

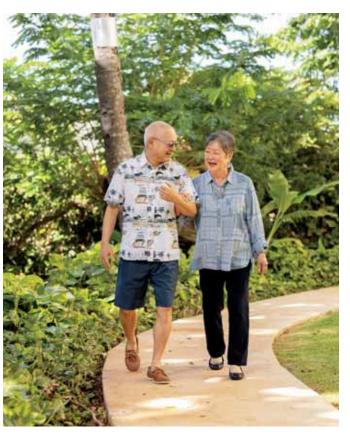
Navigating the Map of Aging

SEPTEMBER 11 - 12, 2025 ALA MOANA HOTEL

> 2025 BIENNIAL Conference







EXPERIENCE A FULFILLING LIFESTYLE

Kāhala Nui, a Life Plan Community, is designed to complement an active lifestyle. Our quality-class services cover essential maintenance, allowing you the freedom to focus on doing things you enjoy while providing a continuum of care on the same campus.

To learn more call 808.218.7200 or visit our website at KAHALANUI.COM.







4389 Malia Street, Honolulu, HI 96821 🛛 🕲 💷 💃









Sponsors



Mahalo To Our Sponsors

GOLD SPONSOR









SILVER SPONSOR









BRONZE SPONSOR







FRIENDS OF HPGS

Horace Farr Sherry A. Goya, LLC Cullen Hayashida Lanakila Pacific Qualify Life LLC Rulon & Adamshick LLC Warren Wong





Welcome from the HPGS President





Laurie Adamshick President

It is with eager anticipation that we welcome all of you to the 2025 Conference of the Hawaii Pacific Gerontological Society. Great things happen when there is a gathering of great minds. We have assembled some great minds and wonderful speakers for you over two days of dynamic and compelling learning.

This Conference is the product of two years of planning, starting with the conference theme:

Navigating the Map of Aging. The overarching goal over the past two years has been to provide our members, sponsors and community leaders in aging with an exceptional educational and networking experience. Geographers of aging are helping us better understand the common experience of aging with new studies and insights. We are excited by the prospect of all we will learn from their presentations.

To kick off this conference on aging we will hear from **Sandy Markwood** (the CEO of USAging) in a keynote talk offering us a national perspective from her work as an advocate for aging issues. Our esteemed **Lieutenant Governor Sylvia Luke** will be our second keynote speaker a little later as we approach the lunch hour. In addition to all the presentations noted in the program for Day One, other highlights include the presentation of our Na Lima Kokua Awards and our Lightening Round student presentations.

On Day Two you will not want to miss **Dr. Duke Han's** (USC professor and research leader) keynote talk on Financial Decision Making in Older Age. To cap off the conference at the end of Day Two you will learn all about palliative care and the first-in-the-nation Medicaid palliative care benefit launched right here in Hawaii with help from two highly respected local coalitions to improve serious illness care.

Many of the lasting memories we have from attending these conferences are the moments when we can personally engage with one another, make new friends and renew old acquaintances. We too look forward to making more memories this time with you!

We are grateful for your support of the Hawaii Pacific Gerontological Society and continuing attendance at our conferences. On behalf of both my Conference Co-Chair and I, we hope you have a great time!

With gratitude and much aloha,

Laurie T.S. Adamshick
HPGS President & Conference Co-Chair

HPGS 2025 BOARD OF DIRECTORS

Officers:

Laurie Adamshick
President

Kristina WongPresident-Elect

Kathy Wyatt Past President

Cynthia ArnoldSecretary/Treasurer

Directors:

Ku`ulani De Monte Courtney DiMaggio Kendi Ho Tadahiro Meya Lesley Milligan Travis Motosue Christy Nishita



HPGS 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 Kupuna in Hawaii.



Welcome from the HPGS Conference Co-Chair





Kristina Wong
President-Elect

Aloha mai kākou,

We are so pleased to be able to present the 2025 HPGS Biennial Conference: Navigating the Map of Aging. The conference committee has been working very diligently to bring this group of select panels and speakers to share their expertise and start those conversations that are needed.

Since becoming a member of the board, I've had the pleasure to meet regularly with experts in our community, sit in on webinars, assist with this conference and our upcoming annual fundraising event; to provide undergraduate and graduate scholarships for students interested in work related to aging, long-term care, and/ or death and dying. Helping our state to create a stronger and larger workforce for our kūpuna is needed. Information, ideas, and creating policies and programs that will benefit our kūpuna is imperative. Becoming a member of HPGS has allowed me to participate, contribute, and learn (which I feel we will never stop doing).

For those of you joining us today, if you are not members, I encourage you to consider it. The journey continues to be rewarding, and I am so grateful to be working with this amazing group of caring professionals. Please take a few seconds to read our Mission below.

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.

Mahalo nui loa,

Kristina Wong
HPGS Conference Co-Chair
HPGS President-Elect

Kristina Wong is a Manager with ALTRES Home Care and ALTRES Medical. In her role she connects kūpuna with compassionate caregivers and supplies local facilities and medical offices with licensed healthcare workers. Prior to joining ALTRES, Kristina worked at a hospital, an infectious disease office, and provided 1:1 care for her grandparents. Her passion is driven by her experience of caring for her own kūpuna, and the challenges that families who care for an aging loved one can be faced with.

MAHALO TO THE CONFERENCE COMMITTEE MEMBERS

HPGS 2025 Conference
Committee Co-Chairpersons
Laurie Adamshick
Kristina Wong

Committees & Members

Awards

Kathy Wyatt, Chair Courtney DiMaggio Darlene Nakayama Tadahiro Meya

Budget/Registration Cynthia Arnold, Chair

Exhibitors
Lesley Milligan, Chair

Marketing

Laurie Adamshick, Chair Ku`ulani De Monte

Program/Speakers
Christy Nishita and Kendi Ho,
Co-Chairs
Mae Mendelson
Tani Salazar
Gary Simon

Sponsors

Kristina Wong, Chair Lesley Milligan Travis Motosue

Members of All Committees

Laurie Adamshick,
Conference Co-Chair
Kristina Wong,
Conference Co-Chair
Sherry Goya,
HPGS Executive Director





Conference Agenda



Thursday, September 11, 2025

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





Conference Agenda



Friday, September 12, 2025

7:30am	Check-In in the 2nd Floor Foyer with a Continental Breakfast				
8:15am	Welcome Back by Laurie Adamshick and Kristina Wong , Co-Conference Chairs				
8:30am	Keynote Speaker: Duke Han, PhD, representing AARP				
9:30am	Break to close the wall, separating Hibiscus Ballroom I and II				
9:45am	Presentation in Hibiscus I: "Ho`ola `Aina Pilipili, Accessible Community Garden and "Dementia-Friendly" Initiative"				
9:45am	Presentation in Hibiscus II: <u>"Social Isolation and Loneliness Among Lifelong Learning Institute Members"</u>				
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 and Empowered Elder Care"				
11:45am	Break to open the wall, joining Hibiscus Ballroom I and II				
11:45am	Exhibitor Tables are open to visit in the foyer				
12:00pm	Buffet Lunch and visit Exhibitor Tables in the foyer				
1:00pm	Break to close the wall, separating Hibiscus Ballroom I and II				
1:15pm	Panel Presentation in Hibiscus I: "Creating Dementia-Friendly Communities; Innovations in Dementia Awareness and Education"				
1:15pm	Panel Presentation in Hibiscus II: <u>"Revitalizing Partnerships for Fall Prevention; Promoting Active Aging Through Collective Action"</u>				
2:15pm	Presentation in Hibiscus I: <u>"A Dementia Caregiver's Journey and A Caregiver's Future Plans"</u>				
2:15pm	Presentation in Hibiscus II: "Aging in a Foreign Land Among Japanese Immigrants"				
3:00pm	Break to open the wall, joining Hibiscus Ballroom I and II				
3:15pm	Presentation: ""A Discussion on Palliative Care: What Is It and Who Can It Help?				
4:00pm	Closing words by Kristina Wong , Co-Conference Chair				



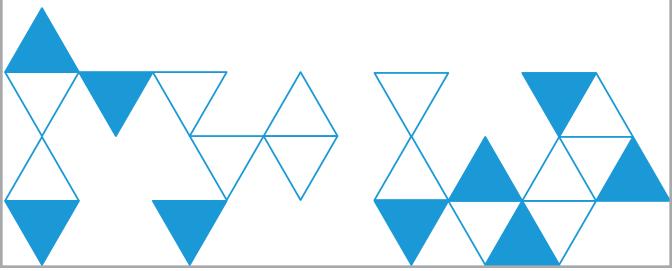
Mahalo

Hawai'i Pacific Gerontological Society

for your support and advocacy of our kūpuna.



Home Care | Staffing | simplicityHR







Student Lightning Round



The HPGS Biennial Conference in 2023 shared many poster boards from students. This year's conference has six University of Hawaii at Manoa students who will share specific presentations. Below are the student names and presentation titles. Each student are allowed five minutes on Thursday, but feel free to talk with them during the conference.

Jewel Ito - Research Aimed at Enhancement for Senior Isolated Populations

Whitney Katsutani - The Motivation to Care: Understanding Multi-Level Perspectives on the Recruitment and Retention of Direct Care Workers in Hawaii Long-Term Care Setting

Kevin Peralta - Home Modification as an Intervention for Fall Prevention

Nargis Sultana - Older Adults' Perception and Preference on Accessibility and Quality of Urban green Spaces for Physical Activity: A Photovoice Study

Jessica Takabayashi - Research Aimed at Enhancement for Senior Isolated Populations

Kristal Xie - Improving Understanding of Companionship Care: A Pilot Study with Families at Kuakini Home

A big MAHALO goes out to the **Tony Lenzer Family** who sponsored these students by paying their two-day registration fee. His legacy continues to support Hawaii's students in the field of gerontology.

Tony Lenzer Scholar Award



To honor the first President of the **Hawaii Pacific Gerontological Society**, **Anthony "Tony" Lenzer**, the 2025 HPGS Biennial Conference will award the *Tony Lenzer Scholar Award* to a student preparing for a career in gerontology. This perpetual award will keep the love of educating Hawaii's students in the field of gerontology alive for many years to come.

As a gerontologist himself, Tony was always looking out for the best interest of Hawaii's aging community. He established the *Gerontology*

Program for the University of Hawaii's School of Public Health in 1969. Throughout his career, Tony supported aging research and taught at the UH Manoa campus. As the first director of the UH Center on Aging from 1988 to 1993, Tony was always passionate about educating those who have a desire to pursue the knowledge and experience needed to service Hawaii's growing senior population.

For many years, HPGS has had a number of scholarship awards presented to undergraduate and graduate students in the field of aging. It was Tony's desire to provide scholarships annually, and contributions to the HPGS scholarship fund will keep his dream alive for future students.



2025 Na Lima Kokua Awards



The HPGS conferences started in 1981 at the Ilikai Hotel, with the awards program starting in 1986 at the Hilton Hawaiian Village. For the past four years, the conference has been held at the Ala Moana Hotel, and virtually from there in 2021. For the 19th time, the **Na Lima Kokua Awards** continues to honor individuals, businesses, government agencies, organizations and students in six different categories. Please congratulate this year's winners who will receive their awards at the luncheon on Thursday, September 11th. They have all helped to enhance the image of aging or promoted the field of gerontology.

BUSINESS AWARD - CapTel Outreach



For over 11 years, Susan Jung has been with **CapTel Captioned Telephones** (CapTel Outreach). In that time, she has met countless individuals and families whose lives have been changed by this simple, yet powerful telephone with a screen. Susan loves her work because it combines two things that matter most to her: helping people and making a real difference in the everyday life of those with hearing problems. CapTel phones remove that barrier by showing word-forword captions of everything the caller says, right on their telephone screen. Susan says that she is "passionate about sharing the benefits of this telephone because she's seen the impact firsthand, with less stress, more confidence, and the freedom to stay connected by many

kupuna on Oahu. My goal remains to ensure that no one misses out on the conversations that matters with family, friends, and doctors."

COMMUNITY/ARTS AWARD - Martha Khlopin



As a trusted voice for Hawai'i's older adults and their families, **Martha Khlopin** has been hosting the weekly syndicated radio show, "A Medicare Moment with Martha and a Millennial" for more than a decade and an 'Ōlelo television show. She also appears monthly on KHON2's Living 808 where she translates Medicare eligibility and enrollment rules into clear, practical guidance and connects audiences to actionable resources. Off-air, she leads community workshops that help kūpuna successfully navigate government programs. Martha has also co-authored peer-reviewed articles in medical journals, including work published in The Lancet Oncology. A graduate of New York University, Martha has lived in Hawai'i for 25 years and is married with

two children. She wanted to say, "Mahalo for this honor. I am humbled to receive HPGS's Na Lima Kokua award. I am grateful to the HPGS nomination committee, with special thanks to Laurie Adamshick, Esq., for her steadfast support and encouragement. I am also grateful for speaking opportunities with the Hawai'i State Rural Health Association/Project ECHO, the Hawai'i Estate Planning Association, and the Hawai'i Bar Association Senior Counsel Division. To Hawai'i's kūpuna, families, caregivers, providers and government and insurance representatives—mahalo for inspiring me to serve our most vulnerable population."

GOVERNMENT - Kimberly Itagaki



Kimberly said, "I am deeply honored to receive this award and sincerely thank HPGS for this recognition. This achievement would not have been possible without the unwavering dedication and hard work of our senior volunteers, whose commitment continues to inspire and uplift our community. I also extend my heartfelt gratitude to Derrick Ariyoshi and Thomas Atou for their steadfast support and guidance in ensuring our initiatives run smoothly and effectively. Finally, I want to acknowledge our Elderly Affairs Division and community partners — your collaboration and shared vision have been invaluable in helping us reach our goals. Together, we are making a meaningful difference, and I am truly grateful to be part of this journey with all of you."



2025 Na Lima Kokua Awards



COMMUNITY SERVICE - Judith "Judy" Mikami



Born and raised on Molokai except for about 12 years away for school, Judy has spent her life living, working and raising her family there. She and her husband are proud of their third generation pharmacy, which serves the community through Molokai Drugs. Judy pursued a career in nursing and was a school nurse, then a chronic disease manager for the Department of Health. After retiring, Judy was called back to work at the Native Hawaiian Health Care System, where she focused on kupuna care and helped to establish a licensed day care and day health program for kupuna. Judy wrote, "I am also honored to have been selected as this year's recipient of HPGS Lau Lima Award in Community Service and thank HPGS for this nomination.

And this is why I am deeply grateful to those who mentored and guided me in this work: Molokai community leaders whose deep knowledge of Molokai's history grounded our community's strength; the many public health nurses and other nurse and health care colleagues I worked alongside; and my parents, husband, and children, who embody the same compassion and commitment to our island. I have also been blessed by countless others who have taught me the essence of kindness, sensitivity, and aloha in caring for those we hold close."

RESEARCH/TEACHING - Linda Axtell-Thompson



An instructor in Health Care Administration at the University of Hawaii West Oahu, Linda Axtell-Thompson, DBE, MBA, also has many years working in health care administration and teaching at local universities. She volunteered in community efforts to improve care in aging, dementia, and end-of-life, which includes stints as a former board member of the Kokua Mau nonprofit organization and the EOA Policy Advisory Board on Elder Affairs, and as a current member of the Hawaii Dementia Initiative. Each summer Linda teaches her "Ethics, Aging and Society" course to students at UHWO and UHM, introducing our younger generations to the challenges, uncertainties, and dilemmas of aging in our society. Linda says, "I am honored to be named the

Research/Teaching recipient for this year's HPGS Na Lima Kokua Awards. A special thanks to all the community organizations and dedicated individuals who work (paid or free) tirelessly to improve the lives of our kupuna. And a loving remembrance of my own parents, now deceased, for whom and with whom I embarked on this journey of discovery decades ago."

HPGS 2023 Na Lima Kokua Award Winners



Fred Collins Business Award



KupunaWiki Community/Arts Award



Gordon & Sandy Young Community Service Award



Senator Sharon Moriwaki Government Award



Jenny Lee Research/Teaching Award



Nargis Sultana Tony Lenzer Scholar



Miliama Ku`uipo Iloilo Tony Lenzer Scholar





2025 Na Lima Kokua Awards



TONY LENZER SCHOLAR



Kevin Peralta: This honoree of the Tony Lenzer Scholar has professional experience with the aging population and in legislative policy, focusing on programs and initiatives that promote well-being and independent living for older adults. Currently pursuing a Master's in Public Health at UH Manoa, Kevin is passionate about his future career. He wrote "I am deeply honored to be selected as a recipient of this award which inspires me to continue working toward improving the quality of life for the aging population through evidence-based interventions and advocacy." Kevin wants to thank Catia Carell from *Thrive for Life* and Dr. Christy Nishita from the UH Center on Aging for their invaluable mentorship, encouragement, and guidance. Their expertise and

passion for serving our community have been a tremendous influence on my professional growth. I would also like to thank my family for always supporting my academic and professional career.



Kristal Xie: As a second-year medical student at the University of Hawai'i, John A. Burns School of Medicine, Kristal became interested in geriatrics following the passing of her grandmother, whose death inspired her to become involved in caring for older adults. In high school, this led Kristal to volunteer at Kuakini Health System, where she gained valuable insight into the challenges faced by this population. In medical school, she continued her involvement through the Wellness Initiative for Seniors in Hawai'i (WISH), a program based at Kuakini Health System that introduces first-year medical students to the distinct healthcare needs of older adults. Kristal says, "This experience has strengthened my commitment to advancing the health and

well-being of older adults. I am grateful for the scholarship committee for selecting me to receive this award and honored to be named a Nā Lima Kōkua Awardee in the Tony Lenzer Scholar Category. I would like to express my sincere appreciation to my mentors, notably Dr. Kamal Masaki, as well as my loved ones, for their continued support and encouragement."

Please visit these Conference Exhibitors in the Foyer on Friday, September 12th from 11:30am to 3:15pm

AARP Hawaii

Brain Matters

Bristol Hospice

CapTel Outreach

Financial Benefits Insurance

Hawaii Meals on Wheels

Health2me

HI DOH, Executive Office on Aging

Islands Hospice

Maluhia

Mastercare

Navian Hawaii

Nightingale Case Management, Inc.

Palolo Chinese Home

Project Dana

Roger Higa Financial Services, LLC

RSVP

The Caregiver Foundation

The Queen's Medical Center

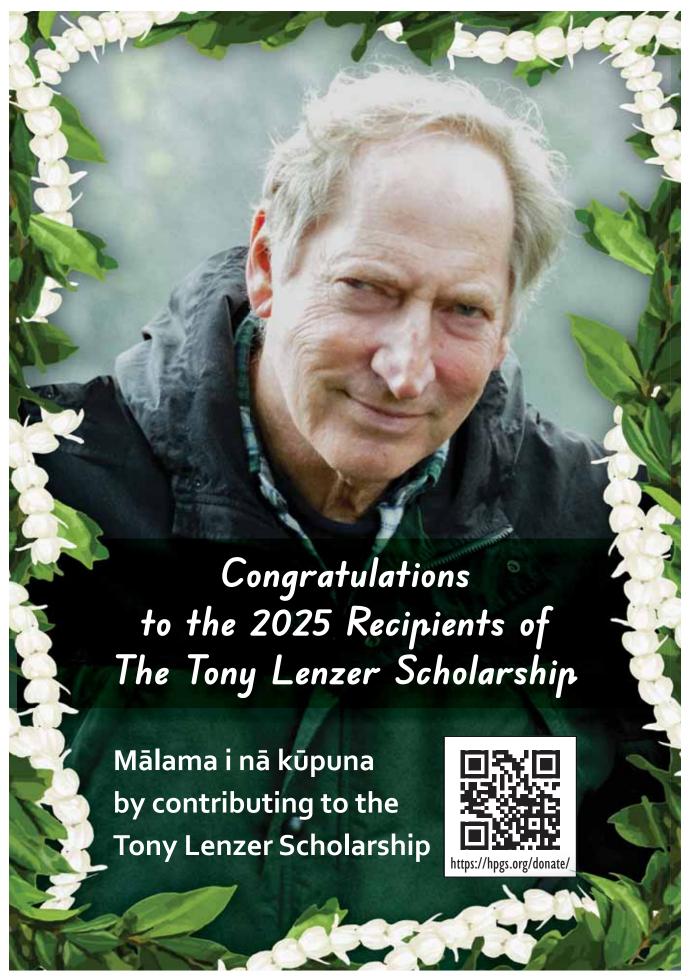
UH Center on Aging: CARE Research Registry

Valley of the Temples

Wilson Care Group

YMCA of Honolulu











"The Changing Landscape of Aging and Aging Services"

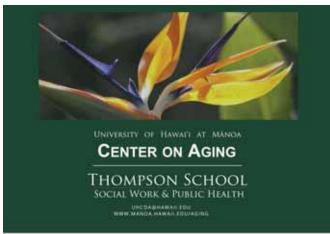
Sandy Markwood, CEO of USAging

8:30 a.m. to 9:15 a.m. Hibiscus Ballroom I and II



As the CEO of USAging since 2002, **Sandy Markwood** 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. Sandy has focused on the development of community planning practices that include the creation of

dementia friendly communities and maximize the benefits of volunteering and engagement for people of all ages while preventing elder abuse and neglect. Sandy's goal and the goal of USAging is to ensure that older adults have the ability to age with maximum independence and quality of life.





Your voice matters.
Be in research.
Enroll in CARE.
https://manoa.hawaii.edu/aging/
care-research-registry/



Real Estate Referral Center. Inc.

offers real estate licenses a place to hang their license instead of placing it Inactive, and still earn commissions by making referrals. There are no Board dues.

Become a RERC Referral Specialist, whether you reside on Oahu or any island. Referrals can be made anywhere in the Hawaiian islands and on the Mainland for buyer or seller referrals.

Real Estate Referral Center. Inc.

RB-16369 438 Hobron Lane, PH1 Honolulu, HI 96815

For an information packet, contact Sherry A. Goya (S), President RS-35875 808-722-8487 • sgoyallc@aol.com

Licensed in the State of Hawaii since 1993.







"Innovations in Eldercare Workforce Recruitment and Retention"

Christy Nishita, Ph.D., Kendi Ho, Ph.D., Cullen Hayashida, Ph.D., Uyanga Batzogs, MBA, Ph.D, and Dawn Meaney

9:30 a.m. to 10:30 a.m. Hibiscus Ballroom I and II



Christy Nishita, PhD is a Gerontologist and Researcher at the University of Hawaii's Center on Aging. She received her PhD in Gerontology from the University of Southern California. She has an extensive background in long-term care coordination, caregiving, senior housing, Alzheimer's disease support programs, intergenerational programming and age-friendly community development. She is the co-founder and co-coordinator of the Kūpuna Collective, which is a social incubator and network of over 200 kūpuna-serving organizations and 500 individuals in Hawaii.



Kendi Ho, PhD is a Direct Care Worker Analyst at Center on Aging at University of Hawai'i and a Research Associate at SBPE, LLC. Her research focuses on mixed methods in perceptions of (un)successful cross-cultural interpersonal communication with older adults. She has extensive experience in workforce development through (a) transitioning multilingual immigrants at Community Schools for Adults to entry level health careers through Community College and (b) evaluating the state Career Technical Education programs of study at secondary and post-secondary levels.



Cullen Hayashida, PhD is an affiliate faculty with the UH Center on Aging and one of the founding members of the Active Aging Consortium Asia Pacific since 2005. He has been involved with long-term care service development in Hawaii since 1978 at Kuakini Medical Center, Hawaii Health Systems Corporation at Maluhia and Leahi Hospitals, and at Kapiolani Community College. His work today revolves around promoting active retirees to remain healthy, engaged, and continuously contributing to the next generation.



Ms. Uyanga "Rose" Batzogs, MBA, PhD, is a social entrepreneur dedicated to creating and sustaining services for older adults and caregivers. She founded organizations in Mongolia and held executive roles at Hawai'i nonprofits, including Hawai'i Public Health Institute, Kōkua Kalihi Valley (KKV), and Waimānalo Health Center. As an advocate for active aging, she co-piloted the "Work & Travel" program, enabling foreign workers to spend a season in Hawai'i. The initiative benefits local businesses facing labor shortages while offering workers income, cultural exchange, and travel opportunities—supporting both their lives and senior centers in Mongolia.









Dawn Meaney is the Regional Director of The Plaza Assisted Living, where she oversees operations at six locations across Oʻahu. With over 20 years of dedicated service at The Plaza, she brings deep expertise in senior living operations. Her academic background in Gerontology and Public Health informs her commitment to high-quality care and the overall well-being of seniors.

Dawn is especially passionate about employee retention, focusing on creating opportunities for team members to grow within the organization. She strongly believes in promoting from within and is dedicated to fostering career paths that support both professional development and personal growth.

2025 HPGS Board Officers and Directors

Mahalo to the officers and board members of HPGS who make valuable contributions to the association with their time, expertise, knowledge and experience all year long. All board members were also very active in the planning of this year's conference.



Laurie Adamshick President



Kristina WongPresident-Elect



Kathy WyattPast President



Cynthia Arnold Secretary/Treasurer



Ku`ulani De Monte



Courtney DiMaggio



Kendi Ho



Tadahiro Meya



Lesley Milligan



Travis Motosue



Christy Nishita







"Managed Care Organization Navigating the Map of Aging with GRACE"

Ritabelle Fernandes MD, MPH and Kamaile DeMello

10:45 a.m. to 11:30 a.m. Hibiscus Ballroom I & II



Ritabelle Fernandes MD, MPH, is a Professor at the Geriatric Medicine Department of the John A. Burns School of Medicine, University of Hawaii. She is a practicing geriatrician Kalihi-Palama Health Center and also medical director at AlohaCare. She graduated from medical school in India in 1995 and moved to Hawaii to study geriatric medicine at UH. As a former geriatrician at Kokua Kalihi Valley, Dr. Fernandes has developed many programs to serve low-income seniors such as a memory clinic, home- based palliative care services, chronic diseases group visits, caregiver support groups, and the establishment of clinics based at public housing and elder center.



Kamaile DeMello is the GRACE Social Worker at AlohaCare, where she provides compassionate, holistic support to members navigating complex medical and social needs. With a strong focus in hospice and geriatric care, Kamaile brings deep expertise in end-of-life planning, psychosocial assessment, and community-based resource coordination. She holds a Master of Social Work degree from the University of Hawai'i at Mānoa and has been a Licensed Social Worker (LSW) for over five years. Kamaile is passionate about serving kūpuna (elders) and their families with dignity, empathy, and cultural sensitivity.

HPGS Kupuna Volunteer Program

HPGS believes in the continuing value of older adults and supports all efforts to keep them engaged in our communities as mentors, advisors or simply friends. Studies have shown that consistent volunteering can improve the health and well-being of people age 65 and older by providing a connection to the community and opportunities for personal enrichment. It can decrease stress, social isolation, loneliness and depression.

At HPGS, we hope to encourage the older adults in our communities to share their wisdom and skill by volunteering. Here are some of the organizations who would love to have kupuna to get involved as a volunteer:

Hawaii Meals on Wheels • Lasagna Love • Our Kupuna • Project Dana Retired and Senior Volunteer Program • St. Francis Healthcare System of Hawaii Visitor Aloha Society of Hawaii, West Hawaii.

Go to hpgs.org to add a program in need of kupuna volunteers.







"Staying Connected, Staying Strong"

Lieutenant Governor Sylvia Luke

11:30 a.m. to 11:45 a.m. Hibiscus Ballroom I and II



Lieutenant Governor Sylvia Luke is the 16th Lieutenant Governor of the State of Hawai'i, 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. She attended Queen Ka'ahumanu Elementary School, where she learned English with the help of her 5th-grade teacher. She later graduated from Roosevelt High School and the University of Hawai'i at Mānoa, where she served as one of the few female presidents of the Associated Students of the University of Hawai'i, marking her introduction to public service. Following her undergraduate degree, she continued her education at the University of San Francisco School of

Law. Sylvia was first elected to the Hawai'i State Legislature in 1998, where she served until 2022. During her twenty-four-year tenure in the State House, she had many roles, most notably as Chair of the Finance Committee, where she developed a reputation for bringing transparency and accountability to the state budget for over a decade.

The next event for HPGS will be the

9th Annual Tony Lenzer Scholarship Fundraiser

being held on Friday, November 14, 2025 at the Arcadia Retirement Residence and honoring

Jeannette Koijane



The Hawaii Pacific Gerontological Society is pleased to be able to recognize **Jeannette G. Koijane** at this year's annual fundraiser. She is the Executive Director of Kōkua Mau, a statewide Hawaii network of organizations and individuals leading a movement to improve care. Kōkua Mau was established in 1999 and she has been the ED since 2010. Jeannette received her MPH from the University of Hawaii and her BA from Cornell University. She has been involved with serious illness care since 1988, beginning in the field of HIV/AIDS working with the AIDS Memorial Quilt as the Director of International Programs and then in a variety of research and

educational positions in Berlin, Germany, and San Francisco. Jeannette works in the US Affiliated Pacific Islands helping to develop palliative care programs.





"The Value of Life Care Planning for Kupuna and Their Families"

Laurie T.S. Adamshick and Mike Meyer

1:45 p.m. to 2:30 p.m. Hibiscus Ballroom I



Laurie T.S. Adamshick, Esq., is an elder care attorney and partner in Rulon & Adamshick, Elder Care Law, here in Honolulu. For over a decade she has focused on assisting older adults and their families with the legal, financial and personal care challenges of aging. In her work, she draws on her past experience over several years as the primary caregiver and advocate for her late parents. Laurie is a Veterans Administration accredited attorney and a member of the National Academy of Elder Law Attorneys. She is the President of the Hawaii Pacific Gerontological Society, and serves on the board of Kokua Mau, a movement to improve care for those with serious illness.



Mike Meyer, RN/CCM, Elder Care Coordinator, is a Registered Nurse and Certified Case Manager with several decades of experience in hospital care, health education, home care management, dementia care and community case management. He has been involved in very complex cases that required unique solutions, patience, and genuine empathy for family members going through very stressful times, including assisting with the care planning for his own grandmothers.

HPGS Eldercare Worker Award

Every year, HPGS awards tuition assistance for workers who enroll in credit or noncredit courses and certificate program which enhance their knowledge and skills in areas related to aging. This is called the **HPGS Eldercare Worker Award** and provides \$750 to defray tuition costs for students. Selected programs can be either in local classroom settings or online. Applications are accepted year-round online at hpgs.org.

For 2025, HPGS has awarded four scholarships. Below was written by one of the recipients:

"I am incredibly grateful for the opportunity to complete the CNA program at CNA Hawaii Institute. The training was thorough, engaging, and truly prepared me for the important work ahead. I learned so much about patient care, safety, and the skills needed to excel as a Certified Nursing Assistant. The instructors and staff were supportive and dedicated, making the experience both educational and inspiring. I'm excited to begin my career in healthcare and couldn't have done it without the help of the Hawaii Pacific Gerontological Society. Thank you for this life-changing opportunity!" Sincerely,

Janine E.







"What Matters to Older Native Hawaiian?: A Qualitative Study of Care Preferences"

Miquela Ibrao, PhD and Jena Funakoshi

1:45 p.m. to 2:30 p.m. Hibiscus Ballroom II



Miquela Ibrao, PhD is an Assistant Professor at the University of Hawai'i at Mānoa Thompson School of Social Work & Public Health. Her research is rooted in her background as a descendant of the Laguna Pueblo and Quechan Nations. She completed a dual MSW/MPH at Washington University in St. Louis where she was a Buder Center for American Indian scholar and received his PhD from the University of Hawai'i at Mānoa Department of Public Health Studies. She is currently the chair of the health specialization with UH Mānoa's Department of Social Work, co-PI for the Geriatrics Workforce Enhancement Program, and Associate Director for Hā Kūpuna National Resource Center for Native Hawaiian Elders. Her work draws on

community-based research methodologies to enhance Indigenous and kūpuna health, reflecting her commitment to improve the well-being of Indigenous communities through collaborative and culturally sensitive approaches.



Jena Funakoshi, MPH is a PhD student in Public Health at the University of Hawai'i at Mānoa, where she also recently earned her Master of Public Health in Social Behavioral Health Sciences. She currently serves as a graduate research assistant with Hā Kūpuna National Resource Center for Native Hawaiian Elders and also supports the work of the Active Aging Consortium in Asia Pacific (ACAP). Jena is a co-investigator on a qualitative brain health study in American Samoa in partnership with the American Samoa Community Cancer Coalition, focusing on the development of culturally grounded brain health initiatives and programs.

HPGS General Membership Meetings

The Hawaii Pacific Gerontological Society holds General Membership Meetings throughout the year as a benefit for our members. Before 2020, morning meetings were held in person. The HPGS Board continued **General Membership Meetings** in 2020 via Zoom, which continues through 2025.

Past topics or quest speakers were:

AARP Hawaii
Advance Planning
Alzheimer's Association
Blue Zones Project
Catholic Charities Hawaii
Covid Update

Lt. Governor Josh Green
Hawaii Long-Term Care Program
Governor David Ige
Kokua Kalihi
Kupuna Caucus Update
Medicaid Information

Executive Office on Aging
Palliative Care
Project Dana
Social Security Administration
The Caregiver Foundation





Award-Winning Care, Rooted in Aloha

At Bristol Hospice Hawaii, we are honored to care for our patients with compassion, respect, and the spirit of 'ohana. Our award-winning team offers individualized care plans, specialty programs, and 24/7 availability for families across Oahu.

Our Specialty Programs:

- **Bright Moments** Dementia care focused on connection, comfort, and engagement.
- > Sweet Dreams Evening routines and sundowning support for peace and rest.
- **Perfect Harmony™** Guided care planning for seamless coordination with SNFs, ALFs, and families.
- **The Bristol Promise** Compassionate care with rapid response, high-acuity support, and 24/7 availability.
- **Little Lights Pediatric Hospice** Customized care and comfort for keiki and their 'ohana.
- **Palliative Care** Interdisciplinary support for patients with complex or chronic needs.

We Honor Veterans — Trauma-informed care honoring veterans' unique end-of-life needs.

Always Here for Your Patients 24 hours a day, 7 days a week, 365 days a year.









Phone: (808) 536-8012 • Fax: (808) 536-8013 BRISTOLHOSPICE.COM







"Aging in a Good Way: Lessons Learned From an 18-Year Study with Alaska Native Elders"

Jordan P. Lewis, PhD

2:45 p.m. to 3:30 p.m. Hibiscus Ballroom I



Jordan Lewis, PhD is the New Director of the Center on Aging at the University of Hawaii. Dr. Lewis brings extensive expertise to his new role. He previously worked as the Director of Research for the Center for One Health Research and as a Research Professor at the University of Alaska Fairbanks, where he made significant strides in aging research. He is Aleut and Sugpiaq and his family is from the Naknek Native Village in Southwest AK and Cannon Beach, Oregon. He holds a Ph.D. in Community Psychology from the University of Alaska Fairbanks (UAF), an MSW from Washington University in St. Louis, and a BSW from UAF, and he is a certified professional gerontologist. Trained as a cross-cultural community psychologist and

gerontologist, Dr. Lewis has worked with American Indian and Alaska Native (AI/AN) communities to identify characteristics that enable Alaska Native Elders to age successfully, or age in a good way, and become role models for their families and communities. Using the lessons and experiences of AIAN Elders, Dr. Lewis' research develops generative-based approaches to improve the health of all generations.



Compassionate Guidance from a Trusted Team of Experts



Rulon & Adamshick LLC

Legal • Financial • Care Planning
(808) 393-6387 • rulon-adamshick.com







"Identifying and Preventing Strokes"

Violet E. Horvath, Ph.D., MSW, MFA

2:45 p.m. to 3:30 p.m. Hibiscus Ballroom II



Dr. Violet E. Horvath is Director of Pacific Disabilities Center, John A. Burns School of Medicine, University of Hawaii at Manoa. She is a field instructor in social work for the University of Hawaii at Manoa and Hawaii Pacific University. Dr. Horvath is on the research/human studies committee for the Waianae Coast Comprehensive Health Center. She is chairperson of the State of Hawaii Disability and Communication Access Board and is on the Legislative, Parking, and Transportation Standing Committees. She is a board member of the Brain Injury Association of Hawaii, and is a planning committee member for the Hawaii Summit for the Institute on Violence, Abuse and Trauma (IVAT), for which she chairs the Accessibility Subcommittee. She

is also a member of IVAT's Ho'omaluhia Advisory Council. She is a co-founder of the Hawaii Disabilities and Healthcare Coalition.

Memories from the 2023 HPGS Biennial Conference at the Ala Moana Hotel



HPGS 2023 Conference Attendees



Hale Hauoli Hawaii's Exhibitor's Table



Panel Discussion on the Ombudsman Program

Sherry A. Goya, LLC

Business Consultant

45-614 Apapane Street, Kaneohe, HI 96744 Phone: (808) 722-8487 • sgoyallc@aol.com

"Servicing individuals & small companies since 1993."

Corporate experience from 1973 to 1990, VP of a franchise for three years, and business consultant since 1993, Sherry utilizes her experience in administration, organization, human resources, marketing, purchasing, event coordination, website, writing newsletters, and working for Generations Magazine.

Regular clients are three nonprofit organizations, a shopping center, real estate agents, and individuals. Sherry also owns a real estate referral company.









"Training the Brain: New Approaches in Dementia Prevention and Management"

Amy L. Kelley

3:45 p.m. to 4:30 p.m. Hibiscus Ballroom I & II



Amy L. Kelley is a Medical Fitness Specialist, Certified Brain Health Trainer and Executive Director of Brain Matters, whose mission is to empower the people of Hawaii to outsmart dementia. Amy also works with a multidisciplinary group of health professionals as part of Hawaii Dementia Initiative's Brain Health and Risk Reduction Action Team. As a member of AARP's Speaker's Bureau, Amy provides workshops and presentations on 'The Six Pillars of Brain Health'. She also leads Brain Health Huis, which encourage adoption of brain-healthy habits through education, behavior change strategies, goal-setting, and socialization.

Hawai'i's Resource for Life

Generations Magazine is a statewide resource publication dedicated to providing pertinent information on the issues facing Hawai'i's mature community to kūpuna, families and caregivers.

Free copies of the magazine are available online and at our many distribution locations, or for \$24/year, the magazine can be mailed directly to you.

We welcome companies, businesses and organizations that share our values and concerns to join us as Partners to benefit our growing senior demographic. Contact us for more information.

Visit *generations808.com* for updated information on senior issues, events and resources, and for access to our entire archive of columns, articles, features and resource guides.









Generations808.com

808-221-8345

Facebook: genmag808

Instagram: genmag.808







"Financial Decision Making in Older Age: Relevance to Alzheimer's Disease and What You Can Do About It"

Duke Han, PhD

8:30 a.m. to 9:30 a.m. Hibiscus Ballroom I and II



Duke Han, PhD, is 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. He received his Bachelor of Science degree in Psychology with a specialization in Neuroscience from Duke University, and his PhD in Clinical Psychology from the University of Massachusetts Boston. He received training in clinical neuropsychology and experimental neuroimaging through various programs of Harvard Medical School's Brigham and Women's Hospital. He maintains an active

research collaboration with the Rush Alzheimer's Disease Center (RADC) in Chicago where he was formerly a tenured faculty member. His work has been featured in multiple media outlets, including CNN, Reuters, CBS, PBS, Forbes, Fox Business News, and U.S. News and World Report.









"Ho'ōla 'Āina Pilipili, Accessible Community Garden and 'Dementia-Friendly' Initiative"

Melody Halzel, MPH, and Christina Puakea Busby

9:45 a.m. to 10:30 a.m. Hibiscus Ballroom I



Melody Halzel, MPH, is a PhD student in Public Health at the University of Hawai'i at Mānoa, specializing in Community-Based and Translational Research. She serves as Graduate Assistant for the Mauli Ola Initiative at the Hoʻōla 'Āina Pilipili accessible community garden and Project Coordinator for the Cultivating Care Memory Café, an 'āina-based dementia-friendly program launching in Fall 2025. Melody holds an MPH in Native Hawaiian and Indigenous Health and a certificate in Disability and Diversity Studies. Her research focuses on accessible garden interventions that support the well-being of older adults including people with dementia, and their caregivers.



Christina Puakea Busby is a Native Hawaiian educator from Wai'anae with family ties to the Hawaiian islands as well as Puerto Rico, Turtle Island, and Europe. She is a longtime educator, a former teacher, and a current PhD student in the Educational Foundations department at UH Mānoa. Her research areas of focus include aloha 'āina-based education, minority teacher retention, and the history of education in Hawai'i. Puakea believes that aloha 'āina education is a vital part of community building and restoring people's relationships with one another, land, and culture. She serves as a Graduate Assistant for the Mauli Ola Initiative at the Ho'ōla 'Āina Pilipili accessible community garden and school located at the College of Ed. at UH Mānoa where she is able to facilitate mutli-generational 'āina-based learning.

MAHALO



Sherry Goya
Executive Director

It was very busy for the past 18 months working on this year's biennial conference, with great leadership from our HPGS Conference Co-Chairs Laurie Adamshick and Kristina Wong. All sub-committee chairs and their members made everything run so smooth. The culmination of the many meetings, emails to-and-from those participating in this two-day conference, and planning ALL aspects of the conference is a true testament to the HPGS "teamwork" from start to finish. We give a huge Mahalo to everyone connected with this conference, especially all the great speakers who took time to provide knowledge, expertise, and experience to all of us, and also the Project Dana Volunteers who have assisted with our conference for many years. Attendees are why this conference continues and Sherry encourages comments on this year's conference to assist us in 2027 by emailing sgoyallc@aol.com or call/text 808-722-8487.





"Social Isolation and Loneliness Among Lifelong Learning Institute Members"

Michael Cheang, DrPH and Dr. Carole Mandryk

9:45 a.m. to 10:30 a.m. Hibiscus Ballroom II



Michael Cheang 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. He has done numerous community workshops on aging, family caregiving, and has served two consecutive terms on the advisory board of the City and County of Honolulu Committee on Aging. He has doctorate is in public health with a focus on health education.



Dr. Carole Mandryk is in her 10th year as Director of the Osher Lifelong Learning Institute at the University of Hawai'i at Mānoa (OLLI-UHM), a member-based community that fosters lifelong learning to engage minds, enrich lives, and serve the community. She is passionate about leading a program that integrates multidisciplinary knowledge, community engagement, and service, while contributing to research that supports the well-being of Hawai'i's Kūpuna.

BENEFITS OF BEING AN HPGS MEMBER

Founded in 1979, the Hawaii Pacific Gerontological Society is the largest nonprofit multidisciplinary group of professionals, individuals, companies and organizations in the field of aging in Hawaii. Membership consists of gerontology educators, students, medical and social service personnel, older adults (kupuna), caregivers, companies and organizations from every sector of the community.

HPGS Members receive:

- A monthly newsletter distributed electronically, filled with age-related news, events, activities, job openings, announcements, and more.
- Throughout the year, there are General Membership Meetings with guest speakers on a variety of topics relating to Hawaii's kupuna.
- Annual scholarships for those pursuing education in the field of aging is offered.
- A two-day biennial conference is held to offer a professional and educational venue on aging research, practice and policy that attract national and international participants.
- HPGS members receive electronic notices on significant events, opportunities available, and other announcements of interest.
- An updated website provides a resource of news, events, membership, etc.
- The HPGS website has a Job Board for members to list any jobs or volunteer opportunities.
- There are a number of committees where membership involvement is welcomed.







"Active Aging Consortium in Asia Pacific 2025: Instructive Perspectives"

Gary Simon, Tani Kalei Salazar and Sara Tompkison

10:45 a.m. to 11:30 a.m. Hibiscus Ballroom I



Gary Simon serves on the boards of the Hawai'i Family Caregiver Coalition, The Arc in Hawai'i, and Kokua Council. He is the AARP Hawai'i State President and the Chair of the AARP Hawai'i Executive Council. Gary is the former Director of Corporate Affairs and Advocacy at the St. Francis Healthcare System and was previously Executive Director of St. Francis Hospice and Program Director for St. Francis Health Services for Senior Citizens. He is the past Chair of the Hawai'i Policy Advisory Board for Elder Affairs.



Tani Kalei Salazar, LSW is the Alzheimer's Disease and Related Dementia Services Coordinator at the Executive Office on Aging (EOA), Hawai'i State Department of Health. Tani is an HPGS Scholarship alumni who specialized in gerontology during her Master's in Social Work at UH Mānoa and worked in a skilled nursing facility for nearly a decade. Inspired by her grandparents, she loves caring for kūpuna and working towards improving things in Hawai'i for older adults, people living with dementia, and caregivers.



Sara Tompkison, LCSW, is a retired social worker with the Department of Veterans Affairs. She currently works part-time as the Geriatric Workforce Enhancement Program (GWEP) social work instructor with the John A. Burns School of Medicine, Department of Geriatric Medicine. She also teaches Tai Chi classes for persons living with dementia and is a certified Teepa Snow – Positive Approach to Care (PAC) Dementia Educator. Sara is also a caregiver for her 95-year-old parents.





"Kupuna Pono: A Pathway to Family Cohesion and Empowered Elder Care"

Roberta Hickey-Gomez, JD, Diane Winter Brookins, Walt Schroeder, PharmD, and Tracey Wiltgren, Esq.

10:45 a.m. to 11:45 a.m. Hibiscus Ballroom II



Roberta Hickey-Gómez, JD, is the Special Programs Innovator at The Mediation Center of the Pacific, where she oversees the Kūpuna Pono program, providing culturally responsive elder and family mediation services that support Hawai'i's aging population. Her work centers on helping kūpuna and their families navigate complex transitions—such as caregiving, housing, and intergenerational conflict—through facilitated dialogue that promotes dignity, connection, and long-term resolution. Roberta holds a J.D. from the University of Hawai'i at Mānoa, William S. Richardson School of Law and brings a strong background in nonprofit leadership, collective impact, and community outreach to her work advancing mediation as a tool for strengthening families and preventing crises before they escalate.



Dianne Winter Brookins recently retired from the Honolulu office of Dentons US LLP. She began her legal career as a judge advocate in the Marine Corps, then spent several years litigating insurance coverage and other complex commercial disputes in Seattle and Honolulu. Earlier in her legal career, she served as an inhouse associate general counsel to Hawaiian Electric Company, Inc., for five years. Since joining Alston Hunt Floyd & Ing in 2001 (which combined with Dentons US LLP in 2018), her practice has focused on resolving complex commercial disputes—through mediation, arbitration, litigation, and on appeal. Since January 2025, Ms. Brookins is no longer actively licensed to practice law. Ms. Brookins is President of

the Board of her AOAO on the Windward Side of `Oahu, and serves as a Director on the Board of the Hawaii Women's Legal Foundation.



Walter Schroeder works in population health, complex care management, and clinical analytics. His approach integrates both medical and social determinants of health to drive comprehensive, patient-centered care strategies. Over the course of his career, Walter has held leadership roles at prominent healthcare organizations including Kaiser Permanente, Hawaii Permanente Medical Group, and Hawai'i Pacific Health. In these positions, he spearheaded initiatives to improve care delivery for medically complex and frail elderly populations, while also overseeing programs focused on quality improvement and population health outcomes. Walter earned his undergraduate degree from the University of Hawai'i at Mānoa and his Doctor of

Pharmacy from the University of Washington. He completed his residency at UMass Memorial Medical Center and pursued advanced specialization in cardiovascular pharmacotherapy at Boston Medical Center. He later joined the faculty at the University at Buffalo School of Pharmacy and Pharmaceutical Sciences, contributing to the Clinical Practice and Research Program at Erie County Medical Center.







Tracey S. Wiltgen, Esq., is the Executive Director of The Mediation Center of the Pacific (MCP), a nonprofit corporation that assists approximately 14,000 people annually with the prevention and resolution of conflicts of all types. Tracey designs and implements dispute resolution programs that meet the needs of the community, including the Kupuna Pono Program, and conducts training on mediation, facilitation, and conflict resolution throughout Hawai'i, the Continental U.S., and the Asia-Pacific region. She is a Lecturer in Law at the William S. Richardson School of Law. Tracey previously served on the Policy Advisory Board for Elderly Affairs (PABEA) and the committee to create the State Plan on Alzheimer's Disease &

Related Dementias. She received a J.D. from the William S. Richardson School of Law, an M.S. from the University of Hawai'i at Mānoa, and a B.S. from Gonzaga University.









"Creating Dementia-Friendly Communities: Innovations in Dementia Awareness and Education"

Tani Kalei Salazar, Kalilinoe Detwiler, Shelley Muneoka, Miquela Ibrao

1:15 p.m. to 2:15 p.m. Hibiscus Ballroom I



Tani Kalei Salazar, LSW is the Alzheimer's Disease and Related Dementia Services Coordinator at the Executive Office on Aging, Hawai'i State Department of Health. Tani is an HPGS Scholarship alumni who specialized in gerontology during her Master's in Social Work at UH Mānoa and worked in a skilled nursing facility for nearly a decade. Inspired by her grandparents, she loves caring for kūpuna and working towards improving things in Hawai'i for older adults, people living with dementia, and caregivers.



Kalilinoe Detwiler is a Kanaka Maoli artist-writer caring for moʻolelo using creative forms. Kalilinoe is a PhD student in English at the University of Hawaiʻi at Mānoa, a Graduate Assistant with Hā Kūpuna National Resource Center for Native Hawaiian Elders, and Co-Pl for Symphony of Hawaiʻi Seas. Her work has appeared in Yellow Medicine Review, Haymarket Books, Academy of American Poets, Honolulu Museum of Art, Hawaiʻi International Film Festival, and the Smithsonian Native Cinema Showcase.



Shelley Muneoka is a Kanaka Maoli woman from He'eia Uli on the island of O'ahu. She is the Program Coordinator for Hā Kūpuna National Resource Center for Native Hawaiian Elders funded by the Administration for Community Living. Shelley received an MSW from the Thompson School of Social Work and Public Health at the University of Hawaii in 2009 and has a particular interest in indigenous community and intergenerational healing. Much of Shelley's life's work focuses on the care of elders, past, present and future, both human and more-than-human. She is involved in a number of different advocacy efforts for ancestral places and practices that make Hawai'i unique. Shelley has had the privilege of connecting with and caring for

kūpuna over the years and believes in the power of learning and passing on their stories.

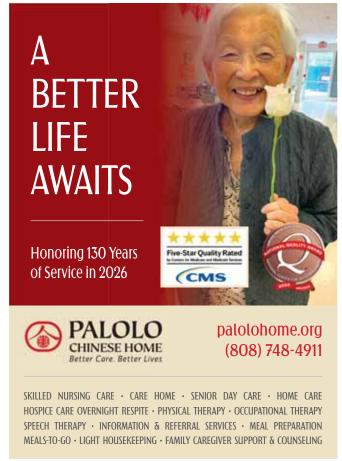






Miquela Ibrao, PhD is an Assistant Professor at the University of Hawai'i at Mānoa Thompson School of Social Work & Public Health. Her research is rooted in her background as a descendant of the Laguna Pueblo and Quechan Nations. She completed a dual MSW/MPH at Washington University in St. Louis where she was a Buder Center for American Indian scholar and received his PhD from the University of Hawai'i at Mānoa Department of Public Health Studies. She is currently the chair of the health specialization with the UH Manoa's Department of Social Work, co-PI for the Geriatrics Workforce Enhancement Program, and Associate Director for Hā Kūpuna National Resource Center for Native Hawaiian Elders. Her work draws on

community-based research methodologies to enhance Indigenous and kūpuna health, reflecting her commitment to improve the well-being of Indigenous communities through collaborative and culturally sensitive approaches.











"Revitalizing Partnerships for Fall Prevention: Promoting Active Aging Through Collective Action"

Michiyo Tomioka, PhD, Phoebe Hwang, PhD, Joseph Puente, Catia Garell, and Candice Bryant

> 1:15 p.m. to 2:15 p.m. Hibiscus Ballroom II

Presenter 1 Michiyo Tomioka, PhD



Michiyo Tomioka, PhD, is an Evaluation Coordinator at the University of Hawai'i at Mānoa's Center on the Family and an Evaluator at Kokua Kalihi Valley Elder Care. She earned her PhD in Social Welfare from the University of Hawai'i in 2013. An expert in evidence-based health promotion and program evaluation, she has authored numerous peer-reviewed publications and presented at national and local conferences. Her work has contributed to the successful adaptation of health promotion programs for Hawai'i's multicultural population. She co-leads the Hawai'i Healthy Aging Partnership and the Hawai'i Falls Prevention Alliance, advancing initiatives that support older adults' health and safety.

Presenter 2 Phoebe Hwang, DrPH



Dr. Phoebe Hwang is an Assistant Professor in the Department of Psychiatry at the University of Hawai'i John A. Burns School of Medicine. She has a background in community health research, life course epidemiology, and quality improvement research, working on projects ranging from global multi-site studies to grassroots community-based efforts. Dr. Hwang is grateful for the opportunities to teach and mentor graduate and medical students from diverse backgrounds and enjoys learning from those she works with. She collaborates on community initiatives related to food sovereignty, lung health, falls prevention, and mental health, and is currently contributing as a committee member of the Hawaii State Falls Prevention Alliance.

Presenter 3 Joseph Pruente



Joseph Puente is the Fall Prevention Coordinator at the Hawaii State Department of Health's EMS & Injury Prevention Systems Branch. Over the past few years, he has contributed to the Coverdell Stroke Program, managed ambulance licensing, and worked as the Drowning Prevention Coordinator.

Previously, Joseph served in the U.S. Coast Guard as an Independent Duty Health Services Technician, where he oversaw clinical care, environmental health, and operational safety. His responsibilities included emergency response, medical support, pharmacy, and water and sanitary inspections. He also coordinated medical training and managed multiple health programs across operational settings.





Presenter 4 Catia Garell, MA, OTR, SCEM



Catia Garell, Home Modification & Accessibility Specialist, MA, OTR, SCEM, Thrive for Life, LLC, Instructor University of Southern California, Leonard Davis School of Gerontology, Fall Prevention Center of Excellence, Executive Certificate in Home Modification Program.

Catia is the co-founder of Thrive For Life LLC, which is a residential accessibility consulting firm in Hawai'i. Catia's background in occupational therapy offers a unique problem-solving perspective for clients' accessibility needs. Since 2011, Catia has contributed to the healthcare community by providing accessibility solutions for clients with disabilities at home and abroad in Australia and Guam.

Presenter 5 Candice Bryant



Candice M. Bryant is the Program and System Management Supervisor at the Executive Office on Aging (EOA), Hawai'i State Department of Health. Prior to joining EOA, Candice's work focused on nonprofit program operations, with an emphasis on senior services and health equity. She has led initiatives to strengthen support for kūpuna by expanding home-delivered meals, caregiver services, and social connection initiatives. Candice is passionate about building community centered systems that honor dignity, enhance quality of life, and support aging in place.



arcadia.org

Mahalo Hawaii Pacific
Gerontological Society
for your continued
dedication to our kupuna.

The Arcadia Family of Companies is proud to support the Hawaii Pacific Gerontological Society as the leading resource of research and education in the field of gerontology.









"A Dementia Caregiver's Journey and A Caregiver's Future Plans"

Savina Makalena and Babette Galang

2:15 p.m. to 3:00 p.m. Hibiscus Ballroom I



Savina "Savy" Makalena is a life-time Caregiver, a Daughter, Mother and Mentor with a Bachelor of Arts degree in Business Management. Savina is currently the Founder/CEO of Gimme A Break, Producer/Creator/Host of the Caring Caregiver Show and Publisher of Givers Guides Magazine. She serves as Board President for Hawaii Family Caregivers Coalition, a member of Hawaii Dementia Initiative Coalition and the Inspire Core Team. The winner of the 2021 Ruby Award, 2022 Remarkable Women, a 2023 Andrus Award nominee. The past 11 years she has devoted her time as a Caregiver for her Father and Mother who is in her final stage of Dementia. Currently she cared for her

Mother-in-Law and stands steadfast at the side of her Spouse in their battle with Cancer.



Babette Lilinoe Galang, one of six children, was born and raised in Kalihi. She attended the University of Hawaii Manoa where she earned a BA in Sociology and later returned to earn her MPH in health education. She retired in 2023 after 25 years with Papa Ola Lokahi, a native Hawaiian health consortium. She cared for her youngest brother Patrick, diagnosed in November 2019 at age 69 with Lewy Body Dementia. Along with her older widowed brother who helped when he could, she became Patrick's primary caregiver for the next 5 years until his passing in January 2025. Like many care givers her life was filled with tremendous challenges and manifested more questions

and concerns than answers. She was a kupuna taking care of a kupuna.

Tony Lenzer Scholarship Fundraiser Over the Years

2017 - Tony Lenzer 2018 - Rose Nakamura

2019 - Barbara Kim Stanton

2020 - Cullen Hayashida 2021 - Emmet White 2022 - John McDermott 2023 - Gary Simon 2024 - Dorothy Colby



Tony Lenzer with the Board of Directors in 2017.



Zoom in 2020 raised over \$10,000, honoring Cullen Hayashida.



Dorothy Colby shared honors with family, the first in-person dinner since 2019.







"Aging in a Foreign Land Among Japanese Immigrants"

Miho Yamada, Ami Marui, Chie Nishimura and Michiyo Tomioka

2:15 p.m. to 2:45 p.m. Hibiscus Ballroom II



Miho Yamada, MSW, is a professor in the Department of Social Welfare at Seinan Gakuin University in Fukuoka, Japan. She earned her MSW in Health Care from the University of Hawai'i at Mānoa and completed doctoral coursework at Kyushu University. Her background includes clinical training in geriatric and oncology social work in Hawai'i and Japan. She has led and collaborated on MEXT-funded research in palliative care and the well-being of care workers. From 2023 to 2024, she was a visiting scholar at Hawai'i Pacific University, contributing to a pilot study on Japanese older adults in Hawai'i.



Ami Marui, MPH, RN, is a registered nurse in Tokyo, Japan, with a background in holistic cancer care and early disease detection and prevention. In 2023, she earned her Master of Public Health in Global Health from Oregon State University, and she also interned at a public health consulting firm in Oregon, contributing to program evaluation and strategic planning in collaboration with multidisciplinary teams. In 2024, she gained international experience at a Japanese-based primary care clinic in Honolulu, where she collaboratively conducted a pilot study on social welfare among Japanese residents. There, she provided culturally sensitive services to improve healthcare access for the local Japanese community, while also deepening her understanding of U.S. community-based care and medical insurance and billing systems.

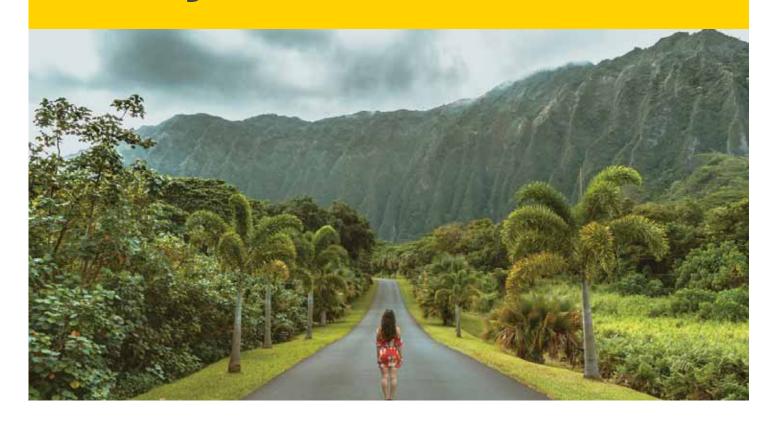


Dr. Chie Nishimura is a Family Nurse Practitioner at St. Luke's Clinic–Ala Moana in Honolulu, Hawai'i. She earned her Doctor of Nursing Practice (DNP) degree from Hawai'i Pacific University in 2018 and has been a dedicated primary care provider since 2016. Her clinical practice and research focus strongly on promoting healthy aging and culturally responsive care for diverse older adult populations.



Michiyo Tomioka, PhD, is an Evaluation Coordinator at the University of Hawai'i at Mānoa's Center on the Family and an Evaluator at Kokua Kalihi Valley Elder Care. She earned her PhD in Social Welfare from the University of Hawai'i in 2013. An expert in evidence-based health promotion and program evaluation, she has authored numerous peer-reviewed publications and presented at national and local conferences. Her work has contributed to the successful adaptation of health promotion programs for Hawai'i's multicultural population. She co-leads the Hawai'i Healthy Aging Partnership and the Hawai'i Falls Prevention Alliance, advancing initiatives that support older adults' health and safety.





Finding solutions for your financial needs. Let's plan your future together.



Tadahiro Meya, CFP®, AAMS®, CRPC™ Financial Advisor 95-1095 Ainamakua Drive Suite 3 Mililani, HI 96789 808-485-1569

EJB-19325-A-E-DA-4 AECSPAD 26049933







"A Discussion on Palliative Care: What Is It and Who Can It Help?"

Jeannette Koijane, MPH, Hope Young, Alexis Fodran, DNP, APRN, Nancy Nagano, Katie Briley, LCSW, and Lesley Milligan

3:15 p.m. to 4:00 p.m. Hibiscus Ballroom I and II

Palliative Care Panelists



Jeannette G. Koijane, MPH is the Executive Director of Kōkua Mau, a movement to make conversations about improving care the norm, an organization she has worked with for over 20 years, beginning while she worked at the Executive Office on Aging. She received her graduate degree in Public Health from the University of Hawaii and her undergraduate degree from Cornell University. Jeannette has worked in the US Affiliated Pacific Islands helping to develop palliative care programs through a collaboration with the UH Cancer Center and John A. Burns School of Medicine.



Hope Young is the Advance Care Planning Coordinator for Kōkua Mau, providing community awareness and coordinates the Let's Talk Story speakers bureau. Hope joined Kōkua Mau in 2017 under a generous grant from the Stupski Foundation. She has worked in various capacities with seniors and the caregiving community for over 20 years. Hope enjoys being out in the community and sharing the importance of Advance Care Planning and hopes to someday normalize "the conversation" to ensure that everyone's end-of-life wishes are expressed and honored.



Alexis Fodran, DNP, APRN has been the Palliative Care Program Director at Islands Hospice, where she has led compassionate, patient-centered initiatives for the past four years. With nearly six years of clinical experience as an APRN, Alexis is deeply committed to advancing access to quality palliative care across diverse communities.







Alice Nagano is a spiritual care provider with Malama Ola Health Services, with 20 years of family caregiving experience. She has volunteered with hospice organizations on Oahu and is currently a member of Kokua Mau's Speakers Bureau. Alice completed the End-of-Life Doula Professional Certificate Program through the University of Vermont Larner College of Medicine in 2020, and David Kessler's Grief Educator Certificate Program in 2024.



Katie Briley, LCSW, is the Lead Social Worker at Bristol Hospice, where she supports patients and families through the end-of-life journey with compassion and clarity. Born and raised on Maui and living on Oʻahu for the past 14 years, Katie earned her master's in Social Work from the University of Hawaiʻi at Mānoa and specializes in grief, palliative care, and family support.



Lesley Milligan is the Director of Business Development at Navian Hawaii, with over 25 years of experience in business management and healthcare leadership. She has played a key role in advancing hospice and palliative care services across the islands, working closely with healthcare providers, patients, and families to expand access and awareness. Driven by personal experience and a deep passion for serving Hawaii's kupuna, Lesley is committed to building a strong, community-based palliative care program that supports individuals and families with compassion, dignity, and culturally grounded care.

HPGS Website Job Board

HPGS provides a Job Board on their website (www.hpgs.org) at no charge to its member companies and organizations as a benefit to membership and in alliance with our mission. It does not constitute an endorsement or an approval by HPGS or its Board of Directors of any of the products, services or opinions of the posting company or organization.

HPGS also makes no guarantee about positions listed and is not responsible for safety, wages, working conditions, or other aspects of employment, internship or volunteer openings. It is the responsibility of each individual job seeker to research the integrity of the company or organization to which he/she is applying and verify the specific information pertaining to the job posting. In addition, HPGS bears no responsibility for the accuracy, legality or content of the posting company or organization's external site or for that of subsequent links. Contact the posting company or organization for more details on these positions.





Get the caregiving help you need, when you need it.

Your caregiving journey can be challenging in all kinds of ways.

AARP is here to help you take care of what matters most. Get answers, connect with other family caregivers and find local resources.

To learn more, visit aarp.org/caregiving.















Mahalo