael Cheang**, who teaches Family Resource Management, Soft Skills for Success in the Workplace, Family Public Policy, and the Capstone Portfolio in the Human Development and Family Science Program at the University of Hawaii at Manoa; and **Carole Mandryk**, who is in her 10th year as Director of the Osher Lifelong Learning Institute at the University of Hawai'i at Mānoa, a member-based community that fosters lifelong learning to engage minds, enrich lives, and serve the community.

HPGS CONFERENCE SPONSORS

The cost of running a conference is never paid only by registrations, especially since the "senior registration" for this year as been lowered by \$100 and "students" can also attend at a discount.

As of the writing of this newsletter, the conference committee would like to thank the following sponsors:

GOLD	AARP Hawaii, ALTRES Home Care, Kahala Nui and Tony Lenzer Family
SILVER	Arcadia Family of Companies, Generations Magazine, Islands Hospice and Navian Hawaii
BRONZE	UH Center on Aging
FRIEND	Lanakila Pacific, Quality Life LLC, Sherry A. Goya, LLC, Cullen Hayashida, Rulon & Adamshick, LLC, Warren Wong, Yim & Yepuku

WAYS TO SAVE - AARP'S 2025 EDITION

Many HPGS members might be AARP members, as is Sherry Goya, HPGS Executive Director, who receives their bulletins and magazines. The AARP July/August Bulletin had a list of **90 Great Ways to Save** and she wanted to share just a few of them. Listed as #1 (which Sherry tries to do most times) is **Use self-checkout**. Self-checkout can lead to a decrease in impulse purchases, in large part because shoppers are paying attention to what they're buying and how much things cost when they're scanning items. #8. **Try store brands**. You can save 30 to 50 percent off the cost of name brands. Check the ingredients in the store brand's product against the ones in your favorite name brand. You may be able to return an item if not satisfied. #33 **Hit your warehouse clubs midday**. Warehouse stores like Sam's Club and Costco typically run "product demonstrations," a.k.a. free samples, often between 11am and 5pm most days



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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 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

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 = \$ _____

Deadline Extended to **Friday, August 16, 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 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!