hawaii pacific gerontological society

Volume 47, No. 11

November 2026

HPGS 2026 BOARD OF DIRECTORS

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Sherry Goya, Executive Director
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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 2027 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

Aloha HPGS Members,

It's hard to believe that November is already here! As another busy year begins to wind down, we wanted to take a moment to share a few updates from HPGS. With the recent weather concerns across our islands, we also hope everyone has remained safe and well.

We would like to thank Travis Motosue for his informative presentation on the 2027 Medicare Updates at our October General Membership Meeting. With so many changes ahead, we appreciate Travis taking the time to share his knowledge and help our members better understand what to expect. We are currently working on plans for our next General Membership Meeting in January and look forward to sharing more details as the date approaches.

We would also like to take a moment to recognize Kendi Ho, who has recently stepped down from her position on the HPGS Board. We are grateful for her time, dedication, and contributions to our organization. Although she will no longer serve on the Board, we are especially pleased that she has offered to continue supporting HPGS through committee involvement. We truly appreciate her willingness to remain engaged and look forward to continuing to work together.

As we enter the holiday season, we want to express our sincere appreciation to all our members, board members, and community partners for your continued support of HPGS and the important work you do for Hawaii's aging community. May this holiday season bring you and your loved ones moments of peace, joy, and time to enjoy the company of those who matter most.

Mahalo,
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.

WELCOME TO HPGS

COMPANY
Kai Home Care

EVENTS

Generations Magazine
Mayor's 50th Annual Craft
& Country Fair
Over 50 Generations Exhibitors
Saturday, November 21st, 10am to 2pm
Neil Blaisdell Exhibition Hall
FREE and Open to the Public

AARP Hawaii
Caregiver Pit Stop
Saturday, November 14th
from 9am to 12pm
Leileihua High School Parking Lot
Sign up: https://events.
aarp.org/oahu-cp

Project Dana
Saturday, November 14th from 10am
Fall Prevention Building Better Balance
Waipahu Hongwanji Buddhist Temple

Wednesday, November 18th from 10am
Support Group - Talk Story Meeting
Honpa Hongwanji Hawaii Betsuin

Monday, November 23rd
from 7pm via Zoom
Support Group - Talk Story Meeting
www.projectdana.org - (808) 945-3736

2027 HPGS MEMBERSHIP DUES

HPGS members are very much appreciated and the board hopes the benefits of being a member will keep you renewing for another year. The monthly newsletters, three general memberships meetings, the annual Tony Lenzer Scholarship Fundraiser and our biennial conference will be a part of next years events. HPGS members will receive a discount to the 2027 conference to be held September 10th and 11th at the Ala Moana Hotel.

The HPGS membership fees have not increased and is very affordable for everyone, whether an individual or company/organization. The 2027 HPGS Renewal Form is attached for those who wish to mail a check. If you wish to charge, go to hpgs.org and renew through PayPal. There is a 3% fee added to all charges made online so HPGS can receive 100% of your membership dues.

HPGS GENERAL MEMBERSHIP MEETING

The third and final HPGS General Membership Meeting was held via Zoom on Thursday, October 1st. Mahalo to guest speaker, Travis Motosue, who is an HPGS Director and the President of Financial Benefits Insurance. His presentation focused on Medicare and Medicaid changes affecting Hawaii residents for 2026 and projected 2027. His PowerPoint included the past federal changes, including those from the Inflation Reduction Act of 2022 and the subsequent changes through 2026.

Major disruptions include the news that Ohana Health Plan will be exiting Hawaii at the end of the year, HMSA PLUS plan was terminating (with a replacement plan available), and Hawaii's push to full integrate Medicare and Medicaid under single carriers by January 2027. Significant federal benefit improvements, including the $2,000-$2,100 Part D out-of-pocket cap, GLP-1 bridge program at $50 a month, and drug price negotiations were highlighted as positive developments.

The projected changes for 2027 for Part B and social security projects were shared: (1) Part B premium is projected to have a slight increase to $209.50 a month. (2) Part B deductible is projected to increase by $9 to $292. (3) Social Security COLA is projected to increase to 3.5%, up from the 2026 2.8%

There will be other changes regarding the Part D drug plan parameters and drug price negotiations. The Part D premium stabilization demonstration will be ending. This was a federal subsidy program. It is planned that the federal government will be mandating that carriers and providers share information on a common platform to streamline prior authorization approvals. The goal is to reduce delays that currently hold up surgeries and treatments.

The annual enrollment period in Hawaii is October 15th to December 7th. The open enrollment period is January 1st to March 31st, allowing one additional change for Advantage plans or a return to Original Medicare. Hawaii residents in counties affected by declared natural disasters (storms, fires, etc.) can change plans outside the annual enrollment period, effective the following month.

HPGS NEWS

The September 18th Pacific Business News' page 10, with the heading of "Small Business," featured Molokai Drugs, which was established in 1935 as Molokai Drugs Inc. by HPGS member Judy Mikami's family. It has the only in-person pharmacy, serving all 7,400 residents on the island. The article said that it is the second-oldest pharmacy in Hawaii, offering prescription refills and immunizations to the Kaunakakai community, Molokai's largest town, and products from local businesses on the island.

The Lanakila Senior Center will hold their Annual Christmas Party on Friday, December 11th, and they try to have a Christmas present for each senior who attends the event. They usually have 400-500 seniors attend. If HPGS members would like to donate a Christmas gift worth $5-$10 to give their senior center members, that would be awesome. Please call Susie Chun Oakland at (808) 847-1322 if you would like to make a donation or email her at suzanne.oakland@catholiccharitieshawaii.org

PUMPKIN PIE MOUSSE

1 cup canned pumpkin puree
1/2 tsp cinnamon
1/4 tsp ground ginger
1/4 tsp freshly grated nutmeg
2 pints (4 cups) frozen low-fat vanilla ice cream, softened
1/3 cup brown sugar

Crust:
2 tbsp raisins
1 tbsp canola oil
30 small gingersnap cookies (about 7-1/2 oz)

Preheat oven at 350º
Coat a 9" deep dish pie pan with cooking spray. Crust - combine gingersnaps and raisins in a food processor, pulse until finely chopped. Add oil and pulse until blended. Press evenly into bottom and sides of the pie pan. Bake crust for 10 minutes and transfer to a wire rack to cool.

Filling - Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl. Mix well and add ice cream. Stir until blended and spoon the mixture into cool pie crust. Freeze until firm. Let pie soften slightly in refrigerator before serving.



From Wikipedia, the free encyclopedia

Thanksgiving is a federal holiday in the United States celebrated on the fourth Thursday of November (which became the uniform date country-wide in 1941). The earliest Thanksgiving can occur is November 22; the latest is November 28. Outside the United States, it is called American Thanksgiving to distinguish it from the Canadian holiday of the same name and related celebrations in other regions. As the name implies, the holiday generally revolves around giving thanks and the centerpiece of most celebrations is a Thanksgiving dinner with family and friends.

ALOHA E CHRIS CONYBEARE



We were saddened to learn about the passing of Chris Conybeare, a long-time partner of HPGS member Kathryn Braun. He was a lawyer, producer for public television, documentary filmmaker, advocate for media freedom, and philanthropist. As a producer, he hosted *Rice and Roses* on KHET for many years. He worked closely with director Joy Chong-Stannard to film working class people in Hawai'i. They documented the lives of sugar and pineapple workers, with a focus on work but also on family life during plantation days in Hawai'i.

One of his favorite shows was about Coach Sakamoto, who developed swim champions by teaching kids to race in the water ditches on the Pu'unēnē Plantation on Maui. Several of these kids went on to win medals at the 1948 Olympics.

Chris joined UH West Oahu in the 1990s. Other favorite documentaries produced with Joy Chong-Stannard included the *1946 Sugar Strike*, the *1949 Dock Strike*, *Cane Field Songs*, and Ah Quon McElrath: The Struggle Never Ends. **Older people were interviewed for all of these documentaries**, and Chris was clear on the importance of the role of older people in transmitting events and lessons from history. This became a topic that he presented at international conferences, including conferences in Australia, China, Denmark, Hong Kong, Japan, Korea, Malaysia, Singapore, and Turkey.

Chris also was a philanthropist, donating funds to non-profits ranging from HPGS and the Tony Lenzer Scholarship fund, to public television, the Honolulu Symphony Orchestra, ACLU, Common Cause, various food banks, and UH Foundation. Shortly before his death, he established a new fund at UH Foundation named the Braun and Conybeare Emergency Fund for Public Health Undergraduates. Chris was a big supporter of students. Donations in his name can be sent to HPGS for the Tony Lenzer Scholarship Fund or to the UH Foundation to support the Braun and Conybeare Emergency Fund.

hawaii pacific gerontological society

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 three General Membership Meetings in person or via Zoom.
- 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.
- 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

2027 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)

If paying on or after July 1st, dues are half price.

**** Need logo to be on HPGS website.***

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.