



hawaii pacific gerontological society

Volume 46, No. 12

December 2025

HPGS 2025 BOARD OF DIRECTORS

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Kristina Wong, President-Elect
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Sherry Goya, Executive Director
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Honolulu, HI 96812
www.hpgs.org
HPGS.808@gmail.com

HPGS has open enrollment for new members throughout the year. HPGS members may renew for 2025 any time online at www.hpgs.org or print the form and pay with a check.

The Hawaii Pacific Gerontological Society distributes monthly newsletters and hosts three general membership meetings.

HPGS encourages all members to submit articles, email the board with suggestions for speakers, and/or volunteer on a committee.

PRESIDENT'S MESSAGE



LAURIE ADAMSHICK
PRESIDENT

December Greetings,

As the end of another year races toward us, I am preparing to pass the baton to Kristina Wong, our President-Elect, who will assume the duties of President as of January 2026. It has been an honor to serve these past two years and work with the stellar group of individuals who are our Board of Directors. Under Kristina's leadership over the next two years, I am looking forward to seeing many new ideas turned into meaningful actions for our HPGS membership and broader

kupuna community.

Looking ahead please remember to renew your HPGS membership in January and encourage your colleagues and friends who may not be members to join. The broader our reach through our membership, the more impact we can all have in improving the lives of older adults.

Finally, our busy lives only seem to get busier in December with the approaching holidays. But this can also be a lonely time of year for so many older folks who are missing family with whom to celebrate. In Hawaii we are largely a population who values kindness and helping others. This month especially, let's all be sure to check in on those who may be alone and share a cup of coffee, a slice of pie, or whatever form of holiday cheer seems right. Small gestures can go a long way toward dispelling the holiday blues for our kupuna.

Warmest wishes to you this holiday season, and all our best for the New Year!

With gratitude and aloha for your support,

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.

2026 HPGS MEMBERSHIP RENEWAL

Attached to this newsletter is the 2026 HPGS Membership Renewal; however, the form is also online at www.hpgs.org if payment will be made by PayPal. Membership dues are still only \$10 for individuals 65 years or older; \$20 for individuals under 25 years old; \$80 for individuals 26 to 64 years; \$100 for a company/organization (includes one contact person); and \$50 for individuals associated with a company/organization who has renewed their membership. **NOTE:** Starting in January 2026, a 3% fee will be added to all online payments so that HPGS can receive the total amount for membership fees and fundraising monies. Mahalo for your support!

RECIPES FOR THE HOLIDAYS

ICE CREAM CAKE

Crust:

Combine Ritz crackers,
two stack crushed,
with one block margarine melted
Press into a 9 x 13 pan
Bake 7-10 minutes at 350 degrees

Filling:

Beat 2 Pkg instant chocolate pudding
with 1-1/2 cup milk
Beat together 1/2 gallon
vanilla ice cream,
melted and combine with
chocolate pudding

Pour filling over crust and
freeze. Top with
Cool Whip, walnuts and/
or chocolate shavings.

Keep in freezer until ready to serve.

HPGS TONY LENZER SCHOLARSHIP FUNDRAISER

This year's Scholarship Fundraiser was held on November 14 at The Arcadia and honored Jeannette Kojane. The video from this event will be online at www.hpgs.org by mid-December for anyone to view who could not attend. As attendees reminisced about experiences shared with Jeannette, special note should be made that Cullen Hayashida, Gary Simon and Dorothy Colby, past HPGS Honorees, attended to recognize this year's honoree, Jeannette. Also, Uyanga Batzogs, a former Tony Lenzer Scholarship recipient, attended as a guest of Kathryn Braun.

This photo is of HPGS Fundraising Chair Kathy Wyatt and Jeannette highlights the "Special Message from Governor Josh Green" and the State of Hawaii's Senate Recognition, signed by most of the Senators. The "Mayor's Award of Recognition" was also given to Jeannette and signed by Mayor Rick Blangiardi, it said: "In honor of your receipt of the 2025 Hawaii Pacific Gerontological Society Tony Lenzer Scholarship Fundraiser Award and for dedicated leadership in advancing serious illness care statewide and across the Pacific, as well as your lifelong commitment to improving quality of life through compassionate care, education and advocacy."



HPGS NEWS

Kokua Mau has a "Let's Talk Story-Call to Action" that invites everyone to make a positive difference in the life of others, starting with your own!

1. Complete your own Advance Directive and encourage your family and friends to do the same, then talk about it.
2. Invite Kokua Mau to do a presentation where you work, live, pray or play. Contact: speaker@kokuamau.org.
3. Offer Advance Care Planning, including completing an Advance Directive, as an employee benefit or part of your **Workplace Wellness Program** in connection with Kokua Mau.

Visit the Kokua Mau website for additional resources: kokuamau.org

Contact them at info@kokuamau.org or 808-585-9977.

Generations Magazine welcomed over 1,500 attendees to the *Mayor's 49th Annual Craft and Country Fair* held at the Blaisdell Exhibition Hall on Saturday, November 22nd. There were 53 Generations Partners offering information from medicare, long term care, funeral plans, home therapy, assisted living facilities and much more. There were also a number of City and State agencies who support our kupuna, then beyond those tables, there were MANY tables of the City & County's Parks & Rec "senior clubs" who sold ceramics, woodcrafts, food, toys, towels, plants, etc. to raise funds for 2026. All-in-all, everyone had a grand time from 9am to 1pm.

Project Dana was awarded \$1,000 from the HPGS Annual Community Support Budget in November for their continued support of HPGS, most recently volunteering for our biennial conference held at the Ala Moana Hotel in September. Past recipients have been Habilitat for Humanity Maui, The Caregiver Foundation, Meals on Wheels, Olelo and Lanai Kinaole.



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GENERAL MEMBERSHIP MEETING

Thursday, January 15, 2026
11:30am via Microsoft Teams

The Truth About Long-Term Care: Why it's the Most Critical Decision You'll Ever Make.



Roger Higa

Roger graduated from the University of Hawai'i at Manoa Majoring in Finance and over the past 20 years, he has established two scholarship funds, providing opportunities for youth to pursue higher education. In addition to being a caregiver for over 12 years, Roger has spent 14 years working in insurance and financial services. He specializes in long-term care and retirement planning, focusing on financial disaster prevention. Roger is dedicated to helping you "Live the Life YOU Want to Live"™ by equipping you with the knowledge to grow, preserve, and protect your financial health and wealth. In his spare time, Roger enjoys quality time with his family, raising his daughter, and composing music.

The Microsoft Teams link will be emailed to all HPGS members
on January 12th.



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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 opportunities available to all islands consists of gerontology educators, students, medical and social service personnel, older adults (kupuna), caregivers, companies and organizations from every sector of the community. Federal I.D. #99-0211232

HPGS discusses, networks, and shares information about issues and policies affecting Hawaii kupuna, to include career and job fairs, expos, webinars, etc. They also provide scholarships for undergraduate and graduate students interested in careers in aging, as well as tuition assistance for workers seeking to upgrade their knowledge in this field.

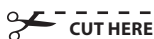
Benefits of an HPGS member includes:

- The HPGS monthly **newsletter** is distributed electronically and filled with age-related news, events, activities, job openings, announcements, and more.
- Throughout the year, there are **events** to bring HPGS members together for timely and relevant issues, discussions, and educational opportunities, as well as networking events and quarterly General Membership Meetings.
- HPGS prides itself in offering **scholarships** for those pursuing education in the field of aging, thus creating fundraising options.
- A two-day biennial **conference** is held in odd-numbered years and offers professional and educational venues on aging research, practice and policy for Hawaii, while also attracting national and international participants.
- HPGS members receive electronic **notices** on significant events, opportunities available, and other announcements.
- The HPGS **website** provides a resource of news, events, membership, etc. Company member's information and individual member's names will be placed on the HPGS website.
- There are a number of **committees** where membership involvement is welcomed.

For further information, please contact

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

Hawaii Pacific Gerontological Society • P. O. Box 3714 • Honolulu, HI 96812 • www.hpgs.org



CUT HERE

2026 MEMBERSHIP RENEWAL FORM

Contact Name: _____

Company/Organization: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Facsimile: _____

E-Mail: _____

Website: _____

Annual dues (check one):

- ☐ \$10 for individual 65 and over
- ☐ \$20 for individual under 25 years
- ☐ \$80 for individual 26 to 64 years
- ☐ \$100 for company/organization
(includes the contact person listed)
- ☐ \$50 for Associate Member
(individual of company member)

Date Paid: _____

Payment Amount: _____

Check Enclosed: # _____

Mail this form and check payable to HPGS to P. O. Box 3714 • Honolulu, HI 96812

To pay by charge card, go to www.hpgs.org and use fillable form.