



Hawai'i Caregiver Conference: Learn, Share, Thrive

Friday, September 25, 2026 at 9:00 AM – 2:00 PM

Program

Let's join caregivers from across Hawai'i and beyond for a special virtual conference focused on connection, knowledge, and support. Hosted on Zoom, this event makes it easy for participants from any island or location to learn, share, and feel a sense of community.

The conference brings together experts, service providers, and fellow caregivers to explore the many facets of caregiving. With two simultaneous Zoom sessions, attendees can choose the topics most relevant to their journey—all from the comfort of home. Review this Program for details on conference presentations and Zoom links to join each session.

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Background

The **Executive Office on Aging** (EOA) is the designated lead agency in the coordination of a statewide system of aging and caregiver support services in the State of Hawai'i, as authorized by federal and state laws. EOA is administratively attached to the Hawai'i State Department of Health. EOA is grateful to work with the Hawai'i Dementia Initiative, partner organizations, and community members to facilitate these initiatives.

Hawai'i Dementia Initiative is a coalition of people across Hawai'i who are passionate about brain health, caring for caregivers, and improving dementia care. We collaborate on the implementation of the *Hawai'i 2035: State Strategic Plan on Alzheimer's Disease and Related Dementias* and the *Native Hawaiian Road Map - Navigating Impacts of Nā Ma'i Poina: Alzheimer's Disease and Related Dementias Among Native Hawaiians*. Everyone has a role to play, as we create a dementia-friendly Hawai'i.

Our Mission: We are committed to embrace and support with Aloha all of Hawai'i's people who are touched by Alzheimer's Disease and Related Dementias – from prevention and early detection to end of life – always keeping alive the hope of an eventual cure and aiming for the best quality of life for all.

We convene action teams (work groups) of community stakeholders who meet throughout the year via Zoom. Our **Dementia Caregiving Action Team** is made up of caregivers and community leaders who are deeply committed to supporting those who care for others. They understand both the challenges and the joys of the caregiving journey. The team created this event to share meaningful, relevant resources with caregivers across the islands and beyond.

We hope you find value in each session—and above all, we hope you leave knowing that **you are not alone**.

Together, we're raising awareness, empowering with education, and spreading hope. Visit our website www.hawaiidementia.org to learn more.

Thank you for joining us today for this pilot virtual caregiver conference.

Mahalo a nui loa!



Land Acknowledgement

We acknowledge Hawai'i as an indigenous space and the ancestral homelands of Kānaka Maoli (Native Hawaiians). Queen Lili'uokalani yielded the Hawaiian Kingdom and these territories under duress and protest to the United States to avoid the bloodshed of her people. We further recognize that generations of Indigenous Hawaiians and their knowledge systems shaped Hawai'i in sustainable ways that allow us to benefit today. We acknowledge that each moment we are in Hawai'i she nourishes and gifts us with the opportunity to breathe her air, eat from her soils, drink from her waters, bathe in her sun, swim in her oceans, be kissed by her rains, and be embraced by her winds. For this we are grateful and we seek to support the varied strategies that the Indigenous peoples of Hawai'i are using to protect their land and their communities, and we commit to dedicating time and resources to working in solidarity.

Reference: John A. Burns School of Medicine Land Acknowledgement & Sense of Place

Link: nhcoe.jabsom.hawaii.edu/indigenous/index.html

Event Website

Everything you need to know about the **Hawai'i Caregiver Conference** is at our event website linked below. You can also scan the QR code to the right with the camera in your phone. This event website includes the same zoom links, conference schedule, session descriptions, speaker's biographies, and resources included in this program.



Website: <https://hawaiidementia.org/event/hawaii-carecon-2026/#banner>



HAWAI'I CAREGIVER CONFERENCE

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Conference Co-Chairs



Karyn Clay
Kamuela, HI
Yes! You Can Travel



**YES! YOU CAN
TRAVEL**

Karyn Clay

For more than three decades, Karyn Clay has supported older adults and their loved ones in living rich, meaningful lives.

Karyn earned her BA in Gerontology from San Diego State University and has built her career across nearly every aspect of aging services, including skilled nursing, long-term residential care, care management, home care, and operating her own adult day center and adult residential care home for more than two decades on the Big Island.

Her other passion is travel, which led her to create Yes! You Can Travel, offering travel companionship services for those who need a little extra support along the way. Whether accompanying someone to another island for a medical appointment or traveling alongside a client on a dream vacation, Karyn helps make the journey possible with greater confidence and ease.

As someone who has experienced caregiving from both the family and professional perspectives, Karyn understands the challenges, rewards, and complexities that come with caring for others. As co-chair of this conference, she hopes to help create a space where caregivers feel supported, understood, and reminded that they are not alone.

Stay in touch with Karyn via email karyn@yesyoucanconcierge.com or social media [@yes.you.can.travel](https://www.instagram.com/yes.you.can.travel).



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Carl Powell
Maui, HI
Body & Brain Health



Carl Powell

Based on the beautiful island of Maui, Carl Powell is an award-winning speaker, best-selling author, and trusted expert in senior living and brain health. With decades of experience in the wellness field, Carl has dedicated his career to helping seniors and caregivers thrive.

What started as his best-selling book, **Voices of Care**, has since blossomed into a supportive community and organization. As Director of Voices of Care, Carl provides seniors and their families with the tools and guidance they need to navigate brain health and maintain an active, fulfilling life. He also shares these insights weekly as the co-host of the **Voices of Care Podcast** alongside Maggie Linton.

An active advocate both locally and nationally, Carl serves on the Hawaii Dementia Initiative board and is a prominent voice on the AARP Speaker Board, leading webinars and workshops nationwide to help seniors stay sharp. Whether he is coaching, speaking, or advocating for better care, Carl's mission remains the same: empowering people to feel their absolute best, both physically and mentally, for years to come.

Carl also serves on the Hawai'i Dementia Initiative board and the AARP Speaker Board, leading national webinars and workshops focused on keeping minds sharp. At the heart of everything he does is a simple mission: to empower people to feel their absolute best—both physically and mentally—for years to come.

Stay in touch with Carl via email carl@carlpowell.com or social media handles [@g.r.o.w.withcarl](https://www.instagram.com/g.r.o.w.withcarl) or [@Voices of Care](https://www.instagram.com/Voices_of_Care).



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MAHALO A NUI LOA!

A big thank you to AARP Hawai'i for making this virtual conference possible. AARP provided Zoom links, event promotion, tech support, Zoom monitoring, guidance, and valued partnership.



AARP is a social mission organization with a membership of people 50 and older. AARP provides information and tools to help people spot and avoid fraud and we serve as a reliable source of information on issues critical to older Americans.

AARP is committed to supporting family caregivers with the tools and resources they need to care for their loved ones and themselves. Today's conference supports both of those important goals. If you find today's program helpful, we invite you to discover everything that AARP offers.

Discover All that AARP has to Offer

Text **CAREGIVING**
to **50757**



To access **caregiving resources** and learn more about the benefits of becoming an AARP member or renewing your AARP membership.





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Conference Schedule At-A-Glance

Time	Track A led by Karyn Clay Join Zoom A Meeting ID: 934 2081 9763 Passcode: 276694	Track B led by Carl Powell Join Zoom B Meeting ID: 925 4887 4647 Passcode: 447171
Session 1 9:00AM	Finding Joy in Caregiving Savy Makalena Gimme-A-Break	Understanding Alzheimer's and Dementia Dr. Poki'i Balaz Alzheimer's Association
Session 2 10:00 AM	Caregiver Support: Aging & Disability Resource Centers Aging Network Staff	Understanding Lewy Body Dementia: A Guide for Caregivers Norma Loeb, Lewy Body Dementia Resource Center
Session 3 11:00 AM	Overview of the Senior Care Options in Hawai'i Todd Pang, Kupuna Care Pair & Caring Mānoa	AI for Dementia Caregivers: Trusted Guidance for Your Care Journey Dr. Chitra Dorai Amicus Brain
Session 4 12:00 PM	The Best Kept Secret in the Long-Term Care Continuum Stacy Honma, Maluhia Adult Day Health Center, and Torri Kon, Windward Adult Day Care	What Help Do You Really Need? Capacity, Powers of Attorney, and Guardianships Connie Liu Legal Aid Society of Hawai'i
Session 5 1:00 PM	Caregiver Connection Circle: Brandi Merryman	Caregiver Connection Circle
1:45 PM	Closing Session: Overall Takeaways and Resource Sharing	
2:00 PM	End	

Session Descriptions and Speaker Biographies

9:00 AM - Finding Joy in Caregiving

[Join Zoom A](#) Meeting ID: 934 2081 9763 Passcode: 276694

Remember that finding joy is crucial for mental and physical health. It helps reduce stress and anxiety, improve relationships, boosts the immune system, and increases resilience. Joy is a choice and can be cultivated through practices like gratitude, meditation, and appreciating the small joys in life. It is NOT about ignoring the struggles of others but about fueling oneself to face them with resilience.



Practicing self-compassion is a journey that requires patience and commitment to yourself! Remembering that this will also reflect on those you are caring for, this sets a tone, an example for them to do the same. By incorporating these techniques into your daily life, you can develop a kinder, more understanding relationship with yourself and them. You will see improved emotional resilience and overall well-being.

Savina "Savy" Makalena

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 – a nonprofit, all volunteer organization that cares for caregivers, Producer/Creator/Host of the Caring Caregiver Show and Publisher of Givers Guides Magazine for caregivers. She serves as a member of the Hawaii Family Caregivers Coalition and a member of Hawai'i Dementia Initiative Coalition. The winner of the 2021 Ruby Award, 2022 Remarkable Women Award, and a 2023 Andrus Award nominee. It is her passion mission to connect caregivers to resources, to educate caregivers to survive their journey and continue to thrive in life after. The past 10 years she has devoted her time as a Caregiver for her father, mother and mother-in-Law. Currently she stands steadfast at the side of her Spouse in their battle with Cancer.



Gimme a Break Website: <https://gab808.org/>

Email info@gab808.org or text 808-754-3787



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9:00 AM - Understanding Alzheimer's and Dementia

[Join Zoom B](#) Meeting ID: 925 4887 4647 Passcode: 447171

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available, and Alzheimer's Association resources.

Dr. Poki'i Balaz is a board-certified family nurse practitioner, health policy leader, executive, and systems strategist whose work spans aging, caregiving, dementia, health care delivery, and policy. Her career has included clinical practice, nonprofit and executive leadership, program development, and state and federal health policy, with a particular focus on improving systems of care for older adults, people living with dementia, and family caregivers. Dr. Balaz has worked across the continuum of aging and caregiving—from providing direct care to older adults and families to developing programs, leading organizations, and advancing systems-level change. Her work spans dementia and memory care, caregiver support, workforce development, long-term care, and health system transformation, with experience at the local, national, and global levels. She has also helped shape caregiving and aging policy in Hawai'i and, as a Health and Aging Policy Fellow and APSA Congressional Fellow, brought that experience to federal health policy work in the U.S. Senate. Her professional work is deeply informed by nearly 20 years of family caregiving experience. That perspective has shaped her commitment to practical, culturally responsive solutions that recognize both the needs of the person receiving care and the health, financial, and emotional realities facing caregivers and families.



Alzheimer's Association - Hawai'i Chapter

Website: <https://www.alz.org/hawaii>

Call the 24/7 Helpline 800.272.3900



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10:00 AM - Caregiver Support: Aging & Disability Resource Centers

[Join Zoom A](#) Meeting ID: 934 2081 9763 Passcode: 276694

Learn about the caregiver support available through the Aging & Disability Resource Center (ADRC). This session highlights core services such as caregiver counseling, respite, in-home assistance, wellness programs, and resource navigation. Attendees will also hear about county partnerships that provide additional benefits, including legal assistance, Alzheimer's Association programs, and Caregivers' Corner one-on-one guidance. Participants will leave with a clear understanding of how to access these programs and connect with trusted community resources. Let us help you find the right support for your caregiving journey.



Statewide Aging and Disability Resource Center

Website: <https://hawaiiadrc.org/>

Phone: (808) 643-ADRC (808-643-2372)

TTY: (808) 643-0889

AGING &
DISABILITY
RESOURCE
CENTER



ADRC
HAWAI'I

10:00 AM - Understanding Lewy Body Dementia: A Guide for Caregivers

[Join Zoom B](#) Meeting ID: 925 4887 4647 Passcode: 447171

Join Norma Loeb and Carl Powell for a supportive, 45-minute workshop built for family members, care partners, and professionals. Together, we'll break down the key signs of LBD, explain how it differs from other forms of dementia, and share practical, real-world strategies for handling the unique challenges it brings. Lewy Body Dementia (LBD) isn't rare. It is the second most common form of dementia after Alzheimer's disease; yet it remains one of the most misunderstood and frequently misdiagnosed conditions. Getting an accurate diagnosis early on





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can help how you approach care and make a difference for your loved one's quality of life. You'll walk away with a much clearer understanding of LBD and the practical tools to advocate effectively for the person in your care.

Norma Loeb is Founder and Executive Director of the Lewy Body Dementia Resource Center (LBDRC). Norma's knowledge and experience with Lewy body dementia began with the personal care of her mother, Lillian, who had LBD for many years. Norma has been facilitating the only New York Metro area LBD caregivers support groups since 2008 and now also offers national and international support groups for people living with LBD and for caregivers. She also established the only live helpline for LBD in the United States. Norma worked as executive assistant to the CFO at The New York Times Company for over 20 years. While there, she served as chairperson of the work/life committee of The New York Times' women's affinity group and initiated and ran their eldercare support group. She is also executive director of the nonprofit organization What BETTER Looks Like.



Lewy Body Dementia Resource Center

Website: <https://lewybodyresourcecenter.org/>

Call 833-LBD-LINE or 516-218-2026

(8:00 AM to 8:00 PM EST)

Email norma@lbdrc.org



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11:00 AM - Overview of Senior Care Options in Hawai'i

[Join Zoom A](#) Meeting ID: 934 2081 9763 Passcode: 276694

Learn about the wide range of senior care services and facilities available across Hawai'i—from in-home assistance and adult day care to assisted living, care homes, memory care, skilled nursing, and more. Discover best practices for bridging communication and collaboration between caregivers, family stakeholders, and care professionals to find the right fit for your kupuna. Gain practical tips—from Kupuna Care Pair's experience—for comparing care options, setting expectations, and maintaining open, respectful dialogue with providers and loved ones. Walk away equipped with the resources, strategies, and community tools needed to navigate Hawai'i's senior care landscape with confidence and 'ohana-centered support.



Todd Pang is President of Caring Manoa, a Type II Adult Residential Care Home; and the Founder of Kupuna Care Pair, an online platform that demystifies long term care, and saves valuable time for families to compare available services and connect to local care providers in Hawaii. Prior to taking over his family's care home in 2011, he worked in China's luxury tourism and hospitality industry. Todd has a passion for helping people to navigate and thrive in unfamiliar situations, whether it be exploring the Forbidden City or preparing for end-of-life care.



KUPUNA
CARE PAIR

Website:

<https://www.kupunacarepair.com/>

11:00 AM - AI for Dementia Caregivers: Trusted Guidance for Your Care Journey

[Join Zoom B](#) Meeting ID: 925 4887 4647 Passcode: 447171



Caring for someone with dementia is deeply meaningful, yet it can often feel overwhelming. Could technology make daily care routines a little easier? Join Chitra Dorai, Ph.D. and Carl Powell for an informative session on how artificial intelligence (AI) can support dementia caregivers with trusted practical guidance, reliable resources, and timely convenience.

Dr. Dorai will share how her own caregiving journey shaped her perspective on technology's role in supporting families, along with lessons from her experiences working with the Department of Homeland

Security and Fannie Mae on responsible, ethical use of AI in high-stakes environments. She will provide a clear and easy-to-follow overview of what AI can and cannot do, appropriate and inappropriate use with real-life examples, and tips for using AI tools safely and effectively. You will also hear a brief summary of current research on AI's impact in dementia care and how well-designed tools can reduce caregiver stress and strengthen confidence.

The session will conclude with an overview of how **Amicus Brain** applies responsible AI principles to offer trusted answers, personalized guidance, and curated resources through its mobile Apps to ease the caregiving journey. You will leave with a clear, practical understanding of AI, how to evaluate its use carefully in different situations, and how it may support your caregiving journey. No technical background is needed! Just come as you are and see how a little extra help from AI can make a big difference in your daily life.

Chitra Dorai, Ph.D. is a globally recognized artificial intelligence scientist and entrepreneur with over 35 years of research and development experience. She is the Founder and CEO of Amicus Brain Innovations, a digital health startup harnessing responsible AI—through its advisor app “Keiko”—to support families and caregivers of individuals with Alzheimer’s and related dementias. Previously at IBM, she became the



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first woman of Indian origin worldwide to be named an IBM Fellow and later served as Global Chief Technology Officer for Cognitive Services in IBM's Global Business Services unit. A prolific inventor and researcher, Dr. Dorai holds 48+ patents, has published over 100 technical papers, and has been honored with multiple best-paper awards and high-value patent recognitions. Her trailblazing work has earned such distinctions as the IBM Gerstner Award, Distinguished Engineer recognition, and Congressional Certificates of Recognition for her societal impact.

Website: <https://amicusbrain.com/>

12:00 PM - The Best Kept Secret in the Long-Term Care Continuum

[Join Zoom A](#) Meeting ID: 934 2081 9763 Passcode: 276694



Adult Day Health and Adult Day Care programs are among the most cost effective yet often overlooked supports for aging adults and their caregivers. This session provides a clear overview of the services offered—such as health monitoring, personal care, social engagement, therapeutic activities, nutritious meals, and caregiver respite.

Participants will learn how these programs promote safety, preserve independence, and enhance quality of life for kūpuna, while giving caregivers much-needed relief and peace of mind. We will also discuss the differences

between Adult Day Health and Adult Day Care, helping families understand which option best fits their needs. Join us to discover why these programs are considered the “best-kept secret” in long-term care—and how they can make caregiving more sustainable, supportive, and connected.

Stacy Honma serves as the Program Manager for Maluhia Adult Day Health Center and holds a Bachelor of Arts in Public Administration from the University of Hawaii. She shares more than 25 years of experience as an Administrator and Program Manager for licensed adult health programs across Hawaii. Throughout the years, she has worked closely with caregivers from diverse backgrounds and circumstances, particularly those supporting loved ones living with Alzheimer’s disease and other forms of dementia. This work has provided her with both deep professional insight and a strong sense of empathy for Hawaii’s Kupuna and their caregivers. Maluhia Adult Day Health Center is one of only three adult day health centers in Honolulu and is state-owned and operated under Hawaii Health Systems Corporation.

Maluhia serves as a critical safety net for long-term care in the state.



Maluhia Adult Day Health Center

Website: <https://maluhia.hhsc.org/community-services/maluhia-adult-day-health-center/>

Phone: (808) 832-5659



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Torri Kon is the Executive Director at Windward Senior Day Care Center in Kailua. Torri was born and raised in Kaneohe. She completed a B.S. in exercise science and post-graduate certificate in gerontology at Pacific University and a Master of Science in Counseling Psychology in Marriage and Family Therapy at Chaminade University Honolulu. Torri has been a Family caregiver and worked in elderly care for 10 years. She loves dogs and going to the beach. She has been with WSDCC since 2016, starting off as a caregiver and then working with the activities and food programs. She is honored to continue serving this little community of kupuna and family caregivers.

Windward Senior Day Care Center



Website: <https://www.windwardseniordaycarecenter.org/>

Phone: (808) 261-4947

12:00 PM - What Help Do You Really Need? Capacity, Powers of Attorney, and Guardianships

[Join Zoom B](#) Meeting ID: 925 4887 4647 Passcode: 447171

Connie from the Legal Aid Society of Hawaii will lead an informative and engaging session focused on some of the most important tools for planning and decision-making in later life. She will provide clear, practical guidance on key topics including capacity, powers of attorney, advanced health care directives, and guardianship.

The **Legal Aid Society of Hawai'i** is a nonprofit public interest law firm committed to promoting fairness and justice for those in need. With 10 offices statewide and over 100 staff, Legal Aid works toward its vision of "Building a Just Society" by making the legal system more accessible through easy-to-understand forms and educational materials. The organization empowers individuals by helping them



LEGAL AID
SOCIETY OF HAWAI'I





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understand their rights and navigate legal challenges. When needed, Legal Aid provides direct legal representation to ensure that those most vulnerable have a fair chance.

Connie Liu is the elder law senior staff attorney at the Legal Aid Society of Hawaii. Starting in February 2025, Connie helps seniors with advance planning documents, including wills, advance health care directives, transfer on death deeds, and powers of attorney. Prior to her role as the senior staff attorney, she was the Managing Attorney for Community Engagement from November 2016 to February 2025, supervising outreach teams and special projects. Connie Liu's career has been focused on helping people with limited income and assets address their legal issues.

Website: <https://www.legalaidhawaii.org/elder-law-services.html>

Resources:

- [Hawaii Advance Health Care Directive Instructions_Kaiser Permanente_PDF](#)
- [PRACTICAL Tool for Lawyers: Steps in Supporting Decision-Making_PDF](#)
- [Identifying Alternatives to Guardianship_Stop light tool_PDF](#)
- [Supported Decision-Making Agreement_PDF](#)
- [Comparing AHCD vs. POLST_National_PDF](#)
- [Hawaii POLST Form_PDF](#)
- [Slides Handout_Guardianship POA Capacity_PDF](#)

1:00 PM - Caregiver Connection Circles

[Join Zoom A](#) Meeting ID: 934 2081 9763 Passcode: 276694

Caregiver Connection Circles offer a welcoming, supportive space for conference attendees to come together and share their caregiving journeys. In these guided small-group conversations, participants can talk story, discuss what has helped them, and offer practical tips to others walking a similar path. Let's ensure everyone feels heard, respected, and uplifted. This is a safe, nurturing environment designed to build connections, reduce isolation, and strengthen caregivers' sense of community. Join us to reflect, recharge, and form meaningful bonds with fellow caregivers who truly understand.



Brandi Merryman M.S., CCC-SLP is a Speech Language Pathologist with over 25 years of experience working with a variety of populations from pediatrics to adults, in settings including hospitals, home-health, schools, and skilled nursing facilities. Born and raised in Hawaii. My focus is on promoting brain health and supporting caregivers and 'ohana to help their kupuna maintain healthy cognitive-communication functioning across their lifespan. I facilitate support groups for caregivers and individuals with Alzheimer's and related Dementias. I believe everyone has a story that continues to be written everyday. I strive to keep HOPE alive...

Other Resources

- **Join a Caregiver Support Group near you!**
 - Click here to learn more:
<https://hawaiidementia.org/events/category/support-group/>
- **Get a FREE Caregiver Kit from the Alzheimer's Caregiving & the Caregivers.** The Free Caregivers Kit will support you on your caregiving journey. Click the link to register and you can receive the free downloadable PDF or request a kit to be mailed to you. <https://www.alzcaregiving.org/caregivers-kit/>
- **Call Catholic Charities Hawai'i Senior Helpline at (808) 527-4777** for resources. They offer evidence-based caregiver training & support programs such as the R.E.A.C.H. program (Resources for Alzheimer's Caregiver Health) or O'ahu-based S.H.A.R.E. Program for persons with early-stage dementia and their care partners.
- **Call or text Hawai'i CARES at 988** for 24/7 FREE support services for help with crisis, mental health, and substance use.
- **For more information, visit hawaiidementia.org**

Evaluation Survey: <https://www.surveymonkey.com/r/7NF3FYG>

Mahalo for attending the Hawai'i Caregiver Conference! Please complete this evaluation survey to share your feedback on your overall experience today. You can click the link above or scan the QR code with the camera on your phone. Your response is anonymous. We look forward to your feedback so that we can improve for future events. Feel free to email us if you have any questions: DOH.Dementia@doh.hawaii.gov



Mahalo for joining us today!

A hui hou – until we meet again. ❤️