

# GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 9/4 • AUG/SEPT 2019

## BREAST CANCER WARRIORS: A SISTERHOOD

**Resource  
Guide:  
Senior Savings**

page 38

**Advocating  
for Someone  
With Cancer**

page 46

**Begin a Journey  
of Compassion  
& Hope**

page 48

**What Is a  
POLST & Do I  
Need One?**

page 55

Major  
Distribution  
Partners:



*Vacations Hawaii*  
HAWAII ♦ LAS VEGAS

Complete  
Distribution  
Locations on  
Page 3





# LEE FINANCIAL GROUP HAWAII



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

## Helping Build Wealth in Hawaii Since 1988

At *Lee Financial Group Hawaii*, we believe that your assets mean more than just money. We understand that it represents what you've earned over a lifetime of effort - your hard work, sacrifice & savings.

We offer portfolio strategies that may help protect your hard earned assets.

Please call us at 988-8088 for more information.

3113 Olu Street, Honolulu, HI 96816 • 988-8088 • [www.LeeHawaii.com](http://www.LeeHawaii.com)

## Get Your Magazine at These Locations

### OAHU DISTRIBUTION LOCATIONS

15 Craigside  
AARP Chapter 60  
Altres Medical  
Ameriprise Financial  
Arcadia  
Attention Plus Care  
Avalon Care Centers  
Big City Diners  
Catholic Charities  
Child & Family Services  
C&C of Honolulu's Elderly Affairs Div.  
Dauterman Medical & Mobility  
Don Quijote Waipahu  
Filcom Center  
First Foundation Bank  
Gold Coast Real Estate  
Good Samaritan Society — Pohai Nani  
Hale Hauoli Adult Care  
Hawaii Island Adult Day Care  
Hawaii Kai Retirement  
Hawaii Okinawan Center  
Hawaii State Executive Office on Aging  
Hawaii State Legislature  
Hearing Center of Hawaii  
HMSA (main office)  
Honolulu Christian Church  
Honolulu Design Center  
Japanese Cultural Center  
Kahala Nui  
Kaiser Permanente  
Kalakaua Gardens Senior Assisted Living  
Kapahulu Community Center  
Kapiolani Hospital  
Kuakini Health System  
Kuhio Pharmacy I & II  
Lanakila Meals on Wheels  
Lanakila Senior Center  
Lee Financial Group Hawaii  
Logos Bookstore  
**Longs Drugs/CVS:** Ewa Beach, Hawaii Kai, Kahala Mall, Kapolei, Manoa, Pali, Pearlridge, University/King St.  
Love's Bakery Thrift Stores  
Lunalilo Home and Adult Day Care  
Makani Kai Air  
Makua Alii Senior Center  
Maluhia Hospital

Manoa Cottages Homecare  
Marukai  
McKinley Carwash  
Moiiliili Community Center  
Ohana Hale Marketplace  
Ohana Hearing Care  
Olaloa Retirement Community  
One Kalakaua Senior Living  
Pali Momi Medical Center  
Palolo Chinese Home  
**Pharmacare:** Aiea Medical Bldg., Joseph Paiko Bldg. (Liliha), Pali Momi Medical Center (Aiea), Tamura Super Market (Waianae), Straub Pharmacy (Honolulu)  
**Plaza:** Kaneohe, Mililani, Moanalua, Pearl City, Punchbowl, Waikiki  
Project Dana  
Queen's Cancer Center  
Queen's Gerontology  
Rehabilitation Center of the Pacific  
**Safeway:** Beretania, Enchanted Lake, Ewa Beach, Kaneohe, Kapolei, Salt Lake, Waimalu  
Salvation Army  
Scott Makuakane Law Office  
Senior Move Managers  
St. Francis Healthcare System  
Straub Clinic & Hospital  
Straub Geriatrics  
The Care Center of Honolulu  
The Ihara Team  
**Times Pharmacy:** Aiea, Beretania, Kahala, Kailua, Kalihi, Kaneohe, Koolau, Liliha, McCully, Royal Kunia, Waimalu, Waipahu  
Vacations Hawaii  
Waianae Comprehensive Health Center  
Waikiki Community Center  
Windward Mall Food Court  
YMCA (all locations)

### PUBLIC LIBRARIES

Aiea, Aina Haina, Ewa Beach, Hawaii Kai, Hawaii State, Kahuku, Kailua, Kaimuki, Kalihi-Palama, Kaneohe, Kapolei, Liliha, Manoa, McCully-Moiiliili, Mililani, Pearl City, Salt Lake, Wahiawa, Waialua, Waianae, Waikiki-Kapahulu, Waimanalo, Waipahu

### DISTRICT PARKS

Aiea, Halawa, Kailua, Kilauea, Makiki, Manoa, Pupukea Beach, Salt Lake, Waimanalo, Wahiawa, Waipahu

### COMMUNITY PARKS

Aina Haina, Ala Puumalu, Ala Wai, Asing, Crestview, Ewa Beach, Kahala, Kaimuki, Kaneohe, Kuapa Isles, Makakilo, Mililani, Moanalua, Pearl City, Piliiaau, Whitmore

### OUTDOOR RACKS (OAHU)

Alakea Street (by CPB Building)  
Bishop Street (by Bank of Hawaii)  
Kaheka Street (by PanAm Building)  
King Street (by Down to Earth)  
King Street (by Tamarind Park)  
Merchant Street (by Post Office)  
Merchant Street (by Pioneer Plaza Building)

### NEIGHBOR ISLANDS

**HAWAII:** ADRC, Hawaii County Office on Aging, Hilo Hospital, Kona Health Center, KTA Super Stores (all), Love's Outlet Stores (Hilo)

**KAUAI:** Agency on Elderly Affairs

**MAUI:** Kalama Heights Senior Community, Kaunoa Senior Center, Hale Mahaolu, Hale Makua, Maui County Executive Office on Aging, MEO, Oceanview Adult Daycare (Kahului), Napili Coffee Store, Roselani Place, Times Supermarket (islandwide), Safeway (islandwide)

**MOLOKAI:** Molokai Drugs, Inc.

**ALL PUBLIC LIBRARIES**



### GENERATIONS TV OC16

Mon: 5:30pm  
Tues: 9:00am  
Wed: 7:30pm  
Thu: 1:30am & 11:30am  
Fri: 9:30am  
Sat: 2:30pm



### GENERATIONS RADIO SHOW AM690

Sat: 5-6pm, Sun: 3-4pm



[www.generations808.com](http://www.generations808.com)



**FACEBOOK**  
[genmag808.com](https://www.facebook.com/genmag808.com)

■ For distribution location questions or requests, contact Sherry Goya: 808-722-8487 | [SGoyaLLC@aol.com](mailto:SGoyaLLC@aol.com)

Generations Magazine's content—editorial or advertising—should not be used as a substitute for advice from your doctors, financial advisors or life planners. Accounts, views and opinions expressed in this magazine do not necessarily reflect the views of the Publisher, Editor, or its staff and distributors, nor are they liable for damages arising out of any content, products or events mentioned in the magazine. Copyright © 2019; Generations Magazine is produced bimonthly as a free resource for Hawai'i's mature community. All rights reserved. No part of this magazine may be reproduced or transmitted in any form or by any means, except for the inclusion of brief quotations in a review, without permission in writing from the publisher.

Printed by Journal Graphics, Portland, OR | 503-790-9100 | [info@journalgraphics.com](mailto:info@journalgraphics.com) | [www.journalgraphics.com](http://www.journalgraphics.com)





# It's About Quality of Life

Active. Engaged. Connected.

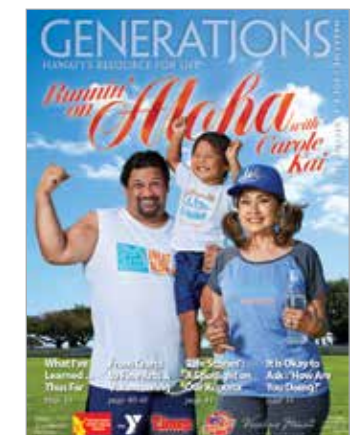
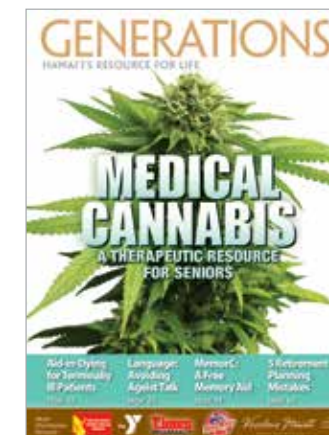
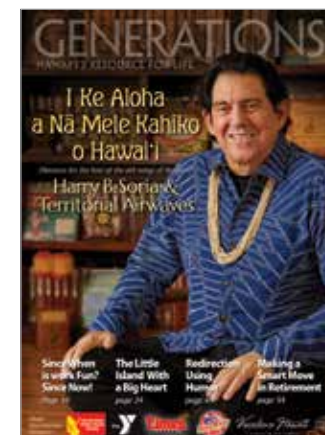
Our Senior Wellness Center is a great place to keep our kūpuna healthy and stimulated while giving caregivers some respite and peace of mind. We provide a warm and nurturing environment with social activities, exercises, hot meals, and other services. **Call us at 808.218.7777 or learn more at [www.livewellhi.org](http://www.livewellhi.org).**

888 IWILEI ROAD #105 • HONOLULU, HI 96817 • 808-218-7777 • [WWW.LIVEWELLHI.ORG](http://WWW.LIVEWELLHI.ORG)

LICENSED BY THE STATE OF HAWAII AS AN ADULT DAY CARE CENTER.



## SUBSCRIBE HERE... or Online



HAWAII'S RESOURCE FOR LIFE

### GENERATIONS MAGAZINE

SUBSCRIPTION FORM

**6 issues for \$12**  
(1 issue every other month)

Please send this form and  
a check payable to:

**GENERATIONS MAGAZINE**  
1414 Dillingham Blvd., Ste. 201  
Honolulu, HI 96817

Name \_\_\_\_\_

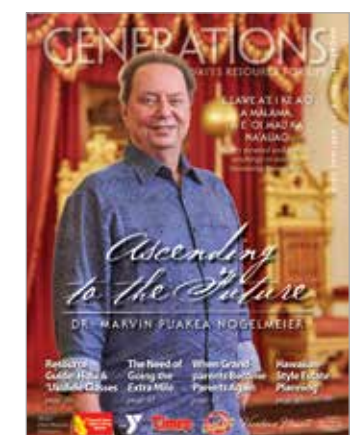
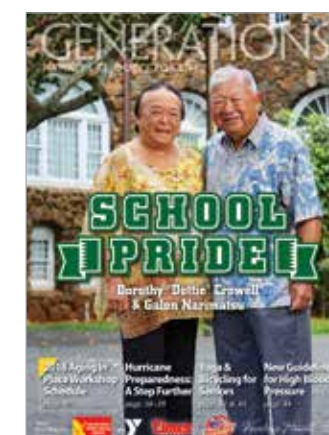
Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_

Online subscriptions: Go to **[www.Generations808.com](http://www.Generations808.com)** and click **SUBSCRIBE** on the menu bar.  
Fill out the online form; pay online via **PayPal** or simply choose to send a **check**.





**A**loha *Generations* Readers!

In this issue, we introduce you to three warrior women and their powerful stories of survival. As Komen Hawaii’s Race for the Cure turns 25, we learn about the healing power of sisterhood and what it means to be “More Than Pink.” On Maui, that means paddling with a purpose, as the Mana‘olana Pink ladies are working together to bring healing and hope to those affected by breast cancer. (pg. 26)

Did you know that one in three Americans will be diagnosed with some kind of cancer? With those odds, someone you know will either have cancer or become a caregiver. When that happens, will you know how to help? Our friends at Compassion for Cancer Caregivers do and are training volunteers to create networks of support. (pg. 48)

The 100th Battalion 100 Club is asking for the public’s help decorating 1,000 graves at Punchbowl Memorial Cemetery. This two-day event will honor Nisei Soldiers of World War II, including the 100th Battalion (Purple Heart Battalion), the 442nd (Go For Broke Battalion) and the Regimental Combat Team. (pg. 15)

The 2019 Outstanding Older American Awards are out and we’ve got the honorees from across the state who are encouraging seniors to connect, create and contribute to their communities. (pg. 14)

Multigenerational living isn’t new to anyone in Hawai‘i, in fact, it’s how Hawaiians traditionally live. Local nonprofit Partners in Development Foundation is encouraging this tradition with Tūtū and Me, its free traveling preschool. Partners in Development Foundation believes kūpuna are a child’s first and best teacher, and are putting them in the classroom together to nurture the whole family. (pg. 20)

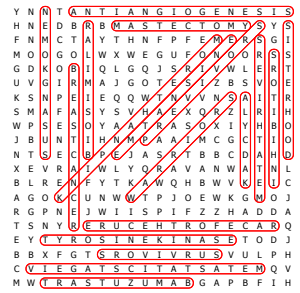
Does your favorite local store or restaurant offer a senior discount? Check for yourself with our most popular resource section of the year — “The Senior Savings Guide.” (pg. 38) If you prefer to have it on a sheet of paper, you can always download and print a copy from our website. All of our guides can be found at [www.generations808.com](http://www.generations808.com) resources.

And last but not least, our annual Aging in Place Workshop is coming up, Aug. 17, at the Ala Moana Hotel. It’s free to the public and there’s no need to register but it will be busy so plan ahead. I’ll be there in the morning so come by and say hi! ■



Thanks so much and take care!  
Melissa Mainz

Answers: Word Search, pg. 62



“I wanted to live at home. She wanted the security of lifetime care. We opted for both.”

– John & Stephanie Sims  
Arcadia At Home Members

John and Stephanie Sims lead healthy, active lives. Planning for their future and aging well were concerns. The Arcadia At Home membership fulfills both. They have the security of guaranteed lifetime care while living in their home and access to all of the activities and amenities offered at 15 Craigside and Arcadia. “It’s the best of both worlds.”

Call 983-5915 for more information



- PERCY IHARA**  
Editor/Publisher  
[Percy@Generations808.com](mailto:Percy@Generations808.com)

**SHERRY GOYA**  
Sales & Distribution  
808-722-8487  
[SGoyaLLC@aol.com](mailto:SGoyaLLC@aol.com)
- MELISSA MAINZ**  
Associate Editor  
[Melissa@Generations808.com](mailto:Melissa@Generations808.com)

**MAHLON MOORE**  
Webmaster  
[Mahlon@Generations808.com](mailto:Mahlon@Generations808.com)
- DEBRA LORDAN**  
Copy Editor  
[dlordan.generations@gmail.com](mailto:dlordan.generations@gmail.com)

**BRIAN SUDA**  
Photographer  
[Brian@BrianSuda.com](mailto:Brian@BrianSuda.com)
- WILSON ANGEL**  
Art Director  
[Wilson@Generations808.com](mailto:Wilson@Generations808.com)

**RON DARBY**  
GTV Producer  
[Ron@Generations808.com](mailto:Ron@Generations808.com)



# 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:



*DAPHNE HENNING is currently the communications coordinator with Partners in Development Foundation. She completed her joint master's degree in journalism, and war and conflict reporting through the DMJX and Swansea University in 2016. A North Carolina native, Daphne has freelanced as a journalist and photographer since 2015, traveling to almost 40 countries.*



*FRAN PATOSKIE is an ACE certified personal trainer and health coach. She has had her own journey of going from overtraining to moving for the joy of moving. Her own injuries brought her to a place where functional movement became the goal and not the outward appearance. Now in her 60s, she teaches other active seniors how to take care of their bodies to live the best life they can.*



*RICK TABOR, MS, LMHC, is the operations manager at Hawai'i's Right at Home and in-home kūpuna care and assistance program. Rick has been a licensed mental health counselor/supervisor for nearly 45 years. Rick is person-centered, solution-focused in his career and life, and promoting self-care is his passion. He's worked in/with adult family homes and the caregiver field for 40-plus years. Rick has also received Hawai'i's Rotary District 5000 2019 Spirit Award for his ongoing humanitarian contributions.*



*GEORGE and JEANNIE STEWART are the passionate co-founders of Compassion for Cancer Caregivers. George was a cancer caregiver more than 15 years ago when he received an unexpected act of kindness in the form of a hot meal from a church he didn't attend. It brought him comfort and hope that others cared. He has never forgotten this, and 10 years later, CFCC was born. CFCC believes no one should have to battle cancer alone and seeks to bring hope through compassion. George is a recent cancer survivor and Jeannie is his caregiver.*

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

CHRISTOPHER DUQUE | MARTHA KHLOPIN | TERRY LEE | CARLEEN MACKAY  
SCOTT A. MAKUAKANE | JULIE MOON | KAI MORIGAWARA | ANNETTE PANG | EILEEN PHILLIPS  
KATHERINE KAMA'EMA'E SMITH | SCOTT SPALLINA | MAPUANA TAAMU | JANIAN THURMAN  
GARRETT WHEELER | KRISTINA WONG | MICHAEL W. K. YEE | STEPHEN B. YIM



COVER:

## 26 Breast Cancer Warriors: A Sisterhood

DEPARTMENTS:

### EDITORIAL

- 14 2019 Outstanding Older Americans Awards
- 15 Time to Honor the 100th Battalion
- 18 FREEDOM: Working in New Ways

### LIVING LIFE

- 20 It's a Special Relationship: Tūtū and Me
- 21 Boomers' Declaration of Independence
- 22 Just Beet It!
- 23 What is Active Aging?
- 34 A Paddler First, a Cancer Survivor Twice
- 35 Maui Pink Paddlers Give Us Hope

### RESOURCE GUIDE

- 38 Senior Savings

### HEALTH

- 42 Don't Just Sit There! Get Up & Move!
- 43 Relieving Shoulder Pain
- 44 Are You Aging Too Quickly?
- 45 Exercise: A Panacea, Pt. 2: Movement/Safety

### GIVING CARE

- 46 Advocating for Someone With Cancer
- 47 A Medicare Miracle
- 48 Begin a Journey of Compassion & Hope
- 49 Caregivers: Remember to Breathe
- 50 Positive Physical Approach to Dementia Care
- 51 Choosing the Right Home Care Provider

### WISDOMS

- 54 If Your Kids Plan a Later-in-Life Family...
- 55 What Is a POLST & Do I Need One?
- 56 A Heartfelt Operating Manual
- 57 Pay Medicare Supplements With SPIA
- 58 Saving for Unfunded Liabilities
- 60 Kick Out Your Freeloading Adult Kid(s)
- 61 Preventing Scammer Calls

### GAMES

- 62 Find 18 Words Related to Breast Cancer



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808



As a publisher and financial professional, I love to read, listen and watch so I can learn about anything and everything related to aging and financial planning. I recently saw the interview with Judge Judy Sheindlin, the feisty matriarch with her own reality court TV show. I loved what she said recently on the “Ellen DeGeneres Show” when asked how she lives her life. She said, “You need to get the most bang for the buck and live the best life you can and I don’t lie.”

To live this best life as we age, we need to continue to learn about issues that are important to us, whether it’s about healthy living, family caregiving or local politics. We need to accept change, as it’s hard to age in place and live a comfortable life financially, avoiding scams and remembering to continue to be aware of our surroundings to avoid falls. We need to use technology. It’s part of our lives and culture today. For example, the personal emergency response device is essential if you live by yourself in your home. And a GPS system, whether it’s your smartphone, a separate device or in your car’s own system, will ensure you arrive safely to your intended destination. *(Please be extra careful while splitting your attention between the road and your GPS device while driving.)*

I love the name of the play, *Aging is Not for Sissies*. How true it is... Whether it’s playing softball, golf or tennis, conversations with my peers are always about how to live a healthy and happy life, and what we need to do to best care for our aging loved ones. We all must be proactive and start learning more about healthy living.

There is a bounty of information out there—online, and on television and radio. Seek out caregiver support group meetings and associations. Workshops are also valuable, as you’ll be able to converse with a professional one-on-one—as do other seniors with similar concerns searching for the same information. There are many ways to access our resources: website, radio, television and Facebook. Just simply look at the bottom of our *GM* pages.

Do your due diligence, and last but not least, *enjoy* yourself. Discover new things about who you are, what you cherish and reconnect with the child in you. Aging doesn’t have to be an arduous journey. Make it a fantastic voyage instead! ■



Aloha!... and Live well!

Percy Ihara, Editor/Publisher

### DO YOU KNOW SOMEONE DEALING WITH DEMENTIA?

Enroll in our workshops to learn:

- how to work with (rather than against) your PLWD
- the difference between "normal" and "not normal" aging
- how to positively greet before you give treatment

FOR MORE INFORMATION VISIT  
[WWW.HIMEMORYFRIENDS.COM](http://WWW.HIMEMORYFRIENDS.COM)

**MAPUANA TAAMU**

PAC CERTIFIED TRAINER

Mapuana@HiMemoryFriends.com  
808-469-5330



Come in for  
Free Bodycare

**phiten**

**Visit The New  
Phiten Hawaii Shop**

In the Ohana Hale Marketplace  
333 Ward Ave. Suite 144 Honolulu, HI 96814  
(Former Sports Authority Bldg. On Ward Ave.)

**5% OFF**

Must present coupon at time of purchase.

Phone: 808-888-9639  
[www.phitenhawaii.com](http://www.phitenhawaii.com)



## Kalākaua Gardens: Hawaii's Premier Senior Living Community



What happens at Kālākaua Gardens...is meant to be shared with others! Seniors enjoy an exciting range of non-stop activities for healthy, active living. Start living your best life at Hawaii's premier senior community, featuring luxurious independent living.

Call to schedule a tour at (808) 518-2273.



**Kalākaua**  
*Gardens*

1723 Kalākaua Avenue | Honolulu, Hawaii 96826 | [KalakauaGardens.com](http://KalakauaGardens.com)



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808



# Hawaii's Senior Living Options Experts

## FREE SEMINARS



### Building Wealth through Investment Properties

- Would you like to build wealth through real estate?
- Do you know how to create passive income?

**WEDNESDAY AUG 21 | 6:30 PM**  
SERVCO HONOLULU, 2850 PUKOLOA STREET



### Senior Living Options

- How do you know when it's time to move?
- Do you know the cost of your Senior Living Options?

**WEDNESDAY AUG 28 | 9:30 AM**  
THE PLAZA PEARL CITY, 1048 KUALA STREET

**RSVP required. RSVP at [www.ihara.eventbrite.com](http://www.ihara.eventbrite.com)**  
Or **Call 808.798.5549**

## MISSION STATEMENT

"To honor God by serving others with the highest level of competency, care, and compassion with uncompromising integrity."

**The IHARA Team**  
The Complete Solution™  
Of Keller Williams Honolulu RB-21303



**DAN IHARA** **JULIE IHARA**  
(RA) SRES, CLHMS, CAPS | RS-65892 (RA) SRES | RS-67440  
808.256.7873 808.754.2225  
dani@iharateam.com julie@iharateam.com



4747 Kilauea Ave Ste 201 Honolulu, HI 96816 | Every Keller Williams Office is independently owned and operated.



LOCAL HELP FOR PEOPLE WITH MEDICARE

# Medicare Open Enrollment

**Oct 15th — Dec 7th**

**Hawaii SHIP** is a federal program, administered by the Department of Health, Executive Office on Aging. Hawaii SHIP serves retirees, pre-retirees, their families, and caregivers who have questions about **Medicare**.

Counselors can help with Medicare eligibility and enrollment, and to find options to help offset medical and prescription drug premiums, copays, and deductibles.

Call for information and to learn about important deadlines to avoid late penalties.

**This is a FREE service so don't delay, call today**

Hawaii SHIP Help Line on Oahu (808) 586-7299

Neighbor Islands Call Toll Free (888) 875-9229 or visit your local Office on Aging  
or contact us through our website at: [www.hawaiiSHIP.org](http://www.hawaiiSHIP.org)



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808

## MEET US

*at the Cal*



**ALL NEW HOTEL ROOMS, FITNESS CENTER AND RENOVATED POOL!**



**REDWOOD**  
STEAKHOUSE

*California*  
**NOODLE HOUSE**

## Kama'aina Packages

**INCLUDES ROOM & FOOD!**

Starting at **\$43<sup>75</sup>** per person per night\*  
**CALL 800-634-6255 TO BOOK NOW!**

\*Based on a 5 day/4 night midweek package double occupancy.

**CALIFORNIA**  
HOTEL CASINO LAS VEGAS

IT'S GOOD TO **B** SATISFIED® | [TheCal.com](http://TheCal.com)





# 2019 Outstanding Older Americans Awards

by Sherry Goya, Generations Magazine

**G**ov. David Ige proclaimed May as Older American's Month this year.

Every May, the Administration for Community Living leads our nation in observance of Older Americans Month. The 2019 theme, "Connect, Create, Contribute," encourages older adults and their communities to:

- **Connect** with friends, family and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent and life experience to benefit others.

The Hawai'i Outstanding Older Americans Awards Ceremony was held on June 7. Family and friends from across the state gathered for the awards ceremony and luncheon generously served by the staff at 15 Craigs Retirement Home, part of the Arcadia Family of Companies.

As each honoree was introduced, they were presented with a special lei, an engraved medalion and a certificate from the governor. As their biographies were read, attendees were reminded of how much older Americans really do contribute to our society. These honorees were well deserving of these awards and *Generations Magazine* congratulates them for their accomplishments. ■



(L-R) Rep. Gregg Takayama; Maui County award recipients Dorothy Tolliver; Juliana Patao and Christina Eckhart, the daughters of Mrs. Louise Corpuz (deceased); and Kimokeo Kapahulehua.



(L-R) Rep. Gregg Takayama; Kaua'i County award recipients Jean M. Dobashi; Neil F. Brosnahan; Kealoha Takahashi, Kaua'i EOA; and Dr. Bruce Anderson, DOH.



(L-R) Adele Rugg, Lenny Fabro, Kathy Wyatt, Wanda Anae-Onishi, Jim Cisler and John McDermott.



(L) Hawai'i County award recipients Lora Akase-Nagle and James Waddington. (R) O'ahu County award recipients Mary Miyawaki, received by Wanda Anae-Onishi, O'ahu EOA; Dominador Macatumbas.



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808

# Time to Honor the 100th Battalion

by Generations Magazine Staff

**P**unchbowl was once used as a lookout for Hawaiian warriors. Now, it's one of only two national memorial cemeteries in the USA — the other is Arlington, Virginia. It is the final resting place for those that have courageously served in the U.S. Armed Forces.

For the 14th year, the 100th Infantry Battalion Club 100 members invite the public to help decorate 1,000 heroes' graves with flowers **Saturday, Sept. 28, from 8 to 11am.**

Then on **Sunday, Sept. 29, from 9:30 to 10:30 am**, the public is also invited for a joint memorial service in honor of our Nisei soldiers of World War II, including the 100th Battalion (Purple Heart Battalion), the 442nd (Go For Broke Battalion), Regimental Combat Team, the Military Intelligence Service (MIS) and the 1399 Engineer and Construction Battalion.



Sgt. Shigeo "Joe" Takata

Why Sept. 28? It was on this date Sgt. Shigeo "Joe" Takata was hit by shrapnel and fought death long enough to point out the location of the enemy. He was the first combat casualty for the 100th Battalion and will be honored.

Parking is free and open to the public, except for the reserved spaces on Mall Drive. This memorial event is sponsored by the Nisei Veterans Legacy; its mission is to preserve, perpetuate and share the legacy of these Nisei soldiers. ■

**NISEI VETERANS LEGACY**  
Japanese Cultural Center of Hawaii  
2454 S. Beretania St, Ste. 302, Honolulu HI 96826  
**808-942-0881 | inquire@nvlchawaii.org**  
**www.nvlchawaii.org**

Get More Out of Life

## Enjoy the Journey

Knowing you're prepared for life's adventures lets you focus on what matters.

**T**he journey of life is filled with twists and turns, ups and downs. But you can relax and enjoy the adventure, knowing you're prepared for some of the potential challenges along the way. 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: What if I need home health care or nursing home care? Do I have enough money saved for retirement?



**Mutual of Omaha**

If any of these questions give you pause, maybe it's time to talk to Financial Advisor, Garrett Wheeler.



Garrett Wheeler  
Financial Advisor  
District Sales Manager  
**Mutual of Omaha**  
1600 Kapiolani Blvd. #1200  
Phone (808)942-8133

Registered representatives offer securities through Mutual of Omaha Investor Services, Inc., a Registered Broker/Dealer. Member FINRA/SIPC. Investment advisor representatives offer advisory services through Mutual of Omaha Investor Services, Inc., a SEC Registered Investment Advisory Firm.



**GENERATIONS MAGAZINE**  
**2019 AGING IN PLACE WORKSHOP**

**SATURDAY, AUGUST 17 – Ala Moana Hotel**  
**NO RESERVATIONS Required • For info: 808-234-3117**



**You save an extra \$100!**



**HAWAII'S BEST 2018**  
Awarded by the Star Advertiser

**Low Price Guaranty!**  
**How much will you save?**  
**Call Now!**

- World's smallest digital hearing aid
- Invisible Hearing Solutions
- 45 Day Risk Free Trial
- FREE Hearing Consultation
- All Major Brands/Styles
- HMSA, HMAA, HMA Providers
- Medicare & Kaiser Patient Discounts
- Newest Digital Technology
- No Interest Budget Plans
- Low Cost All Make Repairs
- Ample Free Parking
- No Stairs or Elevators
- Near the Bus Stop



Mention "Generations" & receive an additional \$100 Off! Expires 6/15/19

**593-2137**



**1296 S. Beretania St. (Next to Times Supermarket & Grace's Inn)**  
**www.ohanahearingcare.com**



*On one hand, you love to come home. On the other, you wish they'd leave it.*

With care options available at Pohai Nani, you can feel good about whatever you and your loved ones choose. Perhaps our in-home services can help with household chores so Mom or Dad can stay home longer. If they decide they're ready, the apartments on our beautiful 16-acre campus have a variety of assistance options available. At your home or ours, we treat each other like ohana.

Call (888) 623-9499 to schedule a tour.  
Visit [www.pohainani.com](http://www.pohainani.com) to watch Roberta's story.



All faiths or beliefs are welcome. © 2019 All rights reserved. 191552

## 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



To learn more or sign up, visit us online at [www.amazingcarenetwork.com](http://www.amazingcarenetwork.com).



HONOLULU - HAWAII  
**100 SAILS**  
RESTAURANT & BAR

Breakfast  
**\$28**  
(reg. \$33)

Lunch  
**\$31**  
(reg. \$37)

Dinner  
**\$50**  
(reg. \$59)

**SPECIAL BUFFET PRICING FOR SENIORS**

Prince Waikiki  
100 Holomoana Street • Honolulu, Hawaii 96815

For reservations, call **808-944-4494**

[100SAILS.COM](http://100SAILS.COM)

Valid Monday - Thursday for guests 60 years and older. Must present valid ID for verification. Prices are exclusive of tax and gratuity. Cannot be combined with any other discounts or promotions. Valid now through September 30, 2019. Not valid on holidays or with any other discounts. Some blackout dates and restrictions apply.



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



**GENERATIONS RADIO SHOW**  
**AM690** Sa: 5-6pm, Su: 3-4pm



**FACEBOOK**  
@genmag808



**GENERATIONS MAGAZINE**  
**2019 AGING IN PLACE WORKSHOP**

**SATURDAY, AUGUST 17 - Ala Moana Hotel**  
**NO RESERVATIONS Required • For info: 808-234-3117**





## FREEDOM: Working in New Ways

by Carleen MacKay, Emerging Workforce Expert

For the past few months, I have been introducing you to the concept of working in new ways beyond the old, familiar routine of working a regular, full-time job in an office.

Now, many ask how to optimize their independence from the old, familiar world of work. How are they doing good, making money, overcoming feelings of isolation and having a healthy lifestyle?

Let's begin a new journey by addressing freelancing—i.e., working for yourself.

- The Freelancers Union predicts that over 50% of the U.S. population will be freelancing full-time in 10 years.
- Today that number hovers over 30%
- What started out as “gigs” has become the preferred way of working for many—and if ever there was a perfect landing spot for a prepared mature workforce, freelancing is it.

What I have been repeatedly asked is: “Does freelancing confine you to working from home?” The answer is no.

### Option 1: Collaborative Workspaces

Have you heard of it? This is the fastest emerging way of how, why and where to work. There are now a couple of dozen shared office spaces throughout the islands. While I have not visited all these shared spaces, I am very familiar with two in Honolulu. Box Jelly is a coworking space that offers monthly memberships as well as meeting and event space for members and non-members alike. The Impact Hub near the Whole Foods main downtown store is handy and the parking is



easy. Both offer a Wi-Fi connection and a collaborative atmosphere where people share ideas and knowledge. Thus, the need for collaboration and social interaction are met.

### Option 2: On-Location

While we like working from home some of the time, half of us spend some work time in our clients' offices. We bond with full-time teams. We integrate into several of the daily experiences others share. But we get a break from the daily grind, and often, this break is just what we need—especially at traffic time on a highway anywhere in Hawai'i.

### Option 3: Off-Location

Quite frankly, working anywhere is possible. Have you been to your favorite coffee shop lately? Look around. Or worked at the corner library? Come on; you're only limited by the past. This is now. Define *your* time and space. ■

### NEW WORKFORCE HAWAII

Carleen MacKay  
916-316-0143 | [carleenmackayhi@gmail.com](mailto:carleenmackayhi@gmail.com)  
[www.newworkforcehawaii.com](http://www.newworkforcehawaii.com)

Contact Carleen via her website and receive New Ways to Work, a free PDF book co-written with Phyllis Horner.



From bathing assistance to working in the garden this is home care.

Call us today to learn about the many ways we can help you or someone you love.

**808-600-3733**

Honolulu.FirstLightHomeCare.com



**Manoa Cottage Kaimuki**  
Skilled Nursing Facility  
"Specializing in Dementia and Alzheimer's Care"

**Phone (808) 426-7850**  
748 Olokele Avenue, Honolulu, HI 96816  
(at Olokele and Winam Avenue, behind Kaimuki High School)  
**Email: [c.hara@mckaimuki.com](mailto:c.hara@mckaimuki.com)**  
for information about our care homes visit [www.manoacottage.com](http://www.manoacottage.com)



Calvin Hara  
Executive Director and Administrator



KAMA'AINA SENIOR SPECIAL:  
**\$44 TEE TIMES**  
MONDAYS & TUESDAYS\*

  
**HAWAII PRINCE GOLF CLUB**  
ISLAND OF OAHU

Valid for play on Monday and Tuesday only, now through October 29, 2019 for seniors 60 years and older. Must present Hawaii Driver's license. Not valid on holidays or with club play. Some blackout dates and restrictions apply. **TEE TIMES (808) 944-4567**



**1-877-OUR-OHANA | TTY 711**  
**8 a.m. to 8 p.m., 7 days a week**  
**IWantOhana.com**

'Ohana Health Plan, a plan offered by WellCare Health Insurance of Arizona, Inc. WellCare (HMO), is a Medicare Advantage organization with a Medicare contract. Enrollment in 'Ohana (HMO) depends on contract renewal. 'Ohana complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-877-374-4056 (TTY: 711) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-374-4056 (TTY: 711).

Y0070\_NA029325\_WCM\_ADV\_ENG CMS Accepted 04252015 65954



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



**GENERATIONS RADIO SHOW**  
**AM690** Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
[@genmag808](https://www.facebook.com/genmag808)



**GENERATIONS MAGAZINE**  
**2019 AGING IN PLACE WORKSHOP**

**SATURDAY, AUGUST 17 – Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117



# It's a Special Relationship: Tūtū and Me

by Daphne Henning, Communications Coordinator



When someone says the word “preschool,” you might think of drop-off centers, where dozens of children are offloaded to bustling classrooms with strictly scheduled snack times, naps and play. Such an image couldn’t be farther from reality with Partners in Development Foundation’s Tūtū and Me Traveling Preschool.

Since 2002, the Tūtū and Me Traveling Preschool program has helped families across the Hawaiian Islands prepare their keiki for school success. It’s a program for children up to 5 years old, and requires parents and caregivers to attend with their keiki. Tūtū and Me equips caregivers with knowledge and resources, and provides opportunities to actively participate in a multi-generational set of activities with their keiki.

“The Tūtū and Me Traveling Preschool was created specifically to meet the early education needs of Hawaiian extended and multi-generational families,” says Jan E. Hanohano Dill, the president and founder of Partners in Development Foundation (PIDF). He illustrates how in families such as these, the kūpuna, or elders, are usually tasked with the care of younger children.

This presence and influence of elders on young children is vitally important, but often, kūpuna may not be prepared to fulfill the needs of young keiki. Through its two-generational approach, Tūtū and Me imparts the skill sets necessary to guide early childhood development. Each tūtū learns techniques that help develop their grandchild’s cognitive, motor and executive skills.

“I’m grateful for Tūtū and Me because it’s a good curriculum,” says Yvonne Martinez, a tūtū

at the Pāhoa site in East Hawai‘i Island. “It’s a balance of art and science, we celebrate birthdays and they have a lot of singing, and it teaches the children to all get along together. It’s good diversity. It’s an extraordinarily wonderful program.”

Over the years, Tūtū and Me has worked with thousands of families, equipping kūpuna to be a child’s first and best teacher. This model has also been applied at over 100 YMCAs on the mainland and even overseas in the East African country of Tanzania, serving as the basis for the First Teacher Group initiative of global development organization Project Concern International (PCI).

Jessica Samura and her ‘ohana were part of Tūtū and Me for the last four years. She says that the traveling preschool program has helped both her kids with their confidence, social skills and preschool skills. Jessica also describes the opportunities she had to meet with other parents and grandparents as highlights of the program. She says the adults are able to discuss, share with and advise one another on early childhood parenting life. ■



TŪTŪ and ME TRAVELING PRESCHOOL (501(c) 3 nonprofit)  
A Program of Partners in Development Foundation — Hawai‘i  
2040 Bachelot St., Honolulu HI 96817  
808-595-2752 | F: 808-595-4932  
[www.pidf.org](http://www.pidf.org) | [www.facebook.com/PIDFoundation](https://www.facebook.com/PIDFoundation)



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808

# Boomers’ Declaration of Independence

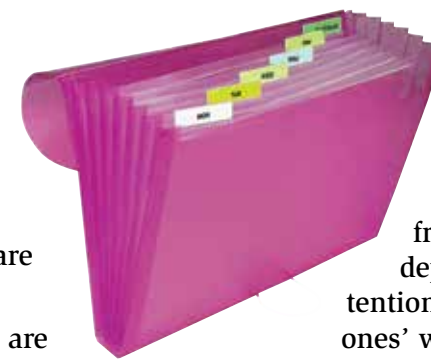
by Annette Pang, Founder of Living and Caring Manoa

When a dear friend got dizzy and fell, she agreed to go to the ER. We tried to help her, but we couldn’t find her insurance card, primary doctor’s name or her spare house keys.

If something happens and you are in need of help, will your family and friends be fumbling at a time when every minute counts?

Do they know where you keep your keys, computer passwords, bank account numbers, meds, medical directives, will and estate plan?

It is critical for baby boomers to gather their documents into one file and let trusted family and friends know the location of this important information. Caregivers can be more effective



when they know what you want and have the power to carry out your wishes.

Too many times, I have witnessed frustration, sadness, loneliness and depression when clueless but well-intentioned families misinterpret their loved ones’ wishes and needs because they were not made clear in advance.

Ensure they know your plans by organizing your important documents and let someone know about them for the benefit of all concerned. ■

LIVING AND CARING MANOA  
Adult Residential Care Homes (ARCH) since 2001  
Call for a complimentary tour:  
Todd Pang, Sr. VP | 808-779-8871

THE PLAZA  
AT KĀNE’OHE

NOW  
OPEN

CALL TODAY  
TO SCHEDULE A TOUR  
of our newest community

808 377-5292  
[PLAZAASSISTEDLIVING.COM](http://PLAZAASSISTEDLIVING.COM)

WHAT MAKES THE PLAZA HOME?

Freedom

KEN & TAYE TASHIRO  
HAPPILY MARRIED 60 YEARS

It’s a delight to see *Ken and Taye* every day, entertaining with their ukuleles, working in the garden or reminding us that living life at your own pace is one of the great satisfactions of home.

Find out why so many are choosing to make *The Plaza* home — schedule a tour today at one of our five convenient locations.



**THE PLAZA**  
— Assisted Living

INDEPENDENT LIVING  
ASSISTED LIVING  
MEMORY CARE  
EXTENDED CARE



KĀNE’OHE | MILILANI | MOANALUA | PEARL CITY | PUNCHBOWL | WAIKIKI



# Just Beet It!

by Generations Magazine Staff

**L**ike cilantro, beets are one of those foods that spark strong feelings. Whether you think they taste like dirt or you love their earthy sweetness, most people know that beets are healthy—and now there is science to back that up.



Three varieties of beets.



Beet hummus.



Juiced beets.

Recent studies show beets are high in nitric oxide, which helps to naturally dilate our blood vessels, increasing blood flow and circulation. Other things high in nitric oxides are dark, leafy greens, garlic and walnuts. Nitric oxide isn't the only benefit of beets, the brightly colored bulbs are also high in antioxidants, potassium, fiber and vitamin C.

Beets come in a delightful variety of colors (red, white and yellow) and are remarkably versatile. Not only can they be eaten raw, juiced, pickled or roasted, they are also an excellent addition in sandwiches, salads, pasta, hummus—and even as a secret sweet ingredient in vegan cupcakes!

The possibilities are endless! Here's an easy and delicious recipe to try at home:



## GINGER BALSAMIC BEETS

### Ingredients:

6–8	small/medium whole beets
1 tsp.	olive or coconut oil
1–2 Tbsp.	grated ginger
2 Tbsp	balsamic vinegar
(to taste)	salt/pepper

### Directions:

Preheat oven to 400 degrees. Scrub each beet and wrap them in foil or parchment paper. There's no need to peel them.

Roast for about 30 to 45 minutes, depending on how big they are. The beets are done when a knife goes through them easily.

When they have cooled down, push down on the foil or parchment paper and the skin will come right off. It will stain your skin and your clothes, so be careful.

Heat oil over medium-low temperature. Add ginger and cook one or two minutes. Keep the heat low so it doesn't burn. Add the beets and cook two or three minutes. Add balsamic vinegar and cook another minute or so until it turns into a light glaze. Salt and pepper to taste—and enjoy! ■

# What is Active Aging?

by Janian Thurman, Coordinator Kupuna Education Center

**Y**ou see the term “active aging” quite frequently, but what does it mean? Active aging is a term describing people and populations who live life as fully as possible. Particularly, they live within the seven dimensions of wellness—emotional, vocational, physical, spiritual, intellectual, social and environmental. These dimensions of wellness overlap. Active aging encourages everyone in a community to engage in active living, regardless of their age, health or socioeconomic status. The concept of active aging can be summed up in the phrase “staying engaged in life”—essentially, tapping into our human potential throughout our lifespan.

Wellness is the foundation of active aging. It involves shifting the mindset that aging involves managing disease to one of disease prevention and proactive strategies. Wellness becomes a valuable framework to serve the needs of a person



engaged in life and provides rich environments for living.

You'll find many active aging programs in Hawai'i. Activities such as tai chi are a good example of overlapping wellness dimensions, including physical, social, spiritual and intellectual aspects. A 'ukulele class is another good example.

Seek out activities that keep you engaged and to continue living your rich, full life! ■

KUPUNA EDUCATION CENTER  
Kapi'olani Community College  
808-734-9108 | [www.kupunaeducation.com](http://www.kupunaeducation.com)



## Do you need help caring for a loved one?

## SERVICES WE OFFER:

- In-Home Kupuna Supports for Dementia/ Alzheimer or Other Eldercare Assistance Needs
- Individualized Companion & Personal Care to Ensure Safety, Security & Dignity
- Respite for Family Caregivers
- Help with Housekeeping, Transportation, Errands, Appointments & Outings
- Free No Obligation Assessments & No Contracts



808.797.2111 | [www.eldercareoahu.com](http://www.eldercareoahu.com)  
2019 West Coast Caregiver | Satisfaction Award Winner

**Kimberly Cooper**  
Licensed Sales Representative  
[kimbercooper@juno.com](mailto:kimbercooper@juno.com)

**Medicare**  
Need a Helping Hand?

Mobile: 808.485.7319

- Medicare Advantage Plans
- Medicare Supplement Insurance
- Medicare Part D Prescription Drug Plans

**PLAN FOR TOMORROW... TODAY!**

Planning your funeral and cemetery services in advance is a responsible, caring act that will reduce the emotional and financial stress for the ones you love. I can help you plan for tomorrow. Please call me today!

**Fred Collins**  
Advanced Planning Counselor

Valley of the Temples  
294-7475  
[Fred.Collins@vothi.com](mailto:Fred.Collins@vothi.com)



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
[@genmag808](https://www.facebook.com/genmag808)





KAISER PERMANENTE® **thrive**

## Is your Medicare coverage still right for you?

### Kaiser Permanente Senior Advantage (HMO)

We can help answer your questions about Medicare and determine if you're eligible to enroll in a Kaiser Permanente Medicare health plan through the 5-star Special Enrollment Period<sup>1</sup>. For more information, you can meet with us or attend one of our Kaiser Permanente Senior Advantage seminars.

**If on Oahu please call:**



Brandy Ching  
Kaiser Permanente  
Medicare specialist  
**808-291-7366** (TTY 711)  
[mykpagent.org/brandyc](http://mykpagent.org/brandyc)

**If on Maui or the Big Island please call:**



Dayna Inokuma  
Kaiser Permanente  
Medicare specialist  
**808-633-1319** (TTY 711)  
[mykpagent.org/daynai](http://mykpagent.org/daynai)

Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. For accommodation of persons with special needs at sales meetings, call 808-291-7366 or TTY 711, Monday to Friday, 8 a.m. to 4 p.m.

<sup>1</sup>Every year, Medicare evaluates plans based on a 5-star rating system.

Kaiser Foundation Health Plan, Inc., 711 Kapiolani Blvd., Tower Suite 400, Honolulu, HI 96813.



presents this FREE EVENT

## “Dementia in the Family: Care Options & Resources”

Saturday, Nov. 16, Kroc Center Hawaii  
91-3257 Kualaka'i Parkway, Ewa Beach

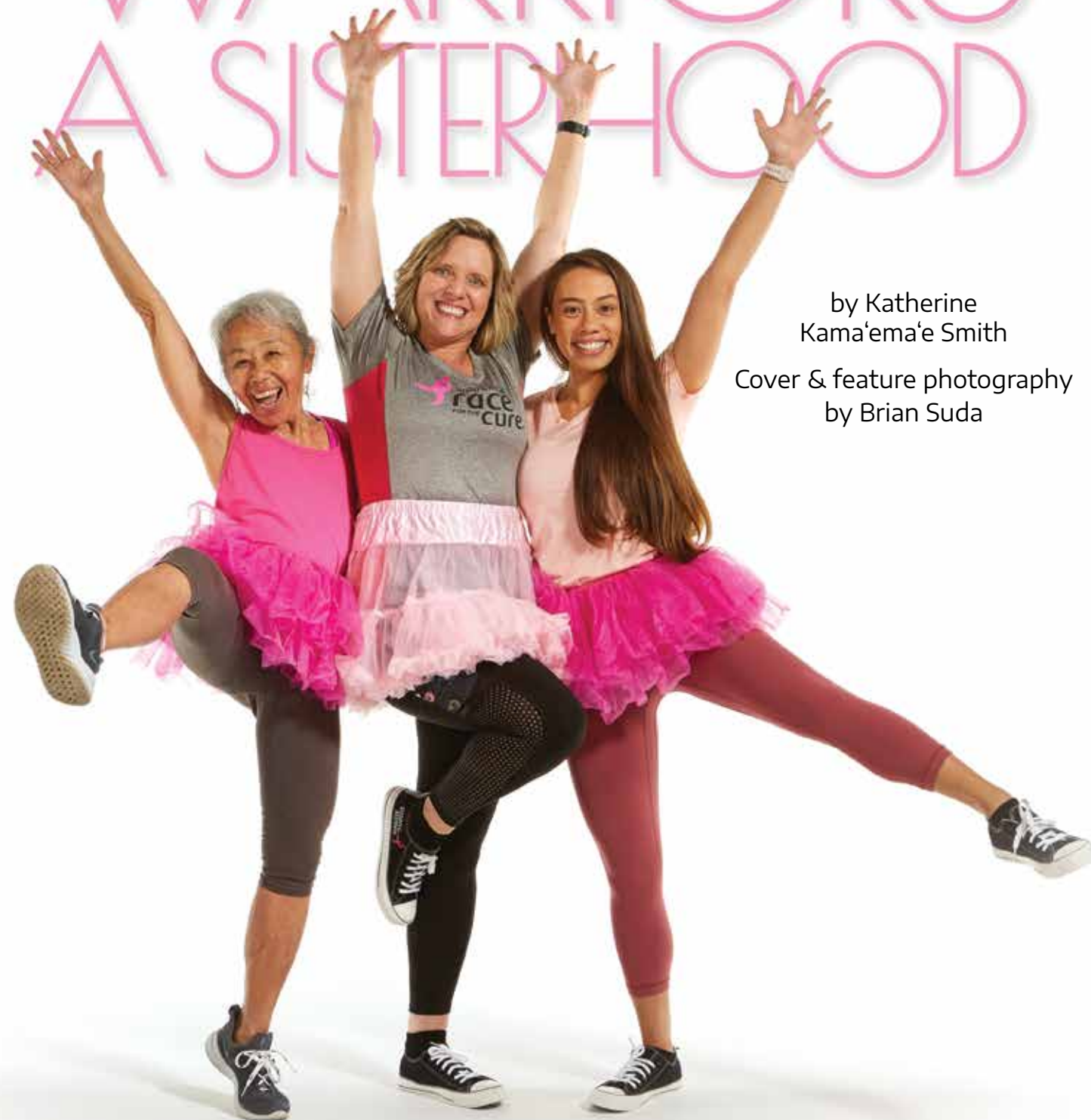
Register online at [www.halehauolihawaii.org](http://www.halehauolihawaii.org) or call **808-798-8706**

	LEFT BALLROOM	RIGHT BALLROOM
7:30 – 8 am	Visit with Exhibitors • Continental Breakfast	
8 – 9 am	<b>Dementia Basics</b> by Dr. Balaz	<b>Decluttering for your Kupuna</b> by Cynthia Arnold
9 – 9:15 am	Break with Exhibitors	
9:15 – 10:15 am	<b>Caregivers: It's All About You</b> by Dr. Balaz	<b>Planning for the Last Chapter: Incapacity &amp; Dementia</b> by Rulon and Adamshick Elder Law Attorneys
10:15 – 10:30 am	Break with Exhibitors	
10:30 – 11:30 am	<b>How to Decide? Making Choices for Those Who Cannot</b> by Gary Powell	<b>Healthy Aging &amp; Brain Health</b> by Dr. Aida Wen
11:30 – 12 pm	<b>Adult Day Care &amp; Legislative News for Caregivers &amp; Kupuna</b> by Kathy Wyatt	<b>Home Care Options</b> by Eileen Phillips
12 – 12:30 pm	Closing Remarks by Kathy Wyatt • Visit with Exhibitors	

Hale Hau`oli Hawai`i gratefully acknowledges the support for this workshop from a generous grant given by the Hawai`i Community Foundation.



# BREAST CANCER WARRIORS: A SISTERHOOD



by Katherine  
Kama'ema'e Smith  
Cover & feature photography  
by Brian Suda



**G**enerations Magazine recognizes Breast Cancer Awareness Month with a resource article about women affected by this disease. Their stories, the education and research that Susan G. Komen Breast Cancer Foundation® provides, and new treatment trends available in Hawai'i will encourage you to become part of the More Than Pink movement.

By 2026, Komen Hawaii® wants to reduce the annual number of breast cancer deaths by 50 percent and we can help. The two most significant risk factors for breast cancer are being female and aging. So, learning about breast cancer detection, treatment, and support options and passing on the information to families and neighbors helps senior women seek diagnosis and rapid treatment.







## Susan G. Komen Breast Cancer Foundation in Hawai'i

Susan G. Komen Breast Cancer Foundation was started in 1987 by Nancy G. Brinker, who promised her sister, Suzy, that she would end breast cancer disease. It grew into a multinational charity that funds more breast cancer research than any other private charity. Our local branch, Komen Hawaii, raises over \$200,000 annually, with 75 percent going to local nonprofits and agencies for breast cancer education, diagnostic screening and treatment support services—the rest to national breast cancer research.

The Komen Hawaii annual fund-raising event, **Race for the Cure**,<sup>®</sup> is a 5K run and 1-mile walk in Kapi'olani Park on Sunday, Oct. 13, 2019. Everyone who wants to end this disease can participate, volunteer or make a donation. Co-workers from YMCA classes, Zippy's morning coffee friends, Thursday mah-jong players and church choir members can band together to support a brave cancer patient, survivor or caregiver running or walking. Many teams just raise money. The run is all about sticking together. The slogan "More Than Pink" includes all persons fighting breast cancer—survivors, meta-thrivers, previvors, men with breast cancer, caregivers and families.

## 8 Warning Signs of Breast Cancer

The Susan G. Komen Breast Cancer Foundation promotes early detection and treatment of breast cancer. It is important to know your normal. If you have any of these signs, see your healthcare provider or visit a hospital clinic.

- Lump, hard knot inside the breast or underarm areas
- Swelling, warmth, redness or darkening
- Change in size or shape
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling or stretching in nipple or breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away



## Surviving Breast Cancer is Not for Sissies

The Hawaii Race for the Cure began in 1995, only months after Vivian Murray and her husband noticed a lump in her breast. Two weeks later, she underwent a double mastectomy. Now Vivian is a 25-year cancer-free breast cancer survivor. She was an avid runner and two weeks after her surgery, she wrapped her chest for extra support so she could run a 5K at Kamehameha

Schools Kapalama Campus—a race organized to support breast cancer patients.

"There were only a few of us for the first race; we ran through downtown and Chinatown," says Vivian. "We talked story as we gathered for the survivor group photo. Technically, I didn't know if I was going to survive, but I was glad I participated because I met another woman who was a 20-year survivor and she gave me hope. Somehow, I encouraged others, as well. The next year, we ran at Kapi'olani Park. Each year, it brings us together in a happy, healthy environment where we can hang out with others who understand. Really, only other cancer patients can appreciate what you have gone through."

"My neighbor reached out, too, suggesting which clothes were easy to get on and off while chest muscles were healing, and how to a golf club for support when getting out of bed so as not to put pressure on the surgical area," says Vivian.

"She even opened her shirt to show me her chest and the kind of healing I could expect. For years, my husband had trouble looking at my scars, but he assured me that he married the 'whole package.' Not all women are so fortunate; some suffer divorce after their operation."

Vivian saw that Komen Hawaii needed more help, so she and a coworker from Kamehameha Schools volunteered to work the event. Komen Hawaii's strict cost control practices impressed her to expand her commitment for the next eight years—first as race director and later as chair.

"They pinch pennies to get as much money as possible to those helping breast cancer patients," says Vivian. "Even since I stepped down, I still run the 5K. Not all participants run or walk; some just come to cheer on others. We even have a

Hiamoe Division that allows you to sleep in. So long as you pay the fee, we send you your T-shirt!

"Undergoing treatment or helping a loved one affected by breast cancer is a team sport," says Vivian. "And Race for the Cure is a great place to connect with others who understand the breast cancer journey—men, women and caregivers all. It can be a happy break from your treatment schedule. Together we make a difference."

A difference, indeed! In 2017-18, Komen Hawaii issued over \$200,000 in local grants to Castle Medical Center, Kalihi-Pālama Health Center, Kokua Kalihi Valley Comprehensive Services, Lāna'i Community Health Center, Maui Memorial Medical Center Foundation and Waimanalo Health Center to fund public breast cancer education, screening and treatment assistance. This year, the University of Hawai'i Cancer Center received a grant to develop a community awareness campaign to dispel myths about clinical trials for new cancer drugs. The Susan G. Komen Breast Cancer Foundation funds more breast cancer research than any other private institution in the U.S.

"Undergoing treatment or helping a loved one affected by breast cancer is a team sport, and Race for the Cure is a great place to connect with others who understand the breast cancer journey."

—Vivian Murray





## More Than Pink Supports Meta-Thrivers

In 2019, over 268,000 new cases of invasive breast cancer are expected to be diagnosed in the U.S.

An estimated 42,000 breast cancer patients will die, but some will thrive in a “new normal.”

Julia Hughes was diagnosed with aggressive stage IV metastatic breast cancer. Metastatic tumors shed cells that travel through the lymph system to invade at “distant sites.” Julia lives her new normal by receiving monthly rounds of Kadcyla®ado-trastuzumab emtansine — chemo bound to an antibody that seeks out tumor cells—and the support of her husband, sons and church family.

“In July 2014, after a routine checkup, my OB/GYN told me to come back in six months,” says Julia. “By then, they identified several areas of stage II breast cancer and started chemo. After six rounds, the tumor evolved to metastatic stage IV. I panicked. My doctor told me to get my affairs in order and look into hospice.

“Six months to live! I was teaching third and fourth grades in ‘Aiea, and my two boys were still in school! I did not want to give up.

“This June was my 51st round of Kadcyla — I am alive,” says Julia. “I aim to see my sons graduate from Harvard and UH West O‘ahu. I still have inoperable metastases in my spine, but chemo and God’s grace are keeping them at bay. I don’t call myself a ‘meta-thriver’ because cancer is not who I am — it’s just a part of my new life.”

One week each month, Julia undergoes chemo treatment, followed by a hard week of recovery. The other two weeks, she volunteers at ‘Ohana Christian Church for Adopt-A-Class outreach, which supports six Ewa Beach public schools. She recently served as PTSA president for Campbell School.

Julia works hard to maintain her new normal. You cannot help but be impressed by Julia’s joyful attitude and energy. She recommends Christine Miserandino’s Spoon Theory website ([www.ButYouDontLookSick.com](http://www.ButYouDontLookSick.com)). Christine lives with lupus and encourages patients with cancer and chronic disease to ride the waves of energy. On some days, personal hygiene will eat up all your strength. On other days, you will feel strong enough to go to the store. Both days are considered to be successful.

“Cancer rerouted me and robbed me of my plans for my life,” says Julia. “Everyone’s journey is unique and everyone’s ‘cancer story’ is different. If you want to know how I am or how someone with cancer is doing, just ask.”

“I don’t want people to say ‘Why aren’t you done with chemo yet?’ or ‘You’ll be cured soon’ or ‘Try this or try that’ or ‘My aunt died from cancer but you are doing good,’ etc.,” Julia says.

“I do want people to offer me grace when I have a hard time continuing a task or try to give more energy than I have. Treat everyone with kindness, not just cancer patients. And yes, I do appreciate when my friends and family just accept me for me. If you have friends living with cancer, I advise you to treat them normally, but understand the deliberate effort they are making to balance

their energies just to spend a little time with you.”

Julia says, “Just because I exercise my sense of humor does not change the fact that 24/7, I am vigilant for any change in my disease. Tomorrow is not guaranteed. My dad survived Vietnam and never grumbled. He worked hard and always had a joke for us kids. Like him, I am a happy person and a thinker.”

“A couple of years ago, I did the Race for the Cure walk,” Julia says. “It was fun, but I am not a survivor. I *want* to be a survivor, but... This year, More Than Pink brings together all breast cancer patients. Our battles are unique and early diagnosis didn’t work for some of us.

“More Than Pink has focuses the fight against breast cancer on new treatment regimens that offer hope,” Julia says. “If you ever question if God is listening, look at how he answered my prayers over four years ago! When I die, I hope He will say, ‘Well done, my faithful servant.’”



“More Than Pink has re-energized me because it focuses the fight against breast cancer on new treatment regimens and new drug research that offers hope.”

—Julia Hughes



## New Clinical Trials May Be Your Best Option

“Today’s chemotherapy drugs were used in clinical trials 20 years ago,” says Dr. Jessica Rhea, medical director of the Komen Hawaii Education Committee and director of Clinical Trials at University of Hawai‘i Cancer Center. “The standard of care for cancer today is to get into to a clinical trial if one is appropriate for your type of cancer and your medical profile.”

She and her staff encourage cancer patients and their families to visit [www.uhcancercenter.org](http://www.uhcancercenter.org) for the latest information. If you have doubts, click the red video button at the top, right corner of the homepage and watch YouTube videos about five myths that keep us from joining clinical trials. New trials may treat early or late disease stages, rarely use placebos, and are designed for your safety.

## New Advancements in Cancer Treatments

Biopsies now include tumor cell marker testing that identifies cancer cell antigens and receptors, targets for immune therapies and tests to monitor treatments. The trend is to customize treatment to increase effectiveness. Chemo combinations or “cocktails” may work better in any stage of breast cancer when combined with new drugs, antibodies and immune modulators like these:

- New tyrosine kinase inhibitors weaken cancer cells
- PARP inhibitors improve the effectiveness of chemotherapeutics
- CDK 4/6 inhibitors interrupt the multiplication of cancer cells
- PI3 kinase inhibitors make it harder for tumors to grow
- Antibody-targeted chemotherapy delivers chemo drugs directly to tumor cells
- New anti-angiogenesis drugs block blood vessel growth in tumors
- “Biosimilar” generic-type cancer drugs reduce the cost of therapy
- Immune therapeutic agents
- New tumor monitoring agents





## Previvors Take Action Against Genetic Odds

Anaeliz “Mina” Colon was in high school when her mother, in her early 30s, was diagnosed with breast cancer.

“Genetic testing was very new,” says Mina. “But because my grandma also had breast cancer, the doctors decided to test mom. She was positive for BRCA2, a gene mutation associated with increased risk of developing breast cancer. I wanted to be tested right away, but my parents counseled me to wait.

“The summer after I graduated from college, I met with a genetic counselor and underwent testing. My risk of getting breast cancer was 87 percent, too. I’m a very straight-line thinker, but the emotional reality of carrying my mother’s cancer genes shook me. An intense emotional inner dialogue finally led back to logical thought. I didn’t take action for several weeks, but eventually took the ultimate curative step and had a prophylactic double mastectomy.

“After the breast tissue was removed, the doctor inserted expanders in my chest to receive reconstructive implants,” Mina says. “When the doctor adds fluid to the bag, it swells gradually to stretch the skin and accept the implant. That takes a while, and post-op recovery spans three to four weeks. The experience was emotional, but I could not feel luckier now that I had this option.

“Support systems are of utmost importance with anyone having a mastectomy. My family was an integral part of my experience—mom, dad, grandparents, uncles and aunties. My uncle in Hawai‘i helped me so much by encouraging me to move here.

“With my family’s and my boyfriend’s support, I didn’t care what the rest of the world thought; but the one emotional hurdle was my disappointment that I would not be able to breastfeed my children,” says Mina. “Mom and Dad raised me always to put logic first, but I still needed support from others who actually had gone through the same procedure.

I wanted to talk with women my age who had preventative cancer surgery—about body image, having sex with my boyfriend, freezing my eggs, etc.

“My need to interact led me to start my own website—[www.ThisIsMySelfie.com](http://www.ThisIsMySelfie.com). It worked. Followers meet in person once a month. We meet people with similar experiences and want to find others who understand—we are siloed together.

“My journey is not over; I had a scare this year. And some days, I hold a ‘Why me?’ pity party. The biggest difficulty with knowing you carry breast cancer genes is the hard decision to go ‘all in.’ Faith was not a part of my journey; my family gave me confidence and support and helped me come to peace within.

“Being a previvor can be lonely. I don’t bring it up much with other breast cancer patients—maybe it’s the ‘guilt’ of knowing others are dying. I can’t feel sorry for myself when others are going through massive treatments. I think the best rule in the breast cancer community is never to compare stories.

“Komen Hawaii® creates a space that nurtures all persons affected by breast cancer, no matter how they may identify themselves. We are breast cancer warriors—everyone.”

—Anaeliz “Mina” Colon



“The uniqueness of every person affected by breast cancer is why Komen Hawaii is so vital,” says Mina. “They create a space that nurtures all persons affected by breast cancer, no matter how they may identify themselves. We are breast cancer warriors—everyone.”



Celebrate Breast Cancer month by updating your knowledge about breast cancer signs and treatments. Volunteer or make a donation to support the More Than Pink fight against breast cancer and encourage your friends and family members who are fighting this disease to participate in the Race for the Cure. Come out with your grandchildren to support the cause. We can make a difference. ■

SUSAN G. KOMEN BREAST CANCER FOUNDATION®  
808-754-6659 | [Info@komenhawaii.org](mailto:Info@komenhawaii.org)  
[www.komenhawaii.org](http://www.komenhawaii.org)

**Komen Breast Care Helpline:**  
1-877-Go Komen (1-877-465-6636)  
Mon–Fri, 4am–5pm (HAT)  
[helpline@komen.org](mailto:helpline@komen.org)

Komen Hawaii funds education, treatment assistance and connections for all who are affected by breast cancer—supporters, caregivers, survivors, metastasizers, women of all ages and men with breast cancer.

Komen also offers financial assistance to underinsured and low-income breast cancer patients to help with the cost of treatments and prescription medications. They advocate for breast cancer patients on a national level and seek to reduce deaths by 50 percent by 2026.

Besides tumor markers and new drugs, mutated genes have been discovered that predispose women to develop breast cancer. These genes are passed down, accounting for cancer clusters within families. Now, genetic counseling is available to young women with parents and grandparents who fought breast cancer. Genes associated with breast cancer are BRAC1, BRAC2, CHEK2, ATM, PALB2, BARD1, RAD51D and MSH6.

**Race For the Cure Hawai‘i**  
**Sunday, Oct. 13, 2019**

Visit [www.komenhawaii.org](http://www.komenhawaii.org) to donate, register as an individual, join a team, start or re-form your own team.

### Race Day Schedule

4:30am–	Shuttle run from Parking Area
10:30am	& back from Kapi‘olani Park
-----	
5–6am	Race Registration & Packet Pick-up
6am	Welcome/Group Warm-up
7am	RACE START (5K run/walk)
7:15am	RACE START (one mile fun walk)
7:45am	Stage Program Begins; Entertainment, Expo, Awards Ceremony, Give-Aways, later in the morning, Survivor Photo





# A Paddler First, a Cancer Survivor Twice

by Katherine Kama'ema'e Smith



**T**ammy Osurman of West Maui competed in 10 Nā Wāhine o Ke Kai canoe races — a grueling 42-mile paddle across the treacherous Kaiwi Channel from Moloka'i to Waikīkī. This "Paddle Bunny" is in the canoe three days a week with the North Shore Renegades. Tammy has paddled in all 10 of the Pacific Cancer Foundation's Paddle for Life: Voyage to Lāna'i Events.

In 2009, Tammy wanted to support Mana'olana Pink Paddlers when they needed an experienced paddler to help train them for the 68-mile paddle around Lāna'i. Voyaging canoes rotate three crews — 30 minutes on, 60 minutes off. During a change, a fresh crew from an escort boat is dropped in front of the canoe; in unison, the paddlers jump out on the right and the fresh crew climbs into their seats. Could the Pink Paddlers manage these maneuvers?

"Operations, radiation and chemotherapy treatments weaken body and soul," says Tammy. "Two Mana'olana ladies had just completed therapy but were determined to go. But when you cannot lift your arm above your shoulder, how are you going to climb into a canoe or save yourself in a capsize? We needed to encourage them beyond their fears so they could succeed. When they hesitated at their first deepwater change, I jumped into the ocean and told them I would catch them. When they could not get up in the canoe, I hung on the side and let them use my body as a step. Chemo-therapy is harder than getting in a canoe! They paddled 48 miles on the first day (farther than my longest race) and became my heroes.

"Two months later, I was diagnosed with breast cancer and Pink Paddlers became my supporters. I knew they survived; I knew if they could paddle, so could I!

"The doctor on the voyage told me to wait until I knew what type of cancer I had before researching and telling my family and friends. Every tumor has specific treatment options and outcomes. That was good advice.

"My friends took me on a zip line; my primal screams released anger and pain, and I found the strength to navigate my treatments. PT and Monday night survivor talk-story sessions at PCF prepared me to paddle and race again.

"In 2013, more cancer appeared — more operations, more therapy. I survived again! I cannot make a fist, but I can still paddle! This year, I plan to race 26 miles in the Pailolo Challenge."

Tammy has advice for us: "Follow your passions; don't let cancer rob your joy. Take on challenges and be bold! Cry or scream as loud as you can if you want to — it'll clear your head!" ■



Tammy, standing center, celebrating on a ride with the Renegades of Maui.



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808

# Maui Pink Paddlers Give Us Hope

by Katherine Kama'ema'e Smith



Enthusiasm and camaraderie! Love these Pink Paddlers who taught me how to paddle and opened up my world. We cut across a flat Ma'alaea Harbor to see the wreckage of a WWII Hellcat fighter plane. Wow!

**H**ope and togetherness for persons affected by cancer is Mana'olana Pink Paddlers' (MPP) specialty. Tuesday and Thursday mornings, cancer patients, survivors and supporters pull together, paddling their pink double-hull canoes across the ocean off Kīhei on Maui. Oct. 12 and 13 will be their 10th voyage and overnight on Lāna'i with The Pacific Cancer Foundation's Paddle for Life — not a race, but a fun outing ([www.paddleforlifemaui.org](http://www.paddleforlifemaui.org)).

"Mākaukau!" (Ready!) "Imua!" (Forward!) When all 12 paddlers are in sync, the canoe flies. In the last seat, the steersman selects the course; the first seat sets the pace. We paddle with her. After 15 strokes, seat three shouts "Hut!" (Prepare to paddle on the other side!) and "Hoe!" (Switch!). This works both sides of the body.

This is the first exercise that I tried since my hysterectomy. Mary Dungans, president of MPP, invited me to experience what the nonprofit does for cancer patients and survivors — Wow! — training, an ocean paddle, then a healthy snack and talk story. Half the paddlers are cancer supporters like Mary. Since retiring in 2012, she devotes her skills to MPP.

Says Mary, "We all love life. Alone, we feel weak, but in our big, stable double-hull canoes, 12 easily bear the load. Kīhei morning seas are calm so we can take off safely most days. Paddling is a fun, physical activity that builds both strength and hope. Cancer isolates, but paddling connects."

She's right. The peace and freedom of the open ocean heal the spirit. MPP gets you there with aloha and ruthless encouragement — like pink gold. Drive on down to Sugar Beach in Kīhei any Tuesday or Thursday at 7:30 am. Look for the pink paddle. The Mana'olana Pink Paddlers' fleet of bright pink double-hulls take off from the north end of the beach and everyone is welcome.

To the Pink Paddlers, life is about moving forward and staying grounded. So, as they say in the canoe, "Imua!" ■

## MANA'OLANA PINK PADDLERS

Info@[manaopinkpaddlersmaui.org](mailto:manaopinkpaddlersmaui.org)

[www.maui-pinks.org](http://www.maui-pinks.org)

[www.manaolanapinkpaddlersmaui.org](http://www.manaolanapinkpaddlersmaui.org)

Facebook: [Manaolana Maui](#) and [Maui Pink Paddlers](#)

To sign up for the Lāna'i Paddle for Life voyage with MPP or to engage MPP to schedule an Ashes to Sea ceremony, you may get the details online.

Let us find the quality long term home placement for your loved one. We provide information, support and assistance at no cost.

Contact us for your FREE consultation

808-425-5101

[kuunani@caregivershearhawaii.com](mailto:kuunani@caregivershearhawaii.com)  
[www.caregivershearhawaii.com](http://www.caregivershearhawaii.com)



**GENERATIONS MAGAZINE**  
2019 AGING IN PLACE WORKSHOP

**SATURDAY, AUGUST 17 – Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117





## A higher level of home care.

We understand the trust involved in allowing us to care for your loved one as well as being a big part of your family's life. It's why we're a higher level of home care. Here's why we can say it:

- A dedicated Care Manager handles all aspects of service
- Care plans are customized for your family
- Your caregivers will fit with the personality and needs of you and your loved one
- Fully screened and highly qualified caregivers
- Consistent, timely communication from our team

**Get a Free Consultation**

Go to [altresmedical.com](http://altresmedical.com) or call **591-3254**

**HOME CARE**  
by **ALTRES MEDICAL**

## SUPPORT OUR PADDLERS

# PADDLE *for* LIFE



Cancer survivors and supporters making a voyage to Lanai to raise money for the Pacific Cancer Foundation.

**\$1 can make a difference**



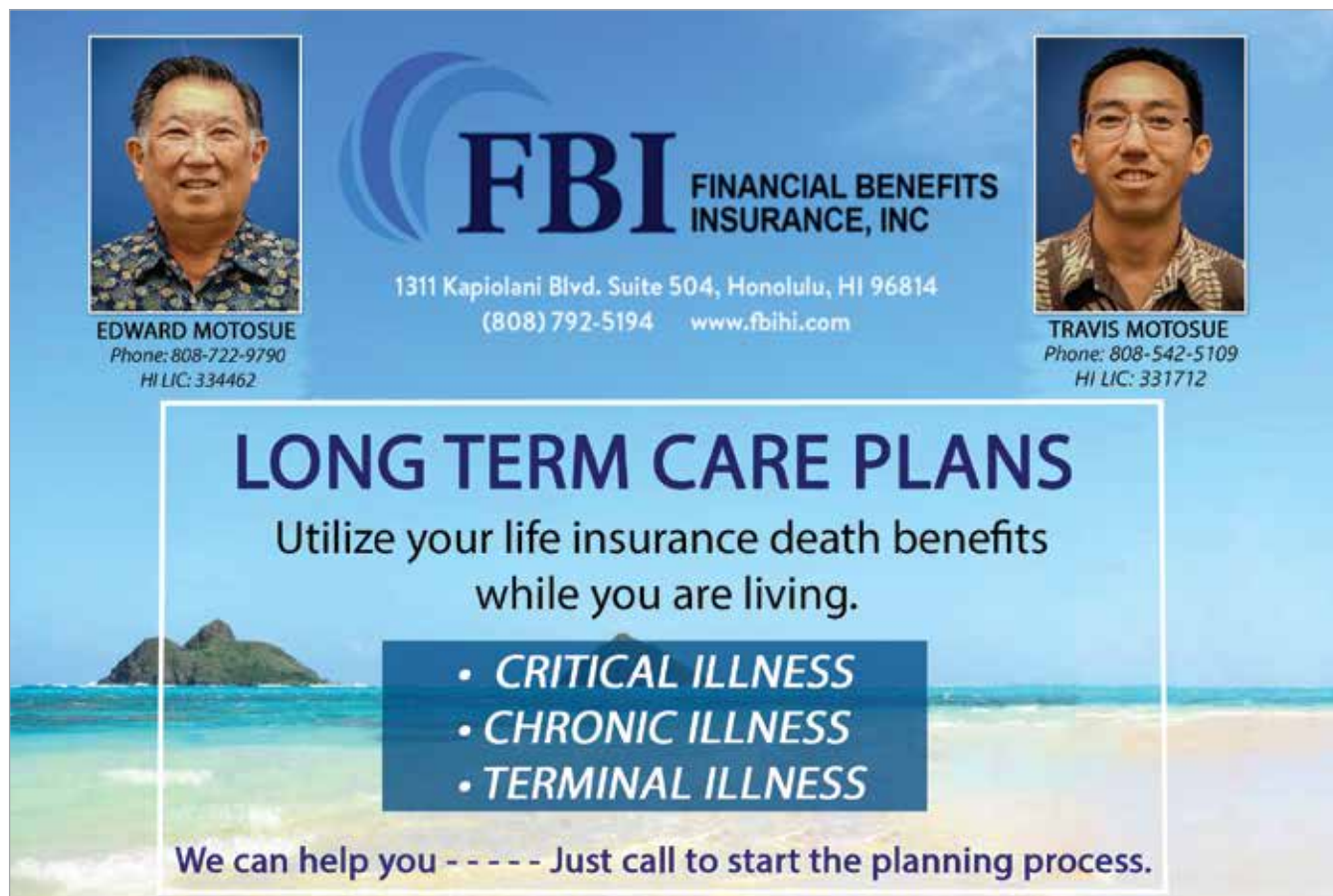
**Donate Now**  
[www.PacificCancerFoundation.org](http://www.PacificCancerFoundation.org)




**PACIFIC CANCER FOUNDATION**


Providing free support services to our cancer community

**808.242.7661**






**EDWARD MOTOSUE**  
Phone: 808-722-9790  
HI LIC: 334462



**1311 Kapiolani Blvd. Suite 504, Honolulu, HI 96814**  
(808) 792-5194 [www.fbihi.com](http://www.fbihi.com)



**TRAVIS MOTOSUE**  
Phone: 808-542-5109  
HI LIC: 331712

## LONG TERM CARE PLANS

Utilize your life insurance death benefits while you are living.

- CRITICAL ILLNESS
- CHRONIC ILLNESS
- TERMINAL ILLNESS

**We can help you - - - - Just call to start the planning process.**

## Creating Magical Experiences for Seniors



"Palolo Chinese Home's Senior Day Care has been a marvelous, magical place for my husband who was diagnosed with dementia 15 years ago."

"The Senior Day Care team provides compassionate care and a safe, nurturing environment. We are grateful Tom receives personalized attention from the kind Senior Day Care staff."

- Lillian Takeuchi

If you're looking for a place where magic happens every day, call us about our Senior Day Care program and to schedule a tour at (808) 748-4909.



**PALOLO CHINESE HOME**  
*Better Care · Better Lives*

**Senior Day Care, Seven Days a Week · 2459 10th Avenue · (808) 748-4909**



SENIOR SAVINGS

Min. Age Day Discount

DINING & SNACKS

100 Sails (Hawaii Prince Hotel)	60	Mon – Thu	Buffet: breakfast \$28, lunch \$31, dinner \$50
Anna Miller’s Coffee	62 All	Daily Birthdays	10% off with Senior Card 1 free entree ( <i>dine-in only</i> )
Big City Diner	65	Mon – Fri	Early Bird Senior Menu Breakfast
Burger King	55	Daily	16 oz. soft drink or 8 oz. coffee for 89 cents
Cafe Asia	55	Mon – Thu	10% off regular menu or all-you-can-eat lunch \$16.99, dinner \$24.99
Cinnamon’s Waikiki	60	Daily	Buffet for \$15.95
Denny’s	55	Daily	Senior menu
Genki Sushi	55	Sun – Thu	10% discount
Gyotaku Japanese Restaurant	60	Daily	Senior menu for lunch & dinner
Ichiriki	55	Mon – Fri	25% off Nabe dinner 4 – 6pm, up to 4 people
IHOP	55	Daily	Senior menu
Jack in the Box	55	Daily	Drinks at 50 cents
Love’s Bakery Outlets ( <i>all islands</i> )	62	Daily	10% off Love’s products
Maple Garden Restaurant	60	Mon – Fri	Special price for lunch & dinner
McDonald’s	55	Daily	Discount coffee. Prices & participation may vary.
Pagoda Restaurant	60	Daily	15% off check total, except holidays
Papa John’s Pizza	50	Daily	50% off with 50-50 card ( <i>carry-out only</i> )
Samurai Snacks Aiea LLC	55	Wed	10% off ( <i>no special orders</i> )
Sekiya’s	65	Mon	10% discount ( <i>dine-in only</i> )
Stadium Camellia Restaurant	90	Daily	Free lunch or dinner
Teishoku Restaurant	60	Tues	10% discount
Wendy’s	60	Daily	Free coffee or soft drink with purchase
Zippy’s	65	Daily	10% off with Zippy’s Senior Card

GROCERY & MERCHANDISE STORES

Don Quijote	60	Tues	5% or 10% off regular prices ( <i>excludes liquor &amp; tobacco</i> )
Foodland	60	Thu	5% off all items, with exceptions
Fujiya Honpo	55	Tues	10% discount

- *Hawai’i seniors look young, so be sure to ask for these discounts before ordering or being served.*
- *Senior must be present to receive any discount.*
- *Information confirmed but subject to change.*

SENIOR SAVINGS

Min. Age Day Discount

APPAREL & SPECIALTY SHOPS

Goodwill	55	Tues	20% off regular prices ( <i>except prices ending with 97 cents</i> )
Ross Stores	55	Tues	10% off all items
Savers	55	Tues	30% off all items
Supercuts	60	Daily	10% off service

ENTERTAINMENT

Aiea Bowl	55	Daily	\$3.00 per person, per game
Bishop Museum	65	Daily	\$12.95 Kamaaina/military
Children’s Discovery Center	62	Daily	\$7 admission
Consolidated Theatres	60	Tues	\$7 ticket & \$9.50 all other days
Hawaii Prince Golf Course	60	Mon & Tue	\$44, except holidays, with some restrictions
Regal Cinemas	60	Daily	\$8.78 per ticket
Waikiki Aquarium	65	Daily	\$5 per ticket
Wet’n’Wild Hawaii	65	Daily	\$37.99 admission

MISCELLANEOUS

Access Lifts of Hawaii, Inc.	55	Daily	15% off total cost
Hale Hauoli Adult Day Care	65	Daily	15% off per day for two months
Marc Dixon, Allstate	55	Daily	Retired, 10% discount
Senior Move Managers	All	Daily	Free consultation
De-Clutter Hawaii	All	Daily	Free decluttering consultation
T-Mobile	55	Daily	First line at \$55, good up to two lines



**NEED MORE HELP WITH PERSONAL CARE?**  
**Regency Hualalai is the answer!**

We have trained staff here to help you - 24/7. Whether it be help with your medications, including: ordering from the pharmacy, picking it up and giving to you at the right time of day as prescribed by your physician to help getting dressed or taking a shower – We got you covered! Our wellness department has 2 full-time RN’s to care for you or your loved one. Come by today and see for yourself or call for a personal appointment. **329-7878.**

**Bringing Independence to Living and Quality to Life**





*"One person caring about another represents life's GREATEST value"*  
by Jim Rohn

- Licensed Adult Residential Care Home
- 24/7 Care
- RN Supervised
- Wellness Program
- Daily Activities
- Private rooms available
- Fully Furnished
- Meals Included



Call **726-1195** for more information

**WAIALAE SENIOR LIVING 1 & 2**  
2945 Kalei Road (Near UH Manoa)  
Honolulu, HI 96826

**AIEA HEIGHTS SENIOR LIVING**  
99-1657 Aiea Heights Dr  
Aiea, HI 96701

[www.aieaheightsseniorliving.com](http://www.aieaheightsseniorliving.com)

Fully licensed by the State of Hawaii, Office of Health Care Assurance.

**GYMGUYZ**  
#1 in Home Personal Training.

**FIT & ABLE**

**FACTS:**

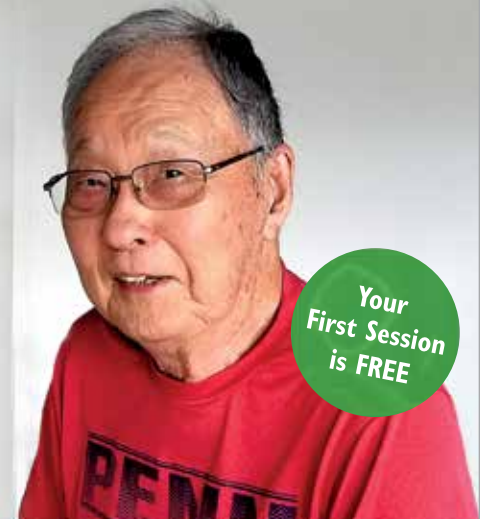
"For Hawaii seniors, falls are the leading cause of fatal and nonfatal injuries."

"35% of Hawaii's seniors who go to an emergency room because of a fall are never able to return to their own home."

*"The trainers are terrific and help me lead a better life. For seniors it's absolutely necessary."*  
Tom Sakata, 88

**Tough facts, we know.**  
At GYMGUYZ, we can help. Get Fit in the comfort of your own home. We deliver certified Personal Trainers right to your door, for custom one-on-one or partner workouts in the privacy of your living room.

**Call: 808-638-2525**  
[www.gymguyz.com](http://www.gymguyz.com)



Your First Session is FREE

**BRACES & PAIN SOLUTIONS**



85%-90% Effective!

**DIABETIC SHOES**



Men & Women's Diabetic Shoes

**PAIN RELIEF LASER THERAPY**

Receive a  
**COMPLIMENTARY**  
Pain Relief Laser Therapy Session  
(Limit 1 Complimentary Session per patient)

**ADVANCED**  
HEALTH SOLUTIONS

**PAIN RELIEF CREAM**



Low-Copay,  
Generic Cream:  
Inflammation,  
Arthritis, Gout,  
Neuropathy

**Aiea Medical Building**  
99-128 Aiea Heights Dr. #206  
Aiea, HI 96701  
808-487-6903

**Kuakini Medical Plaza**  
321 North Kuakini St. #801  
Honolulu, HI 96817  
808-521-2002

**Keolu Shopping Center**  
1090 Keolu Dr. #107A  
Kailua, HI 96734  
808-744-5442

**ACCESS LIFTS OF HAWAII, INC.**

*"Serving All Islands for Over 40 Years"*

**808-955-4387**

Commercial & Residential ADA Lifts

- Vertical Lifts
- Stair Lifts
- Platform Lifts
- Home Elevators
- Dumbwaiters



"Thank you for your help to purchase a chair lift for my husband. We are able to get him out of the house to the car for his doctor's appointments and leisurely drives around town. He loves the lift because it gives him the freedom he had before his stroke."  
Mrs. Makahi.

[www.accessliftshawaii.com](http://www.accessliftshawaii.com)

Mention you saw our ad in Generations Magazine and receive a 15% discount.

Elevator



Chair Lift



Vertical Lift



Platform Lift



Licensed Elevator Contractor No. C-16871



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5-6pm, Su: 3-4pm



**FACEBOOK**  
@genmag808



**GENERATIONS MAGAZINE**  
2019 AGING IN PLACE WORKSHOP

**SATURDAY, AUGUST 17 - Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117



# Don't Just Sit There! Get Up & Move!

by Debbie Kim Morikawa, Owner, GYMGUYZ Urban Honolulu

**M**any of us sit for hours at a desk at work and on the couch at home. Our jobs and activities have been trending toward a more sedentary lifestyle. And regular exercise might not be enough to reverse the damage.

Studies now indicate the longer you sit, the greater your risk of developing cardiovascular disease or diabetes. Prolonged sitting lowers your metabolism, increases blood fat and sugar levels, drops your good cholesterol and increases mortality rates. It's being referred to as a new risk factor, like smoking or high blood pressure.

We know the benefits of exercise, yet getting the recommended 75 minutes of vigorous or 150 minutes of moderate exercise per week is hard.

If you sit for longer than 30 minutes, get up and walk around. In addition, build your core strength and burn calories by being mindful of your posture.

In addition, do some wall sits with some bicep curls. With your back against a wall, walk your feet forward until you're in a partial sitting position. Then push your head and shoulders against the wall while curling bottles water or cans of food.

To remind you, set a timer for 30 minutes and MOVE! Substituting even the simplest physical activities for some of your sitting time is an easy way to improve health and increase happiness. ■



GYMGUYZ Urban Honolulu  
808-638-2525 | [www.gymguyz.com](http://www.gymguyz.com)



# Relieving Shoulder Pain

by Julie Moon, Physical Therapist

**W**eekend warriors often develop shoulder discomfort when performing overhead movements while playing tennis, baseball or tackling DIY projects around the house. The longer you suffer, the more damage can occur. Here are simple tips to relieve some symptoms:

## 1. STOP PAINFUL ACTIVITIES!

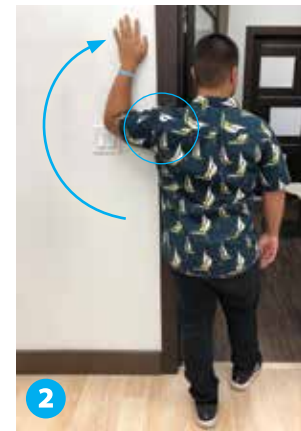
Trying to "work through the pain" is a mistake. It is your body warning you of a problem. Avoid that activity and allow inflammation to resolve.

## 2. REVERSE ROUNDED SHOULDERS

Stretching the pectoralis minor will increase flexibility of the anterior shoulder and chest. Stand with one foot forward against the corner of a wall using it to hold the shoulder back, pinch shoulder blades together, slowly raise the arm up until you feel a deep stretch. Hold for 30 seconds; repeat three to five times.

## 3. IMPROVE THORACIC (MIDDLE BACK) SPINE MOBILITY:

To be able to reach overhead fully, you need thoracic flexibility. From a kneeling position, lean forward and place your elbows on a chair and drive your chest downwards, stretching the spine and under the arms. Hold for 30 seconds; repeat three to five times. ■



MOON PHYSICAL THERAPY, LLC  
320 Ward Ave., Ste. 107, Honolulu HI 96814  
95-1057 Ainamakua Dr., F-11, Mililani HI 96789  
808-597-1005 | [www.moonpt.com](http://www.moonpt.com)

## DRIVING FREEDOM & INDEPENDENCE

Come see us for your mobility needs:



Call to schedule an appointment.

- Accessible Vehicles
- Hand Controls
- Seating & Transfer Solutions
- Wheelchair Securement
- Wheelchair & Scooter Lifts

**SODERHOLM BUS & MOBILITY**  
[SoderholmMobility.com](http://SoderholmMobility.com)



2044 Dillingham Boulevard  
808-834-1417  
[denise@soderholmbus.com](mailto:denise@soderholmbus.com)  
[SoderholmBus.com](http://SoderholmBus.com)

## Captain Cook Coin Company OF HONOLULU



We buy & sell collectibles:

- Coins & Currency
- Vintage Jewelry
- Tokens & Medals
- Hawaiiana

**Collections and Estates sought!**

Captain Cook Coin Company is one of Hawaii's most respected coin dealers. Owner, Craig Watanabe has 54 yrs. experience in buying and selling coins, currency and other collectibles. Give Craig a call or go online now!

ANA Life Member | Authorized PCGS, NGC, ANACS & CAC Dealer | ICTA Charter Member

808-531-2702 [captaincookcoin.com](http://captaincookcoin.com)



## Talk. Listen. READ!

Captioned Telephone (CapTel®) service from Hawaii CapTel allows you to **LISTEN** and **READ** captions of everything during your phone conversations!

- Built-in answering machine with captions
- Built-in speakerphone
- Bluetooth® capability
- Large touch-screen display

For more information or to order a free\* CapTel phone, contact:

Phone: 877-805-5845

Email: [info@captel.com](mailto:info@captel.com)

Website: [hawaiicaptel.com](http://hawaiicaptel.com)

**CAPTEL 2400i**



\* Free phone with qualified applications  
CapTel is a registered trademark of Ultratec, Inc.



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
[@genmag808](https://www.facebook.com/genmag808)



# Are You Aging Too Quickly?

by Fran Patoskie, Certified Personal Trainer & Functional Aging Specialist



**W**alk into any gym and you will see it full of baby boomers — those born between 1946 and 1964. The oldest of the baby boomer generation is now 73 and the youngest is 55. But age alone does not define the actual physical condition of a person. You may see the 73-year-old doing burpees and the 55-year-old doing Silver Sneakers in a chair.

There are two ways to age as defined by the Functional Aging Institute: 1) Primary Aging and 2) Secondary Aging.

## PRIMARY AGING

Primary Aging happens in our cells, determining our susceptibility to disease, injury and age of death. These factors are “hard-wired” into our genetic code and cannot be altered. Whatever your genetic predisposition, you can decide to take action in order to slow the aging process.

## SECONDARY AGING

Secondary Aging determines deterioration due to lifestyle behaviors, disease processes, environment, injury and illness. These factors are variable but can be significantly controlled by quitting smoking, eating healthier, drinking less alcohol and most importantly — being more active.

Physical activity will help you do the things you enjoy with more ease, such as carrying your own groceries or keeping up with your grandkids. Start working with a personal trainer who can design a program for you that you can do in a gym or at home in order to help you increase your happiness and confidence. ■

FRAN PATOSKIE

Certified Personal Trainer & Functional Aging Specialist

808-349-5598 | [ilovetosweat@gmail.com](mailto:ilovetosweat@gmail.com)

# Exercise: A Panacea, Pt. 2: Movement/Safety

by Kai Morigawa, Doctor of Physical Therapy, Prime Physical Therapy

**A**lthough the medical system is driven by pain, preventative approaches are becoming more prevalent. For seniors, it is essential that falls are prevented. Any fall can cause severe damage and breaking a bone (usually the hip or hand/wrist) is quite common. The scary statistic is that one out of every five people will die within one year of breaking their hip. Thus, prevention is necessary.

The pains and problems from a fall can be significant, and it takes hard work to regain balance and strength in the back and legs.

To a much lesser extent, limitations from stiffness or difficulty performing activities of daily living are warning signs of an existing problem.



When a person has moderate difficulty with a necessary task, treatment is a medical necessity before the problem progresses.

- It is not normal to wake up stiff or to have a hard time lifting/carrying.
- It is not normal to feel wobbly or to have a fear of falling.
- Fixing the physical problems before they grow is a panacea for a healthy future. ■

PRIME PHYSICAL THERAPY

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

808-286-0194 | [www.primephawaii.com](http://www.primephawaii.com)



**HALE HAU'OLI  
HAWAII**

*“Committed to helping meet the needs of our elderly and their caregivers in the communities we serve.”*

Our mission is to promote positive aging through community education programs, caregiver support and adult day care.

Play, learn and socialize at the Adult Day Care in Aiea, starting at \$75 per day. **Free 4-hour trial** (pre-admission physical and assessment required prior to free trial). **Mon-Fri 6am-6pm, Sat-Sun 8am-5pm.** New full-time clients receive a 15% discount for first two months.



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.

**NOW OPEN WEEKENDS!**

Hale Hau'oli Hawaii • Suite 207  
98-1247 Kaahumanu Street • Aiea, HI 96701  
[www.halehauolihawaii.org](http://www.halehauolihawaii.org)

**KUPUNA  
EDUCATION  
CENTER**

**FITNESS | TECHNOLOGY | ART | MUSIC**

**808-734-9108**

[www.kupunaeducation.com](http://www.kupunaeducation.com)

KAPOLANI  
COMMUNITY COLLEGE

## TRULY ONE OF A KIND SENIOR LIVING



As the only senior living community of its kind in West O'ahu, 'Ilima at Leihano fosters independence and a feeling of 'ohana that provides a sense of community and peace of mind, so that residents can truly enjoy their next journey in life. Let us show you all of the ways we are uniquely different by visiting us and learning more about our community.

Our community is truly unique in so many ways:

- Large apartments most with large private lanais
- Swimming pool
- Restaurant-quality dining
- Walkable community with lots of green open space
- Beautiful memory garden with walking paths
- Offering Independent Living, Assisted Living and Memory Care
- Parent company with over 25 years of expertise and financial stability

**Call 808.674.8022 for more information  
or to schedule a visit with us!**

**'Ilima**  
AT LEIHANO  
SENIOR LIVING



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808





## Advocating for Someone With Cancer

by Eileen Phillips, RN, Attention Plus Care

At some point in our lives, most of us will be given the opportunity to care for someone with cancer. Even though our experience with cancer may be limited, we may have learned enough to ask initial questions of the patient after the diagnosis is made, such as:

- What kind of cancer and where is it?
- What stage is it?
- Do you need surgery?
- Do you need chemotherapy or radiation?
- How will this affect your future plans?
- What kind of support groups are available in the community for this kind of cancer?

Answers to these questions may not be available until more information is obtained from a specialist. Referrals to “other doctors” are usually the first step. Specialists could be surgeons, oncologists or treatment physicians focused on the type of cancer. Being an advocate and researching the disease, treatments, causes, support groups and physician can help answer these questions, but this takes time and can be challenging for the family. Resources are available online and there are always friends who have “been through this before.” Sometimes, the patient and family are in such a state of emotional anxiety they don’t know what to do next. That’s when reaching out to another person during this time may help the family cope with this responsibility. Someone who is detached from the shock of the diagnosis can often offer support and bring some serenity to the situation. This could be a family member or friend, or if you are fortunate, someone who is in the medical field. The main message here is to not go through the process on your own but to ask for assistance. An advocate or advocates can help by doing the following:

◆ **Know the family history and information about the patient’s background health.** This way, the patient will not have to try to remember all of the questions the doctor will ask her/him at the appointment.



◆ **Understand what the patient’s objectives are.** Life goals and dreams for the future are important for the doctor to consider. Patients may have a hard time explaining these things on their own.

◆ **Take notes and organize the information in a folder** so the details can be accessed afterward by the patient and family. This may include information about the chemotherapy names, side effects and timeframes. Developing a “partnership” attitude allows physicians and patients to work alongside each other to choose the best course of treatment. As an advocate, you can focus on what is being discussed, ask questions on behalf of the patient and allow all involved to have a clear understanding of the plan. Discussions should consider the risks and benefits of all options. There will be critical decisions that need to be made quickly.

The most important part of helping someone through cancer is to be there, hold their hand and give support, no matter the outcome. ■

ATTENTION PLUS CARE HOME HEALTHCARE  
Accredited by The Joint Commission  
1580 Makaloa St., Ste. 1060, Honolulu HI 96814  
808-739-2811 | [www.attentionplus.com](http://www.attentionplus.com)

AGING IN HAWAII EDUCATIONAL OUTREACH PROGRAM  
by Attention Plus Care — a program providing resources for seniors and their families, covering different aging topics each month. For class information and upcoming topics, call 808-440-9356.



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808



## A Medicare Miracle

by Martha Khlopin, Medicare Radio Host

I have spent a decade conducting educational workshops and meeting with individuals transitioning to Medicare or already there. I encourage everyone to explore resources at [www.socialsecurity.gov](http://www.socialsecurity.gov) and [www.medicare.gov](http://www.medicare.gov) to become knowledgeable *before* services are needed. I also stress the importance of keeping Medicare cards, medication lists, the names of your physicians and any ongoing health conditions on hand. Designating a family member or trusted friend with the information is essential. Recently, I dealt with my mother’s sudden and unexpected illness. When she was rushed to the hospital by ambulance, she was not in good shape; she would not have been able to provide insurance cards or any information. I was not far behind and was able to provide the triage nurse with current insurance cards, a list of her medications, when they were last taken and the name of her primary care physician. Within a few hours, a hospitalist told me

my mom had only four minutes to four hours to live. The physician started a course of antibiotics and fluids and everyone prayed. The intervention changed the course of her condition. Within 48 hours, my mom was breathing on her own. I then completely devoted myself to the restoration of my mother’s health. I work side by side daily with therapists, social workers and physicians to assist with her care. I am grateful the Medicare program exists and for the opportunity to see how well it works in an emergency situation. ■

MEDICARE MOMENT WITH MARTHA  
A radio program with Martha Khlopin  
KHNR-690AM: Sundays 9:30am–10am  
808-230-3379 | [getmartha@aol.com](mailto:getmartha@aol.com)

Rosa Elliot  
celebrating her  
91st birthday.



Est8Planning  
Counsel LLC  
Estate Planning & Administration

How can a little red wagon  
work for you?



Est8Planning Essentials Workshop

**FREE, NO PRESSURE, NO OBLIGATION**

Reserve your space by calling (808) 587-8227  
Or register online at [WWW.EST8PLANNING.COM](http://WWW.EST8PLANNING.COM)

CITY FINANCIAL TOWER • 201 MERCHANT STREET, SUITE 1800 • HONOLULU, HAWAII 96813-2977



# Begin a Journey of Compassion & Hope

by George and Jeannie Stewart, Compassion for Cancer Caregivers



## Do you know anyone who has cancer? Do you know what to say or do?

We know—and we are bringing that skill set to the workplace.

Typically, we all work hard, provide for our families, plan for the future of our children and look forward to retirement someday. However, with one phone call from your doctor, all of that is put on hold, an unplanned journey begins, priorities and perspectives change—and it can all be overwhelming.

Compassion for Cancer Caregivers trains volunteers to step up and step in to provide hope through compassion for coworkers and their families who are battling cancer. Trained volunteers create a network of support among the friends, families, coworkers and church family of the patient and the caregiver. This support network periodically provides small acts of kindness. It could be as simple as delivering a meal, walking the dog, trimming the hedge, driving them to an appointment or just listening to what they are experiencing. This can make a world of difference to the caregiver and the patient.

We know. We, too, have walked the road as both a cancer patient and a caregiver.

Participants learn about the “wall of silence” and how to work through it, about the “elephant in the room” and the worst thing to do about it, about what is helpful to say and do, about the unspoken fears and concerns (both theirs and ours), about the impact of cancer on families with focus on the cancer caregiver and about setting boundaries. Participants will leave each class with something they can do immediately in support of the patient or caregiver.

In addition to training, Compassion for Cancer Caregivers provides compassion kits through the American Cancer Society’s Hope Lodge and the cancer centers at Pali Momi, Kapi’olani and Queen’s Medical Centers. The kit includes a green zippered tote, a plush fleece blanket, an adult coloring book, coloring pencils and a sharpener, earbuds, a few colorful notebook journals, a note of hope and gratitude, and a brochure. You may visit our website to learn more.

Many forms of kindness and compassion make a tremendous difference in turning a difficult journey into a voyage of faith and hope. ■

COMPASSION FOR CANCER CAREGIVERS (501(c)3 nonprofit)  
808-754-8088 | [cfcchawaii@gmail.com](mailto:cfcchawaii@gmail.com)  
[www.compassionforcancercaregivers.org](http://www.compassionforcancercaregivers.org)



**Roselani Place**  
MAUI'S ASSISTED LIVING COMMUNITY







**Nurturing Hawaii's Seniors Since 2002**

- Independent
- Assisted Living
- Respite Care
- Memory Care

88 South Papa Avenue, Kahului, Maui, HI  
[www.roselaniplace.com](http://www.roselaniplace.com) (808) 871-7720



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808

# Caregivers: Remember to Breathe

by Rick Tabor, Operations Manager, Right at Home, In Home Care & Assistance

Almost one-third of the adult U.S. population is currently caregivers for an ill or disabled relative. The majority are female and 60 percent are employed part- or full-time. A 2015 survey conducted by the National Alliance for Caregiving and AARP, Caregiving in the U.S., found approximately 34.2 million Americans provided unpaid care to ages 50 or older in the last 12 months, while 43.5 million provided unpaid care to an adult or child within a 12-month period.

Caregivers need to take time to care of themselves so they stay well enough to care for others. Realize that your own health and well-being could suffer if you don't take care to be well before tending to others needs.

## Types of Respite Care

It may be hard to imagine leaving your loved one in someone else's care, but taking a break can be one of the best things you do for yourself—as well as the person you're caring for. Most communities have some type of respite care available, such as:

**In-home respite.** Healthcare aides come to your home to provide companionship, nursing services or both.

**Adult care centers and programs.** Some centers provide care for both older adults and young children, and the two groups may spend time together for the benefit of both age groups.



**Short-term nursing homes.** Some assisted living homes, memory care homes and nursing homes accept people needing care during short stays while caregivers are away. Set reasonable goals and plan accordingly.

## Family Leave Act

Nearly 60 percent of our nation's caregivers work outside of the home. If you work outside the home and are a caregiver, you may begin to feel overwhelmed. If you do, you might want to consider taking a leave from your job—especially during times of heightened need or hospice.

Employees covered under the federal Family and Medical Leave Act may be able to take up to 12 weeks of unpaid leave a year to care for relatives. Ask your human resources office about unpaid leave options.

In Hawai'i, there is financial assistance for family caregivers who work 30 hours a week through the Kupuna Caregivers Program. Contact the Hawaii Aging and Disability Resource Center.

If you are like many caregivers, you might have a hard time asking for help. Instead, take advantage of Hawai'i's resources for caregivers. ■



**RIGHT AT HOME**  
In Home Care & Assistance  
808-797-2111 | [rick@eldercareoahu.com](mailto:rick@eldercareoahu.com)  
[www.eldercareoahu.com](http://www.eldercareoahu.com)



**HOME APPRAISALS FOR  
YOUR ESTATE & TRUST  
PLANNING NEEDS**

**BOB PILA**

808-395-2993 CALL / 808-295-1277 TEXT  
EMAIL - [HOMEVALUES@HAWAII.RR.COM](mailto:HOMEVALUES@HAWAII.RR.COM)

**FREE PRICE QUOTES - \$50 DISCOUNT**

**TLC to our Kamaaina  
Seniors is my Top Priority.**

FREE CONSULTATION  
to determine your need to sell or buy.

**Theresa M. Wolff**  
RS-59336 (R.A.), GRI, Senior Real Estate Specialist  
808/864-0398  
[THERESIA.WOLFF@locationshawaii.com](mailto:THERESIA.WOLFF@locationshawaii.com)  
Experience • Commitment • Results

**Locations**  
614 Kapahulu Ave. • Suite 200 • Honolulu, HI 96815





**GENERATIONS MAGAZINE**  
2019 AGING IN PLACE WORKSHOP

**SATURDAY, AUGUST 17 – Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117



# Positive Physical Approach to Dementia Care

by Mapuana Taamu, Certified Positive Approach to Care® Trainer

People living with dementia (PLWD) need guidance, human connection and a sense of independence. In my professional practice, we use the Positive Physical Approach (PPA). This innovative modality developed by Teepa Snow teaches family caregivers more effective ways to understand and communicate with their loved ones and all people with dementia.

## ■ Approach from the front.

All humans are visually oriented. Approaching a PLWD from the front at approximately six feet away will give them the time they need to adjust to your presence.

■ **Go slow.** Starting at six feet or farther away, begin taking steps toward your PLWD one second apart. As we age, our reflexes and mental processing gradually slow down. Taking this into account, a PLWD needs a few more seconds to process what they see, hear, think and feel.

■ **Call out their name.** Sometimes a PLWD can be lucid but other times he or she can forget who you are. The best way to make your entrance is to introduce yourself and ask them for their name. Try saying "Hi, I'm Jane and you are?" They may respond with their first name or simply "I'm your mother." Either way, you are allowing them to tell you who they are in that moment of time.

■ **"Offer" your hand.** Notice that I did not say "take their hand." The goal is to look like a friend instead of a threat. Instead of approaching with a

quick handshake, maintain the connection. We can accomplish this by switching into a hand-under-hand position.

■ **Get to the side.** It's important to remember nonverbal cues and body positioning. Avoid a dominant, confrontational stance by repositioning yourself into a supportive stance. This will relieve agitation and provide a sense of comfort for the PLWD.

■ **Get low.** Position yourself at or below the PLWD's eye level. A more submissive position will allow the PLWD to open up and feel at ease in your presence.

These positive approach techniques taught in caregiving workshops help maintain the dignity of the PLWD by enabling loved ones to perform activities *with them* rather than being perceived as doing things *to them*. ■

Hi, I am Bill,  
and you are?  
May I offer  
you a hand?

HAWAII MEMORY FRIENDS LLC  
Caregiver Education & Consultation  
Mapuana Taamu, Certified PAC Trainer  
808-469-5330 | [mfriends808@gmail.com](mailto:mfriends808@gmail.com)

Caregiver's workshop: IT'S ALL IN YOUR APPROACH, scheduled at Pohai Nani (August, September, October), Kapiolani CC (September, October, November). Contact Hawaii Memory Friends for time and details.

WWW.ZANTHOSYN.COM

**ZanthoSyn**

Safe Anti-Inflammatory  
for Health & Longevity

GNC STORES

JOINT | HEART | LIVER | BRAIN

**The Caregiver Foundation**  
Your best step in the caregiving journey

Care Coordination	Care Planning
Money Management	Guardianship/Conservatorship
Special Needs Trust	and so much more...
Trusteeship	Call us at: 808-625-3782

Visit: [www.thecaregiverfoundation.org](http://www.thecaregiverfoundation.org)



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808

# Choosing the Right Home Care Provider

by Kristina Wong, Care Manager, Home Care by ALTRES Medical

With so many options available, it's hard to know if you chose the right home care provider for your loved one.

Here are four essential questions to ask when you're evaluating your home care partner.

## 1. Is the care plan being followed?

A care plan is specific to your loved one and any deviations could mean they're not getting the care they require. Changes should be discussed and approved ahead of time.

## 2. How reliable are they?

Are caregivers on time? Do they consistently provide a high level of care? Reliability and trust are the foundation for a strong partnership; instability can cause unwarranted stress.



## 3. How well do they communicate?

A good home care provider communicates with everyone involved in the process. Family members, care managers, caregivers and your loved one should all have an active voice.

## 4. Do they check up on employees?

It's important for your care provider to be hands-on in managing their employees.

By ensuring that you've partnered with the right care provider, you'll give yourself and your loved one the peace of mind needed to make home care successful for your family. ■

HOME CARE BY ALTRES MEDICAL  
808-591-4930 | [homecare@altres.com](mailto:homecare@altres.com)  
[www.altreshomecare.com](http://www.altreshomecare.com)

## Empowering Seniors with Wellness

St. Francis Healthcare System is reinventing wellness to keep pace with the needs of seniors today and in the future.

The St. Francis Kūpuna Village in Liliha will offer an exciting fusion of medical care and social, recreational and educational activities. You'll find it all here at Hawaii's first one-stop health and wellness center for seniors, family caregivers and other family members.

Imagine participating in a game of mah jong, a tai chi session or a healthy cooking class at our Quality of Life Center that seamlessly blends with your doctor appointments. We're taking senior living to unprecedented, new levels.

We're redefining the golden years, and the best is yet to come for Hawaii's seniors!



**St. Francis**

HEALTHCARE SYSTEM OF HAWAII

A Legacy of Caring for Hawaii's People

Live Every Moment

(808) 547-6500 [stfrancishawaii.org](http://stfrancishawaii.org)



**GENERATIONS MAGAZINE**  
2019 AGING IN PLACE WORKSHOP

**SATURDAY, AUGUST 17 – Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117





With Honolulu's only Endless Pool and the New Hydroworx 300!



Patient **Marion**, after being hit by a car, states that within just two sessions in the Hydroworx she was moving much better and feels aquatic therapy helped her progress faster than land therapy.

**Max Holloway** undisputed UFC Featherweight Champ loves the Hydroworx because he is able to get a great workout without the pounding on the body.



**Moon Physical Therapy, LLC**  
**Julie Moon, M.P.T.**

Owner & Treating Physical Therapist

320 Ward Avenue, Suite 107

**808-597-1005**

[www.moonpt.com](http://www.moonpt.com)

Email: [moonphysicaltherapy@gmail.com](mailto:moonphysicaltherapy@gmail.com)

We accept all major private health insurance,  
as well as Worker's Comp and No Fault.

**MOON PHYSICAL THERAPY HOPES YOU WILL VISIT THEM AT EITHER OF THEIR LOCATIONS**  
**95-1057 AINAMAKUA DRIVE IN MILILANI**  
**320 WARD AVENUE, #107 IN KAKAOKO**

## Senior Move Managers is Participating in...

### AGING IN PLACE WORKSHOP

**Saturday | August 17, 2019**

**9:30 - 10:15 AM & 12:30 - 1:15 PM**

**Ala Moana Hotel: Garden Lanai, 410 Atkinson Dr**

We will have an informational booth and 2 presentations (times listed above)

The Aging in Place Workshop is free and open to the public. Please call or email Cynthia for more information.

Call Cynthia at **808.779.6224**

or email Cynthia at [cynthia@smmhawaii.com](mailto:cynthia@smmhawaii.com)

"We treat you like family"



#### MISSION STATEMENT:

"To honor God by serving others with the highest level of competency, care, and compassion with uncompromising integrity"



[www.smmhawaii.com](http://www.smmhawaii.com)

[info@smmhawaii.com](mailto:info@smmhawaii.com)

P.O. Box 201432, Honolulu, HI 96820

**MedData**

We have helped people across Hawaii gain access to Medicaid services for 20 years.

Applying for Medicaid can be confusing without expert help. We have helped people across Hawaii to become eligible for nursing home and foster family Medicaid services since 1996. We are committed to helping you through the Medicaid Long-Term Care Eligibility Process.



Call us for **FREE** screening (808) 566.6666  
Toll Free (855) 690-8977

[meddata.com](http://meddata.com)



**House Call**  
**Medical Practice LLC**

**"Call now for a FREE Consult"**

We are bringing back the "Door-to-Door, House Call Doctor."



- No more driving to the doctor's office
- No wasting valuable time in the waiting room
- No longer feel rushed at your doctor's appointment



**"Medical Care, Directly to You!"**

**726-5062 • [HouseCallMedHawaii.com](http://HouseCallMedHawaii.com)**

*the* CARE CENTER of HONOLULU



1900 Bachelot Street, Honolulu, HI 96813

[www.ccoh.us](http://www.ccoh.us) 808 531-5302

Just mauka of Kuakini Medical Center

*Celebrating 50 years of caring.*

Hawaii's largest and most experienced respiratory care unit in the state. Our state-of-the-art respiratory equipment, and 24 hour on site respiratory therapists, allows us to treat more respiratory patients than all other skilled nursing facilities combined. Our Ventilator Care Unit is dedicated exclusively to residents with tracheostomies and who are ventilator dependent.



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



**GENERATIONS RADIO SHOW**  
**AM690** Sa: 5-6pm, Su: 3-4pm



**FACEBOOK**  
[@genmag808](https://www.facebook.com/genmag808)



**GENERATIONS MAGAZINE**  
**2019 AGING IN PLACE WORKSHOP**

**SATURDAY, AUGUST 17 - Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117





## If Your Kids Plan a Later-in-Life Family...

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

Many couples are choosing to start families later in life compared to their parents and grandparents. According to the National Center for Health Statistics, the mean age of first-time mothers rose from 25 in 2009 to 26.3 just five years later.<sup>1</sup> And, increasingly, mothers are waiting to have their first child at age 35 or older. This trend has financial implications. On one hand, parents may be more financially secure and have clear priorities for the future. On the other hand, these parents are closer to retirement, so balancing kids' expenses with saving can be a juggle.

If your kids choose to have their first child later in life, here are four key dos and don'ts to help them manage their finances with confidence:

■ **DO establish a solid financial foundation.**

Their household expenses will likely increase once they're paying for childcare, additional checkups at the doctor or dentist and other items for their child. With this in mind, they should consider using the discretionary income they have today to shore up their financial position—prioritize paying off student loans, build an emergency fund (three to six months worth of expenses is a good benchmark) and consider paying more toward their mortgage if they own a home.

■ **DO boost savings.** Creating a habit early of saving for major goals can help maintain savings momentum while they are focused on adapting to their new addition. They should harness the power of compound interest by contributing to their retirement accounts with each paycheck and setting aside funds for major goals, such as an annual vacation or home remodel.

■ **DON'T prioritize the child's college education over retirement.** Will they be making tuition payments in their final years of work or in retirement? If this is a possibility, it's imperative that



they create a plan to balance saving for both goals right away. The reality is many couples need to push back their retirement date, figure out how to earn additional income with a different job or cut back their travel plans to pay for their child's education. While it's understandable that they will want to provide for their child, keep in mind that health, layoffs or other circumstances outside of their control could change their retirement date. Their child has other options to pay for college—including scholarships, loans and work-study programs—that are not available to them if their retirement savings come up short.

■ **DON'T forget to update the estate plan.**

Ensuring they have adequate insurance coverage becomes a bigger priority when they have a child in the picture. If your son or daughter (or spouse) were to sustain an injury or pass away prematurely, they would need to ensure that their disability and life insurance coverage will cover their financial commitments and goals. They should also consider purchasing long-term care insurance to cover potential healthcare expenses in retirement.

It's exciting to dream and plan for an expanded family. But if your kids want a second opinion on how to juggle their financial priorities, they should meet with a financial advisor. ■

MICHAEL W. K. YEE, CFP

1585 Kapiolani Blvd., Ste. 1100, Honolulu HI 96814  
808-952-1222, ext. 1240 | michael.w.yee@ampf.com

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 32 years.

Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser.

Ameriprise Financial Services, Inc. Member FINRA and SIPC.

©2019 Ameriprise Financial, Inc. All rights reserved.

<sup>1</sup> Mathews, T.J. and Hamilton, Brady E., "Mean Age of Mothers is on the Rise: United States, 2000-2014," National Center for Health Statistics Data Brief No. 232, January 2016. <https://www.cdc.gov/nchs/data/databriefs/db232.pdf>.



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808



## What Is a POLST & Do I Need One?

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

A POLST is a special document in which you say what measures should be used to keep you alive. The acronym stands for—Provider Orders for Life Sustaining Treatment. It's different from an Advance Directive in that it will be followed by emergency personnel before you reach the hospital, provided that they are aware of its existence.

Emergency medical technicians (EMTs) are required to do whatever they can to restore and stabilize your heartbeat and breathing and take you to an appropriate facility for treatment. They will not read your Advance Directive and try to figure out how it might apply to your situation. But in some cases, resuscitation procedures are not appropriate or wanted.

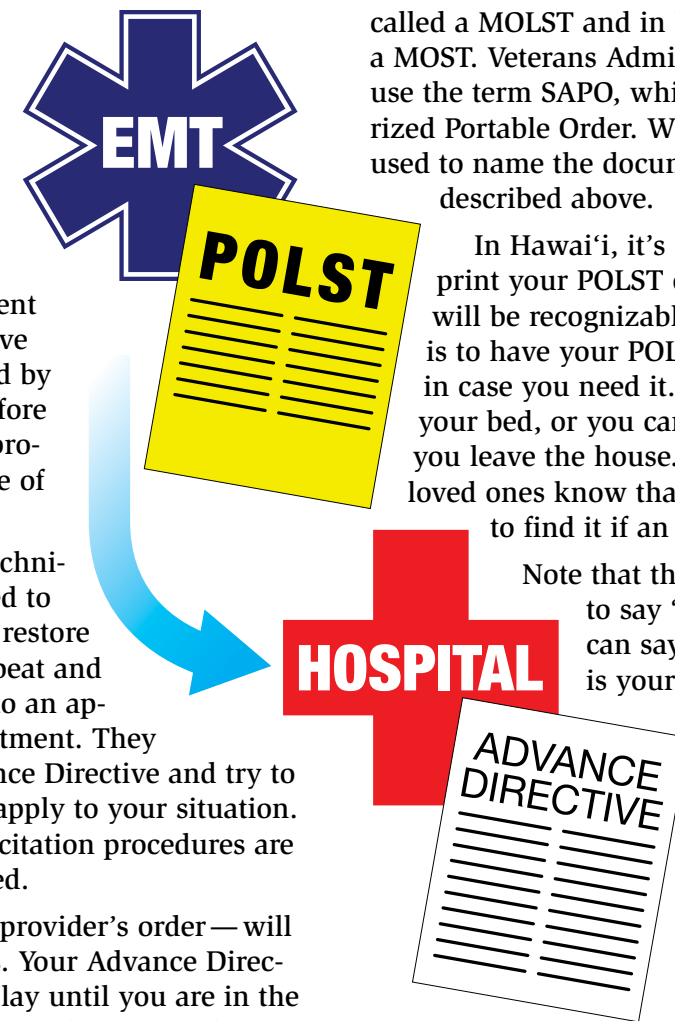
A POLST—a medical provider's order—will be followed by the EMTs. Your Advance Directive will not come into play until you are in the hospital. But depending on what your Advance Directive says, the EMTs may not have followed your wishes by keeping you alive.

Almost every state has a version of the POLST, but it is known by other names. In New York it is

called a MOLST and in West Virginia it is called a MOST. Veterans Administration medical centers use the term SAPO, which stands for State Authorized Portable Order. Whatever the alphabet soup used to name the document, it generally works as described above.

In Hawai'i, it's recommended that you print your POLST on lime green paper so it will be recognizable immediately. The trick is to have your POLST in a conspicuous place in case you need it. You can post a copy near your bed, or you can carry it with you when you leave the house. Just make sure your loved ones know that you have one and where to find it if an emergency occurs.

Note that the POLST does not have to say "don't resuscitate me." It can say the exact opposite if that is your wish. Either way, most people do not need a POLST. However, for someone whose death is imminent and who doesn't want to risk being kept alive artificially against his or her wishes, a POLST is essential. ■



SCOTT MAKUAKANE, Counselor at Law  
Focusing exclusively on estate planning and trust law.

[www.est8planning.com](http://www.est8planning.com)

808-587-8227 | [maku@est8planning.com](mailto:maku@est8planning.com)

### Roll Your Pain Away!

- Manage chronic pain and stiffness
- Neutralize muscular imbalances
- Increase body awareness and balance
- Hydrate stiff and dry tissues

Call Anthony for a FREE  
self-care consultation or go online  
808-227-6221 [www.thefascinator.com](http://www.thefascinator.com)



Hawaiian  
PIE CO.  
508 WAIKAMULO RD.  
HONOLULU, HI

### WEDNESDAYS!

## 5% SENIOR DISCOUNT

ON ANY BAKED GRANDPA YOSHIO PIE  
PEACH • PEAR • APPLE • COCONUT

Call us at (808)988-7828 to pre-order!  
Offer valid on Wednesdays for seniors 62 years and older for BAKED Peach, Pear, Apple or Coconut pies only. Must present this coupon to redeem offer. One coupon per person. Subject to pie availability on the day of sale.



**GENERATIONS MAGAZINE**  
2019 AGING IN PLACE WORKSHOP

**SATURDAY, AUGUST 17 – Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117





## A Heartfelt Operating Manual

by Stephen B. Yim, Attorney at Law



**H**ow nice would it be if your child was born with an operating manual? There are many parenting books out there, but none that are specifically made for your child. The obvious reason for this is because the only person who can write an operating manual for a child, is the person who is raising the child.

This idea really hits home for clients who have a minor child or a child with a disability and are concerned about who is going to love and raise him or her if they are no longer here. In this case, the most important estate planning document is the will. The will allows parents to appoint a guardian for their child if they are no longer able or alive to care for them.

However, establishing a will alone is insufficient. It does not tell the guardian about the child or about how to love and raise him or her.

To supplement the will, our nonprofit, the Heartfelt Legacy Foundation, created a memorandum entitled *A Heartfelt Operating Manual*. We recommend our clients fill out this memorandum to provide guidance to the appointed guardians in respect to specific child-rearing practices, and important choices and wishes regarding their child's care—it also serves as a tool for parents to use in discussions with their guardian. The will, the memorandum and a conversation will prepare the guardian to provide what you wish—the best care possible. ■

HEARTFELT LEGACY FOUNDATION (501(c)3 nonprofit)  
Stephen B. Yim, Attorney at Law  
2054 S. Beretania St., Honolulu HI 96826  
808-524-0251 | [www.stephenyimstateplanning.com](http://www.stephenyimstateplanning.com)  
[www.heartfeltlegacyfoundation.com](http://www.heartfeltlegacyfoundation.com)

## Pay Medicare Supplements With SPIA

by Garrett Wheeler, Financial Advisor



**W**ith rising health care costs, many Medicare participants use Medicare supplement insurance to help cover expenses that Medicare does not.

However, many still struggle to pay the premiums for their Medicare supplement insurance. Surprisingly, another insurance product—one that can guarantee a monthly income stream—might be the solution. A single premium immediate annuity—or a SPIA—can guarantee a source of income for life in exchange for a lump sum premium payment.

SPIAs are the only product that can guarantee that you won't outlive your savings and offer financial security for living a long life.


### Here's how it works:

1. Purchase a Medicare supplement policy with help from a licensed insurance agent.
2. Your financial advisor can help you purchase a SPIA with a payout that will cover your Medicare supplement premium and other expenses.

There's no guarantee you can completely fund the premiums throughout the duration of your SPIA policy. But an SPIA can help keep your Medicare supplement policy in force by providing a guaranteed income. ■

MUTUAL OF OMAHA, HAWAII DIVISION OFFICE  
1600 Kapiolani Blvd., Ste. 1200, Honolulu HI 96814  
Garrett Wheeler | 808-942-8133 ext.248  
[garrett.wheeler@mutualofomaha.com](mailto:garrett.wheeler@mutualofomaha.com)  
[www.mutualofomaha.com](http://www.mutualofomaha.com)

Investment advisory products and services are made available through Mutual of Omaha Investor Services, Inc., a Registered Investment Advisory Firm. Member FINRA/SIPC.



**Annette Pang, founder of Caring Manoa and Living Manoa, Adult Residential Licensed Care Homes, for almost 20 years, teaches you to lead as Family LifeLiners through all transitions.**

### 3 Ways To Land Gently On Your Own Two Feet When Loved Ones Are Aging, Ailing and Dying.

The phone rings, and you want to scream!  
Your caller ID, reads: "Mom".

You feel a dull headache coming on.  
She calls you instead of your sisters or brother.

You brace yourself and cheerfully say, "Hi Mom!", but when she says, "Come over now!", that sinking feeling washes over:


- Your husband wants you to choose new cabinets.
- Your siblings say they're busy on weekends.
- Your dear Mom reaches out to you first.

Why are you the chosen one?


Your only option is to put your own life on hold (indefinitely), never mind that it's your time to have some fun, and your husband is at the end of his rope.

Honestly, how can you live like a groovy boomer when you're feeling kinda grouchy?

If you only had a way out.



It is possible to thrive while caring for your parents.  
Learn 3 ways to be brilliant and confident while serving others, and yourself!  
Log onto [Annettepang.com](http://Annettepang.com) to find out how.



the CARE CENTER of HONOLULU

1900 Bachelot Street, Honolulu, HI 96813  
[www.ccoh.us](http://www.ccoh.us) 808 531-5302  
*Just mauka of Kuakini Medical Center*

Hawaii's largest and most experienced respiratory care unit in the state. Our state-of-the-art respiratory equipment, and 24 hour on site respiratory therapists, allows us to treat more respiratory patients than all other skilled nursing facilities combined. Our specialized unit is dedicated exclusively to residents with:

- Tracheostomies
- Tracheal suctioning
- 24/7 monitoring
- Ventilator dependent.

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

**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm

**FACEBOOK**  
@genmag808

**GENERATIONS MAGAZINE**  
2019 AGING IN PLACE WORKSHOP

**SATURDAY, AUGUST 17 – Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117

57

WISDOMS: FINANCIAL



# Saving for Unfunded Liabilities

by Terry Lee, President and CEO, Lee Financial Group Hawaii, Inc.

For many years, we have heard our federal and state politicians talk about “unfunded liabilities” of the government.

An unfunded liability is any liability or expense that **does not have sufficient savings** or investments set aside to pay for it. The party responsible for paying the unfunded liability pays for it out of current income or savings or by borrowing the funds.

The risk of an unfunded liability is two-fold:

- 1) **The payee** may not receive payments which they are entitled to
- 2) **The payer** may experience financial stress

Although the government must address these issues in the coming years, we often overlook the fact that these issues may also extend into our personal lives.

In our 20s, an unfunded liability might be an unexpected repair that could require using our savings or borrowing from our credit card.

Later in life, unfunded liabilities can be more serious. For some, a health crisis could result in unexpected and unaffordable medical expenses.

While the unfunded liabilities of the government may seem overwhelming, establishing a regular personal savings plan and investing wisely can help alleviate the burden of personal unfunded liabilities. Consulting a financial professional can assist you with evaluating and managing your portfolio to help mitigate your personal exposure. ■

LEE FINANCIAL GROUP HAWAII, INC.  
808-988-8088 | [info@leehawaii.com](mailto:info@leehawaii.com)  
[www.leehawaii.com](http://www.leehawaii.com)



## Kuakini Primary Care Clinic

[primarycareclinic@kuakini.org](mailto:primarycareclinic@kuakini.org) (808) 547-9105

**Provides Primary Care Services • New patients accepted**

The clinic focuses on illness prevention, health promotion, care coordination, and disease management for patients and the use of appropriate health care services.

Staffed by a multidisciplinary team comprised of a Family Medicine physician, Advanced Practice Registered Nurse, allied health professionals, and support staff

- Clinic services include • Physical exams • Screening programs (Colorectal Cancer Screening, Lung Cancer Screening, TB Screening) • Management of chronic medical conditions • Medication management and education • Care coordination • Wellness visits and health promotion • Employment and sports physicals • Senior health care



Christina Marzo, M.D., M.P.H.

Accepting most insurance plans including Medicare and Medicare Advantage; please call regarding your eligibility. Call (808) 547-9105 for more information or to make an appointment.

Open Monday - Friday  
8:00 a.m. - 4:30 p.m.  
Please call for an appointment  
  
Partial parking validation

Located on the Kuakini Health System campus  
Kuakini Physicians Tower, Suite 1009  
405 N. Kuakini Street  
Honolulu, HI 96817

 **Kuakini Health System**  
[www.kuakini.org](http://www.kuakini.org) • Caring Is Our Tradition




Don't miss the award-winning radio show  
**The Mike Buck Show**

6:00 - 9:00am on weekdays and  
**Go Fish** on Saturday afternoons  
with the *NEW* time of 4:00-5:00pm  
AND repeating on Sunday mornings from  
7:00-8:00am! **WHERE?**

**AM 690**  
**THE ANSWER**  
NEWS. OPINION. INSIGHT.

streaming at [www.KHNR.com](http://www.KHNR.com)  
[TheMikeBuckShow@aol.com](mailto:TheMikeBuckShow@aol.com)



 **Copeland Insurance Group**

**WE CAN TELL YOU HOW TO APPLY**  
for a **LOW-INCOME SUBSIDY**

Get **extra help** with prescription drug costs and **Medicare**.

This extra help is estimated to be **worth \$4900 per year!**

source: [www.socialsecurity.gov](http://www.socialsecurity.gov)

If you qualify you may be eligible to receive extra help to pay for the costs related to a Medicare Prescription Drug Plan:

- ✓ MONTHLY PREMIUMS
- ✓ ANNUAL DEDUCTIBLE
- ✓ PRESCRIPTION CO-PAYMENTS

**CONTACT ME NOW!** Calling the number below will direct you to a licensed sales person.

**Margaret Wong**

1360 S. Beretania Street, Suite 209 Honolulu, HI 96814

**808.591.4877**

[margaret@copelandgroupusa.com](mailto:margaret@copelandgroupusa.com)

 **GENERATIONS MAGAZINE**  
**2019 AGING IN PLACE WORKSHOP**

**SATURDAY, AUGUST 17 – Ala Moana Hotel**  
NO RESERVATIONS Required • For info: 808-234-3117





## Kick Out Your Freeloading Adult Kid(s)

by Scott Spallina, Senior Deputy Prosecuting Attorney

My office has received an increase in calls from parents, siblings or other relatives trying to kick an adult child out of their house. Often, the caller has already requested that the child leave, only to receive an adamant “no” from the unwelcome person. In one instance, a mother was selling the home that she loved to move into a small, one-bedroom apartment, hoping her son would not be allowed to live there.

After a child’s loss of a job or a divorce, naturally, parents want to help, expecting the situation to be temporary, even though they say “stay as long as you want.” The caller may then explain how the child has made no efforts to move out. Why move out of the family home when you can stay there rent-free with meals included?

Why I am being informed of these situations? Because there are often allegations of emotional, physical and financial abuse. The abuse occurs very subtly, frequently creeping up on the senior parent until they find themselves in a situation that seems inescapable. For instance, I have gotten multiple calls from parents who gave spending money to their child, which eventually turned into supporting them entirely. One father almost depleted his savings trying to bail his son out of repeated financial disasters.

### How do you divorce yourself from a child?

If the abuse is physical, call 911. No exception.

After the police arrest him or her, file for a restraining order. Our office’s **Victim Advocate Services (808-768-7400)** can help with that or there are instructions online as well. You can still call the police if the abuse is financial. But depending on the circumstances, the arrest may not be immediate. Additionally, a parent can call the **Legal Aid Society of Hawai‘i (808-536-4302)** and request help getting a Writ of Ejectment. This is a legal way of kicking a child out of the house.

### Why not just call the police and have the child removed for trespassing?

The police may interpret the relationship the parent and the child have as a landlord/tenant situation. In that case, the parent will have to



go through the court system to evict the child from the home. The process may take a month or longer. Whatever avenue the parent decides to pursue, it is not going to be easy. And because of that difficulty, many parents choose to remain in an unhealthy environment instead of living in a stress-free, happy home. The choice is yours. ■

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

## GENERATIONS RADIO SHOW



A weekly series on **aging and senior issues** with Percy Ihara, Publisher of Generations Magazine

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.

**LISTEN LIVE on KHNH Radio SAT 5–6pm, SUN 3–4pm**

**AM 690 THE ANSWER**  
NEWS. OPINION. INSIGHT.

Visit [Generations808.com](http://Generations808.com) for complete show archive



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



**GENERATIONS RADIO SHOW**  
AM690 Sa: 5–6pm, Su: 3–4pm



**FACEBOOK**  
@genmag808



## Preventing Scammer Calls

by Christopher Duque, Cybercrime Investigator, DPA

How often do we get and answer calls from telephone numbers of people who we think we know, only to discover it’s a telemarketer or scammer? Below are some prevention tips that may help.

- ▶ NEVER pick up a call on the first ring until you confirm the Caller ID is legitimate.
- ▶ IF the Caller ID is not in your address book and you don’t recognize the number, let it go to voice mail.
- ▶ IF the Caller ID is in your address book under someone’s name but it doesn’t appear on your phone, chances are the Caller ID that’s listed has been spoofed.
- ▶ IF you do pick up a call by mistake, hang up immediately. Even if you don’t fall for the scam, scammers can still sell your telephone number

and whatever information they had gotten from your conversation with the scammer.



- ▶ Use the default phone greeting rather than your own. This will mask your gender and age.
- ▶ Routinely update your address book with the current numbers of family members, friends, services and other important contacts.
- ▶ Use GOOGLE to determine if the Caller ID is legitimate. Also include the word “scam” to see if the Caller ID had been linked to scams. ■

THE DEPARTMENT OF THE PROSECUTING ATTORNEY  
1060 Richards St., Honolulu, HI 96813  
808-768-7400 | Office hrs: Mon – Fri, 7:45 am – 4:30 pm  
[www.honoluluProsecutor.org/contact-us/](http://www.honoluluProsecutor.org/contact-us/)

**simply organized**  
organization made simple

**Downsizing?  
Aging in Place?  
We Can Help!**

**freedomRail®**  
**Custom Storage System**

- **VERSATILE** – Use it everywhere in your home
- **ADJUSTABLE** – freedomRail® can be moved and added to at any point by the customer without any tools
- **AFFORDABLE** – Solutions for every budget
- **STRONG** – freedomRail® has up to 50% more steel than most adjustable storage systems, and can hold up to 150 pounds per linear foot
- **EASY** – Installation is quick and easy

KAHALA MALL next to Longs (808) 739-7007 • Monday - Saturday 10am - 9pm, Sunday 10am - 6pm  
[www.simplyorganizedhi.com](http://www.simplyorganizedhi.com)

**CITY MILL** | big on help  
big on savings  
proud to be local



### DISCOVER STYLISH BATH SAFETY HERE

Who knew ADA-compliant bath safety products could be so stylish?  
Explore Moen’s line of bath safety accessories at all locations.

[www.citymill.com](https://www.citymill.com)

Your Kama‘aina Hardware Stores –  
Locally-Owned and Family-Operated since 1899



# Find 18 Words Related to Breast Cancer

Y N N T A N T I A N G I O G E N E S I S  
H N E D B R B M A S T E C T O M Y S Y S  
F N M C T A Y T H N F P F E M E R S G I  
M O O G O L W X W E G U F O N O O R S S  
G D K O B I Q L G Q J S R I V W L E R T  
U V G I R M A J G O T E S I Z B S V O E  
K S N P E I E Q Q W T N V V N S A I T R  
S M A F A S Y S V H A E X Q R Z L R I H  
W P S E S O Y A A T R A S O X I Y H B O  
J B U N T I H N M P A A I M C G C T I O  
N T S E C B P E J A S R T B B C D A H D  
X E V R A I W L Y Q R A V A N W A T N L  
B L R E N F Y T K A W Q H B W V K E I C  
A G O K C U N W W T P J O E W K G M O J  
R G P N E J W I I S P I F Z Z H A D D A  
T S N Y R E R U C E H T R O F E C A R Q  
E Y T Y R O S I N E K I N A S E T O D J  
B B X F G T S R O V I V R U S V U L P H  
C V I E G A T S C I T A T S A T E M Q V  
M W T R A S T U Z U M A B G A P B F I H

**WORD LIST & DIRECTION:** → ↓ ← ↑ ↘ ↙ ↗ ↖

ANTI ANGIOGENESIS	MASTECTOMY	SISTERHOOD
BIOSIMILAR	METASTATIC STAGE IV	SURVIVORS
BREAST CANCER	META THRIVERS	SUSAN G KOMEN
EMTANSINE	MORE THAN PINK	TRASTUZUMAB
INHIBITORS	PREVIVORS	TYROSINE KINASE
KADCYLA	RACE FOR THE CURE	WARRIORS

# We're Got You Covered!

*Generations* is the only resource magazine devoted to serving Hawai'i's 50-plus community. We are distributed on all of the islands, and as far as Las Vegas. See our distribution list on page 3 in this current issue. For previous issues, check upcoming events, and to download our resource guides, checkout our website: [www.generations808.com](http://www.generations808.com)

We have four great ways: website, television, radio and social media, our magazine is supported so you can know what's going on in the aging industry. Watch inspiring stories on Generations TV, learn about senior issues on our radio show and follow us on Facebook for the latest senior news.



Topics you'll find on our website:

- Caregiving
- Financial Advice
- Legal Advice
- Health tips
- Gov't programs
- Resource Guide:
- Support Groups
- Adult Day Centers
- Alzhiemer's Support Group
- Book Club
- Fall Prevention Programs
- Geriatricians
- Farmer's Markets
- Assisted Living Facilities
- ... and so much more.



Watch some great episodes on senior experiences and acitivities. Tune in to OC16.

**GENERATIONS TV – OC16**  
**Mon: 5:30pm**  
**Tues: 9:00am**  
**Wed: 7:30pm**  
**Thu: 1:30am & 11:30am**  
**Fri: 9:30am**  
**Sat: 2:30pm**



Never miss a senior-beat when you're out and about. Listen to interviews with senior experts from all facets of the senior industry.

**Generations Radio Show AM690**  
**Sat: 5–6pm,**  
**Sun: 3–4pm**



Get to know us on a social level as we share new finds about aging and read comments of other followers. Join us and "like us" on our Facebook page: [@genmag808](https://www.facebook.com/genmag808).





**SEE WHAT'S NEW** *at the Cal*



**Cruise in comfort on wide body 767 aircrafts!**

Hawaii's favorite casino just got better, enjoy the newly renovated California Hotel & Casino!

Visit Vacations Hawaii's Website  
**BoydVacationsHawaii.com**

**facebook** facebook.com/VacationsHawaii **twitter** @VacationsHawaii

1585 Kapiolani Boulevard, Suite 900, Honolulu, HI 96814 • Honolulu 808-591-4777 and Neighbor Islands 800-548-8951

**NOW OPERATING  
out of McCarran  
Terminal 3!**

*Vacations Hawaii*

HAWAII ♦ LAS VEGAS

IT'S GOOD TO **B**RELAXED<sup>SM</sup> | BoydVacationsHawaii.com