



hawaii pacific gerontological society

Volume 47, No. 1

January 2026

HPGS 2025 BOARD OF DIRECTORS

Officers:

Kristina Wong, President
Lesley Milligan, President-Elect
Cynthia Arnold, Secretary/Treasurer
Laurie Adamshick, Past-President

Directors:

Joseph Adriano
Courtney-Paige DiMaggio
Kendi Ho
Tada Meya
Lesley Milligan
Travis Motosue
Christy Nishita
Georgjeanna Plummer
Nargis Sultana

Sherry Goya, Executive Director
808-722-8487 • sgoyallc@aol.com

P.O. Box 3714
Honolulu, HI 96812
www.hpgs.org
HPGS.808@gmail.com

HPGS has open enrollment for new members throughout the year. HPGS members may renew for 2026 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



KRISTINA WONG
PRESIDENT

Happy New Year, everyone! I'm honored to step into this leadership role and want to express my sincere gratitude to Laurie Adamshick, Sherry Goya, and Kathy Wyatt for their exceptional guidance and steady hands. They've helped me better understand this role and what it means to serve our team well, and while I'm not sure I'll keep all my New Year's resolutions, I'm confident we can work together to keep the important ones that move our group forward.

In the coming year, I'm excited to focus on creating more opportunities for organization-wide collaboration and support, expanding our community involvement, and bringing consistent energy to both our annual fundraiser and our biennial conference. These goals reflect not only where we want to grow, but also the collective strengths we already bring to the table.

I encourage each of you to stay engaged, share your ideas, participate in the initiatives that help shape our success, and if you haven't already, RENEW your membership. Your involvement is invaluable, and I'm grateful for the chance to lead alongside such a dedicated team.

I also hope you'll join us for our general membership meeting on January 15th at 11:30 a.m., which will feature HPGS partner Roger Higa, who will be sharing his knowledge and insights on long-term care.

I'm looking forward to a meaningful and productive year together.

Mahalo nui loa,

Kristina Wong

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.

MAHALO FOR RENEWING

As 2026 begins, the following are HPGS members who have renewed their membership:

INDIVIDUALS

Beverly Ann Gotelli
Sherry A. Goya, LLC
Helene Kaiwi
Jordan Lewis
Barb Morgan
May Ratiu
Frances Shirota
Gary Simon

COMPANIES

Brain Matters
County of Kauai - Agency
on Elderly Affairs
The Mediation Center
of the Pacific, Inc.

Mahalo to the following
"original" *Lifetime Members*:

Colette Browne
Michael Cheang
Michelle Cordero-Lee
Horace Farr
Scott Makuakane
Ron Matayoshi
Hideaki Nakamoto
Eldon Wagner

EVENTS

Project Dana

808-990-7373 or
cgs@projectdana.org
Caregivers Presentation
Saturday, January 10th,
10am to 11:15am
Zoom and Waipahu Hongwanji
Buddhist Temple
Retirement Presentation
Wednesday, January 14th,
10am to 11:15am
Zoom and Honpa
Hongwanji HI Betsuin

AARP Hawaii

The Wall That Heals
Daily January 14 until 2pm Jan 19
UH West Oahu - Great Lawn
91-1001 Farrington Hwy, Kapolei
FREE & Open to the Public

HPGS 2026 BOARD OF DIRECTORS

At their January 2026 board meeting, the board of directors for the Hawaii Pacific Gerontological Society voted in the following officers:

President:
Kristina Wong

President-Elect:
Lesley Milligan

Secretary/Treasurer:
Cynthia Arnold

Past-President:
Laurie Adamshick



All of these officers, as well as new directors since 2025, will be inducted during the HPGS General Membership Meeting on Thursday, January 15th via Zoom. This newsletter lists all directors for 2026 on the left column of page 1.

A big MAHALO goes out to the HPGS board who will be guiding this association through monthly board meetings, three General Membership Meetings, as well as starting the planning for the 2027 HPGS Biennial Conference. Please feel free to contact any of them or Sherry Goya, HPGS Executive Director, if you have any ideas to enhance the benefits of being a valuable member.

HPGS BOARD RETREAT

HPGS President Kristina Wong started her first two-year-term board meeting on January 8th, followed by the 2026 HPGS Board Retreat. President-Elect Lesley Milligan offered the Navian conference room for these meetings.

Kristina thanked Past-President **Laurie Adamshick** for her two years of serving HPGS. Laurie was an active president who took time out of her busy schedule to run the monthly board meetings and work with the different board committees such as "Publicity" where she worked on getting the word out via social media regarding the conference and general membership meetings, worked on the HPGS "website" to keep it updated, and on the "Conference" with Kristina. Sherry Goya, HPGS Executive Director, also thanked Laurie for being an excellent president to work along side with.



HPGS GENERAL MEMBERSHIP MEETING

Thursday, January 15th will be the first HPGS General Membership Meeting for the year. It will be held via Zoom, starting at 11:30am (see flyer attached to this newsletter). After inducting the 2026 Board officers and new board members since 2025, the guest speaker will be **Roger Higa**, of Roger Higa Financial Services. He has spent 14 years working in insurance and financial services, while specializing in long-term care and retirement planning. Roger is very knowledgeable on those topics, and unselfish in his counseling.



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GENERAL MEMBERSHIP MEETING

Thursday, January 15, 2026

11:30am

Via Zoom <https://us06web.zoom.us/j/83836609866>

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.



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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.

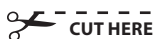
Benefits of an HPGS member includes:

- 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.