



June-July 2020



## Active Aging Consortium Asia Pacific

### *From the President*

Kathryn L. Braun  
University of Hawai'i, USA

Aloha Friends! Please enjoy these stories from Indonesia, Japan, Hong Kong, Malaysia, Pakistan, Canada, and the US. **Our next deadline is August 20, 2020, and we want to feature YOU!** Please contribute.

### Thailand Conference

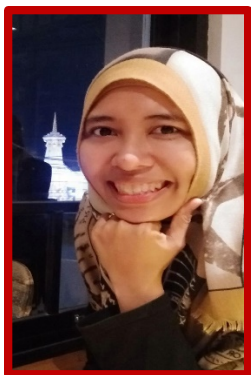
Kaysorn Sumpowthrong announces that the 1<sup>st</sup> International Conference of Thammasat University on Health Sciences (Active Ageing Conference), initially scheduled for March 2020, has been postponed until next year.

### 1<sup>st</sup> ACAP Webinar Series – July – August 2020

Join us for the 1<sup>st</sup> ACAP Webinar Series! We will hold 3 one-hour webinars on “Active Aging in the Time of COVID-19.” Watch your email for our invitation!

- **July 12, Sunday**, 11am Hong Kong time – featuring Kathryn Braun (moderator), Nan Bosler (Australia), Takeo Ogawa (Japan), and Susie Chun-Oakland (Honolulu).
- **July 26, Sunday**, 11am Hong Kong time – featuring Cullen Hayashida (moderator), Kaysorn Sumpowthrong (Thailand), Donghee Han (South Korea), and Ashish Goel (India).
- **August 7, Friday**, 5pm Hong Kong time – featuring Teresa Tsien (moderator), Thelma Kay (Singapore), Eef Hogervorst (UK), and Chandrakala Diyali (India)

NOTE: The first 2 webinars are on Sunday in Asia, and the 3<sup>rd</sup> is on Friday.



## ***Elders Sing a Sign of Love in Indonesia***

Ratna Kusumaningsih, SKM

Co-Founder, Social Club Indonesia

Yogyakarta, Indonesia

*Not young anymore does not mean without creation.  
We are still empowering and want to strengthen each other.*

We are the Social Club Indonesia, a place for the elderly to stay healthy, active and happy by doing some activities together. We are located in Yogyakarta, Indonesia. We offer educational classes, promote hobbies, lead spiritual and social activities.

The world was shocked by the outbreak of the Covid-19 virus, which has changed life everywhere. In Indonesia, everyone was asked to stay at home. Older adults lost their ability to do activities outside and meet colleagues, causing loneliness and discomfort.

In these circumstances, it was necessary to develop creative activities that can keep the elderly happy and optimistic, even though they had to stay home. Because elderly could easily get sick in this situation, it become our duty to help them to keep their health by creating happiness and feelings of togetherness.

We developed an art activity in which the elderly could sing at home and take videos of themselves, and this was mixed into a beautiful group song. The elderly covered one of the most popular songs in Indonesia, titled "*Rumah Kita*"(Our Home), *By God Bless*.

[https://www.youtube.com/watch?v=B-wT1\\_7xZlq](https://www.youtube.com/watch?v=B-wT1_7xZlq)

This song is about gratitude and happiness when at home, because home is the most comfortable place.

This song is a **sign of love** from the elderly and a support to the people of Indonesia, especially to the medical teams that have worked hard in handling COVID-19.





In the video, also we showed some positive news about the development of Covid-19. We hope that it can provide enthusiasm and optimism for the community, especially those in the Yogyakarta region, Indonesia.

We really appreciate and are proud of the members of the Social Club because they worked very hard to

create this song. They had to watch and hear the song, memorize the words, pay attention to the tones and timing of the music, and take video while singing independently. They told us that they had to shoot the video repeatedly to get the perfect results, and this is an extraordinary form of effort. Of course they did it because they felt the spirit of the song.

This activity turned out to make the elderly very happy and proud because they could produce something in the midst of this epidemic. This feeling of pleasure and happiness was very important for the elderly because happiness will affect their health in a positive way. Hopefully, we can continue and become even better in facilitating the activities of the elderly in Indonesia, especially for elderly in Yogyakarta. The combination of activities that needed by them will help the physical and mental health for the elderly. They can enjoy their golden time being healthy and happy and being valued in society.

For more information on our social club, find us at: IG: @socialclub\_idn; FB: Social Club; Email: [socialclub.indonesia@gmail.com](mailto:socialclub.indonesia@gmail.com)



### ***Southeast Asian Healthcare Workers Engaging in COVID-19-Stricken Medical and Elderly-Care Services in Japan***

Shun Ohno, PhD

Professor, Department of Global Citizenship Studies, Seisen University

Affiliated Professor, Center for Southeast Asian Studies, Kyoto University

Japan is a super-aging society, with a 28.4% rate of aging in September 2019. Because of this, Japan faces a severe shortage of elderly-care workers, with the government estimating a need for 200,000 more.

Beginning in 2008, Japan implemented the Movement of Natural Persons under an Economic Partnership Agreement (EPA) between Japan and the governments of Indonesia, the Philippines, and Vietnam.

More recent measures to combat the lack of care workers included the establishment of a new visa status called “Nursing Care” (2016) and the addition of “Nursing Care” to the list of industries under the technical internship program (in 2017). In 2019, the government provided a new residential status called “Specified Skilled Worker,” a program through which individuals can live and work in Japan as care technical intern trainees.

As in other countries, COVID-19 in Japan directly struck hospitals and elderly-care-facilities. By the end of May 2020, infected patients, residents, and staff were found at more than 200 medical facilities and 70 care facilities in Japan. Some of these facilities employ immigrant foreign workers.

Since 2008, 1,421 registered-nurse candidates from Indonesia, the Philippines, and Vietnam have entered Japan. Among them, 459 candidates have passed the Japanese National Nursing Examination, as required for continued stay in Japan.

Over the past decade, I have conducted research about the problems and challenges for immigrant workers in these fields. When the state of emergency was declared in Japan, I conducted online interviews with an Indonesian nurse and a Filipino care worker. This article describes their daily lives and how they feel about their current work. I also provided some photos from my personal collection.



Indonesian candidates for certified care worker studying for passing the national examination.

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### **Indonesian Nurse’s Everyday Life Working in a Hospital with Infected Patient and Staff**

One of them, a male Indonesian nurse Mr. A, works at a hospital in the Kanto region. At his hospital, a few of the patients and medical staff became infected with COVID-19.

Healthcare workers operating on the floors accommodating infected patients have had to continuously wear medical protective suits. At present, Mr. A is working in a different ward and, in addition to wearing a mask and washing his hands frequently, he has been wearing disposable gloves more often than before.

Even with a slight fever, nurses have been requested to take 2 weeks off for observation, in line with regulations. Mr. A has had to care for additional patients for coworkers who come down with a fever. Thus, his workload has increased.

He stated that “I’m anxious. I don’t know when I could get it or give it to someone.” At home, his Indonesian wife and school-age children have a “stay-at-home” life. To avoid infecting his family, Mr. A sterilizes his clothes and bags completely as soon as he arrives home and takes a bath before coming into contact with them. All members of his family are Muslims, but the nearby mosque is completely closed, so they pray at home. They buy halal food from online shops.

When I asked him about his thoughts about going back to his home country, he immediately responded, “I have never thought about such a thing.” He shared that “there is no such move by any other Indonesians [working in Japan] to return home. Nurses and care workers here have high ethical standards. We cannot just run away.”

Mr. A has discovered something about the Japanese medical system through this crisis. “It was rather unexpected; we ran out of protective suits. So, we had to improvise with plastic substitutes. There was also group transmission outbreak at a nearby hospital. The situation was not quite as good as I had expected.” Before coming to Japan, he believed, like other Indonesian EPA applicants, that the Japanese medical system was among the best in the world. Thus, Japan’s insufficient preparations toward a large-scale infectious disease surprised him greatly.

### **Observation by a Filipino Care Worker in Charge of Foreign Staff at an Elderly-Care Facility**

By Fiscal Year 2019, 5,063 foreign care workers had come to Japan under the EPA. Of these, 1,322 obtained national licenses as certified care workers (*kaigo fukushishi* in Japanese). One such worker is Ms. Lynette Morales Motoishi, who moved to Japan from The Philippines and married a Japanese citizen. She has been working as head of foreign staff at La Paz, a long-term care facility in Asakura City, Fukuoka Prefecture. One third (approximately 10) of all the care staff members of this facility are Filipinos.

La Paz is in a building that accommodates a visiting-care home and other several facilities & offices, so they have devised a way to avoid overlaps in the flows of nurses and care workers in charge of the residents and those of other staff members handling other matters. Since the declaration of a state of emergency, they do not allow residents to meet family members, except through online meetings by a computer. How does this workplace currently appear to Ms. Motoishi?



**Ms. Motoishi in her workplace.**

“We are washing hands frequently and wearing masks all the time. We take breaks in our own cars as a measure against group infection. But we feel that it is more or less the same as with a case of normal influenza. Japanese people are feeling more anxious and tense. Japanese staff are also concerned, saying that the coronavirus would not easily be over, but I would say, it’ll be fine, because the end comes to any infectious disease.”

Filipino staff in general seem to possess a more optimistic perspective for the future than their Japanese coworkers. Such Filipino mind is sometimes called “*Bahala na*” in Filipino, which means “everything will work out.”

To avoid the risk of transmission, she said that Japanese staff are trying to secure some distance from the residents and tend to avoid physical contact. She said, “I have also been



careful to avoid physical contact, but I just find myself doing it. The residents are used to be touched that way, and they might feel uneasy or lonely if we stop touching them.” She also tries to soothe anxieties of the residents by listening to them, even though they talk at a good social distance.

She has realized that the burden of her work is now heavier than before. Still, she said that “staying in Japan is safer.” On the day of my interview with her in April, the number of COVID-19 deaths in The Philippines had exceeded 500, compared to only 351 in Japan. She also noted that people in her home country were being arrested for violated the strict “lockdown” regulations imposed by the government.

The EPA workforce, serving as care workers and nurses (including “candidates” who have not yet passed the national exam) are generally highly evaluated for their good attitude toward the residents, including their practice of natural physical contact and strong deference to the elders. This feeling was confirmed through a survey we conducted on care facilities and hospitals that hired EPA workers. Ms. Motoishi’s words sound encouraging, not only for the employers but also for the residents: “Filipinos who wish to work in Japan will not be decreased in the future”.

### **Current Situation of Care Technical Intern Trainees from Vietnam**

Among “care technical intern trainees” to Japan, those from Vietnam are especially increasing. A major recruiting agency based in Hanoi, called the Hoang Long Investment Construction and Manpower Supply Joint Company, has already dispatched 718 (more than 90% female) technical intern trainees to Japan to engage in elderly-care work.

Although Hoang Long’s training facilities in Hanoi closed temporarily due to the pandemic, they returned to normal operations by early May because of the low number of COVID-19 cases and no COVID-19 deaths in Vietnam.



**Vietnamese technical intern trainees receive training before going to Japan.**

According to Mr. Pham Ngoc Binh, the director of the Japan business division, some trainees in Japan were initially afraid of COVID-19 and wanted to return to Vietnam before the expiration of their contracts. However, Japan experienced a rapid decline in new COVID-19 cases after mid-April, so most of them decided to stay. Luckily, there have been no cases of transmission at any of the care facilities across Japan where these trainees have been assigned, and Hoang Long will continue its intern program.

### **Prospect of Acceptance of Foreign Workers to Healthcare Industry in Japan**

When Japan’s economy had been seriously damaged by the “Lehmann Shock” and its after effects in 2008-2009, thousands of foreign workers lost their jobs. Similarly, during COVID-19 crisis, it has been reported that many foreign workers had their employment terminated. However, job loss is not common for foreign workers in medical and nursing care sectors. Their importance as “essential workers” under emergency situations has been reaffirmed, and therefore, local governments and employers are trying hard to retain them at their workplaces, even by providing special allowances like they do to for other Japanese staff.

In the US, Europe, and other countries, a considerable number of deaths have been reported for the elderly-care residents and healthcare workers. Per a report of the International Council of Nurses, more than 600 nurses have died from COVID-19 worldwide. In Japan, the deaths of dozens of residents and patients at care facilities and hospitals also followed. However, no deaths have been reported among care workers and nurses as of June 8, 2020.

Once the spread of viral infection subsides in Japan and other Asian countries and as borders reopen, I can assume that the movement toward the wider acceptance of care workers from neighboring Asian countries, especially elderly-care workers coming to Japan will be back on track.

For more information, contact Dr. Ohno at [oono3905@yahoo.co.jp](mailto:oono3905@yahoo.co.jp).



### ***Risks of COVID-19 to People with Dementia***

Prof Dr Asghar Zaidi

Vice Chancellor of the Government College University

Lahore, Pakistan

Offering selfless care to elders in the closely knit South Asian households is necessitated by religion and culture alike. Feeble, sick and forgetful, our elders are seldom left in the lurch by their families, no matter how difficult!

This article focuses on raising awareness about the impact of COVID-19 on persons living with dementia, a particularly high-risk group of patients and their caregivers. It recommends suitable interventions to mitigate the effects of this virus on their quality of life.

It is easy to overlook the needs of this subgroup of dementia sufferers in a crisis situation like the present, especially in countries like Pakistan where the awareness about dementia is limited and specialised health and care resources almost non-existent.

There is a wide spectrum of cognitive issues for dementia sufferers, particularly memory and orientation, and the disease is more prevalent among the older population. Dementia has become a global health priority, especially in the resource constrained middle-income countries like Pakistan, where the rise in number of older persons is most dramatic.

### ***Dementia and Coronavirus***

In the absence of specific guidelines, people with dementia and their caregivers had to often devise the most suitable course of action on the basis of generic guidelines. In Pakistani context, dementia sufferers share feelings of being misunderstood and overlooked.

Due to memory impairment, the dementia patients will feel greater levels of anxiety and nervousness towards understanding the relevant guidance in the rapidly changing situation about the impact of the virus. It can also be problematic for dementia patients to understand instructions about social distancing (not getting too close to other people) as well as observing rituals of hand hygiene, reasons for wearing a mask, and following restrictions on walking outside in the times of lockdown.

Many people with dementia may get seriously disoriented as they are not able to make decisions for themselves and need their caregivers to constantly support them. In Pakistani context, caregivers are mostly family members, who have little or no specialised knowledge of how to manage dementia sufferers in such times of high anxiety. Awareness towards all these risks is absolutely critical before any intervention can be effective.

### ***What interventions by policy making bodies?***

Three recommendations can be given to policy making bodies in Pakistan, each of which has serious resource implications. Firstly, proactive and preventative strategies will be necessary by family caregivers to minimize the need for people with dementia to require in-person evaluation for dementia or other conditions. Use of technology such as video- or tele-visits may be preferred to avoid the risk of spread of COVID-19 in this group.

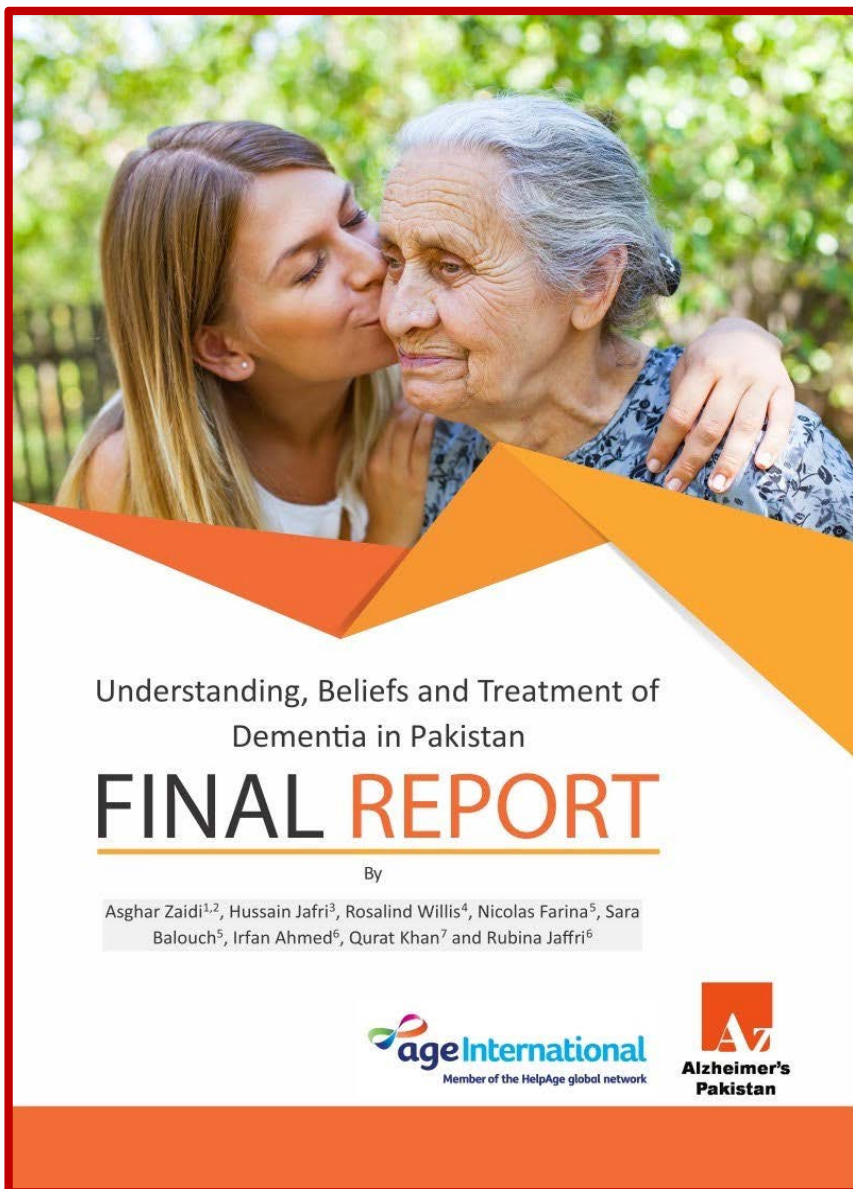
Secondly, tele-counselling will be necessary to reduce the psychological impact on caregivers if the dementia patient remains at home. This will lessen the anxiety and stress arising from the unfamiliar situation of the lockdown.

As a good practice example, in Lahore, the tele-counselling for caregivers of dementia patients has been established at the Government College University, in cooperation with Alzheimer's Pakistan, alongside Punjab Mental Health Helpline for COVID-19.

Thirdly, specialised medical advice should also be made available in case a person with dementia develops symptoms of COVID-19. The concern is that clinicians who are not formally trained in dementia care may underestimate the quality of life of many persons with dementia during this crisis.

It goes without saying that every case is different, and each individual will be impacted by COVID-19 in a unique way.

However, with the right information about risk reduction and knowledge about when and where to seek help and opportunities to respond through specific guidelines, people living with dementia can make informed decisions about how to provide care during the COVID-19 emergency and during recovery.







## ***PolyU's LifeLong Learning Programs Go Online***

Daniel W. L. Lai, PhD

Chair Professor of Social Work and Gerontology

Director, Institute of Active Ageing

Head, Department of Applied Social Sciences

The Hong Kong Polytechnic University

Greetings from Institute of Active Ageing (IAA), The Hong Kong Polytechnic University (PolyU)! PolyU IAA is committed to research excellence and innovation in active and healthy ageing, interdisciplinary education related to gerontology, and evidence-based practices for the promotion of active ageing.

In view of the COVID-19 pandemic, adult learners are unable to return to the PolyU campus for lifelong learning activities, including wellness courses, pre-retirement talks, and auditing classes, etc.

Therefore, IAA has initiated online learning of Information and Communications Technology (ICT) courses, Art and Culture courses, and Facebook live talks to keep adult learners engaged and continuously connected to the community.

With support from the Office of the Government Chief Information Officer (OGCIO) under the Innovation and Technology Bureau, IAA

has hosted ICT courses via the online conferencing platform, covering topics such as E-government and Smart Healthcare, E-Services for Smart Living, and ICT Appreciation. In addition, we have hosted online total wellness courses, such as those about handicrafts and Japanese culture.

During this period, IAA has hosted 2-3 Facebook live monthly for our members and the public. The topics included medical, financial, physical, and psychological needs under the COVID-19 pandemic, providing substantial information about active ageing.

We aim to enhance active and lifelong learning through online initiatives.



**faceBook Live presenters with the PolyU.**

We plan to increase the number of online courses in the coming months so that our active learners can engage in regular learning activities and enjoy joyful learning experiences via different innovative platforms.

For more information on active aging programs at Hong Kong Polytechnic University, contact Jeffrey Chan at [tsz-on-jeffrey.chan@polyu.edu.hk](mailto:tsz-on-jeffrey.chan@polyu.edu.hk).



Online ICT course for lifelong learners.



### ***Little Acts of Kindness for Older People in a Pandemic Situation***

Astrid Nikijuluw, MM  
Business Manager, SurveyMETER  
Depok, Yogyakarta, Indonesia

The pandemic of COVID-19 is affecting our social system and has brought the world to a standstill. As of 19 June 2020, the COVID-19 case count in Indonesia reached 43,803. Older people (age 60 and older) comprised about 14% of cases and 44% of deaths.

In Indonesia, the policies that have been implemented by the national government apply to all levels of society. None are specifically targeted to older people.

It is essential to support and protect older people during this pandemic, especially those who are living alone. Some other countries, such as the UK and Australia, have regulations that limit visits to elders in residential care during the lockdown period. Other governments recommend that communities support interventions to ensure older people have what they need. This support may include nutritious food, basic supplies, medicine to support physical health and access to social and mental health support. All older people should be treated with respect and dignity during these times.

The social distancing rules applied by the government impose an extra burden on older people, as they are now living with a minimum of social interactions. This ruling disproportionately affects older people whose only social contact is out of the home, such as at community centres and places of worship. Those who do not have close family or friends, and rely on the support of voluntary services or social care, could be placed at additional risk.



Yogyakarta Province has the highest life expectancy of all Indonesian provinces. Here, some actions have been taken to support older people during the pandemic. Based on our interviews with cadres at Integrated Healthcare Centres in Bantul, Gunung Kidul, Kulon Progo, Sleman and Yogyakarta city, these activities include mask distribution and health education. Education occurs through flyers and home visits to demonstrate how to wear masks and wash hands properly, while respecting the physical distancing rule.



In a village in the Bantul district, a youth organization took the initiative to raise funds from local residents to buy groceries, which were distributed to underprivileged residents, including older people.

Workers at the Integrated Healthcare Centre in Kulon Progo district is encouraging older people to participation in activities such as gardening. As most of the older people in the village had been farmers, home gardening may help their economic as well as social conditions. They can interact with others at a safe distance while doing activities in their yards. Internet is not common in many elders' homes in the villages and remote areas, so this type of interaction is better than online interactions.

As we can learn from these small acts in Yogyakarta, community care and volunteering may start to have a huge impact in the lives of others.

We need to realize that the responsibility to maintain healthy and safe environments lies on all of us. Policy direction should come from government. However, it also is time to step-up and take action to foster healthy ageing in the community and village.

Citing the statement of our President, Ir. Joko Widodo on Monday 18 May 2020: "The conclusion is that the most effective way of controlling the spread of COVID-19 is at the lowest community unit."

We will emerge from this pandemic. In the meantime, however, we need to make active efforts to stay healthy and to help those around us, including older people, to stay active and engaged.





### ***The Gerontechnology Laboratory, Monash University Malaysia***

Pei-Lee Teh

Professor, School of Business

Director, Gerontechnology Laboratory

Monash University Malaysia

On 18th February 2016, Monash University Malaysia launched the Gerontechnology Laboratory as a platform for ongoing research in the area of gerontechnology – an interdisciplinary field of scientific research focused on developing technology for older people.

The Gerontechnology Laboratory aims to translate research into new products and to shape public policy. Research findings from the Gerontechnology Laboratory will provide in-depth and comprehensive insights into the real needs of the older adults, design age-friendly products and services, improve quality of life, and promote an active and independent lifestyle for older adults.

The Gerontechnology Laboratory is within the School of Business and Global Asia in the 21st Century (GA21) research platform at Monash University Malaysia. It is a collaborative effort between the Schools of Business, Information Technology, Health Sciences, Pharmacy, Medicine, Engineering, Arts and Social Sciences.

Besides serving as a center for education and training, the Gerontechnology Laboratory provides assessment and consultation on gerontechnology, home safety, and independent living environments. The Gerontechnology Laboratory has attracted positive publicity in the local and international press by generating research interest from healthcare providers, property developers, government, non-government organizations, and collaborations with researchers from various universities.

Rapid urbanization has influenced the Malaysian population to change rapidly in size, distribution, and location. According to the Department of Statistic Malaysia (2020), the population structure of the older population aged 65 years and above in quarter one of 2020 constitutes 2.26 million of Malaysia's population. The advancement of the information age has enabled connectivity and access to information and services using a few simple clicks. Technology has been dubbed as the "great equalizer" bringing access and convenience.



**Gerontechnology Laboratory at Monash University Malaysia.**

However, the generation gap brought by digitization is conspicuous as older populations aged between 54 to 74 years old use the Internet significantly less compared to individuals aged between 25-54 years (Barbosa et al., 2018). With more services gradually migrating online, there is a significant slice of the population that may not be able to access certain services and risks missing out on opportunities to interact and contribute to society. For this reason, it is important to close the generation gap by enhancing digital inclusion across generations.

The United Nations Economic and Social Commission for Asia and the Pacific (2019) states that promoting digital inclusion through learning opportunities is a great way to foster and achieve social and digital inclusion. In hopes to bring older adults together to promote digital empowerment and intergenerational learning, the Gerontechnology Laboratory established The Tap Tech Program (TTP).

TTP aims to support and develop intergenerational practice throughout Malaysia to encourage lifelong learning, reduce age stereotyping, and improve community cohesion. TTP focuses on advancing digital literacy by supporting digital literacy modules for seniors through mentoring partnerships between young and old. Offering older adults, the opportunity to develop a sound foundation in the current and emerging

technological environment is a significant effort to foster inclusivity among generations.

With the COVID-2019 pandemic, the Gerontechnology Laboratory initiated TTP by providing educationally based learning through YouTube videos to 74 members in Monash University Malaysia Gerontechnology Laboratory Volunteer Community. The videos include step-by-step guides on using a smartphone and laptop.

**TTP Part 1** <https://www.youtube.com/watch?v=bHZ33bwDCjk&feature=youtu.be>

**TTP Part 2** <https://www.youtube.com/watch?v=WFLX5tSp9ck&feature=youtu.be>

**TTP Part 3** <https://www.youtube.com/watch?v=3YKnZpXMdSq&feature=youtu.be>

For more information on Pei-Lee Teh, see <https://www.theedgemarkets.com/article/thewall-issues-rethinking-lifes-third-act>.



Screenshot of TTP video on YouTube.



## ***Change AGEnts Hawai'i: A New Active Aging Organization***

Cullen Hayashida, PhD  
Professor of Sociology  
University of Hawai'i

The COVID-19 pandemic has created a great scare for everyone worldwide. One of the messages that we are hearing is the need to protect the vulnerable elders at home.

While well intended, there is a tendency to view all older adults as dependent, frail and as burdensome consumers rather than resourceful contributors to their communities. All too often older adults are viewed as expensive leftovers.

Ageism? Perhaps.

To counter this, pre-retiree boomers and active retirees have been meeting over this past year to form a new active aging group called Change AGEnts Hawai'i. Our mission is to target older adults and to promote their personal well-being, community engagement, independence, economic security and share their skills and experience as they age. We believe that every older adult should be empowered to take an active part in becoming positive change agents for a better Hawai'i.

Projects are forming. At this time, we are conducting community webinars to inspire more active agers to remain productive and continuously contributing.

Change AGEnts Hawai'i is committed to create and strengthen the support network to challenge and unleash the power and potential of the Boomer generation. We believe that by contributing, by serving, and by finding purpose beyond themselves, Boomers will remain well, be valued as community assets, strengthen their communities today and for generations to come.

For more information, please contact us at [changeagentshawaii@gmail.com](mailto:changeagentshawaii@gmail.com) or visit our website at [www.changeagentshawaii.org](http://www.changeagentshawaii.org).



**Change AGEnts Hawai'i logo.**





## ***WISER: The Definitive Guide to Starting a Business After the Age of 50***

Wendy Mayhew

Business Launch Solutions and WISE-Seniors in Business  
Ottawa, Canada

We hear and read stories on the successes of older entrepreneurs. What we are not listening to is stories of people wanting to start a business who are struggling. More than likely, they are struggling because they do not realize that starting a business is a process, or they do not know where to find support to help them on their journey.

I knew there was a need for a book to guide and help older entrepreneurs start their businesses. What I did not realize was how timely this book would be with COVID-19. Now, companies are downsizing, and it is fair to say that older workers are going to be the employees who will go first. As many of these workers are not ready to retire, they may need to explore the option of starting a business.

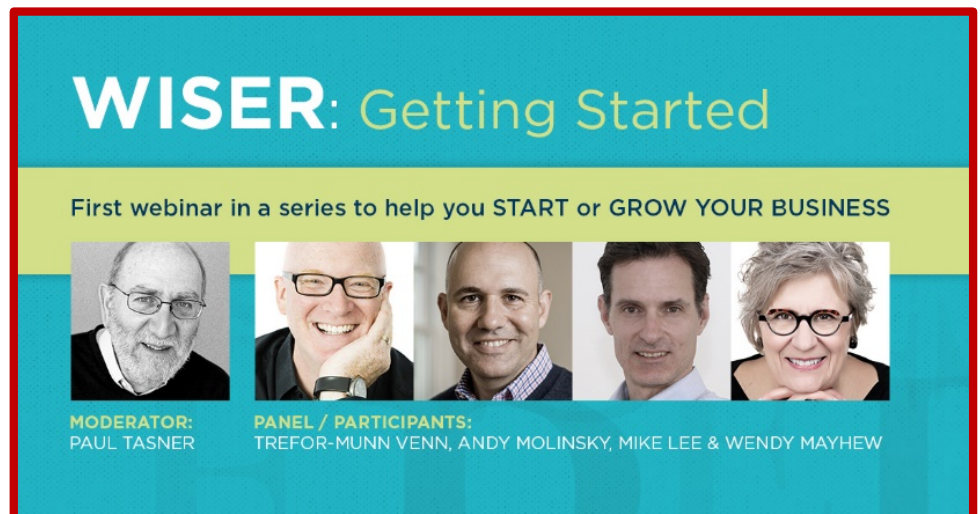
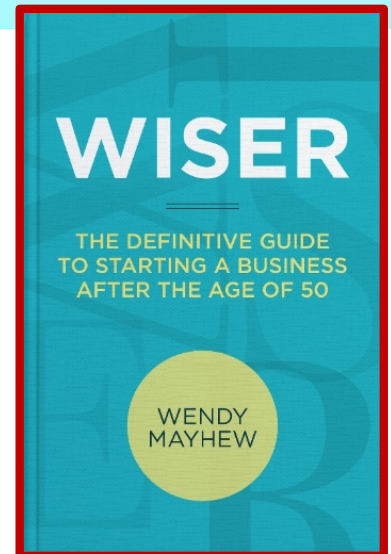
Chapters cover areas like starting a business, financing, legal requirements, marketing, and customer service. Copies of the book can be ordered through Amazon or at my website:

<https://www.wise-seniorsinbusiness.com/wiserguide/>.

To help alleviate any anxiety that people may be facing as they contemplate entrepreneurship as an encore career, I decided to do a “virtual book tour” of WISER. Each episode is moderated by Paul Tasner, who lost his job at the age of 64 and started his own business when he was 66. Panelists who contributed to the book round out each episode.

The tour is not a formal series. It’s a conversation in which panelists interact with each other and share information that is helpful to older entrepreneurs. They also answer audience questions.

The first episode of the series was a success, with close to 40 attendees! I invite you to join the next episode at <https://www.wise-seniorsinbusiness.com/virtual-book-tour/>.





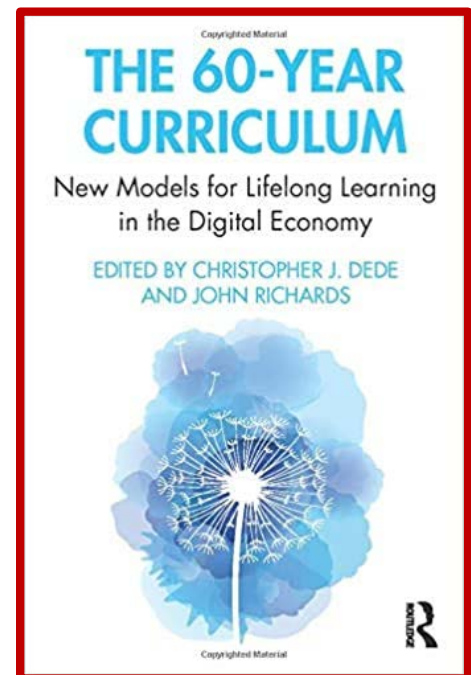
### ***The 60-Year Curriculum***

Moira Allen (left) and Jan Hively (right)  
Founders of the Pass It On Network



Universities are realizing that education is needed across the lifespan. Harvard's Model, called the 60-Year Curriculum, is gaining popularity, and now you can learn more about it in a book edited by Christopher Dede and John Richards.

From Amazon, "*The 60-Year Curriculum* explores models and strategies for lifelong learning in an era of profound economic disruption and reinvention. Over the next half-century, globalization, regional threats to sustainability, climate change, and technologies such as artificial intelligence and data mining will transform our education and workforce sectors. In turn, higher education must shift to offer every student life-wide opportunities for the continuous upskilling they will need to achieve decades of worthwhile employability. This cutting-edge book describes the evolution of new models—covering computer science, inclusive design, critical thinking, civics, and more—by which universities can increase learners' trajectories across multiple careers from mid-adolescence to retirement. Stakeholders in workforce development, curriculum and instructional design, lifelong learning, and higher and continuing education will find a unique synthesis offering valuable insights and actionable next steps."



Christopher J. Dede is the Timothy E. Wirth Professor in Learning Technologies at Harvard Graduate School of Education, USA, where he served as Chair of the Learning and Teaching Department. John Richards is Lecturer at Harvard Graduate School of Education, USA, and President of Consulting Services for Education, Inc. (CS4Ed). He has served as President of the JASON Foundation for Education and Senior Vice President and General Manager of Turner Learning, Inc.



Visit this website for more information on the Pass It On Network and to subscribe to its newsletter.

<https://www.passitonnetwork.org/>





# Healthy Aging in the New Normal

## Asia Pacific Perspectives

July 7, 2020 9:00AM

### COVID-19 IN THE DECADE OF HEALTHY AGING

Dr. Shelley de la Vega  
UP Philippine General Hospital, Philippines

### SCREENING AND MANAGING FRAILTY TO IMPROVE COVID-19 OUTCOMES

Dr. Leon Flicker  
Royal Perth Hospital, Australia

### PREVENTION OF COVID-19 TRANSMISSION IN CARE HOMES

Dr. Maw Pin Tan  
University of Malaya, Malaysia

### HEALTHY AGING INITIATIVES IN THE COVID-19 PANDEMIC IN INDONESIA

Dr. Siti Setiati  
Universitas Indonesia, Indonesia



SCAN ME

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[kbraun@hawaii.edu](mailto:kbraun@hawaii.edu)

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