

# The 11th Annual Aging in Place Workshop

Saturday, August 19, 8:30am–2:30pm  
Ala Moana Hotel \*No Reservations Required



For information, call 808-234-3117

Room Sponsors		AARP HAWAII	DE-CLUTTER HAWAII	LUNA ACUPUNCTURE & WELLNESS INC.	FINANCIAL BENEFITS INSURANCE, INC.	MEDDATA	RETIREMENT FUNDING SOLUTIONS
		HIBISCUS ROOM	CARNATION ROOM	PAKALANA ROOM	PLUMERIA ROOM	ILIMA ROOM	GARDEN LANAI
AM Session	8:30 – 9:15	<b>Understanding Dementia &amp; Steps for a Healthy Brain</b> <i>Dr. Kamal Masaki, MD</i>	<b>Declutter &amp; Age in Place</b> <i>Cynthia Arnold, De-clutter Hawaii</i>	<b>Health Benefits of Acupuncture &amp; Chinese Medicine</b> <i>James Carter, L.Ac.</i>	<b>Learn All About Your Medicare Benefits</b> <i>Travis &amp; Ed Motosue, Financial Benefits Insurance, Inc.</i>	<b>Understanding Medicaid</b> <i>Cassandra Stewart, MedData</i>	<b>Aging in Place — Use Your Home Equity to Stay at Home</b> <i>Percy Ihara, Reverse Mortgage Specialist</i>
	9:30 – 10:15	<b>Understanding Healthy Sleep &amp; Sleep Disorders</b> <i>Dr. Gabriele Barathlen, MD, PhD, Sleep Center Hawaii</i>	<b>Senior Living Options And Increasing the Value of Your Home</b> <i>Powered by the Ihara Team</i>	<b>Maximize Your Golden Years with Physical Therapy</b> <i>Kai Morigawara, PT, DPT Prime Physical Therapy</i>	<b>Basics of Memory Loss, Dementia &amp; Alzheimer's Disease</b> <i>Christine Payne, Alzheimer's Assoc. – Aloha Chapter</i>	<b>Long-Term Care Options</b> <i>Steve Nawahine, General Manager, Kalakaua Gardens</i>	<b>How to Finance your Long-Term Care Needs</b> <i>Michael Yee, CFP, Ameriprise Financial</i>
	10:30 – 11:15	<b>Improving Life at Home for Caregivers &amp; Elders</b> <i>Dr. Michael Cheang, DrPH</i>	<b>Confused About Home Care?</b> <i>Janet Grace, Attention Plus Care</i>	<b>Diabetes Self Management Program</b> <i>Dawn Pasikala, RN, National Kidney Foundation of Hawaii</i>	<b>Everything You Wanted to Know About Social Security</b> <i>Jane Burigsay, SSA</i>	<b>Family Caregivers: Who's Taking Care of You?</b> <i>Annette Pang, Family Caregiver Coach</i>	<b>Estate Planning for You &amp; Your Family</b> <i>Stephen Yim, Attorney at Law</i>
Mid-Day Break	<i>Fall Prevention Video Showing</i>	<i>Visit Exhibitors (Open all day)</i> <b>Over 70 Exhibitors</b>	<i>Visit Exhibitors (Open all day)</i> <b>Over 70 Exhibitors</b>	<i>Visit Exhibitors (Open all day)</i> <b>Over 70 Exhibitors</b>	<i>Visit Exhibitors (Open all day)</i> <b>Over 70 Exhibitors</b>	<i>Visit Exhibitors (Open all day)</i> <b>Over 70 Exhibitors</b>	<i>Visit Exhibitors (Open all day)</i> <b>Over 70 Exhibitors</b>
PM Session	11:45 – 12:30	<b>Get Fit &amp; De-stress in No Time</b> <i>Makana Risser Chai, Author &amp; Wellness Consultant</i>	<b>Declutter &amp; Age in Place</b> <i>Cynthia Arnold, De-clutter Hawaii</i>	<b>Health Benefits of Acupuncture &amp; Chinese Medicine</b> <i>James Carter, L.Ac.</i>	<b>Learn All About Your Medicare Benefits</b> <i>Travis &amp; Ed Motosue, Financial Benefits Insurance, Inc.</i>	<b>Understanding Medicaid</b> <i>Cassandra Stewart, MedData</i>	<b>Aging in Place — Use Your Home Equity to Stay at Home</b> <i>Percy Ihara, Reverse Mortgage Specialist</i>
	12:45 – 1:30	<b>Modify Your Home for Life</b> <i>Curt Kiriū, Certified Aging in Place Specialist, CK Independent Builders</i>	<b>Senior Living Options And Increasing the Value of Your Home</b> <i>Powered by the Ihara Team</i>	<b>Maximize Your Golden Years with Physical Therapy</b> <i>Kai Morigawara, PT, DPT Prime Physical Therapy</i>	<b>Basics of Memory Loss, Dementia &amp; Alzheimer's Disease</b> <i>Christine Payne, Alzheimer's Assoc. – Aloha Chapter</i>	<b>Long-Term Care Options</b> <i>Steve Nawahine, General Manager, Kalakaua Gardens</i>	<b>How to Finance your Long-Term Care Needs</b> <i>Michael Yee, CFP, Ameriprise Financial</i>
	1:45 – 2:30	<b>Transportation Solutions &amp; More</b> <i>Panel + Cora Speck, Outreach Coordinator, Queens Medical Center</i>	<b>Confused About Home Care?</b> <i>Janet Grace, Attention Plus Care</i>	<b>Kidney 101</b> <i>Melissa Guzman, Dietician, National Kidney Foundation of Hawaii</i>	<b>Everything You Wanted to Know About Social Security</b> <i>Jane Burigsay, SSA</i>	<b>Family Caregivers: Who's Taking Care of You?</b> <i>Annette Pang, Family Caregiver Coach</i>	<b>Estate Planning for You &amp; Your Family</b> <i>Stephen Yim, Attorney at Law</i>

