

# GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 9/1 • FEB/MAR 2019



## MEDICAL CANNABIS

A THERAPEUTIC RESOURCE  
FOR SENIORS

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for Terminally  
Ill Patients**

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Standing: Barry Magaoay, Lee Ann Matsuda, Laddie Roy, Terry Lee, Stephanie Kuwaye, Edwin Chau  
Sitting: Charlotte Teruya, Kathy Lum, Char Meyer, Amber Suhas, Jandi Iha

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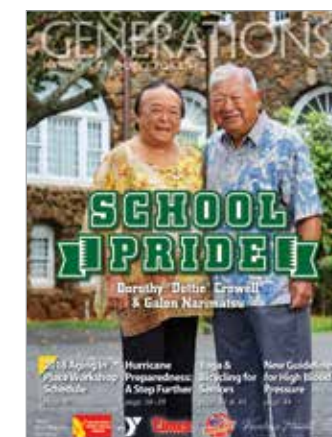
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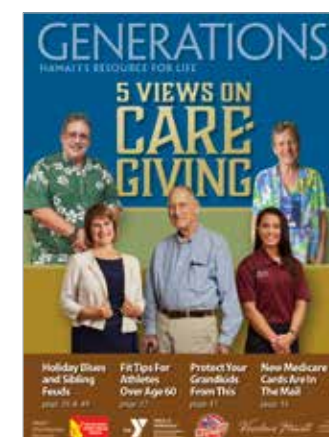
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Left and right: Emmet White, former President & CEO and Norman Chong, former CFO.  
Center: Suzie Schulberg, President & CEO and Vivian Lai, CFO.

## New Year, New Beginnings.

The Arcadia Family of Companies announces Suzie Schulberg as the President and Chief Executive Officer and Vivian Lai as the Chief Financial Officer.

Congratulations, Suzie and Vivian!



Like you, perhaps, I was a bit taken aback by the idea that *Generations Magazine* would feature medical cannabis as a cover story (p. 28). But in doing online research for my fact-checking role, I quickly realized that this growing field of care is one that our readers might wish to learn more about. Several of the clinics I contacted told me that more than half of those on their patient list are seniors.

Another “hot button” topic in this issue is that of the aid-in-dying law that came into effect in Hawai‘i on January 1, 2019. *Generations* reached out to Kōkua Mau — a source of impartial information about the Our Care, Our Choice Act — and you will find our article about this topic on p. 18.

Some of the decisions we make are easy and fun! Retirement is a wonderful season of life, a time to enjoy activities and pursue interests that otherwise had to be scheduled around our work commitments. The authors of our Men’s and Women’s Columns (pgs. 24 & 25), Bruce Carlson and Lois Reiswig, delighted me with the ways in which they get the most out of life.

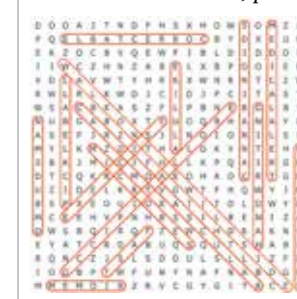
A rich storehouse of memories is another joy of being in our senior years. Sharing those memories has been made much easier with the advent of computers, and we look at one type of social media site you can use to do just that (p. 42). For some of our loved ones — those with memory problems — remembering is difficult, so we also have an article about an app that can help them recover their sense of identity and their relationships (p. 54). Both of these tools were developed right here in Hawai‘i!

Staying active and engaged with what is going on around us is a vital part of well-being at any age. Among the events we highlight in this issue are a screening of the acclaimed movie about the Japanese internments during WWII, “And Then They Came for Us” (p. 21), and the 4th Annual Walk on the Wild Side, put on by the local branch of the National Kidney Foundation (p. 20). The City and County of Honolulu’s Department of Parks and Recreation provided a calendar of 2019 events of interest to seniors (p. 40), and the Oahu Pickleball Association explained for us why this fast-growing sport is so popular (p. 41). ■



Aloha and mālama pono,  
Rosa Barker, Associate Editor

Answers: Word Search, p. 70



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# Who's Behind Generations Magazine?

Our dedicated writers. *Generations Magazine* relies on Hawai'i's experts—from financial and legal advisors to healthcare professionals and grandparents—to write articles that are important to seniors and their families. The magazine also works with trusted sources in the community to provide leads, story tips and valuable information. Here are some of the faces behind the scenes:



**BRUCE CARLSON** received a small aquarium as a gift in 1956, sparking a lifelong love of aquariums. He took up scuba diving in 1967 while working at the Scripps Institution of Oceanography. In 1975, he moved to Honolulu to earn his PhD and work at the Waikiki Aquarium, leaving in 2002 to join the design team creating the world's largest aquarium in Atlanta, GA. In 2011, Bruce retired back to Hawai'i, where he remains active in the defense of the Hawai'i aquarium fishery and continues with research on the chambered nautilus. (p. 24)



**JUDY KNUTSON** graduated from the University of Puget Sound with a degree in Occupational Therapy and has worked extensively with the older adult population since 1997. She developed the Wellness Program at The Evangelical Good Lutheran Society – Pohai Nani in 2000 for The Evangelical Lutheran Good Samaritan, located in Kāne'ohe, Hawai'i. She has also worked in a variety of settings that included outpatient rehabilitation, skilled nursing, fall prevention and community-based exercise programming for the homebound frail elderly. (p. 47)



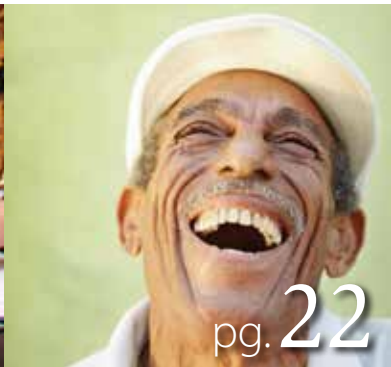
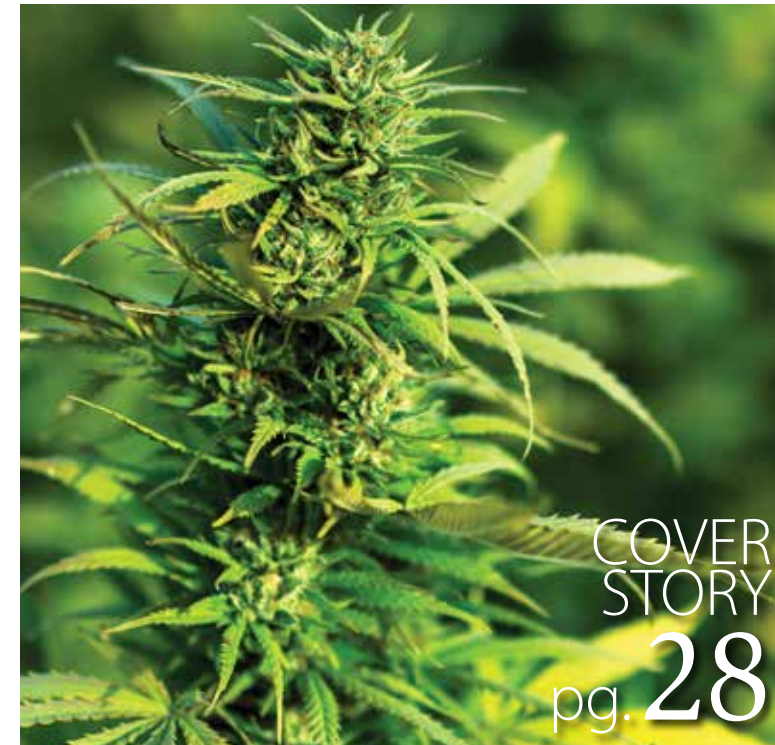
**LOIS REISWIG** received a BBA from Western Michigan University and a MBA from St. Edward's University. Working for IBM she held various staff and management positions in marketing, development, and headquarters operations from 1969 to 1992. She and her husband retired to Maui in 1999 and have been involved in supporting Maui nonprofit organizations (Maui Arts & Cultural Center, Hawaii Community Foundation leadership council, and Maui Arts League). They have no children but have filled their lives with four poodles and three cats over the years. (p. 25)



**DON WEISMAN**, a Kailua resident, joined the American Heart Association's Hawaii Division in 1989 and serves as its Government Relations/Communications Director. He is proud to help save and improve lives in this role, but acknowledges that, without volunteers lending their expertise, community connections and labor, it would be difficult, if not impossible, for the AHA to meet its goals to improve cardiovascular health and reduce deaths from heart disease and stroke. His work has appeared in Honolulu Magazine and the Queen's Medical Center's publications. (p. 44)

A special mahalo to our additional contributors, whose dedication to the senior community is greatly appreciated. As well as to our loyal contributing partners, whose presence continues to enhance this magazine's value.

JENNIFER BORJA-JOHNSON | JANE BURIG SAY | ED CAMPBELL | CHRISTOPHER DUQUE  
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**GENERATIONS TV OC16**  
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## What I've Learned

by Percy Ihara, Editor/Publisher

**H**ands: Helping, compassionate, sharing. We baby boomers need to have all those types of hands in caring for our elders.

### *I've learned the value of community service*



I've learned the rent we pay to live on this Earth is community service. We all need to spend our own time—whether it is one day a month or one day a year—to give back to the communities we live in. Just imagine if every single person gave back to their favorite nonprofit. What would that look like and do you think your community would be a better place for you and your family to live and work in? The more we give, the happier we feel. Volunteering increases self-confidence. You are doing good for others and your community, which provides a natural sense of accomplishment. Volunteering also gives you a sense of pride and identity.

### *I've learned we need to think about what lies ahead for us all*



As we enter 2019, the most controversial law enacted is the Our Care, Our Choice Act. A lot has been written about this topic of medical aid in dying—and rightly so—as it hits home to our values, family discussions and decisions, let alone our religious beliefs.

Back on Feb. 5, 2017, I hosted Mary Steiner from Compassion & Choices Hawai'i on *Generations Radio* and she explained the organization's

support for this option. (Scroll down our Radio/TV Archive page on the Generations Magazine website to find the *Death With Dignity* episode.)

From that interview and other sources, I've learned that the choice to accept medical aid in dying is not used often in the states where such laws have been in existence for a while, and creates a starting point for discussions about how we want to live out the last days of our lives and properly make our own choice.

I've also learned that we have to think about this and have these discussions with our loved ones well ahead of time. Thank you to Compassion & Choices Hawai'i for educating and assisting our state make this law available to all.

### *I've learned the value of family gatherings*



As we all age, whether you are the matriarch of the family or one of 45 people in a large family like myself, we all cherish our time together. I do value more than anything else spending time with family and just seeing the growth in our children, nieces and nephews and—for those lucky to live long enough—the great grandchildren. I've learned that we should make the time to create memories, as that's all we will have when we eventually pass on. So, take more pictures, videos or put together a book about your family vacations and experiences. And, whether it's having dinner together once a week, going to church together or playing tennis together, take the time to make some memories and experiences you can share. ■



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## Generations TV Revisited **SPECTRUM OC16**



### Mayor's Craft & Country Fair S2 E4

Each year, members of seniors clubs all across O'ahu get together to display and sell their creations at the annual Mayor's Craft & Country Fair. We took our cameras to the fair and talked to some of the participants and to Honolulu Mayor Kirk Caldwell. As for crafts, we found everything from yarn lei to Christmas decorations. You'll see interviews with the seniors who made them and learn about the clubs they represent. Best of all, sale proceeds support the individual clubs. ■



### Hawaiian Monk Seals S2 E4

Senior volunteers provide help to many organizations around the Islands. Some very special volunteers protect Hawai'i's most endangered mammal, the Hawaiian monk seal. They work with Hawaii Marine Animal Response, a non-profit conservation and response organization that patrols over 300 miles of coastline. You'll meet some seniors who are sent to protect seals resting at beaches by setting up protected zones and educating onlookers about this endangered species. ■



### Hula for Seniors S2 E4

Most of us know that exercise is a vital part of staying healthy. But sometimes our exercise routines become boring and dull. If that's the case, you may want to consider hula. We'll visit members of Na Leo Nahenahe 'O Na Kūpuna, a nonprofit organization that promotes longevity and healthy living through dance, music and exercise. They perform around O'ahu at care homes, hospitals and at private events, and hold weekly classes for beginner, intermediate and advanced levels. ■



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# 'Tis the Season

by Sherry Goya, Generations Magazine

On Dec. 14, *Generations* partners celebrated the season and the magazine's 8th anniversary. The attendees' support for Hawai'i's seniors — whether by ads, articles, or distribution — shares one goal: to educate, support and care for our kūpuna via magazine, radio and television.



Cynthia Arnold (C) helps kūpuna and families move and de-clutter.



Randy Yasuhara (R) heads the C&C of Honolulu's DPR senior programs.



Annette Pang (Mrs. Claus) is a Life Coach who works with families.



(L-R) Mike & Ku'u De Monte met Dr. Poki'i Balaz at the breakfast.



(L-R) Travis Motosue, Kathy Wyatt, Kimberly Ong and Ed Motosue.



(L-R) Mapuana Taamu and Margaret Wong got to network afterwards.



(L-R) Cynthia Arnold, Michael Yee and Theresia Wolff.



(L-R) Gary Hironaka, Debbie Kim-Morikawa and Billjean Kam.



My son-in-law's mom from Virginia, Leigh Dicks, enjoys every issue!

# Are You Ready for 2019 and Beyond?

by Edward Y. Motosue, Vice President, Financial Benefits Insurance

January of last year, I made a lifestyle change: I went vegan. In March, I added fish to my diet, so I am now pescatarian. I don't eat meat, chicken, dairy, eggs and cheese. It's been over a year now and I lost a few pounds. I'm still feeling great and I am also exercising.

Seniors not only have to exercise and stay physically and mentally fit; they also need to make their money last longer. Social Security, regular investments (stocks, mutual funds) and retirement plans (401k, IRA) now have to account for an extended life span. We don't want to spend our golden years in poverty and ill health.

In the past, retirement money didn't have to last very long. In 1965, men had a life expectancy of 68 years and women lived an average of 71 years. Men lived only three years past retirement age and women lived six years in retirement. Now that people are leading healthier lifestyles and

taking advantage of advancements in science and medicine, retirees are living well into their 90s. Our money has to last for 20 to 30 years after we stop working.

This month I made 70. Very fortunate my father is still alive; he's 94 years old. My mother passed away two years ago at age 92. I have three children, nine grandchildren and twelve greats. I would like to spend many more years with them.

Am I ready? Are you ready? ■



Edward Motosue, his son Travis, and their team have provided the senior community with financial guidance and insurance expertise for 10 years. FINANCIAL BENEFITS INSURANCE 808-792-5194 | [www.fbihi.com](http://www.fbihi.com)

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# Aid-in-Dying for Terminally Ill Patients

by Generations Magazine staff

On January 1, 2019, Hawai'i became just the seventh state in the US to permit medical aid in dying. The Our Care, Our Choice (OCOCA) law allows terminally ill adult patients with capacity to make medical decisions to be prescribed an aid-in-dying medication if all the requirements are met.

Patients who qualify must have received a terminal diagnosis of six months or less; request the OCOCA prescription directly; and be 18 years of age or older, mentally capable of making the decision, and able speak for themselves. The patient must also be physically and mentally able to take the drug themselves.

Hawai'i's version of the law also requires patients and their physicians to go through numerous steps before an OCOCA prescription can be written. Physicians are required to talk with patients who request the prescription about alternatives or additional treatment opportunities, such as hospice care, pain management and palliative care.

Executive Director for Kōkua Mau, Jeannette Koiwane, says, "Like the Hawaii Department of Health, we recommend that anyone who has a diagnosis of six months or less to live enroll in hospice and work with the trained hospice team that will address physical, emotional and spiritual suffering." Kōkua Mau is a network of organizations and individuals that work to improve care especially for those with serious illness and at the end of life.



Gov. David Ige signs the Act into law at a ceremony with supporters.

Under Hawai'i law, patients cannot be denied health insurance, life insurance, or annuities because they are participating in OCOCA. Taking the drug will not be viewed as suicide, assisted suicide, homicide, mercy killing, or other criminal conduct under the law. Insurance plans are not required to cover the OCOCA prescription. Contact your health plan for details. Medicare will not cover the drugs.

Patients who go through the steps to obtain the OCOCA prescription can ultimately decide not to take the drug. Koiwane adds, "We encourage people to talk with their doctor about the law as it is a personal matter between a doctor and patient."

Learn more about the OCOCA law. Go to the Hawaii State Department of Health website at <http://health.hawaii.gov/opppd/patients-family-and-care-support/>. ■



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# 4th Annual Walk on the Wild Side

by Karwin Sui, Director of Communications & Development, National Kidney Foundation of Hawai'i

March is National Kidney Month! In celebration, the National Kidney Foundation of Hawai'i will be hosting its 4th Annual Walk on the Wild Side event on Saturday, March 23, 2019 from 11am-4pm at Fort St. Mall & Chinatown.

Bring your friends and family down for a day of live entertainment, arts and crafts, delicious food, dragon dancing, Taiko drumming, keiki activities, fashion shows by Miss Hawai'i contestants, educational health information, vision screenings, educational information, and much more.

Our Historical Mystery Walk is a leisurely walk around the Downtown and Chinatown areas of the event. On the day of the event, walkers will receive a scavenger map which will lead them on a self-guided tour to find the area's hidden historical gems in addition to learning more about the rich culture that surrounds us. We encourage participants of all ages to join us in this exciting adventure! The Historical Mystery Walk is a proud project of Historic Hawai'i Foundation, Honolulu Exposed, and the National Kidney Foundation of Hawai'i.



**Saturday  
March 23**  
11am-4pm  
Fort St. Mall  
& Chinatown

In addition to all of those amazing activities, we will also be offering our largest complimentary kidney screening of the year. Did you know that over 198,000 people in Hawai'i are living with kidney disease? Over 4,400 people are on dialysis and more than 300 people are waiting for transplants at this very moment. Hawai'i is also 30 percent higher than the national average for kidney disease risk and kidney failure.

The National Kidney Foundation, a major voluntary nonprofit health organization, is dedicated to prevention of kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by kidney disease and increasing the availability of all organs for transplantation. ■

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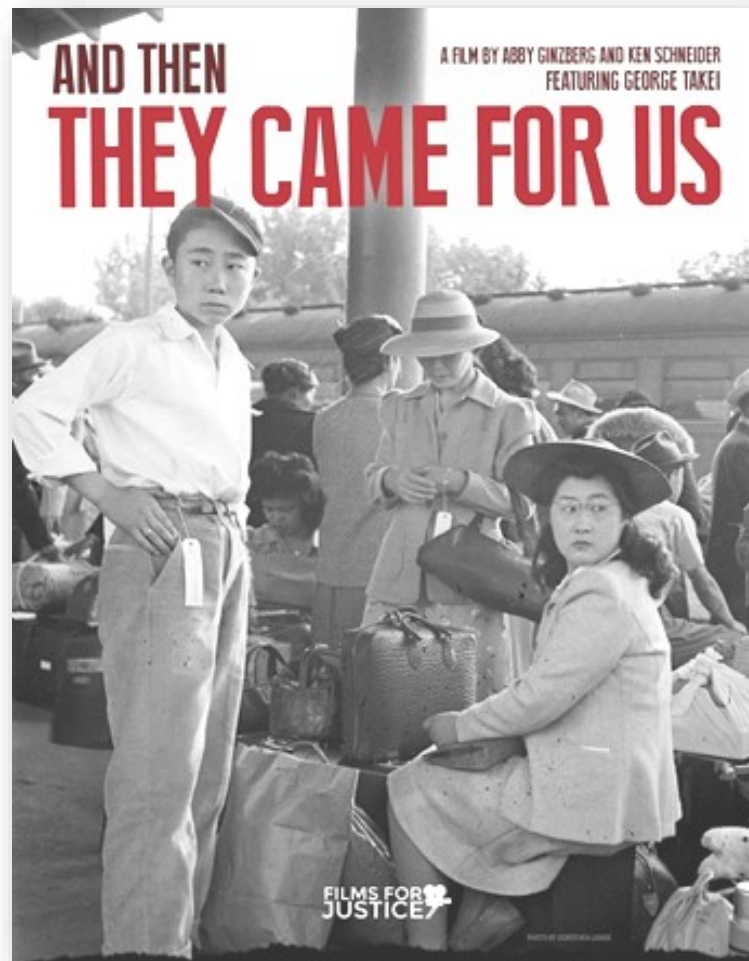


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Stay for light refreshments and talk story with the panelists and organizations providing services to the underserved.

Your support (only \$35 a ticket) will help to keep alive the important lessons of the past and promote community unity regardless of race or ancestry.

**For tickets, visit:  
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## Here's How Your Attendance Will Help

Funds raised will be used to provide grants to educate the public about social justice issues, promote community unity, and support organizations providing legal or social services to the underserved. In addition to other grants, selected applicants will also be eligible for a \$2500 People's Choice award voted on by attendees at the fundraiser.

More information on how to apply for a grant can be found at [bbgfoundation.com](http://bbgfoundation.com) and [hsbfhi.org](http://hsbfhi.org). Deadline February 28, 2019.





## Language Matters: Avoiding Ageist Talk

by Margaret Perkinson, PhD, Center on Aging Director, UH-Mānoa

Ageism is discrimination and negative stereotyping on the basis of a person's age. It permeates the media and everyday conversations to such an extent and in such subtle ways that people may accept negative stereotypes of older adults ("forgetful," "grouchy," "less competent") as truth, unconscious of their bias. While not denying very real difficulties that may arise, later adulthood is a life stage that involves both opportunities and challenges, as do all stages of life.

Language matters. The way we speak about or frame aging reflects and reinforces ageist attitudes.

- While trying to convey the significance of current demographic changes, it is easy to slip into an alarmist mode. The media and even scholars often characterize population aging as a natural disaster, a "silver tsunami," threatening to overwhelm society. Reframing the discussion of changing demographics in a more positive way avoids an ageist mindset: "As Americans live longer and healthier lives..."

- Older adults are marginalized as outsiders, when referred to as "them" not "us."
- The medicalization of life experiences once regarded as non-pathological (e.g., childbirth, sadness, menopause) extends to the experience of aging, as well. Viewing the process of aging in a medical frame implies the older adult needs "care." Old age may be labelled either a "problem" to be "fixed" or a fatalistic condition for which "nothing can be done."

In an attempt to counter ageist ways of speaking, the FrameWorks Institute developed the following evidence-based recommendations:

- Redefine aging to include its positive aspects. Prevailing negative assumptions about "getting old" lead to fatalistic attitudes.
- Avoid language like "senior citizens," "aging dependents," "the elderly."



- A call for justice beats a plea for sympathy. Acknowledge that a just society strives to treat everyone as equal participants.

- Acknowledge that social contexts and social policies shape the experience of old age, that health and financial security are not totally dependent on an individual's planning and good decisions.
- A new metaphor can shift perceptions of aging. Compare the process of aging to "building momentum," the potential force of built-up experience and insight, and view older adults as sources of resources to be tapped.

Remember, ageism is discrimination against your future self. ■

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[www.hawaii.edu/aging/](http://www.hawaii.edu/aging/)

Learn more about ageism:

- Ashton Applewhite (2016):  
*This chair rocks: A manifesto against ageism*
- Applewhite TED talk on ageism:  
[www.bit.ly/AppplewhiteTEDTalkAgeism](http://www.bit.ly/AppplewhiteTEDTalkAgeism)
- FrameWorks Institute (2017):  
*Framing strategies to advance aging and address ageism as policy issues:*  
[www.bit.ly/FrameWorksInstFramingStrategies](http://www.bit.ly/FrameWorksInstFramingStrategies)
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## Portfolio Workers: Who Are They?

by Carleen MacKay, Co-Founder, New Workforce Hawaii

They are the "Jugglers" of multiple opportunities who know a diversified work portfolio increases the probability of realizing financial and personal success, improves their sense of control and boosts feelings of security.

### What you need to know about portfolio work.

Smart portfolio (multiple) ways of working are usually balanced between high risk and reasonable certainty as well as between long- and short-term growth. Many people compare it to investing time and money in the stock market for both short- and long-term financial returns.

Others think of portfolio work as simultaneously diversifying their work between multiple interests and different markets. In this way, it creates a balance of income, interests, time and energy.

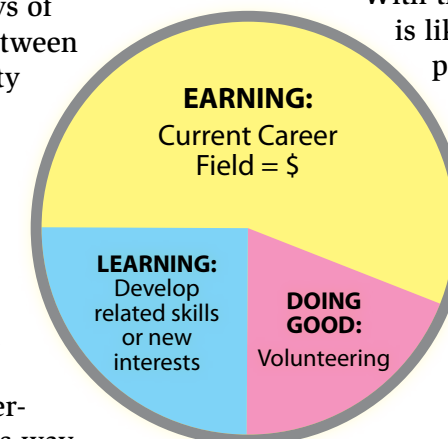
### Earning, learning and doing good.

In the following example, the first investment is doing project work in your established career field. This offers some income some of the time. Consider this aspect of your portfolio as work for current income.

A second investment is the continued (formal) development of related skills or new interests to meet the demands of emerging market-driven trends. This aspect of a portfolio is working for learning and future financial return.

A third investment is volunteering, which can be thought of as work done for personal satisfaction or for the benefit of others.

A balanced diversified portfolio, with the relative amounts of time dedicated to earning, learning and doing good, is illustrated below.



With the passage of time, the balance is likely to shift as different marketplace needs, life goals and interests change.

### Advantages of managing a career portfolio.

You will...

- Appreciate the opportunity to gain multiple income sources.
- Expand your ability to shift emphasis as the marketplace continues to change.
- Deepen your reputation as an expert.
- Balance your energy between the various components of your portfolio.
- Have some fun; give back to your community; gain more work/life balance.
- Find new directions while doing meaningful work in your community. ■

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# Diving into Retirement

by Bruce Carlson, Retired Aquarium Director

The biggest surprise about retirement is that I am busier now than when I had a regular job. My to-do list seems to get longer every day, even though I know I am continually completing tasks. Keeping busy with meaningful work is good advice to anyone contemplating retirement.



Photo by Marj Awai

During my professional career, I earned a Ph.D. in ichthyology (the study of fishes) and was employed at the Waikiki Aquarium for 27 years, and then at the Georgia Aquarium for another nine years before retiring in 2011. One fact about biologists is that we continue doing the same kind of work in retirement as we did in our careers, except there is no longer a paycheck. Biologists never really lose what Rachel Carson called a "sense of wonder" when it comes to nature. My wife, Marj, and I find that sense of wonder underwater. I have been scuba diving for 52 years, and I suspect I will continue doing so until I can no longer strap on a scuba tank.

I don't spend much time in regular volunteer service, but I have found other ways to give back to others. I am often asked to create video programs for friends or colleagues, which is a challenge because of the time this takes, but it is also rewarding to share what we see underwater because we know most people will never have this opportunity. I have a YouTube channel under my name where I post most of my videos. One of the most viewed underwater videos is this one filmed in the coral reefs around the Solomon Islands: <https://youtu.be/JIzUKyc36Q4>

As a former aquarium director, I am often asked to testify at the Legislature on behalf of friends or colleagues on issues for which I have the expertise or have a passionate interest. Anyone involved in preparing testimony and sitting for endless hours waiting to testify will know how time-consuming this can be, and sometimes it can be endlessly frustrating too.

The more mundane activities that keep me busy include all the usual tasks such as yard

work (which I do enjoy!), keeping up on household repairs, exercise (daily walks and bicycling), writing magazine articles, and some scientific papers too. I have also found that my 70-year-old brain can no longer remember what I had for breakfast, let alone what I did a week ago. So I created an e-diary on my computer where I keep track of our daily activities

and add a "picture of the day." I have also found that tracking expenses is essential to understanding where all the money goes. At the end of every day, I pull all the receipts from my pocket and enter them on an Excel spreadsheet. With luck and continued tracking, our retirement funds will last well into our 90s.

Never a dull moment with so much to do! ■


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# Building a Fine Arts Museum on Maui

by Lois Reiswig, President, Maui Arts League



My current goal is to help Maui Arts League build a Visual Fine Arts Museum on West Maui—for our children, residents and visitors. My husband and I have always valued art and were inspired by collecting fine art. I believe art makes people happy. What could be better than surrounding yourself with family, good friends, delicious healthy food and beautiful art?

Working for my community keeps my mind active, takes me all over the island, and leaves little time to become a couch potato! I think this approach to life makes me look younger than I am. I may feel like a centenarian some days (backaches or joint stress), but at 73, I ordinarily wake up fresh and eager to accomplish something of value.

If you want to keep enthusiastic about life, feeling vibrant, looking young and fit—*just volunteer*. My parents passed on to me their dedication to volunteerism and I am thankful for their wise insight and guidance on how to get the most out of life.

I worked long hours during my career at IBM. In retirement, I still liked setting goals and keeping busy, so I donated my time and skills to art organizations first in Austin, Texas, and later on Maui when we relocated here. I work just as much volunteering as I did at IBM, but now my imaginary 'paycheck' is much bigger!

You can give back to the community by donating time to your favorite nonprofit organization as a docent, a greeter, office helper or event staff. Pick groups that fit your passion: literary groups (especially children's organizations like Book Trust), health groups (cancer, hospice, hospitals, care homes), or arts groups (Maui Arts & Cultural Center, Honolulu Museum of Art, Maui Academy of Performing Arts, Maui Arts League).

My retirement goals focus on community work because I don't have children. If your focus is on family, keeping busy and setting goals works well too! If you'd like to chat about growing old and art, send me an email. If you live on Maui, a cup of coffee may be in the cards. ■

MAUI ARTS LEAGUE

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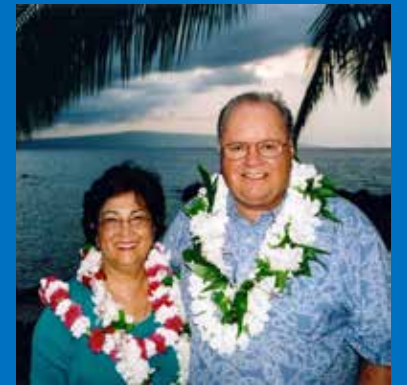
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Asking yourself some important questions can help you anticipate common issues and feel confident knowing you and your family are prepared and ready.

Ask yourself: • Would my family be able to maintain our current lifestyle if something happened to me? • How would my family pay the bills if I were injured or sick and couldn't work? • What if I need home health care or nursing home care? • Do I have enough money saved for retirement?

If any of these questions give you pause, maybe it's time to talk to a Mutual of Omaha financial advisor. We can help you answer these questions confidently, so you can enjoy the journey, knowing you're on the right path. If you would like to learn more, please contact our Hawaii-based District Sales Manager, [Garrett Wheeler](mailto:Garrett.Wheeler@mutualofomaha.com) at 808-942-8133.

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# MEDICAL CANNABIS

## A THERAPEUTIC RESOURCE FOR SENIORS

by Katherine Kama'ema'e Smith

Since 2017, licensed Hawai'i cannabis growers have been formulating and dispensing medical products to qualified state-registered patients. A majority of their clients who are benefiting from cannabis treatments are seniors.

Maui Grown Therapies dispensary in Kahului has been open over a year. Leading their Science & Medical Advisory Board is Dr. Andrew Weil, director of the University of Arizona Center for Integrated Medicine, an advocate for alternative medicine and an early pioneer in the research of medical cannabis. Joining the other five physician-advisors are Greg Yim, MD, a pediatric neurologist with Hawaii Pacific Health in Honolulu, and Gregory Park, MD, a specialist in internal medicine and medical oncology in private practice on Maui.

"Dispensary" sounds like a military tent where a supply officer hands out pills too big to swallow and nasty-tasting tonics. Maui Grown Therapies' waiting area is as comfortable and welcoming as any teaching hospital or fancy clinic on the mainland, just smaller. Pleasant patient education specialists greet clients, listening carefully to their needs, and teaching them about professionally packaged botanical therapeutics formulated from

cannabis grown at the Maui Grown Therapies production center upcountry.

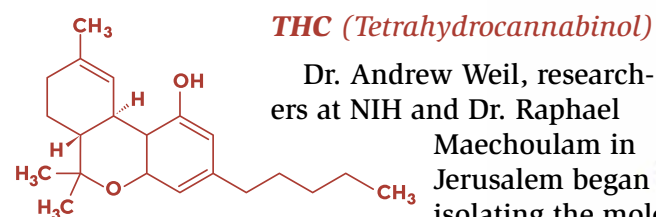
Whatever visions I retained from KITV 4 news reports on cannabis shops in Colorado with young people lined up waiting to buy weed were shattered in a moment. An interview with Teri Freitas Gorman, Director of Community Relations and Patient Affairs for Maui Grown Therapies convinced me that I was behind the times. Teri and I have worked together on community projects for many years; her recent work with medical cannabis is good news for seniors. Medical Cannabis companies across our state are producing and selling a well-researched, state-regulated healing resource for persons with cancer, rheumatoid arthritis and ALS—hopeful options for those suffering with debilitating pain, wasting and nausea. In this article, we will explore the most up-to-date facts about modern medical cannabis products, specifically formulated to relieve symptoms associated with chronic maladies we encounter with aging.

### What is medical cannabis?

Cannabis is the botanical name of a genus of plant grown for 5,000 years in Asia, India, the Middle East, Africa, Europe and South America. Flowers and leaves were used to make tinctures and poultices or smoked like tobacco, and it was prized for its relaxing and mildly intoxicating effects. Cannabis found its way to mainland America in the 1920s. In the 1930s, Harry Anslinger, Commissioner of the Federal Bureau of Narcotics and newspaper publisher William Randolph Hearst Sr. began a campaign to outlaw cannabis that ultimately led to the Marijuana Tax Act of 1937. The cannabis of the time was much lower in tetrahydrocannabinol (THC) than modern cultivars, and many people continued to grow and smoke it "underground" for relaxation and a mild "high" that seemed to stimulate the senses.

In the 1950s and '60s, veterans and hippies began growing illegal cannabis in Hawai'i. Cannabis was added to the list of Schedule 1 Controlled Substances in President Nixon's Comprehensive Drug Abuse and Control Act of 1970. Also included was hemp, a form of cannabis that does not have intoxicating effects but is a source of strong fibers used to make rope, fabric, paper, industrial products and building materials.

Over the past 80 years, illegally grown cannabis has been selectively cultivated for its ability to induce a euphoric mental state (and in a few individuals, anxiety and paranoia).



Dr. Andrew Weil, researchers at NIH and Dr. Raphael Mechoulam in Jerusalem began isolating the molecular components of Cannabis and designing scientific experiments to reveal how these botanicals work on the human nervous system. Research has grown worldwide. The cannabis plant produces more than 100 different complex molecules called cannabinoids. Tetrahydrocannabinol is the best known because of its euphoric effects.

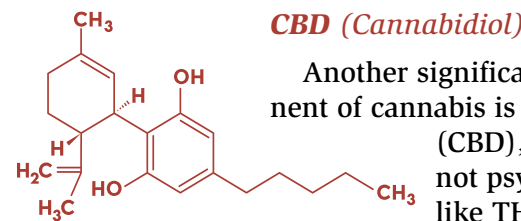
Cannabis cannabinoids are very similar in structure to naturally occurring human "endocannabinoids" like the neurotransmitters anandamide and 2-AG. These are just two of many lipids present in our nervous system that normally interact



Different strains of the plants grown for use as medical cannabis are used for particular health outcomes. Above: two strains of flower buds; cannabis seeds used in extracts.



with receptors in our bodies that modulate signals associated with eating, sleeping and pain response. THC docking on receptors may prevent natural endocannabinoids from approaching the receptors and thereby interfere with pain, nausea or impulse signals to the brain.



**CBD (Cannabidiol)**

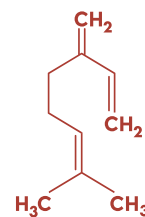
Another significant component of cannabis is Cannabidiol (CBD), which is not psychoactive like THC, and is a powerful anti-anxiety and anti-inflammatory agent that causes general relaxation of the body. Its mechanism of action is not yet fully understood, but researchers identified a separate receptor, mainly on immune system cells, but also on selected cells of the central nervous system, to which CBD attaches. They theorize that CBD modulates a protective effect on the nervous tissue, as well as an analgesic effect.

Patients with chronic pain understand the “echo” of repeated pain impulses which make it impossible to relax. Induced relaxation reduces the intensity of chronic pain. Medical cannabis dispensaries have formulated products that are CBD-rich, or have equivalent amounts of THC and CBD, and CBD-dominant preparations that are nearly entirely CBD with no intoxicating effects it all. Cannabis products offer relaxation, better sleep and pain reduction for those struggling with chronic pain.

Because cannabidiol-based products do not produce intoxicating effects, creams and oils containing CBD may be available over the counter at health food and vitamin stores or online. It’s important to know these products may not be regulated or tested for purity or for CBD content. Hemp, the source for over-the-counter CBD oils, is known as a powerful bio-remediator because the plant draws up heavy metals and toxins from soil. It’s great for environmental cleanup, but untested plant products pose a possible health risk to consumers.

Even though some hemp-derived CBD extracts are produced in the United States, most are still imported from overseas and consumers should be wary about the origin, purity, and content of over-the-counter CBD products.

All Hawaii-licensed dispensaries grow their cannabis and manufacture cannabis products under strict guidelines and are required to pass some of the nation’s most stringent lab tests before any product may be dispensed.



**Terpenes**

Other aromatic hydrocarbons found in cannabis are called terpenes, which account for the scents of various cultivars of the plant. The effects on inflammation, mood, alertness and relaxation by essential plant oils containing terpenes are well documented. The presence of terpenes in cannabis formulations and how they interact with THC and CBD is under investigation.



*By regulation, each dispensary must produce its own products through a vertical system that starts with farming and results in uniquely formulated products.*



*Top: A dispensary waiting room. Above: A dispensary showroom. Styling is unique to each dispensary, and very welcoming. But entry to areas where products are displayed is restricted to patients with Hawaii 329 cards.*

### **How many dispensaries are licensed in Hawai‘i?**

Although medical cannabis has been legal in Hawai‘i since 2000, Hawaii Statutes protecting patients and a licensing system that regulates cannabis farming and therapeutic manufacturing was not in place until 2015. Of eight approved licensees, six have opened dispensaries and sell their own products: three on O‘ahu, two on Maui and one on Kaua‘i. The two licensees on the Big Island will open dispensaries in early 2019. Licensees may only dispense products manufactured from cannabis they grow themselves, so therapeutic products vary from one dispensary to another. Finding the product that works best is a trial-and-error journey for each patient. Because Federal Law prohibits transporting cannabis through federally controlled waters or airspace, cannabis products may not be carried legally interisland or to-and-from the mainland.

### **What kinds of products are sold in dispensaries?**

First off, medical insurance does not cover the cost of medical cannabis therapies, which fall into the same category as “over-the-counter” medications. Dispensaries provide traditional dry plant buds for inhalation through smoking or vaporization, and a variety of preparations for non-smokers. Cannabis concentrates, resins and distillates may also be inhaled. Serums, lotions and creams may be rubbed into the skin for localized pain relief. Cannabis tinctures, capsules or lozenges may be ingested. Hawai‘i’s DOH is currently considering approving edible cannabis products for medical use.

I think most patients are surprised at the wide array of cannabis medications available. While your doctor may register you as a qualified patient, he or she may not recommend the exact product for your condition. That selection is up to you. Most dispensaries provide educational support to help patients to make an informed choice. Educational staff are trained to answer questions, explain the product properties, how the products perform with other clients and how to determine (titrate) your correct dosing. Because everyone is different and various ratios of THC to CBD offer distinct therapeutic effects, it may take a little trial and error to select a formulation that is optimal for your treatment needs.

As Teri at Maui Grown Therapies explained, “Our patient education specialists spend a lot of time learning about the client’s needs. Our knowledge and detailed feedback from patients allow us to suggest products and a dosing with a high probability of success. Our practice to ‘Start low and go slow,’ allows patients to find their optimal dose. We also track our patients’ progress to ensure they are getting meaningful relief.

“Another important point is that an effective treatment plan will continue to work safely for a very long time. As a plant medicine, cannabis is unlike some pharmaceutical drugs that can require larger doses over time and risking overdose,” she said. “More importantly, there is no recorded instance of anyone dying from a fatal dose of cannabis. Dr. Weil says that cannabis is a striking example of a safe and effective botanical remedy that is underutilized and still misunderstood by many conventional practitioners.”



## Two MD views on medical cannabis

### A Psychiatrist's Point of View



Thomas L. Cook, M.D., is a board-certified psychiatrist. His Mending Minds Clinic in Honolulu treats Post Traumatic Syndrome Disorder (PTSD) patients, many of whom are combat veterans.

"I believe that medical cannabis is the most neglected first-line therapeutic agent in medicine today," says Dr. Cook. "I certify patients with qualifying conditions so they can apply for Hawaii 329 Cards. I also prescribe the type and concentration of cannabis to treat their symptoms, and I follow their progress."

"Many combat veterans have been treated with stimulants like Adderall®, which can make PTSD worse. They are jumpy and hypervigilant all the time. Medical cannabis calms much more effectively than antidepressant pharmaceuticals, with very few side effects. It seems to 're-program' the amygdala, a part of the brain that triggers the fight-or-flee response.

"Releasing patients from the passive, hypnotic state of PTSD involves psychotherapy and healing techniques like somatic experiencing.

"PTSD patients also suffer sleep deprivation. On cannabis, they experience restorative sleep like they had as a child. Relief from these debilitating symptoms allows combat veterans to engage in therapeutic integrative strategies where they can master peacetime activities like sports, volunteer work and leadership on the job.

"Cannabis has many other applications in medicine—it's a profound antioxidant, it stimulates stem cells and lowers blood pressure. It's very good for inflammatory disorders like Crone's disease, rheumatoid arthritis, lupus and multiple sclerosis.

"To be clear," says Dr. Cook, "Cannabis does not cure depression, but it can quell

some symptoms that prevent patients from healing. I treat patients with depression at Alleviant Health Center. Classical depression can take a long time to heal. Along with psychotherapy, I offer patients quick-acting Ketamine infusion treatments so they can avoid emergency room crises and psychiatric hospitalizations on their journey to wellness."

### An Oncologist's Point of View



Oncologist Dr. Gregory Park of Wailuku has been treating cancer patients for many years and serves as a director for Maui Grown Therapies.

"Cancer patients' acceptance and willingness to try medical cannabis is striking.

My patients are looking for anything that can make their journey more comfortable. When they realize cannabis comes in creams, tinctures, capsules and oils that they can rub in or take by mouth—they want to try it.

"Most important to my patients is that cannabis therapies can relieve nausea and pain without altering their mental state. If they know they're not going to get 'high,' they are open to cannabis.

"I find that informed seniors are pretty matter-of-fact. They read a lot and once they make up their minds, they cut right to the chase. One patient came in and said, 'Well, I need my card. I tried it from my friend.' That was it. After she was registered, she was just as definitive about her good results on cannabis; with a big smile she just said, 'It works!'

"In Hawai'i, it seems that physicians working in large medical groups have more skepticism about medical cannabis than those in private practice. Acceptance is highest among doctors who treat chronic pain, because cannabis is a good alternative pain treatment that is not physically addictive. Some opioid-dependent patients can reduce the amount of opioids or even discontinue them altogether when they find a cannabis regimen that manages their pain."

Products with a low, legal level (below .3%) of THC are sold over the counter, but only dispensaries can sell those with a higher level of THC. Edible medical cannabis products may soon be approved by the Department of Health.



Lotion



Butter



Chocolates and baked goods



Dispensary items come in various forms: smokable flower buds and resin concentrates, or concentrated oral tinctures. Inquire about various options at your dispensary.

## Who qualifies to register as a patient?

Persons qualified to purchase medical cannabis in Hawai'i are regulated by the Hawaii Statutes Act 329. No client may enter a dispensary showroom without a "329 Card" issued by the Hawaii State Department of Health (DOH). Patients with any one or more "qualifying" disorders or symptoms may be certified by a physician or Advanced Practice Registered Nurse (APRN) with whom they have a bona fide (good faith) patient-doctor relationship. This means that a licensed medical professional must examine you to certify that you have a qualifying disorder or symptom as defined on [www.bit.ly/DOH329Qualify](http://www.bit.ly/DOH329Qualify). Then you may file an online application with DOH requesting your 329 card. The application costs \$38.50 and an extra \$3.50 handling fee, payable when you apply online. If you seek online entry assistance at a clinic, the fee may be \$10–\$15 higher. If you are approved, the DOH will send you a "329" patient ID card that allows you to legally buy medical cannabis products in any licensed dispensary in the state. This month's Resource Guide (p. 36) lists dispensaries and intake clinics in Hawai'i.

In the following pages, we have detailed all the steps interested seniors must take to complete online registration with the DOH.



## Experiences of real clients



### Susan Ramos, Maui, Age 60

Susan suffers constant back pain from severe degenerative disc disease, arthritis, bone spurs, five herniated discs and scoliosis. Eventually she will have corrective surgery, but until then, her job in the hospitality industry requires her to stand and sit most of the day. Six months ago, her son, who treats his chronic back pain with products from Maui Grown Therapies suggested that Susan might get some relief from medical cannabis.

"My son gave me hope," says Susan. "I knew how much he suffered after falling off a truck, years back. The idea that something could even take the edge off my pain was almost too good to be true."

Susan knew nothing about medical cannabis or the dispensary—she feared that if someone saw her there, they might think that she's a drug addict. Nothing could be further from reality.

"My son was so good. He took me inside and held my hand. The waiting room was a surprise—like walking into a spa! The people in the attractive waiting room were just like me, in their 60s or older. I expected to see young people with dreadlocks and tie-dye shirts.

"The educational specialist was so kind and knowledgeable, but it was like she was talking in French because there were so many options and information. My doctor never gave me a prescription, so I had to decide what product to buy. I told her that my back pain keeps me awake all night, but I cannot be too relaxed or fuzzy when I'm on the job. I ended up with two products: five drops of CBD and THC oil under the tongue at night before I go to bed, and THC oil to rub on my back during the day. They worked, and I began sleeping at night. During the day, the oil gives me relief from the constant pain."

Susan says relieving her pain is a huge benefit. Cannabis fits well with her lifestyle and exercise/treatment plan, which includes Pilates, water aerobics and regular chiropractic adjustments. She says the best outcome is being able to work while she is awaiting surgery.





**Susan Liliha Warner, O'ahu,  
Age 75**

Susan is a client of Aloha Green Apothecary on King Street in Honolulu. She was a special education teacher on the mainland and returned to Wai'anae when she retired.

Here, Susan volunteered a patient advocate and as an elementary school aid, writing curriculum for special education students. She has smoked her whole life and has chronic obstructive pulmonary disease (COPD). Bone spurs on her spine cause her to experience severe chronic pain.

"I was reading about medical cannabis and the new dispensaries on O'ahu. I know that THC can give temporary relief from asthma, so I wanted to get some THC, but a diagnosis of COPD did not qualify me to buy THC in Hawai'i.

"I don't like the term 'debilitating' but my awful, chronic back pain is a qualifying symptom that would get me a 329 card. I was taking six ibuprofen tablets every morning for my back pain, and my Kaiser doctor was worried about the effect ibuprofen was having on my kidneys. I asked him to register me for medical cannabis, but he said no. Apparently Kaiser has federal contracts, so they will not have anything to do with cannabis until it is federally approved and legal. I eventually found a nurse practitioner in Ewa licensed to examine my medical records and certify me as a qualified patient who can benefit from cannabis.

"I like the floating feeling of THC, so that is what I bought on my first visit to the dispensary. They had a cartridge that I could put right in my vaporizer to inhale it. It opened my airways and felt great.

"Then they put me on to CBD oil for the pain in my back. I was amazed at the powerful, warm relaxation that went through my whole body. More amazing is that rubbing on CBD, which I call 'oiling my joints,' allowed me to get off ibuprofen! I admit that I had to take a few after I tiled my kitchen floor, but on regular days, CBD takes away all the pain." The medical cannabis

clinic and the dispensary Susan uses "both keep track of me and how I am doing, which gives me added comfort."

"When I was relying on ibuprofen, I had to wait until it was time for the next dose, no matter how much pain I had. People with chronic pain know how long it takes to get pain back under control once the meds stop working. Well, those days are over for me. Because there are no adverse side effects to CBD oil, I can reapply it whenever I get that first twinge, and never have to wait for the next dose." Susan would recommend learning more about medical cannabis treatment options to anyone in constant pain.



### Getting your own 329 card

To become eligible to purchase medical cannabis you must first and foremost talk to your primary care physician, who knows your medical history. You must make an appointment and have a face-to-face meeting with a physician or APRN nurse who can certify that you have a qualifying condition that can benefit from medical cannabis. If your doctor does not certify patients, you can make an appointment to see a doctor or APRN who does. They will review your medical records and examine you to determine if you have a qualifying condition. Once certified, you may apply online for registration. If they don't offer that service themselves, doctors refer their patients to an intake clinic that helps qualified patients and their caregivers file their online applications for DOH 329 cards.

A qualified patient who needs assistance may even designate one caregiver to accompany them to the dispensary or to purchase cannabis products for them.

Malie Cannabis Clinic also provides regular free public medical cannabis educational programs at O'ahu public libraries. Upcoming events are posted online at [www.agapoth.eventbrite.com](http://www.agapoth.eventbrite.com)

And Maui Grown Therapies presents a monthly cannabis education series called "Lunch & Learn" at UH Maui College, featuring Michael Backes, researcher and author of the book, *Cannabis Pharmacy*. Andrew Weil and Backes will also be featured in a free Medical Cannabis Symposium at the Maui Arts & Cultural Center on Thursday, April 18. For details see [www.mauigrown.com](http://www.mauigrown.com)

### Medical cannabis legal considerations

Hawaii Statutes on cannabis are designed to protect and regulate both the patients and the dispensaries.

- ✿ 4 ounces of cannabis or the equivalent may be purchased in any 15 day period (8 oz / month).
- ✿ Patients must follow Hawai'i's smoke-free law. Qualified patients must consume medical cannabis within a private residence, out of public view.
- ✿ Driving under the influence of cannabis carries the same penalty as a DUI for alcohol. Never drive while medicated with cannabis.
- ✿ Using cannabis is prohibited in a moving vehicle, at work, in school, at public parks and beaches, in recreation centers and other places open to the public. (If you have a valid 329 card, you may have up to 4 oz. of cannabis in your possession at any time.)
- ✿ Interisland or overseas transport of cannabis is prohibited by Federal law.
- ✿ Registered patients or their caregivers may grow an "adequate" supply of medical cannabis; not to exceed ten plants at one grow site location identified on their 329 card. Growing locations are allowed at the patient's or a caregiver's residence. Alternatively, cannabis may be grown on one site owned by a patient or by the caregiver. Federal lands, military bases and national Parks prohibit the consumption or cultivation of cannabis under federal laws that carry steep fines.
- ✿ In early 2019, out-of-state patients may apply for a 329-V(visitor) card from the DOH provided they have a valid certification to use medical cannabis for a Hawai'i qualifying condition in their home state. Visitor cards are valid for 60 days and may be renewed once per year.

Teri Gorman suggests visiting the Hawaii State DOH Medical Cannabis Program's website at [www.health.hawaii.gov/medicalcannabis/](http://www.health.hawaii.gov/medicalcannabis/) to learn about program regulations and legal protections provided to Hawaii's registered patients.

### Drug interactions with cannabis

Very little research has been done on how cannabinoids may react with prescription drugs; its status as a Schedule 1 drug has prevented researchers, even at NIH, from pursuing studies. However, physicians have observed that patients who use cannabis report very few drug interactions and most are insignificant.

Still, medical cannabis has the potential, like other plant botanicals, to interact with some prescription medications or lessen their effectiveness.

Therefore, it is important for seniors to disclose all medications they are taking (including supplements, over-the-counter products and cannabis) to their healthcare providers and to their pharmacists.

A March 8, 2018 article in "US News and World Report" by staff writer Michael O. Schroeder says that, in particular, the effects of medications that relax or sedate the body and lower blood pressure may be enhanced by administration of CBD.

He also points out that the intoxicating effects of THC and alcohol can be psychologically addictive for some people. Lowering blood pressure too much and any medications that cause dizziness may lead to accidents and falls, important health concerns for independent seniors. To protect yourself from falling, make sure your healthcare provider knows everything you are taking.

### Live well

We thank all the medical professionals and seniors who participated in this issue's resource article on medical cannabis. There will be much more research and information available to Hawai'i seniors in coming years. You may learn more at public educational events sponsored by your local dispensaries and intake clinics on your island. Medical cannabis is one option for seniors aging in place and living well in Hawai'i. See our Resource Guide, page 36, for contact and reach information. ■





■ Maui ■ Oahu ■ Hawaii ■ Kauai ■ Multiple Island Locations

## MEDICAL CANNABIS DISPENSARIES

### ■ MAUI GROWN THERAPIES

44 Pa'a St, Kahului  
808-866-7576 | Info@mauigrowntherapies.com  
www.mauigrown.com

### ■ PONO LIFE Maui

415 Dairy Rd, Kahului  
808-489-9454 | info@ponolifemaui.com  
www.ponolifemaui.com

### ■ ALOHA GREEN APOTHECARY

1314 S. King St, Honolulu  
808-369-2888 | info@agapoth.org  
www.agapth.org

### ■ CURE OAHU

727 Kapahulu Ave, Honolulu  
808-208-8770 | info@cureoahu.com  
www.cureoahu.com

### ■ NOA BOTANICALS

1308 Young St, Honolulu  
46-028 Kawa St, Kaneohe  
808-800-2126 | info@noacares.com  
www.noacares.com

### ■ BIG ISLAND GROWN (B.I.G.)

750 Kanoelehua Ave, Hilo  
74-5617 Pawai Place, Kona  
64-1040 Mamalahoa Hwy, Kamuela  
808-825-5892 | info@bigislandgrown.co  
www.bigislandgrown.co

### ■ HAWAIIAN ETHOS

73-5613 Olowalu St, #7, Kailua-Kona  
808-339-3205 | email online  
www.hawaiianethos.com

## CERTIFYING CLINICS, PHYSICIANS AND APRNS

(Certification and Registration for 329 Card)

### ■ ELIZABETH SCHUSSER, MD

Lahaina  
djs@hawaii.rr.com

### ■ IRVING BROWN, MD

808-281-8948  
Call or text for an appointment

### ■ IRVING HARPER III, MD

161 Wailea Ike Pl, A104, Wailea  
808-874-5141 | wailea@gmail.com  
www.waileahealthandwellness.com

### ■ JOSEPH KAMAKA III, MD

99 S. Market St, #206, Wailuku  
808-244-5551

### ■ MAUI CANCER CLINIC

Ramin Altaha, MD  
24 N Church St #308, Wailuku  
808-242-1110 | email online  
www.Mauicancerclinic.com

### ■ SHANNON RICHARDS, APRN

West Maui  
808-667-7676 | Call to schedule

### ■ TILL HANSEN, MD

24 N Church St, #403, Wailuku  
808-242-5856  
www.mauimedicalmarijuanacards.com

### ■ VALLEY ISLE HEALTHCARE

Stacey Prusky, APRN  
2099 Wells St, Wailuku  
808-442-3245 | www.valleyisle.org

### ■ ADVANCE PRACTICE

Stacy Kracher, PMHNP-BC, APRN-RX  
1188 Bishop St, #2602, Honolulu  
808-688-6947 | stacy.aprn.rx@gmail.com  
www.advancepractice.org

### ■ AKAMAI CANNABIS CLINIC

Clifton Otto, MD  
3615 Harding Ave, #304, Honolulu  
808-233-8267 | cliftonotto@gmail.com  
www.akamaicannabisclinic.com

### ■ B WELLNESS SERVICES, LLC

Brendon Friedman, DNP, APRN-RX, FNP-BC  
1019 University Ave, #6A, Honolulu  
808-435-3077 | bwellnessservices@gmail.com  
www.hmmclinic.com

### ■ CERTICANN

Ivy Lou Hibbitt, APRN-RX, FNP-C  
126 Neff St, #200, Wahiawa  
808-212-8787 | certicann@yahoo.com  
www.certicann.com

### ■ GREEN WAVE MEDICAL

Winslow Engel, MD  
87-070 Farrington Hwy, #106, Waianae  
808-829-1244 | greenwavemedical@gmail.com  
www.greenwavemedical.com

### ■ HAWAII MED+ MARIJUANA CARDS

Thomas Cook, MD  
1110 University Ave, #302, Honolulu  
808-208-8654 | email online  
www.hawaiimarijuanacard.org

### ■ HONOLULU WELLNESS CENTER

Paul Klink, PhD, DD  
Michael Pasquale, DO  
Farzad Pourarian, DO  
500 Ala Moana Blvd, Tower 4, #470, Honolulu  
808-798-3629 | service@honoluluwellnesscenter.com  
www.honoluluwellnesscenter.com

### ■ KUPONO OLA PONO

William Paul Berg, MD  
Andrew Walters, MD  
1314 S. King St, #512, Honolulu  
808-348-9957 | KuponoOlaPono@gmail.com  
www.kuponoolapono.com

### ■ MALIE CANNABIS CLINIC

Abby Amirdash, APRN-RX, AG ACNP-BC  
Me Fuimaona-Poe, FNP-BC  
1314 S. King St, #1663, Honolulu  
808-518-0299 | maliecannabisclinichi@gmail.com  
www.maliecannabisclinic.com

### ■ MEDICAL MARIJUANA HAWAII

Kenneth Chang, MD  
6600 Kalaniana'ole Hwy, #114C, Hawaii Kai  
808-726-2392 | doc@dr329.com  
www.dr329.com

### ■ OAHU CLINIC

Mike Quirk, DO  
1150 S. King St, # 906, Honolulu  
808-468-2461 | oahuclinic@gmail.com  
www.oahuclinic.com

### ■ PALA'AU CONSULTING

Edward B. Christenson, MD  
1188 Bishop St, #180, Honolulu  
808-626-5285 | palaaau@gmail.com  
www.mmjhololulu.com

### ■ RICHARD PODOLNY, MD

1188 Bishop St, #3306, Honolulu  
808-524-0754 | contact@podolnymd.com  
www.podolnymd.com

### ■ THE LAVENDER CENTER & CLINIC

Samuel Hawk, DO  
1345 S. Beretania St, #101, Honolulu  
808-744-2543 | email online  
www.lavendercenterandclinic.org/medical-cannabis/

### ■ DOCTOR 420 HAWAII

Christopher Lawinski, MD  
224 Kamehameha Ave, Hilo (Headquarters)  
500 Ala Moana Blvd, Tower 7, #400, Honolulu  
3093 Akahi St, Kauai  
170 W Kaahumanu Ave, Maui  
130 Kamehameha V Hwy, Molokai  
808-934-7566 | matthew@doctor420.com  
www.doctor420hawaii.com

### ■ GREENER HEALING WAYS

James Berg, MD  
75-5665 Kuakini Hwy, #4, Kailua-Kona  
120 Pauahi St, Hilo  
808-889-1822 | drjimberg@gmail.com  
www.greenerhealingways.com

### ■ THE MUM CLINIC

Charles Webb, MD  
73-5574 Malau St, #5, Kailua-Kona  
355 Hukilike St #210, Kahului  
808-430-4763 | mumclinic@aol.com  
www.mumclinicahawaii.com

### ■ GREEN ALOHA

4-1565 Kuhio Hwy, #3, Kapaa  
808-320-3187 | patients@greenaloha.com  
www.greenaloha.com

### ■ HAWAII COMPASSIONATE CARE

Kevin Baiko, MD  
4-1565B Kuhio Hwy, Kauai  
(Also serving Hilo, call for schedules)  
808-854-6335 | doc@kevinbaikoMD.com  
www.hawaiicompassionatecare.com

## STATE LAW & REGULATIONS

### STATE OF HAWAII, DEPARTMENT OF HEALTH

Medical Cannabis Registry Program  
medicalcannabis@doh.hawaii.gov  
www.health.hawaii.gov/medicalcannabis  
https://health.hawaii.gov/medicalcannabisregistry/  
providers/debilitating-medical-conditions/

## MISCELLANEOUS

### HAWAI'I DISPENSARY ALLIANCE

Nonprofit Organization, Honolulu  
808-351-8733 | www.hawaiidispensaryalliance.org



**GENERATIONS TV OC16**  
Mon – Sat (times on pg. 3)



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McCully, Royal Kunia, Waimalu, Waipahu





## Prime Physical Therapy, Inc.

600 Queen St. C-2, Honolulu, HI 96813

Phone: 286-0194

Website: primepthawaii.com

Call for a free consultation.

**Kai Morigawara, PT, DPT**  
Doctor of Physical Therapy

Graduate of Moanalua (2006)  
University of Hawaii (2009)  
University of Southern California (2012)



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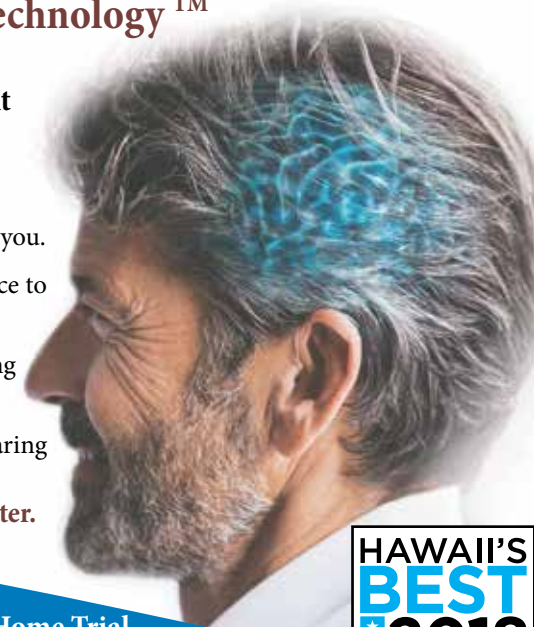
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# Variety is the Spice of Life

by Generations Magazine staff

The motto of the City and County of Honolulu, Department of Parks and Recreation is “We Add Quality to Life” and the public programs it provides, along with the events it hosts and participates in, are a reflection of that aim. Concerts, fairs, cultural exhibitions and the longest-running non-competitive hula event in the state are all on the agenda for the coming year.

As well as the many opportunities it makes available for individual exercise—swimming, gym workouts, walking at a beach or park—the department schedules exercise classes for kūpuna.

## Senior Golf Program

- March 8, Friday  
Ewa Villages Golf Course
- May 10, Friday  
West Loch Golf Course
- July 12, Friday  
Ala Wai Golf Course
- September 13, Friday  
Ted Makalena Golf Course
- November 8, Friday  
West Loch Golf Course

Call for details & time: **808-768-3030**

## Senior Classic Games

- March 21, Thursday, 8 am–12 pm  
Halawa District Park

## Senior Fun Walk

- April 5, Friday, Check-in 8:30 am; 9 am start  
Patsy T. Mink Central Oahu Regional Park

## 92nd Annual Lei Day Celebration

- May 1, Wednesday, 9 am–5:30 pm  
Kapi‘olani Park

## Nā Hula Festival

- August 4, Sunday, 9 am–2 pm  
Kapi‘olani Park Bandstand

## Talk Story Festival

- October 11, Friday, 5:30 pm–8:30 pm  
Mission Memorial Auditorium

## 45th Annual Mayor’s Craft & Country Fair

- November 23, Saturday, 9 am–1 pm  
Neal Blaisdell Exhibition Hall

Don’t live on O‘ahu? No worries! Neighbor island county parks and recreation departments also offer many opportunities for you to exercise, socialize and maximize your exposure to quality and fun classes, events, exhibitions and cultural experiences, from ‘ukulele festivals to lei making.

Use the contact information below to find out more about what’s offered near you that will put a spring in your step and a song in your heart. ■



The annual Senior Classic Games is sponsored by Generations Magazine.

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[www.honolulu.gov/parks](http://www.honolulu.gov/parks)

### ■ Kaua‘i County

4444 Rice St., Mo‘ikeha Bldg., Suite 105, Lihue HI 96766  
**808-241-4460** | [www.kauai.gov/Parks](http://www.kauai.gov/Parks)

### ■ Maui County

700 Halia Nakoa St. Unit 2, Wailuku HI 96793  
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[www.mauicounty.gov/119/Parks-Recreation](http://www.mauicounty.gov/119/Parks-Recreation)

### ■ Hawai‘i County

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West: West Hawai‘i Civic Ctr., Bldg. B,  
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[www.hawaiiicounty.gov/parks-and-recreation/](http://www.hawaiiicounty.gov/parks-and-recreation/)

# What’s Pickleball?

by Deborah Taira, Oahu Pickleball Association

Pickleball combines elements of tennis, badminton, and table tennis and is played either indoors or outdoors on a 20×44-foot court. Players use a paddle, perforated ball similar to a whiffle ball, and a 3-foot-high net. Pickleball can be played as singles or doubles and it’s like playing pingpong on the ground.

Because the serve is underhand, and players cannot hit the ball within 7 feet of the net without letting it bounce first, it is less a game of power and more one of finesse and placement. Hence, younger players do not have as much advantage as they might in other sports, like tennis, where power plays a greater role.

## Making friends and building community while getting healthy

Rather than playing with the same partner for multiple games, players during open-play typically change partners and opponents after every game, which creates a highly social environment where many new friendships are made. Sports with a social component may improve physical, mental and emotional well-being, and longevity more than non-social sports.

Pickleball helps to increase fitness, create intergenerational social opportunities, and build community ties. It is easy to learn; most people can gain an understanding of the basic rules and can start playing games after a single lesson.

## Where can I learn and play?

The Oahu Pickleball Association hosts community events, clinics and tournaments. It’s not unlikely to find a very diverse group of approximately 20-40 people showing up to the free open-play sessions at various sites across the island. Pickleball players set up nets in public parks—usually on volleyball or basketball courts.

The Oahu Pickleball Association is a nonprofit and its passion, mission and purpose is to promote, inform, instruct and organize pickleball on O‘ahu. Other pickleball groups throughout Hawai‘i are listed below. The sport is governed by the USA Pickleball Association, and you can



search for the nearly 6,000 places to play in the United States on its website [www.usapa.org](http://www.usapa.org) ■

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Facebook: @OahuPickleballAssociation

KAUA‘I: [www.kauaipickleball.shutterfly.com/](http://www.kauaipickleball.shutterfly.com/)

MAUI: **808-250-1766** | [www.pickleballmaui.com](http://www.pickleballmaui.com)

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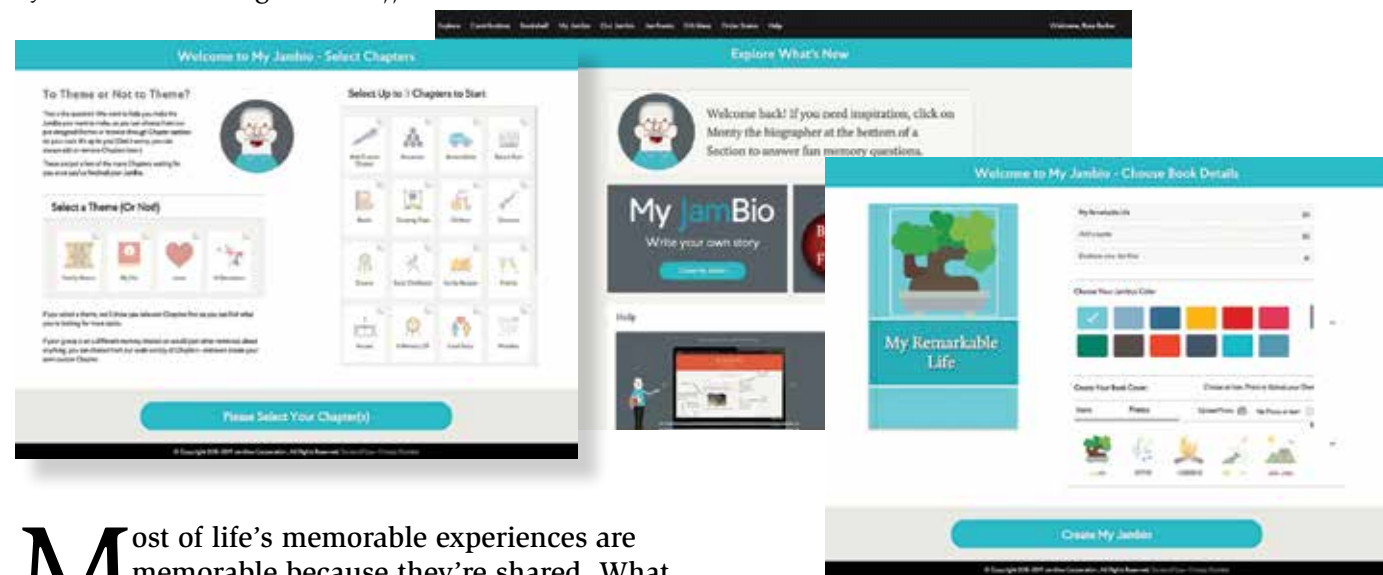


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# A Life Shared is a Life Well-Lived

by Generations Magazine staff



Most of life's memorable experiences are memorable because they're shared. What if there were an easy way to not only write down your memories for family and friends but to also give them the opportunity to reminisce with you about them?

There is! Developed by a team right here in Hawai'i—led by local entrepreneur Beth N. Carvin—JamBios is an easy-to-use memoir writing platform that lets you write one story at a time while also keeping you organized. Nobody can see, comment on, or add to your memoir unless you invite them to. And if any of those you've invited add something to it, you are notified.

It may sound a lot like Facebook, but there are several important differences based on JamBios' specific focus on a memoir format, such as:

- Pre-defined chapters
- 1000s of memory prompts
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No professional writing skills are required and you are guided through the process of creating the pages and chapters of your memoir. You can write as much or as little as you wish, and add photos, audio and video links. There is no cost to create your JamBio, but you will have to sign up on the website to get started. Before signing up, you can check out example galleries of pages created by users who have opted to have them showcased.

There is no time like the present to remember and share the past! ■

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# Know Stroke Warnings and Call 911

by Don Weisman, Communications Director, American Heart Association Hawaii Division

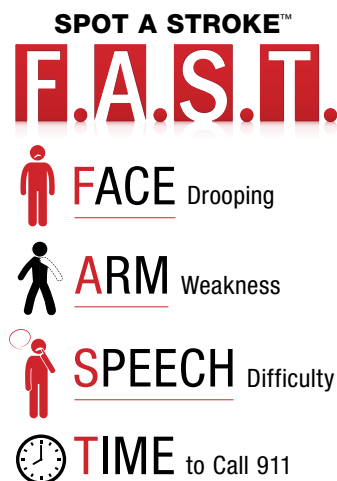
Stroke remains Hawai'i's third leading cause of death and a leading cause of major disability. However, 80 percent of strokes are preventable. And those that do occur, in many cases, are treatable if symptoms are quickly recognized and treatment is quickly sought.

Hawai'i Emergency Medical Services (EMS) data shows, however, that almost 50 percent of Hawai'i stroke patients aren't being delivered to hospitals by EMS ambulances. That can result in treatment delays upon hospital arrival or, in some cases, patients arriving at a hospital that is not prepared to immediately provide treatment. In addition, approximately 70 percent of Hawai'i stroke patients arrive at a hospital at least 24 hours after first stroke symptoms, outside of the treatment times for therapies that can be used to minimize, and sometimes reverse, stroke effects.

"Stroke patients have the best chance of recovery when 9-1-1 is called immediately," says Kazuma Nakagawa, M.D., neurologist and American Heart Association (AHA) Hawaii Division Board member. "For every minute of treatment delay, almost two million brain cells are permanently lost and the risk of permanent disability or death increases. Hawai'i's EMS paramedics are trained to diagnose type of stroke and begin treatment en route to the hospital. They can also alert hospital stroke teams in advance so that treatment can begin immediately upon arrival. Recognizing stroke signs and taking immediate action can mean the difference between a patient walking out of a hospital or being wheeled out."

The AHA developed the acronym F-A-S-T to help the public recognize stroke signs and quickly call 9-1-1. "F" stands for face drooping, especially on one side. "A" stands for arm weakness or numbness. "S" stands for speech difficulty or slurring. And "T" stands for time to call 9-1-1.

Stroke, in most cases, is preventable through simple lifestyle changes. They include controlling



blood pressure, blood sugar and cholesterol levels, maintaining a healthy weight, exercising, improving diet, and not smoking. To learn more about how you can prevent your risk for stroke, go to [www.StrokeAssociation.org](http://www.StrokeAssociation.org), or call the AHA Hawaii Division office in Honolulu at the number below.

Follow us on Facebook or Instagram at "HeartHawaii" or visit [www.heart.org/Hawaii](http://www.heart.org/Hawaii) to see what's happening locally. ■

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The show is airing at a critical time. In a decade, one-third of Hawai'i's population will be 65 or better. The state is urging kūpuna and their families to prepare now for home and community-based care. Financial and legal advisors to caregiving and government programs are invited for open mic conversation. Join me for an informative hour of radio.

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# Understanding the Two Types of Pain

by Dr. Ed Campbell, MD, Novel Medical Solutions

There are two main classifications of pain: the common type that arises from damaged tissue (nociceptive pain), and the more exotic kind that comes from damage to the system that reports and interprets damage, the nervous system (neuropathic pain).



## NOCICEPTIVE PAIN

Tissue damage caused by injury to bone, soft tissue, or organs. This can be caused by cancer or physical injury such as a cut or a broken bone. The pain may be an ache, a sharp stabbing, or a throbbing. It could come and go, or it could be constant. You may feel the pain worsen when you move or laugh. Sometimes, breathing deeply can intensify it.



## NEUROPATHIC PAIN

Nerves function like electric cables transmitting signals to and from the brain. Nerve damage can interfere with the way those signals are transmitted, causing abnormal pain signals, such as burning, prickling, electrical shock, tingling or a stabbing sensation. Hypersensitivity to temperature or touch may also indicate nerve damage.

Understanding the two types of pain will help you understand the solutions your physician or pain specialist suggest for easing it. ■

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# A Pain-Free New Year

by Julie Moon, Physical Therapist



**W**ith a new year comes new goals to better ourselves. Whether you have been exercising for years or are just starting out, be especially careful to avoid injury. Loss of flexibility and of bone and muscle mass increases the risk of injury and slows down recovery.

◆ **Consult with a professional** — Do not start a program without first checking with your doctor or your physical therapist. Your PT will provide expert assessment and personalized recommendations for your health and fitness. They will ensure your workout program accommodates your physical capabilities and any pre-existing conditions you might have.

◆ **Warm up/cool down** — Cold muscles are prone to injury so add a few minutes of light exercise and stretches to improve blood flow and reduce stiffness. Slowly increasing/decreasing your heart rate also minimizes stress on your heart.

◆ **Know your limitations** — Never work out to the point of pain. Exercising through pain can actually prolong healing. Listen to your body, slow it down, or consult with a PT on how to proceed carefully and safely.

◆ **Vary your workout** — Alternating programs, such as swimming or dancing, work different muscle groups, prevent boredom, and give your body a chance to recover between sessions. ■

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# Benefits of Exercise for Our Kūpuna

by Judy Knutson, OTR, Wellness Program Director, The Good Samaritan Society — Pohai Nani



Photo courtesy of Pohai Nani

**R**egular exercise and physical activity can help to prevent disease, improve mental health, increase energy, reduce the risk of falling and much more. Here's how!

## Disease prevention

Exercise improves overall immune function. Even light exercise for 30 minutes a day is beneficial.

## Improved mental health and cognitive function

Exercise relieves stress by producing endorphins —

those “feel good” hormones — and has also been shown to lower the risk of developing dementia.

## Improved sleeping patterns

Exercise helps establish good sleeping patterns, which is especially important for older adults.

## Decreased risk of falls

Exercise improves strength, agility and flexibility, which in turn will improve balance and coordination, reducing the risk of falls.

## Social engagement

Strong social ties are important at any age. Turn exercise into a fun social activity by joining a group exercise class, walking group or even a gardening club. ■

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# Aging and the Impact of Hearing Loss

by Kona Smith, Owner, Ohana Hearing Care

By age 75, approximately fifty percent of us will have a significant degree of correctable hearing loss. Fortunately, most hearing loss can be treated and is correctable. New technology enables us to hear and understand at or near normal levels. It is always a good idea not to procrastinate and seek professional help sooner rather than later.

## Effects of untreated hearing loss

Hearing loss isn't just an ear issue. Untreated hearing loss can have serious and wide-ranging consequences for both you and those around you:

- Increased mental fatigue/stress
- Poorer memory
- Difficulty focusing
- Poorer mental health
- Social withdrawal
- Depression



If you or a loved one are not hearing as well as you once did, help is available. Modern technology can correct hearing loss as well as improve your hearing. Don't let hearing loss rob you of the enjoyment of your golden years. Join the thousands of people who have overcome hearing loss and increased their quality of life by seeking professional help.

You will be glad you did. ■

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- ▶ I want a plan with a \$0 monthly plan premium, are there any in my area?
- ▶ I want to see doctors of my choice. What are my options?
- ▶ What is the Medicare Part D Prescription Drug Coverage Gap?
- ▶ Can I get extra help paying for my prescriptions and/or my Part B Premium?

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# Well-being Starts with a Healthy Kitchen

by Rose Galera, Consultant/Training Specialist, Clean Plus Systems II

Kitchens are awesome places as great food is cooked and eaten there! But they can also be home to dangerous microbes. Did you know that kitchens are more heavily contaminated than bathrooms? Ordinary cleaning practices do little to reduce the microbial load, so kitchen sanitizing is a higher and more frequently needed level of cleanliness. For example, you should clean sponges daily: microwave them for one minute or put them in a dishwasher with a drying cycle.

## Two good reasons for kitchen sanitation

Reducing germ counts to an acceptable level is the main purpose of kitchen sanitation. In addition, sanitizing procedures help to prevent food spoilage and can prevent micro-organisms interfering with various cooking processes.



## Best practices for a healthy kitchen

- Proper personal hygiene, including frequent hand and arm washing and covering cuts
- Proper cleaning and sanitizing of all food contact surfaces
- Proper cleaning and sanitizing of utensils and equipment
- Store food at safe temperatures and throw it out at the proper time

The proper cleaning method is to wash with detergent and hot water, rinse with clear hot water, and then use a sanitizer approved for use on food contact surfaces. ■

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## Memory Loss & Aging

by Eileen Phillips, RN, Attention Plus Care

At some point we've all had times of forgetfulness or misplacing things. Our keys get lost or we draw a blank trying to remember where the car is parked or what we just ate for breakfast. We can usually sort it out and remember things with some time and patience. But when is forgetfulness or memory loss of concern?

Serious memory problems can be disabling and make it hard to accomplish routine tasks without help. This is different from the occasional forgetfulness that comes with aging. Memory loss that disrupts routines and activities of daily living is concerning, and caregivers should know it may signal a change in a person's condition.

If you are worried about memory loss, that is reason enough to see your doctor. Seeing a primary care physician, or PCP, who already knows you is a good place to start. Signs that it may be time to see a doctor may include:

- ▶ Trouble speaking, or misusing common words
- ▶ Confusion about time, people and places
- ▶ Feeling lost in familiar areas or residence
- ▶ Not caring for oneself or others as usual
- ▶ Unexplained changes in behavior and mood
- ▶ Not realizing unsafe or dangerous situations
- ▶ Repeating the same questions over and over
- ▶ Returning common items to unusual places
- ▶ Trouble following plans or routine tasks

Alzheimer's disease is the most common cause of dementia and memory loss in older adults. If you are worried that changes in your memory may be related to dementia, you should talk with your doctor about it.

There are medications that can temporarily ease some of the symptoms of dementia. Caregivers should also know that memory loss doesn't automatically mean someone has Alzheimer's or dementia. Other health problems can also affect memory, including stroke and Parkinson's disease, and many conditions that can affect our ability to be alert and access memory. Caregivers should be observant of changes in memory or



memory loss that can come from medication side effects and know how to intervene.

Caregivers can also encourage individuals to do things that may help with memory such as:

- ◆ Doing mentally stimulating puzzles and games
- ◆ Socializing and connecting with others
- ◆ Exercising mind and body together
- ◆ Stopping or limiting alcohol intake
- ◆ Reducing over the counter medications
- ◆ Eating a healthy diet and keeping hydrated
- ◆ Staying organized with a "to-do list"
- ◆ Sleeping well for better alertness and recall
- ◆ Doing new fun things and pursuing interests ■

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AGING IN HAWAII EDUCATIONAL OUTREACH PROGRAM  
by Attention Plus Care — a program to provide resources for seniors and their families, instructed by a registered nurse, who covers a different aging topic each month. For more information on Transitional Care and free community workshops on Aging in Hawai'i hosted by Attention Plus Care, call 808-440-9356.



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## Don't Take Breathing for Granted

by Kelika Ishol, Dir. of Community Relations & Resource Development, Care Center of Honolulu

Breathing is something most of us take for granted. But for those folks with respiratory issues like asthma, breathing can be a struggle. Studies show that a healthy adult will take an average of 12–15 breaths per minute. For those with respiratory issues like asthma, it may be higher.

Breathing issues can happen at any time but are usually triggered by things like temperature, humidity, pollen and pollution. Some of the things we can do to stay one step ahead of an asthma attack are:

- Take medications as directed
- Stay out of air-polluted areas
- Be cautious of dust, pollen, dander, etc.

Colds and the flu are also major triggers of asthma. So, be sure to take extra precautions like



washing your hands and limiting your exposure to others who are ill.

Breathing exercises are an important way to help your lungs breathe better. Also, try to always breathe through your nose, as the tiny hairs in your nose act as a filter while warming the air as it enters the lungs.

Now that you have a few tips on asthma preparedness, here's something to make you giggle:

*"Why did the doctor suspect that Dracula had a breathing problem? Because of his coffin!" ■*

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# Dementia and Vision Changes

by Sara Tompkison, LCSW, Positive Approach™ to Care Trainer and Dementia Educator



Human beings use five ways to take in data: sight, touch, smell, taste and sound. From the time we are born, we prefer to take in data first by what we see, then hear and finally through touch. Vision, our primary source for processing new information, is controlled by an area in the back of our brain called the *occipital lobe*. Dementia attacks and damages the occipital lobe resulting in skewed vision, poor depth perception and diminished peripheral vision. Peripheral vision loss is a normal part of aging but with dementia, it worsens to where sight becomes “binocular” and, in the later stages, “monocular.”

Teepa Snow, a dementia expert, occupational therapist and Positive Approach™ to Care founder, suggests we can experience how limited a view this is by forming makeshift binoculars. Move both your hands up to your eyes, then loosely circle your fingers around your eyes to make two binocular-like tunnels. Take a look around you — notice that you need to move your entire head in order to look to up, down and to your sides. How might this hinder a person’s abilities?

Now hold your arms straight out in front of you about shoulder width apart and look only down that one “tunnel.” A person living with dementia (PLWD) in the later stages of vision loss has a field of vision of about 12 inches in diameter in all directions. This means they cannot see something unless it is directly in front of them at just about eye level — monocular vision.

This shrinking field of peripheral vision presents many challenges besides making a person easily startled when approached from the rear, tripping over obstacles in their path or misjudging how far away an object is when they reach for it. For example, road safety would be a major concern for the PLWD who has binocular vision.

## HELPFUL CARE PARTNER TIPS

- Be mindful of your loved one’s safety and independence — think five steps ahead to remove obstacles in walking paths.
- Always approach the PLWD from the front so they can see you coming and to avoid negative reactions like anger, fear and/or surprise.
- Pair visual cues with verbal cues when asking your PLWD to do something — show them how.
- Find support groups in your area. ■

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PAC Hui Hawaii is a caregiver training organization utilizing the Positive Approach™ to Care philosophy developed by Teepa Snow. To know more of the organization and current workshops and other events, please visit us online.

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# A Decade of Service to Veterans

by David Pettijohn, Administrator, Yukio Okutsu State Veterans Home

The only state veterans home in Hawai‘i, Yukio Okutsu State Veterans Home celebrated its 10th anniversary of serving veterans from across our nation in 2018.

From celebrating our seniors’ accomplishments to bringing the community to our residents, we know the importance of ‘ohana. We hold several events throughout the year to help bring the community together, including our popular car shows, farmers markets and bake sales, as well as activities for holidays throughout the year.

Located in Hilo, Yukio Okutsu serves all veterans, regardless of the location of your service or if your unit was not in Hawai‘i. We have a passion to serve our veterans to the best of our abilities every single day, and our comprehensive senior care services include 24-hour skilled nursing, adult day health care, a pharmacy, rehabilitation therapy, hospice services and more. ■



L-R: Franklin Baptiste, Buddy Kamehaiku, Iwao Nagata, Masao Kuniyoshi

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# MemorC: A Free Memory Aid

by Generations Magazine staff

One of the challenges for caregivers of those with Alzheimer's and other forms of dementia is finding ways to engage their loved one or patient in tasks that strengthen the ability to recall who people are and what their relationship with them is.

Dr. Warren Wong, a local geriatrician with decades of experience working with such patients, took on that challenge and has developed a *free* iPad app to fill that need: MemorC.



Dr. Warren Wong

## How does MemorC work?



A family member, friend or caregiver downloads the app. This person is called the "administrator." The administrator uses the app to provide some basic information and a photo of the person with memory problems. The administrator also provides some information and photos of loved ones.

The person with memory problems then plays with the app, picking out pictures of loved ones from an assortment of photos of people. They are also asked to name them and identify how they are related. Another part of the app, Suzanne Chat, asks them

some questions which can be answered with any response, creating a conversation. The purpose of Suzanne Chat is to engage the user, asking questions and reinforcing identity and emotions.

Android and iPhone apps are still in the future, but if you have an iPad and an Apple account, you can search for MemorC in the Apple Store or download it directly from the webpage below, where you can also learn more (using any computer) about its purpose and how it works. ■



## MEMORC

warrenwongmd@gmail.com  
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# Having Help Close at Hand if You Fall

by Jennifer Borja-Johnson, Director of Hawaii Operations, Tunstall Americas



Amie Lanyard



CEL500



Belle

Every 13 seconds, an older adult is seen in an emergency department for a fall-related injury. Lower-body weakness, difficulties with walking and balance, and vision problems can make a person more likely to fall. Other causes include home hazards and clutter.

Having a medical alert system can reduce a person's risk of not being able to receive timely treatment, by obtaining immediate medical assistance in the event of a fall or emergency. Another benefit is that they can also enable kūpuna and anyone with long-term healthcare needs to live independently in their home and

community for as long as possible. Not to mention giving peace of mind to other family members!

## What to look for in a medical alert system

- A comprehensive range of sensors that monitor home environments unobtrusively for high-risk events, out-of-pattern activities and emergencies.
- Connection to trained professional operators, available 24/7/365 via in-home or mobile technology devices, to help people during emergencies and crisis situations.
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# Why Create an Online Account?

by Jane Burigay, Social Security Public Affairs Specialist in Hawai'i

**M**y Social Security gives you a personal online account you can securely use to check your Social Security information and do business with us. With a my Social Security account you can:

- ▶ Keep track of your earnings and verify them every year;
- ▶ Get an estimate of your future benefits if you are still working;
- ▶ Get a replacement Social Security card if you meet certain criteria;\*
- ▶ Get a letter with proof of your benefits if you currently receive them; and
- ▶ Manage your benefits:
  - Change your address or telephone number;
  - Start or change your direct deposit;
  - Get a replacement Medicare card; and
  - Get a replacement SSA-1099 or SSA-1042S.



To find services and set up an account, go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). ■

For questions, online applications or to make an appointment to visit a SSA office, call from 7am–5pm, Mon–Fri: **1-800-772-1213 (toll free)** | [www.socialsecurity.gov](http://www.socialsecurity.gov)

\*This service is not yet available for use with a driver's license or state ID issued in Hawai'i.



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# The Doctor Is In!

by Martha Khlopin, Medicare Radio Host



**D**id you know Medicare coverage includes preventive services? Contact your doctor for more information and to schedule recommended preventive screenings, care, and to participate in educational classes. (Cost sharing and other limitations may apply.)

## Medicare preventive services—start here!

- One-time “Welcome to Medicare” visit (within 12 months of enrollment in Part B)
- Annual “Wellness” visit

## Shots

- Flu • Hepatitis B • Pneumococcal

## Screenings and tests

- Abdominal aortic aneurysm • Alcohol misuse (+ counseling) • Bone mass • Cardiovascular (cholesterol, lipids, triglycerides) • Colorectal cancer • Depression • Diabetes • Glaucoma • Hep B Virus • Hep C • HIV • Lung cancer • Mammogram • Obesity (+ counseling) • Pelvic and breast exam, pap test • Prostate cancer • STIs (+ counseling)

## Other counseling and training

- Cardiovascular disease (behavioral therapy) • Diabetes prevention program • Diabetes self-management training • Medical nutrition therapy services • Smoking and tobacco-use cessation

You can find more detailed information by going to the Medicare resources listed below. ■

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# Helping Hawai'i Seniors Fight Hunger

by Laurie Hara, Marketing & Communications Manager, Lanakila Pacific



**L**anakila Meals on Wheels, a program of Lanakila Pacific, works with registered dietitians and chefs to ensure their healthy and delicious meals meet or exceed USDA nutrition guidelines while addressing the age-related dietary needs of seniors. Whether you are utilizing supplemental funding with SNAP benefits, a subsidy from one of the state's federally funded programs or private funds, we can assist in applying for our island-wide O'ahu meal service.

In addition to nutritious home-delivered meals, Lanakila Meals on Wheels offers other services that help kūpuna live independently and with dignity.

**SOCIAL AND WELLNESS PROGRAMS** — Our Kupuna Wellness Centers help active seniors, ages 60+, maintain a healthy mind, body and spirit. Creative projects like crafts and cooking, fitness exercises and community outings help these kūpuna live an active and social lifestyle. Best of all, a hot meal is served and services are free.

**WELLNESS CHECKS** — Along with a meal, a dedicated team of delivery volunteers provide a friendly visit and wellness check for seniors. They are trained to identify changes in behavior and areas that may need attention so we can help.

**EMERGENCY PREPAREDNESS** — Our islands are susceptible to hurricanes, tsunamis and other natural disasters. To ensure kūpuna have access to food until meals can be safely delivered, Lanakila Meals on Wheels provides an emergency food care package for its seniors twice a year.

**SENIOR ADVOCACY** — One in six seniors face hunger each day. To raise awareness about their plight and galvanize support for Hawai'i's kūpuna, Lanakila Meals on Wheels rallies with hundreds of kūpuna and community supporters

at the Hawai'i State Capitol in March in support of March for Meals, an annual nationwide event.

If you are interested in our home-delivery meal service, Kupuna Wellness Centers, volunteering or March for Meals, please call, email or visit us on the web. ■

## LANAKILA MEALS ON WHEELS

808-356-8519 | [mow@lanakilapacific.org](mailto:mow@lanakilapacific.org)  
[www.lanakilapacific.org/senior-services/meals-on-wheels/](http://www.lanakilapacific.org/senior-services/meals-on-wheels/)



## LOCAL HELP FOR PEOPLE WITH MEDICARE

**SHIP** is a federal program serving retirees, pre-retirees, their families, and caregivers who have questions about Medicare

If you are turning 65 or already have Medicare, call the Hawaii SHIP Help Line for information and important deadlines to avoid late penalties

Counselors can help with Medicare eligibility and enrollment, and options to meet your medical and prescription drug needs

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# Celebrating 30 Years of Service to Kūpuna

by Leslie Tanoue, ALU LIKE Inc.

**S**ince 1989, ALU LIKE's Elderly Services Department, Ke Ola Pono No Nā Kūpuna (KOPP), has provided nutrition and supportive services (recreation, education, promotion of well-being) to independent Native Hawaiians 60 years of age or older on the islands of Hawai'i, Kaua'i, Maui, Moloka'i and O'ahu. Today, there are 18 site locations statewide.

Our services include but are not limited to: nutritious congregate meals; outreach; information and assistance services to link our elders to other service agencies and organizations; health monitoring, health promotion and education; nutritional screening; exercise; limited transportation services; and culturally related activities.

In addition to receiving services, our seniors provide service to the community. Our kūpuna entertain and visit with other seniors at day cares and long-term care facilities and are Foster Grand-

parents and Senior Companions. They also engage visitors to the State at Hilo's Bandstand and Kaua'i's Nawiliwili Harbor—sharing their hearts and talents wherever they go.

Please call for more information on services and locations in your community. ■

ALU LIKE, Inc.

Hawai'i: 808-895-2158 | Kaua'i: 808-245-8545  
 Maui: 808-242-9774 | Moloka'i: 808-560-5393  
 O'ahu: 808-535-6700 | [info@alulike.org](mailto:info@alulike.org)  
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Visitors learn lei-making in Hilo.

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877-805-5845 (toll-free)

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\* Requires submission of 3rd party form or eligibility through the Relay Hawaii Equipment Distribution Program. CapTel is a registered trademark of Ultratec, Inc. Other marks are the property of their respective owners.

CapTel 2400i



# Honoring and Protecting Patients' Rights

by John McDermott, LSW, ACSW, M.Div., State Long-Term Care Ombudsman

Long-Term Care Ombudsmen are advocates for residents living in nursing homes, assisted living facilities, adult residential care homes, expanded adult residential care homes and community care foster family homes.

We are NOT the state inspectors and do not write deficiencies or issue fines or citations. Our focus has always been on quality of life and quality of care issues—advocating for all our residents so their rights can be honored and protected.

Our program is part of the Executive Office on Aging, which is attached to the Department of Health. Our mandate is in the federal Older Americans Act and state HRS 349. Hawai'i currently has 1,700 facilities with 12,661 beds. Visiting all these residents spread over six islands is an impossible task by myself.

I'm happy to report that the Hawai'i State Legislature provided two-year funding for part-time paid ombudsmen for Kaua'i, Hawai'i and Maui Counties. It is our hope that permanent funding for additional full-time positions will eventually be approved.

## Meet Maui County's new LTC Ombudsman



Brent Freemont has lived on Maui for 16 years and is active in the Maui community. He is an experienced caregiver himself, caring for his father and stepmother with dementia for 10 years, enjoys advocating for seniors and is looking forward to serving as the Ombudsman for Maui County. In addition

to his previous volunteer service for the Long-Term Care Ombudsman Program, he received a Volunteer Services Recognition from Kaunoa Senior Services and was recognized by Kula Hospital as their Volunteer of the Year for his part in the volunteer team delivering Meals on Wheels to upcountry residents. Brent is a member of the Kula Hospital Auxiliary and a sitting member of

the Kula Hospital Human Rights Committee. He is credentialed as a Certified Case Manager and has a BA in Social Sciences.

Our two new volunteers for Maui, Valerie Muroki and Edeltraud Muroki, are also assigned to facilities as advocates for our LTC residents.

To contact Brent, call **808-344-4212**.

We are recruiting for more new volunteers for all the islands. If you know anyone who enjoys working with seniors and is willing to advocate on their behalf, please contact our volunteer coordinator, Lynn Niitani, at **808-586-7291**. ■

STATE LONG-TERM CARE OMBUDSMAN  
808-586-7268 | [john.mcdermott@doh.hawaii.gov](mailto:john.mcdermott@doh.hawaii.gov)  
[www.health.hawaii.gov/ea/home/long-term-care-ombudsman-program/](http://www.health.hawaii.gov/ea/home/long-term-care-ombudsman-program/)



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HAWAII

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Community education programs offered at senior centers, independent and assisted living facilities, and other locations as requested.

For more information on our programs, please call Kathy Wyatt at **808-292-4665**.

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## AMAZING CARE NETWORK

Join Amazing Care Network, with an active chapter in Honolulu, where you can make new friends and learn about important topics related to aging.

### Amazing Care Member Benefits:

- Afternoon teas with expert speakers
- Financial wellness and savings program
- Network of medical "Friends of the Family" advisors for help with decision-making



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## 5 Retirement Planning Mistakes to Avoid

by Michael W. K. Yee, Financial Advisor and Certified Financial Planner

The most important goal for many of my clients is to retire on their terms – which often means planning a long, secure retirement that enables them to check off items on their ultimate bucket list. Retirement requires careful planning in addition to avoiding financial missteps along the way. Here are five common mistakes, and strategies to avoid them.

### 1 | Pushing retirement planning into the future.

Preparing for retirement can be overwhelming, so it's easy to think, "I'll tackle it next year." Simply put, the earlier you start focusing on retirement, the earlier you can prepare a plan that accounts for your goals and concerns. And, focusing on saving today gives your investments the opportunity to snowball in value through the power of compound interest.

### 2 | Underestimating the cost of healthcare.

Medical costs are rising, with no clear end in sight. Your best defense is to figure out what protection and sources of income you could apply toward potential medical expenses. Common vehicles include Medicare and supplemental insurance premiums, long-term care policies, continuing health insurance through an employer and health savings accounts. Know which policies cover various expenses, and stay familiar with the amount of your deductibles, co-pays and out-of-pocket maximums.

### 3 | Ignoring the impact of taxes

Predicting your tax bill in retirement can be complicated, but it's worth the effort. Retirement income for many retirees comes from a variety of taxable and non-taxable sources. Your tax rate will be based only on your taxable income, so it's important to know and manage the tax treatment of your retirement paycheck. When you turn age 70½, you are required to take a minimum distribution from your traditional IRA. This money is generally taxable. If you don't need the money

and want to avoid the resulting tax bill, consider transferring your distribution (up to \$100,000) directly from your IRA to a qualified charitable organization. A tax professional can help you determine the strategy that's right for your situation.

### 4 | Using your 401(K) savings for other expenses.

Before you tap your retirement savings early, think through the consequences. IRS rules allow investors to withdraw 401(k) savings for qualified expenses (non-qualified items trigger a 10 percent penalty). But just because you can, doesn't mean you should. Removing money from an income-bearing account reduces the long-term growth potential you can earn through continued saving and compound interest.

### 5 | Downplaying the importance of estate planning.

A well-rounded retirement plan includes documenting your wishes for how you want your affairs handled if you become incapacitated or when you pass away. Creating (or updating) your estate plan enables you to help minimize any estate or inheritance tax for your beneficiaries and add in other specifications that help your assets transfer smoothly to the next generation.

Time is on your side when you start preparing early. Tackling one step at a time is a great way to make progress on your retirement plan and avoid potentially costly missteps. If you want a second opinion, engage a financial advisor who can review your situation in detail. ■

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Michael W. K. Yee, CFP®, CFS®, CLTC, CRPC®, is a Private Wealth Advisor, Certified Financial Planner™ practitioner with Ameriprise Financial Services, Inc. in Honolulu, HI. He specializes in fee-based financial planning and asset management strategies and has been in practice for 31 years.

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## Everybody Should Have One

by Scott A. Makuakane, Counselor at Law, Est8Planning Counsel LLLC

The one estate planning document that everyone 18 and older should have is an **advance health care directive**.

Karen Ann Quinlan and Nancy Cruzan were young women whose legacies are legal battles over medical care for individuals who cannot speak for themselves.

Karen's case determined that "medical treatment" includes life-sustaining measures, and that those measures can be declined by a patient or someone acting on the patient's behalf.

Nancy's case was a battle between Nancy's family, who believed that Nancy would not want to be sustained on a tube, and the State of Missouri, which asserted that only the patient can make that decision. Nancy's family convinced the



court that Nancy did not want to be kept alive artificially, and food and water were withdrawn.

The bottom line? We have a right to say "enough is enough"

when it comes to medical care, including the use of respirators and tube feeding. We also have the right to name who will speak for us when we cannot speak for ourselves. Having a clear and comprehensive advance health care directive is only way to be sure that your wishes will be known and carried out. ■

SCOTT MAKUAKANE, Counselor at Law  
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## Honoring the Mighty Pen

by Stephen B. Yim, Attorney at Law



In the movie “The Descendants” the main character, Matt King, must explain to family and friends that his wife Elizabeth made an end-of-life decision by way of an Advance Health Care Directive and, because she was determined not to be kept alive in a persistent vegetative state, the doctors will withdraw life-sustaining treatment.

Matt shares the advance directive with his father-in-law, whose response was “this is like reading Korean.” Matt’s 10-year-old daughter Scottie didn’t read the advance directive, but she remembered her mom stating: “Racing or competing. I’ve heard her say, ‘I’m going out with a bang.’” And that is exactly what happened: a speedboat accident.

The end-of-life decision document written by legislators as a “one size fits all check the box” is anything but clear with regard to intention and could very well be written in a foreign language.

Every family has its own unique culture and identity which is reflected in the language they speak to one another.

Making an estate plan that clearly documents intention helps surviving family members avoid fighting; especially in court. Yet lawyers will write the estate plan for exactly that purpose—writing as if it were going to be fought over in court. I call this legalese *legal dis-ease*.

Write your intentions down in your own handwriting for inclusion in your estate plan so that you don’t risk miscommunication or misunderstanding among surviving family members. ■

STEPHEN B. YIM, ATTORNEY AT LAW  
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## Visit Often to Forestall Elder Abuse

by Scott Spallina, Senior Deputy Prosecuting Attorney

Recently, I had the opportunity to spend a couple of weeks with my parents in the mainland, attending family functions, overeating and watching more “Murder She Wrote” than at any other time in my life. As I tried to learn to appreciate afternoon naps, their phone would constantly ring. Various solicitors, scam artists and charities seemingly thought my parents had all this money and that they wanted to invest, spend, or give it away to strangers over the phone.

I tried to explain to my folks that by answering the phone each time it rings, the robocallers knew there was a live person connected to their phone number. If my parents simply let the answering machine screen the calls first, the amount of unwanted calls would slowly die down (and nap time could last longer). They insisted, however, on picking up the phone in case it was someone they wanted to talk with or if there was an emergency that they had to respond to immediately.

In addition to all the phone calls they were getting throughout the day, the doorbell rang constantly with a salesman, pollster, huckster, or charity/church solicitor on the other side of the door when I answered. I simply told these uninvited/unwelcome strangers that I wasn’t interested and shut the door on them before their pitch began.



This whole experience reminded me of the importance of visiting my family often and seeing what is going on in their lives. Over the years, I have received many calls to the Elder Abuse Unit from adult children in distress because they just discovered something that happened to their parents. Usually, it is along the lines of finding out their mom or dad has been

giving large sums of money to others (like neighbors, caregivers, other relatives) despite the fact they really can’t afford to do so. Occasionally, the family member will discover that a con man has scammed their parents out of a large sum of money (so far the largest amount reported was \$400,000 to some “contractors” for work never done). And in two separate instances, adult daughters reported that widowed fathers married bar girls 30 years their junior.

It is only by knowing what is going on in our parents’ and grandparents’ lives that we can prevent certain abuses from occurring. Get involved and find out your loved one’s routine. Talk to them. Any deviation from their norm may be a warning sign to you that they are being targeted for a possible scam. ■

If you have questions about elder abuse, call or email: 808-768-7536 | [ElderAbuse@honolulu.gov](mailto:ElderAbuse@honolulu.gov)

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## Resolve to Have a Healthy Computer

by Christopher Duque, Cybercrime Investigator, DPA



At the start of a new year, many of us make a New Year's resolution to get healthy. Did you make a resolution to start the year with a "healthy" computer, too? Here are some computer health tips:

❖ **Back up your data:** Back up all your important data such as photos, documents, calendar, contact list, e-mails, etc. The best options are to back up your data to an external hard drive, burn your data to CD/DVD, or use iCloud or Google Drive.

❖ **Clean up your storage:** AFTER backing up your data, start deleting apps, programs and files that you rarely use or that are outdated. This alone can speed up your computer.

❖ **Maintenance:** If you are tech savvy, you can use a utility program to do low-level diagnostics on your computer's hardware and operating

system, but my advice is to use a professional service to do the examination and fix any problems found. The store where you bought it may offer this service or can recommend a reputable local service agent.

❖ **Change passwords:** Start with the password to your computer (and phone) and then move on to any online accounts. Write passwords down in a notebook along with the date and secure the notebook in a safe place. WARNING! Your wallet or purse is NOT a safe place! ■

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- organ function
- skin health
- blood flow to the extremities
- brain function and mental performance
- the immune system and metabolism

When blood flow is restricted, it can cause a host of problems.

### Common Symptoms of Poor Circulation

If you have poor circulation, blood flow is compromised - your organs (including the heart and the brain) aren't receiving all the nutrients they need to function properly. Poor circulation may be a sign of a more serious condition and can potentially be life threatening.

#### • Numbness, Loss of Sensation, Tingling in Hands or Feet

Insufficient blood flow to the extremities may result in a sensation of pins and needles, numbness or tingling.

#### • Coldness in Hands or Feet

If blood cannot flow at healthy rates, temperature fluctuations may occur in the skin and nerve endings of the hands and feet. People with poor circulation may feel cold more often.

#### • Fatigue or Low Energy

Poor circulation may affect energy levels and can cause fatigue, as the heart must pump harder when circulation is poor.

#### • Swelling in the Feet, Legs or Fingers

Inadequate blood circulation can cause fluid to accumulate in the legs, ankles, and feet. Symptoms of edema include:

- heaviness and swelling
- tight, warm skin
- stiff joints
- pain in affected areas

#### • Leg or Foot Ulcers, Wounds That Aren't Healing

Poor circulation affects the body's ability to heal, which can lead to ulcers in the legs and feet. Ulcers can also develop when blood pools in the veins of the legs, which causes swelling beneath the skin.

#### • Joint Pain and Muscle Cramps

Restricted blood flow can cause pain in the legs, feet, arms, and hands. When blood does not circulate properly, oxygen and nutrients cannot reach tissues effectively, and stiffness, pain and cramping may result.

With adequate blood flow, tissues are better nourished, wounds heal faster, nerves are healthier, muscles are stronger, and overall energy level is higher.



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## Exceptional Leader, Exceptional Living

**KALAKAUA GARDENS**, Hawaii's newest and most exciting senior living community, is pleased to welcome Jenalyn Caday-Reyes as its new General Manager. Jena is a dynamic leader and visionary thinker with over 15 years of progressive leadership experience in providing top-tier care and services for Seniors.

Jena is vibrant and full of positive energy; and she is passionate about serving seniors. She believes deeply in the remarkable Kalakaua Gardens team and she finds that when people are empowered and trusted, they thrive.

Jena is a dually-licensed nursing home/assisted living administrator and we are thrilled that she brings her unique skillset to Kalakaua Gardens.

Kalakaua Gardens is Hawaii's only monthly-rental Senior Living Community offering Independent Living, Assisted Living and Memory Care with a fully-credentialed Nursing and Rehabilitation Center on site. Unlike traditional CCRC's, which require large, upfront payments, Kalakaua Gardens focuses on month-to-month living options, no long-term contracts or commitments.

Jena explains that she is committed to providing a first-class, age-in-place experience for Hawaii's seniors. "My goal is to ensure that each individual feels safe, comfortable and important - That they couldn't imagine living anywhere else."

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