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MAGAZINE | FEB•MAR 2013

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My plan for 2013 is to improve my health and hopefully for you, our readers, you will make this a goal too. We pledge to bring you more resources and provide you with helpful tips on living that better quality of life. Last month's 91 year old super senior Joan Packer will always be my role model as I age and I will always remember her words to me "Don't sit too long on the couch — stay active".

In this issue our cover story brings to the forefront of the arthritis disease in Hawai'i. I do have to thank Dr. Ritabelle Ferdandes who opened my eyes where this disease affects 236,000 people in Hawaii. We feature Dr. Thomas Kane who is the Arthritis Foundation of Hawai'i's Medical Honoree. His personal commitment to this cause and to promote awareness is inspiring.

I also want you to mark your calendars as our very popular workshop is coming up.

**Elderhood Project/Generations Magazine's
7th annual "Aging in Place" workshop
Friday August 9th at the Ala Moana Hotel
from 9am-3pm.**

This is also a call for exhibitors to exhibit at this event where over 800 seniors and their families attend. Exhibitors please email Hope Young at Hope@kokuacare.com. More information to follow in our June/July issue.

Lastly, a special call for ****Mother's Day**** stories and sentiments. We would like to honor the very special person in our lives — our mom. This will be your chance to tell her how special she is. I'm requesting our readers to submit their warmest memories or sentiments of their mother in celebration of **Mother's Day** in **May**. We hope to print some of your submissions in our April/May issue and send your thanks and appreciation to your moms. You may submit it by mail or email us with the subject "My Mom." Please note: maximum of 250 words, plus a photo (if you have it); and materials must be received by March 18.*

Don't forget, in addition, we are always looking for stories, pictures and events from you — our valued readers.

Live Well,



Percy Ihara, Editor/Publisher

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Generations Magazine

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Generations Magazine calls upon Hawai‘i’s experts—from financial advisors to professional chefs—to produce an informative and meaningful publication for our local seniors and their families. Mahalo for their contributions.

Our contributors:



MEGAN FONG, MPH, is a free-lance writer and consultant, specializing in the fields of health education and chronic disease prevention and management. Her recent involvement with the Hawai‘i Arthritis Foundation gives her an opportunity to raise awareness about an important disease affecting many of Hawai‘i’s seniors, including many of her own family members and friends.



PROFESSOR AMY C. BROWN, PHD, RD, is a faculty member at the University of Hawai‘i in the John A. Burns School of Medicine’s Department of Complementary and Alternative Medicine. Her doctorate is in Human Nutrition & Foods from Virginia Tech and she is also a registered dietitian. She has authored numerous scientific and lay publications in the field of human nutrition and health, along with **“Understanding Food,”** a best selling textbook used in over 200 colleges and universities.



DR. WYNN OKUDA practiced for nearly 25 yrs. in cosmetic, implant and advanced restorative dentistry, now presently in Kaimuki. His many accolades consist of being the national president for the American Academy of Cosmetic Dentistry (AACD), member of the Board Accredited Cosmetic Dentist (AACD), Hawaii’s Best Dentist 2006–2012 (Star-Advertiser), Best Dentists 2003–2012 (Honolulu Magazine), international & national lecturer and author. Call **808-734-1099** or visit **www.cosmeticdentistryhawaii.com**.



DIANE CADINHA is a certified personal trainer specializing in working with seniors. Inspired by her success working with Joan Packer, who’s then 77 yrs., she began her specialization with seniors. She aspires helping people live longer, healthier lives and helping them achieve their fitness goals, at any fitness level, by promoting healthier life through proper diet and exercise. She shares her knowledge and tips online: **www.shapingup808.com**, Ph: **808-221-3905**, email: **shapingup@hawaii.rr.com**.



DANIEL K. IHARA is currently a Realtor with Coldwell Banker. He’s been in the Who’s Who in Hawai‘i “Top 100” Realtors 2007–2012, which is the Top 1% in Hawai‘i and the Hawai‘i Business Magazine Hall of Fame for Realtors. Dan is a Senior Real Estate Specialist and Certified Luxury Home Marketing Specialist. Dan is also a Senior Living Options Specialist and founded the first Senior Move Management business in Hawai‘i with his wife, Julie, in 2010. Contact info: **(808) 256-7873**, **www.oahuhomes.biz**.



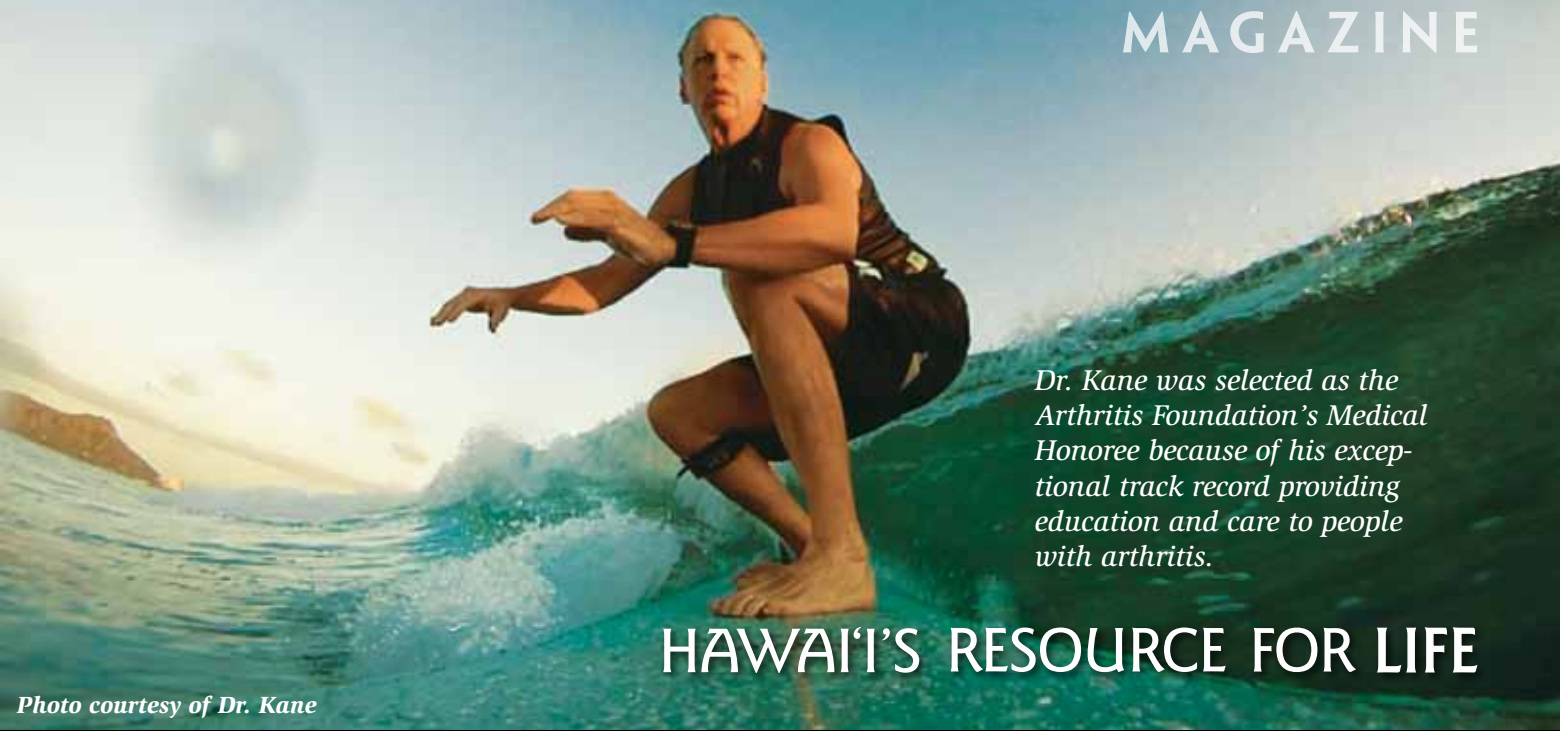
WALLACE NAPIER-PSOMAS, PH.D., is the Course Development Program Manager for the National Disaster Training Center. Although Wallace is relatively new in this position, he has been teaching and developing online, face-to-face, and blended courses for the University of Hawaii for more than a decade. Wallace’s research focuses on disaster awareness & planning, technology, the environment, online collaboration, ethical practices of teaching and learning online, and disability awareness.

A never-ending MAHALO to our regular contributors continuous support and kokua:

KIRK MATTHEWS | CHEF MICHU | DR. RITABELLE FERNANDES | SCOTT MAKUAKANE |
MICHAEL W. K. YEE | STEPHEN B. YIM | JEFFREY SISEMOORE | SAGE PLUS | SSA | AARP

GENERATIONS

MAGAZINE



Dr. Kane was selected as the Arthritis Foundation’s Medical Honoree because of his exceptional track record providing education and care to people with arthritis.

HAWAI‘I’S RESOURCE FOR LIFE

Photo courtesy of Dr. Kane

COVER STORY | DR. THOMAS KANE & THE ARTHRITIS FOUNDATION

[...so much of the education that he provides to his patients is about how to prevent arthritis and keep joints healthy or how to manage symptoms.]

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Free Tax Filing Assistance To Hawai'i Seniors

The boomers grew up listening to the Beatles, the Rolling Stones and the Who. *My Generation*—remember that? *When I'm 64*—I know you remember that song. We joked about getting older—and now, here we are. We are the age our parents warned us about. Linda and I just celebrated a milestone. We were born on the same day, in the same year. Yet, amazingly, she is ten years younger than I am. How does that happen? The other amazing thing and something I am so grateful for, my mother sent us a birthday card. My point here is that all of us are living longer and have to plan for all the eventualities.

And there are many.

There are financial considerations. Many experts contribute to this magazine who have wonderful information regarding plans for the future—what you will need for the years

after retirement [and there may be many years]. Other experts can provide advice on caregiving, emotional and physical help to get through some of the tough times.

Our main focus in *Generations Magazine* is to let you know you are not alone. Help abounds. You merely have to ask. Here's my joke for this column:

Two lazy guys are laying down against a tree, one on one side, the other on the other. Suddenly one of the guys says, "There's a huge procession headed down the road. There's limousines, beautiful girls, a giraffe, an elephant and a marching band. It's incredible." The other fellow says, "Gosh, I wish I was on your side of the tree."

Don't be that lazy guy. ■

Tax season is right around the corner and many Hawai'i seniors will soon be looking for filing assistance. The good news is more than 250 Tax-Aide volunteers across the state are standing by to help. From **February 1st through April 15**, AARP-trained and IRS-certified volunteers will be available to help prepare federal and state tax forms.

Last year in Hawai'i, Tax-Aide counselors assisted more than 18,000 taxpayers across the state, generating more than \$6.6 million in tax refunds. AARP Foundation Tax-Aide, AARP's affiliated charity, is a volunteer-run tax preparation and assistance service to low and moderate-income taxpayers, with special attention to people age 60 and older. Free of charge.

The volunteers are part of a nationwide program launched in 1968 that now serves 2.6 million taxpayers annually. Run in cooperation with the Internal Revenue Service (IRS),

it is the largest free volunteer tax preparation program in the country. The foundation programs are funded by grants, tax-deductible contributions and AARP.

In some circumstances, AARP Tax-Aide volunteers may be able to provide assistance to home-bound elderly, including individuals in nursing homes. Foreign language assistance may also be available at select locations. Appointments are required at some locations, so call ahead to be sure.

Hawai'i taxpayers can locate the site nearest them by calling toll-free **1-888-AARP NOW (1-888-227-7669)** or visiting online at **aarp.org/taxaide**. ■

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Staying Healthy

Provided by the Hawai'i State Health Insurance Assistance Program (SHIP)/ Sage PLUS Program

February is "Heart Healthy Month" (and for all of you sweethearts out there, don't forget Valentine's Day on February 14th). Taking care of your heart is very important and there are some easy things that each of us can do.

- **Ask your physician what your "healthy weight"** is and make an effort to eat lots of color: purple (eggplants), red (radishes), blue (blueberries), green (broccoli), white (cauliflower) and orange (tangerines). Try some grains like quinoa, instead of white rice.
- **Quit smoking** and stay away from second-hand smoke.
- **Exercise**—don't let this scare you. One of the best things is walking. You don't need equipment; and if you have a dog, you both benefit. A 30 minute walk each day will have you signing up for the Honolulu Marathon in no time.

March is "Colorectal Cancer Awareness Month" and the same three things are suggested to lower your risks—healthy eating, exercising, and quitting smoking.

Medicare's benefits include a yearly "Wellness" visit where you will fill out a Health Risk Assessment form and then you and your physician will develop a personalized prevention plan to help you stay healthy.

Other preventive services include: bone mass measurement, mammograms, cardiovascular screenings, diabetes screenings, flu shots and glaucoma tests, just to name a few. Some of the new preventive benefits in 2013 are:

- **Cardiovascular Disease**—Behavioral Therapy. Medicare will pay for one visit per year with your primary care doctor to help you lower your risks for cardiovascular disease.
- **Alcohol Misuse Counseling**. One screening per year for adults with Medicare who use alcohol and don't meet the medical criteria for alcohol dependency. Your primary care doctor can recommend up to four brief face to face counseling sessions per year and Medicare will pay for those.

- **Depression Screening**. One screening per year. The screening must be done in a primary care setting (like a doctor's office) that can provide follow-up treatment and referrals.
- **Obesity Screening and Counseling**. If you have a BMI (body mass index) of more than 30 you may be eligible for intensive counseling to help you lose weight.
- **Sexually Transmitted Infections Screening and Counseling**. These screenings are covered by Medicare for those that are pregnant and/or for certain people who are at an increased risk for STIs. Medicare will also pay for up to two individual 20-30 minute face to face counseling sessions each year for those at risk.

For more information about these preventive benefits and other Medicare benefits, the Hawai'i SHIP (State Health Insurance Assistance Program) is available by calling **1-888-875-9229**. ■



W-2S, 1099S, And Benefits

by Jane Yamamoto-Burigsay, Social Security Public Affairs Specialist in Hawai'i



April's showers bring more than just May's flowers—they also bring the deadline day for filing taxes. Don't wait until the showers arrive to prepare for tax season. Whether you are a small business owner, a retiree, or a new parent, here are some Social Security tax tips that may help you.

Are Social Security benefits taxable?

They are for some people. About one third of those receiving benefits must pay taxes on some of their Social Security. If your total income, including Social Security and all of your other taxable income, is \$25,000 or more and you file federal taxes as an individual, you'll need to pay federal taxes on some of your benefits. (That amount is \$32,000 for married couples filing a joint return.)

Will I get a tax form for my Social Security benefits?

Yes. In fact, you should have already received it. Social Security Benefit Statements (Form SSA-1099) for tax year 2012 were mailed to beneficiaries and should've been received by January 31, 2013. If you receive Social Security and haven't received your 1099, you can request one online at www.socialsecurity.gov/1099.

We had our first child in 2012. Does our baby need a Social Security Number?

Yes. Most people apply for their baby's Social Security number while they're still in the hospital at the same time they apply for the birth certificate. But if you didn't, you'll need to apply for your child's Social Security number in order to claim the child as a dependent on your tax return. You'll also need it if you ever apply for government benefits on behalf of the child or your family. Learn more about Social Security cards and numbers at www.socialsecurity.gov/ssnumber.

I changed my name when I got married last year. Do I need to report it to Social Security?

Yes. If you've legally changed your name due to marriage, divorce, court order, or for any other reason, make sure you change your name with Social Security, as well as with your employer. If you change with one source but not the other, it could cause your earnings to be improperly recorded. That could result in you not getting all the benefits you earned when you become eligible for Social Security in the future. You can learn more about your Social Security number and how to change your name at www.socialsecurity.gov/ssnumber.

I own a small business. Can I report the W-2s of my employees online to Social Security?

Yes, and we encourage you to do so at www.socialsecurity.gov/bso. Filing your W-2s electronically is free, fast, and secure! Plus there's an added bonus: when you file electronically, you receive an extra month to file because *electronically filed W-2s aren't due until March 31st*. You'll also receive an electronic acknowledgement receipt. And when you file electronically, you can print out your W-2s for your employees.

Does Social Security have any advice to make tax filing and future benefit applications go smoothly?

We encourage you to carefully check your name, Social Security number and all of the data on your W-2s, your online Social Security Statement, and Social Security card to make sure they all match. If you don't have access to your card or statement but know your Social Security number, make sure the number and information is correct on your W-2s. A mismatch could delay your tax refund and cause problems with your Social Security benefits in the future. Such errors are much easier to fix now. If you do notice an error, you should contact Social Security at **1-800-772-1213 (TTY 1-800-325-0778)**, or if the information on the W-2 is incorrect, notify your employer.

For more information about Social Security, visit www.socialsecurity.gov. ■





Review Your Estate Plan Often

by Scott Makuakane, Est8Planning Counsel, LLLC

As we turn the page from 2012 to 2013, it is not a bad time to focus on your Rule Book (the set of documents in which you lay out your estate plan) and make sure that the rules you have in place are still consistent with your wishes and your needs. How often you review your Rule Book is up to you, but it is important to appreciate that things change. As they do, your Rule Book can gradually become obsolete, and if you fail to update it, it may do more harm than good.

WHAT KINDS OF CHANGES IMPACT YOUR ESTATE PLAN?

Changes in your health. Like it or not, your health will change over time, and the general trend will not be for the better. Your doctors can do a lot to keep you going, but they have not discovered the Fountain of Youth yet. If you ever lose the capacity to update your estate plan, your family may be stuck with a Rule Book that does not meet your needs, and there may be little that can be done about it, short of taking an expensive foray through the court system.

Changes in your assets. Values go up, values go down. Those fluctuations can affect how your estate plan works. More importantly, it is important to take periodic stock of your assets and make sure they are all properly titled. If you have a revocable living trust, you probably should have all or most of your assets in the name of your trust. If you sell an asset that belongs to your trust, make sure the proceeds go into an account owned by your trust, and when the proceeds are reinvested, make sure the new assets are properly titled.

Changes in your family situation. Any time your family experiences a marriage, a divorce, a birth, or a death, you should have a look at your Rule Book. Other changes might impact what you want to say in your Rule Book as well. Those changes might be good, such as a child heading off to college, or not so good, such as the discovery that a family member has a drug problem or a debt problem.

Changes in the law. There have been some dramatic changes in the Federal and Hawai'i estate tax laws over the past several years, and you can expect those kinds of changes to continue for the foreseeable future. Though the changes have caused uncertainty, they have also given rise to opportunities. Over the past two years, Hawai'i laws relating to trusts and tenancy by the entirety have changed in some very positive ways that open the door to enhanced asset protection. Don't miss out on what those new laws have to offer.

If you review your Rule Book at least once per year, you will probably be able to stay on top of all of these changes and be able to make appropriate updates to your estate plan.

You should also sign a new durable power of attorney and advance health-care directive each year, even if there are no changes. The reason to update your power of attorney is that once it is more than a year old, many financial institutions will not honor it, and once it is five years old, nobody will honor it. The reason to update your advance directive is to force you to focus on it and make sure that it accurately reflects your wishes. It will not be called upon until you are unable to speak for yourself, so you need to get it right while you still have the capacity to do so. ■

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Fighting Over Assets?

by Stephen B. Yim, Attorney at Law

"My parents made a trust with a lawyer. Why is it not working and the trustee and beneficiaries are fighting over the assets?"

Sadly, these are words I often hear from families who call me after the second parent dies to settle their parents' estate. The Trust might have worked from the drafting attorney's point of view in that the assets did not go through probate and the taxes were minimal. However, the drafting lawyer probably did not investigate and counsel their clients as to the relational aspects of estate planning.

In my 25 years' experience as a lawyer, I've come to realize that there are five questions that must be answered with a "Yes" to ensure that the estate plan will work:

- ❑ Did the plan properly transfer the assets to the beneficiaries avoiding probate and minimizing tax?
- ❑ Did the beneficiaries receive the assets properly to minimize the risk of mismanagement and misspending of assets?
- ❑ Did the parents clearly convey their message, meaning, and intent to their trustee and beneficiaries?
- ❑ Did the beneficiaries and trustee clearly receive the message, meaning, and intent from the parents?
- ❑ Will the trustee and beneficiaries honor the message, meaning, and intent of the parents?

In other words, making the estate plan is not enough. Communication, verbally and in writing, with the trustee and beneficiaries over time conveying the message, meaning and intent, and making sure they clearly receive your message, meaning and intent is critical to a successful estate plan. ■

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Selecting Your Financial Adviser

by Michael W. K. Yee, CFP

Speaking from experience, the relationship between financial advisors and their clients is incredibly important. Whether you rely on your advisor to help with retirement planning, saving for college, or meeting other goals, this individual will help determine how you approach some of life’s biggest financial decisions. Here are a few things to keep in mind when choosing an advisor.

Find someone who shares an interest in your future. Your financial advisor should ask questions about your hopes, dreams and concerns. Your advisor should not be someone who only talks at you, but also listens to you.

Your advisor should know the marketplace. A good advisor should offer a tailored plan based on your goals—whether it’s building cash reserves, protecting your income against death or disability, or creating a balanced portfolio.

Financial advisors shouldn’t be know-it-alls. A smart advisor knows when it’s time to gather input from other experts, such as tax and legal professionals. Find an advisor who is willing to use a team approach to help you reach your goals.

Select an advisor with a solid reputation. When interviewing advisors, ask for references and specific examples of how they helped clients reach their goals. Check the advisor’s educational background and note any professional designations they have earned. You may find this information and on websites like FINRA.org.

Once you choose an advisor, you can start customizing a financial plan that fits you. Here’s what to expect during the planning process:

Set Goals: Your advisor will ask questions to help you identify your financial needs and dreams. These might include:

- Envisioning your future — what’s next for you?
- Where do you see yourself living?
- What lifestyle goals are important to you?
- Providing for your children’s education?
- How do you envision your retirement?
- Do you want help to reduce the effect of taxes on your assets?

Don’t worry if you can’t provide detailed answers. As you go through the financial planning process, your responses will become clearer to both you and your advisor.

Determine the Facts. After setting goals, assess your current financial picture. This includes gathering information and materials for your advisor to get a clear picture of your present situation.

Create the Plan. Your financial advisor will work with you to establish a course of action designed to help you achieve your goals. This strategy may cover things like:

- Your needs, goals and values.
- Current assets and liabilities.
- Investment portfolio recommendations.
- Retirement plan.
- Insurance audit and needs analysis.
- Estate planning analysis.
- Product recommendations and action items.

Implement the Plan. After reviewing your strategy and consulting with your financial, tax and legal professionals, you and your advisor will implement the plan.

Meet and Review. Now that your plan is in motion, you will want to meet once or twice a year to review progress and make updates.

Selecting an advisor and creating a financial plan does take some time and effort. Once you take action to achieve your goals, you’ll likely discover life’s challenges can be better managed with the security of having a plan in place. ■

For info, contact Michael W. K. Yee at (808) 952-1240

¹ The Money Across Generations IISM study was commissioned by Ameriprise Financial, Inc. and conducted by telephone by GfK in December 2011 among 1,006 affluent baby boomers (those with \$100,000 or more in investable assets); 300 parents of baby boomers; and 300 children of baby boomers at least 18 years old. The margin of error is +/- three percentage points for the affluent boomers segment and +/- six percentage points for the parents and children of boomers segments. Ameriprise Financial and its representatives do not provide tax or legal advice. Consult with your tax advisor or attorney regarding specific tax issues. Brokerage, investment and financial advisory services are made available through Ameriprise Financial Services, Inc. Member FINRA and SIPC. Some products and services may not be available in all jurisdictions or to all clients. ©2012 Ameriprise Financial, Inc. All rights reserved. File # 143286

Home Exemptions For Seniors

by Dan Ihara (RA), Coldwell Banker, Senior Real Estate Specialist

Many have told us that their Real Property Taxes seem to be going up. This may be true since our property taxes are a direct relation with the City’s value of the property. The higher the assessed value of your property, the higher your property taxes will be..

We have clients from all over the world. And believe it or not, our property taxes are not as high as some states. As of the 2008 U.S. Census, the state of New Jersey holds the #1 position for the highest median property tax paid per year at \$6,320. The lowest median property tax paid was Louisiana at just \$188.

Home exemptions reduce the net taxable assessed value of the property used in determining your property tax and apply only to your primary residence. You can only have one primary residence which is tracked by your Social Security number. The current basic home exemption is \$80,000. This means that \$80,000 is deducted from the assessed value of the property and the homeowner is taxed on the balance. If you’re 65 years and older, the home exemption is \$120,000. To qualify for the higher exemption you must be 65 years or older on or before June 30 preceding the tax year for which the exemption is claimed. Your exemption amounts will automatically increase depending on the age of the homeowner. The current property tax rate is \$3.50 per \$1,000 of assessed value. This rate is set in May or June by the City Council and may be adjusted for the July statement of this year.

If you believe your property taxes are too high, there is a way you can file for an appeal. These are what you need to know:

- You’ll need to complete the *Notice of Real Property Assessment Appeal* form and submit a \$25.00 deposit. This form as well as other valuable information can be found online at www.realpropertyhonolulu.com.
- There are 4 ways to appeal. The most common is based on your belief that the assessment of the property exceeds more than 10% the market value of the property.

- Once the form is completed a hearing is scheduled before the Board of Review. This board is made up of private citizens in an informal setting. You’ll want to bring documentation to validate your statement and then they’ll remedy a decision.

If you purchase a property, remember to file for the exemption immediately, so you don’t forget later. Ownership must be recorded at the Bureau of Conveyances on or before September 30 preceding the tax year.

We’ve known seniors who have lived in their home for years and never took advantage of their home exemptions and they’ve paid more property taxes than needed — imagine the extra savings. ■

Dan Ihara (RA) & Julie Ihara (RA)
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Tax And Scams

by Timothy Caminos, Director of Communications
Hawaii's Better Business Bureau

This time of year, fliers, yard signs, emails and other advertisements offering tax preparation assistance and promising bigger, faster refunds are popping up everywhere. When you alone are ultimately responsible for the information on your tax returns, how do you separate the professionals from the scammers? Over the past few years seniors have become prime targets of the tax scammers.

One popular scheme works by convincing seniors that they qualify for reimbursement through the American Opportunity Tax Credit (AOTC). The AOTC allows people paying for college to reduce their taxable income by as much as \$2,500.

A key requirement of the AOTC is that a person be currently enrolled in an institute of higher education—a condition that most seniors do not meet. But, scammers lie, telling seniors that they can collect benefits even if they went to school many years ago or even if they helped pay for their children's schooling.

Here is a list of some of other recent tax related scams:

- Fictitious claims for refunds or rebates based on excess or withheld Social Security benefits.
- Claims that *Treasury Form 1080* can be used to transfer funds from the Social Security Administration to the IRS enabling an IRS-payout.
- Unfamiliar for-profit tax services teaming with local churches.
- Homemade fliers or brochures implying credits or refunds available without proof of eligibility.
- Offers of free money with no documentation required.
- Promises of refunds for "Low Income—No Documents Tax Returns."
- Claims for the expired *Economic Recovery Credit Program* or for the *Recovery Rebate Credit*.
- Senior stimulus payment. Retirees and other Social Security beneficiaries are eligible for a senior stimulus payment—\$250 for individ-



uals and \$500 for couples—as part of the new stimulus plan. Some scams claim seniors can get a second, much larger payment by calling a telephone number and surrendering personal information.

Hawaii's BBB offers the following tips for avoiding tax preparation scams:

- Be cautious of tax preparers who claim they can get larger refunds than other preparers, or who base their fee on a percentage of your refund.
- Consider whether the individual or firm will be around to answer questions about the preparation of the tax return months, or even years, after the return has been filed.
- Check the preparer's credentials. Only attorneys, certified public accountants (CPAs) and enrolled agents can represent taxpayers before the IRS in all matters including audits, collections and appeals.
- Find out if the preparer is affiliated with a professional organization that provides its members with continuing educational resources and holds them to a code of ethics.
- Ask friends and family if they know of people who has used the tax preparer before, and whether they were satisfied with their service.
- Check out the firm with Hawaii's Better Business Bureau at Hawaii.bbb.org

Keep your money and your identity safe this tax season. And remember the IRS provides free telephone assistance for people who have questions at **1-800-829-1040**. ■



A Story To Tell Of Life And Love

by Jeffrey Sisemoore, JD, Director of Gift Planning National Kidney Foundation of Hawai'i

Taking good care of ourselves and helping others who suffer from disease is important not only for ourselves but for others who may be impacted by disease. In the context of Chronic Kidney Disease and kidney transplantation even young children can learn much and be shaped by the experience they share with adult members of the family. Consider the following story.



MY BIG SURPRISE By Trevor Toma

"I have been surprised many times in my life, but the absolute greatest surprise was in March 2012 when my mother told me she was going to give away her kidney. When my mother came home from work, she looked way happier than usual. So I asked her, 'Why are you so happy?' Then she told me the story of how uncle Gregg's kidneys were running at 11% efficiency and how he was on the National Kidney Foundation Donor's list. She told me that it would be a long time for him to get a kidney and maybe he wouldn't even get one. He would die without a kidney transplant. Then she told me, 'I have decided to give uncle Gregg one of my kidneys. Don't worry because I can live just fine with only one. I am going to have surgery in San Francisco when it is time.' Then she asked me if I had any questions or suspicions about the transplant but I wasn't worried at all. She decided to give her kidney away because it made her sad to think that he would die and his kids wouldn't have a father and his wife wouldn't have a husband. He was shocked, excited, and grateful because he didn't even know that his wife and my mom were talking about it. He was surprised because he didn't think that a friend would risk their life to give him a kidney. He was grateful because he knew that this kidney would give him a new life.

During the tests, my mom took x-rays, blood tests, urine tests, and an IV. Sometimes she was gone for hours then came back with some news—sometimes good, sometimes bad. But my mother knew it was all worth it. Then one day she had to

go to San Francisco for 3 days with her co-worker's family to get more tests. She had a very good time. When she got back, she gave me a baseball cap and showed me pictures of the house she stayed at. After, she told me that there would be only a few more tests to take and then they would have to wait for a kidney match to swap.

Well, now it's only a matter of time before my mother and uncle Gregg are ready to swap. Now I see how much love and effort was put into this transplant. I hope to save lives like her one-day. Even now—this very minute—I see how much she cares for uncle Gregg and his family."



The decision to donate a kidney so that another person may live is one that is made with much planning, testing, and care. Those who donate one of their kidneys profoundly affect lives besides the life of the recipient. ■

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Kokua Care	In-home Services	kokuacare.com	734-5555
Medy's Arch	Home Care	medy_arch@yahoo.com	833-0919
Project Dana	Senior Service	projectdana.org	945-3736
SECOH (Special Edu. Ctr., HI)	Adult Day Ctr. & Service	secoh.org	734-0233
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Dr. Wynn Okuda	Dentist	cosmeticdentistryhawaii.com	734-1099
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Hawaiian Eye Center	Ophthalmology	hawaiianeye.com	521-1160
Kaiser Hospitals	Hospital Services	kp.org	432-7940
Kashiwabara Physical Therapy	Physical Therapy	dean@kashpt.com	596-7077
Rehabilitation Hospital of the Pacific	Rehabilitation Hospital	rehabhospital.org	531-3511
Dauterman Healthcare	Durable Medical Supplies	dautermanmedical.com	591-8860
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FINANCIAL			
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Premier Benefit Consultants	Health Care Insurance	leigh@pbchawaii.com	542-7550
Senior Lending Hawaii	Reverse Mortgage	seniorlendinghawaii.com	234-3117
LEGAL			
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Pre-Paid Legal Services	ID Theft & Legal Service	gsbhawaii@gmail.com	781-4709
Stephen Yim	Estate Planning Attorney	stephenyimestateplanning.com	524-0251
NON-PROFIT			
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Primary Properties	Real Estate	hawaiipropertylistingpro.com	782-8920
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Dr. Thomas Kane

by Megan Fong

A Lifetime Commitment to Bringing Hope and Help to People with Arthritis



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Dr. Thomas Kane is pictured with Jennifer Hee, Executive Director of the Arthritis Foundation, Pacific Region. Dr. Kane was selected as the Foundation's Medical Honoree because of his exceptional track record providing education and care to people with arthritis.

Dr. Thomas J. Kane, III, is the founder and chief orthopedic director of the Kane Orthopedic Institute. He has been selected as the Hawai'i Arthritis Foundation Medical Honoree for 2013 based on his exceptional contribution to the treatment and care of people with arthritis across the state. Dr. Kane has been voted Best Doctor in Hawai'i and the USA since 1996, has been recognized as an "Outstanding Teacher" at the University of Hawai'i, and regularly gives back to the community through volunteer service with organizations like Shriner's Hospital and Operation Walk, an international orthopedic group that travels to foreign countries to deliver care to those in need.

Dr. Thomas Kane describes himself as a kid from a small town in central California who spent afternoons riding his bike around the neighborhood and playing with his dog. He comes from a close-knit family, and counts his 95-year-old mother, Kay, a self-taught book keeper who still walks to work six days a week, as the greatest influence in his life. "Mom is the picture of health. She can bend over and touch her toes, takes no medications and hates doctors — although she makes an exception for me."

He credits her with teaching him the importance of a holistic perspective on life and health, something the 61-year-old surfer has taken to heart. Dr. Kane, who is known for his bedside manner and the time he takes to talk with patients about how to live well despite ailments and injuries, really does practice what he preaches. At least three times a week, you can find him on his board out at Rockpiles, Ala Moana Bowls or Laniakea, not only getting in a valuable workout but also having fun, which he says is vital when you are looking for a way to stay active. "If it's not fun, you're not going to do it." He also regularly lifts weights and does stretching exercises, eats a balanced diet that includes "a little bit of everything, but not too much of anything," plus

a multivitamin, and of course glucosamine and MSM supplements to promote joint health.

Another lesson that Kay Kane imparted to her son is the importance of discipline and hard work. Dr. Kane tells the story of how his mother enrolled him in piano lessons at the age of four, and expected him to practice every day. "She would sit there on the couch next to the piano and make sure I played for 30 minutes. She wasn't mean about it, but I knew that I had to do it." The practice paid off, for by the time he was 18, he had won several piano competitions and even garnered a full scholarship to the prestigious Julliard School in New York City. "I knew I had reached a fork in the road," he said. "I could either pursue a career as a professional musician or go see what else the world had to offer."

Ultimately, he turned down the scholarship to Julliard, and enrolled in the University of Santa Clara. Halfway through college, he realized that he needed to make a switch from his humanities major to pre-med. His advisor told him that it couldn't be done because he would never have time to complete all the prerequisite coursework to qualify for medical school. Not surprisingly, he proved his advisor wrong, graduated magna cum laude, and went on to medical school at UC Davis

and residencies in general and orthopedic surgery at the University of Hawai‘i. He was also the first physician in Hawai‘i to complete a fellowship in adult hip and knee reconstruction. The work ethic taught to him as a young boy was what had kept him going. “Mom told me, ‘You have to find your passion and commit to it one hundred percent.’ I knew I wanted to be a doctor.”

Today, Dr. Kane has been serving the people of Hawai‘i for more than 30 years, performing over 9,000 surgeries with a 98% surgical success rate. The procedures he does are aimed at both joint preservation and joint reconstruction, in keeping with his overall philosophy that “we try to help patients keep their God-given parts as long as possible.” While surgery is considered a last resort, it can offer patients a dramatic improvement in quality of life when their pain is too great and their mobility or daily functioning is at stake.

According to Dr. Kane, there is a reason why his specialty is necessary. “The problem is that humans outlive their joints. Joints are made of cartilage, which unfortunately cannot regenerate itself and does not heal on its own if it is injured. Generally, the more you use a joint, the more it wears out, and this natural progression is compounded by diseases like arthritis.” The majority of patients who come to him are suffering from arthritis, the most common form being osteoarthritis, so much of the education that he provides to his patients is about how to prevent arthritis

and keep joints healthy or how to manage symptoms in order to delay surgery as long as possible. He also refers many of his patients to the Arthritis Foundation because “they have fabulous resources for those who want to educate themselves.”

Dr. Kane shares the following tips with his patients about joint health:

- **AVOID INJURY.** The joints that you have need to last you a lifetime, so be careful when you exercise or play sports. Pay attention to signals like pain that lingers long after you are done moving and don’t overdo it!
- **STAY IN MOTION.** It is important to remain active through low-impact exercise like cycling and swimming. Dr. Kane says, “Cartilage is like a sponge. It needs *elastohydrodynamic nutrition* to be healthy. In other words, moving around is what brings nutrients into your joints. When people have arthritis, they often have ‘startup pain’ which makes them think that they shouldn’t get moving, but that is exactly what they need to do.”
- **MAINTAIN A HEALTHY WEIGHT.** Weight control is important for your overall health, but especially when it comes to joint health. Dr. Kane says that every pound of weight that a patient gains puts triple that amount of stress on his or her joints.

Dr. Kane shares that one of the most important parts of his practice is the initial consultation

he has with each person who walks through his doors. This is the time when he can really sit down, talk story, and listen to his patients. His goal is to understand what their needs are but also to set people at ease, especially those who are in pain and might be starting to feel discouraged. I tell them, “The decision to have surgery is a difficult one, but do not lose hope. There are many very effective nonsurgical treatments for arthritis today, including medications and other modalities. If surgery is indicated, the options we have are highly successful. There is greater than 95% chance of restoring their quality of life, and reopening doors that they see closing.”

It is this optimism and confidence that makes Dr. Kane one of Hawai‘i’s most beloved and effective physicians. A small-town boy who had a simple wish when he started down the path to becoming a doctor: “I wanted to help patients get better. I wanted to give people their lives back.” Thousands of seniors in Hawai‘i would agree that he has done just that. ■

Whether you have arthritis or not, moving is the best form of medicine. Dr. Kane likes to stay active by surfing at least three times a week.



Tips from the Arthritis Foundation:
SIGNS AND SYMPTOMS OF ARTHRITIS

Did you know that 50 million people — or one in five Americans — have been diagnosed with arthritis? Arthritis affects men, women, and children of all ages, and it is the nation’s most common cause of disability.

There are several warning signs to watch out for, if you think you have arthritis:

- **Pain** in one or in many parts of your body
- **Stiffness**, sometimes most pronounced in the morning or after a period of inactivity

- **Difficulty moving** a joint, especially when doing normal daily tasks, such as climbing stairs or opening a jar
 - **Occasional swelling** and/or tenderness around a joint; the joint may also feel warm to the touch
 - **Redness** in the skin around a joint
- You should see your doctor if you have any of these symptoms for more than two weeks. Early diagnosis and treatment of arthritis is important because it can slow or prevent the joint damage that often occurs during the first few years of having the disease.

Tips from the Arthritis Foundation:
MANAGE AND PREVENT ARTHRITIS

Be physically active. Physical activity can help manage the pain and stiffness from many forms of arthritis. Exercise keeps your joints moving, keeps the muscles around your joints strong, and keeps bone and cartilage tissue strong and healthy to prevent arthritis. Whether you are starting your own routine or want to join a program, there are many options for you to choose from:

- **Low-impact exercises**, such as walking, biking, swimming, or using an elliptical trainer are great ways to keep your body and your joints healthy!
- **The Arthritis Foundation Walk With Ease** program is designed to help people with arthritis safely make physical activity a part of their daily life. Call **596-2900** to learn more!

Control your weight. Weight control means staying close to your recommended weight or losing weight if you are overweight now. Did you know that weight control helps to:

- **Reduce your risk** for getting arthritis in your knees, hips or back?
- **Ease pain** from arthritis by reducing stress on your joints?

Protect your joints. Whether you are working out or working in the yard or just looking for a way to be kind to your hard-working joints, it is important to minimize the trauma they experience. Use these tips to help your joints feel better or to stop joint pain before it starts:

- **Use proper methods** for bending, lifting, reaching, sitting and standing.
- **Avoid activities that hurt** an affected joint.
- **Avoid staying in one position** for a long period of time; move or change positions often.
- **Respect pain:** If you have pain that lasts for 2 hours or more after an activity or exercise, then you have done too much!

Shaley & Sharon Yoshizu: Hoping For A Cure

A common myth about arthritis is that it is a disease that only affects older people. In fact, two-thirds of people with arthritis are under the age of 65, and it is estimated that there are 300,000 children living in the US with a form of juvenile arthritis. Sharon and Shaley Yoshizu know first-hand about the lifelong challenges that people face when they are diagnosed with arthritis at a young age.

Sharon, age 30, is a mom of three who was diagnosed with rheumatoid arthritis nine years ago. Her daughter Shaley, now nine years old, was diagnosed at the age of 2 with polyarticular juvenile rheumatoid arthritis. While both mother and daughter now deal with the frequent and disabling joint pain that arthritis brings, as well as all of the doctors' appointments, injections and medications that help to keep their symptoms under control, they are tireless in their efforts to raise awareness about arthritis and share their message of hope that there will someday be a cure for this common affliction.

The Yoshizu family, including husband and father Brad and younger sisters Sadie and Shyana, has partnered with the Hawai'i Arthritis Foundation since 2008. Shaley served as the Youth Ambassador for the annual Arthritis Walk in 2009. Two years later, the Yoshizus represented the State of Hawai'i at the 2011 National Arthritis Advocacy Conference in Washington, DC, and they received the Hawai'i Arthritis Foundation



Even though they deal with the constant pain of living with arthritis, the Yoshizu family works tirelessly to raise awareness and hope for a cure. The Yoshizus serve as Hawai'i Arthritis Foundation ambassadors, and represented Hawai'i at the 2011 National Arthritis Advocacy Conference in Washington, DC.

Advocacy Award in 2012. In total, they have raised over \$30,000 for the Arthritis Foundation to find a cure!

If you would like to join Sharon and Shaley and the Yoshizu family in the fight against arthritis, consider participating in this year's **Arthritis Walk**. The family- and pet-friendly event will be held on **Sunday, May 5** at Kakaako Waterfront Park. Funds raised through the Arthritis Walk will support national research initiatives on the treatment and cure of arthritis, local state-wide exercise programs for people with arthritis, and education and support for people with all forms of arthritis and their families. Go to www.HIarthritisWalk.org or call 596-2900 to learn more. ■



As arthritis advocates, Shaley and Sharon Yoshizu share their story to help people understand the impact of their debilitating disease, and that it can affect anyone at any age.

Photography by Cindy Ellen Russell, courtesy of the Star-Advertiser



visit the Arthritis Foundation website at www.arthritis.org.

Tips from the Arthritis Foundation: TYPES OF ARTHRITIS

According to the Arthritis Foundation, there are more than 100 types of arthritis and related conditions. The following are three of the most common diseases that make up arthritis:

- **Osteoarthritis(OA)** is the most common form of arthritis, affecting 27 million American men and women. It is a progressive degenerative joint disease, meaning that it causes cartilage and bones to break down over time. You have a higher chance of developing OA as you get older, or if you are overweight or obese or have a history of joint injury.
- **Rheumatoid arthritis (RA)** affects about 1.5 million Americans, mostly women. It is an autoimmune disease, meaning that a person's immune system attacks its own joint tissues, causing pain and inflammation throughout the body. Many people

with RA are diagnosed when they are fairly young, between the ages of 30 and 60.

- **Juvenile arthritis (JA)** is an umbrella term used to describe the many different conditions that can develop in children ages 16 and younger. JA is one of the most common childhood diseases in the United States. More children have juvenile arthritis than cystic fibrosis, muscular dystrophy, cerebral palsy and juvenile diabetes combined. The causes of JA are largely unknown, but researchers and doctors are working to understand the various forms that this disease can take.

There are many other common diseases, such as fibromyalgia, gout, osteoporosis, and lupus, which are also considered a form of arthritis or an arthritis-related condition. To learn more about the types of arthritis mentioned above, as well as many others. To learn more about the many forms of arthritis and related conditions visit www.arthritis.org.




2013 HAWAII ARTHRITIS WALK

Sunday, May 5, 2013 - Kaka'ako Waterfront Park

7:30 Registration & Entertainment
9:00 Let's Move Together! Walk Begins!
1 or 3 mile Walk option

Fun for the whole family!
Healthy Food, Entertainment, Keiki Zone & Sponsor Fair

Make a difference for the 236,000 adults and 1,200 keiki in Hawaii
with Arthritis ~ the leading cause of disability in the United States!

Contact the Arthritis Foundation ~ Hawaii Branch
808.596.2900 or visit our website www.HIarthritisWalk.org

This mission of the Arthritis Foundation is to improve lives through the leadership in the prevention, control and cure of arthritis and related diseases.



Disease Of The Kings: Gout

by Dr. Ritabelle Fernandes, MD

An estimated 6 million people in the United States have experienced gout at some point in their lives. Known as “the disease of kings and the king of diseases,” gout has been studied by physicians and has caused suffering in many people for centuries. Gout is a type of arthritis that occurs when uric acid builds up in the blood and causes joint inflammation. Men aged 40 to 50 are most commonly affected.

What causes Gout?

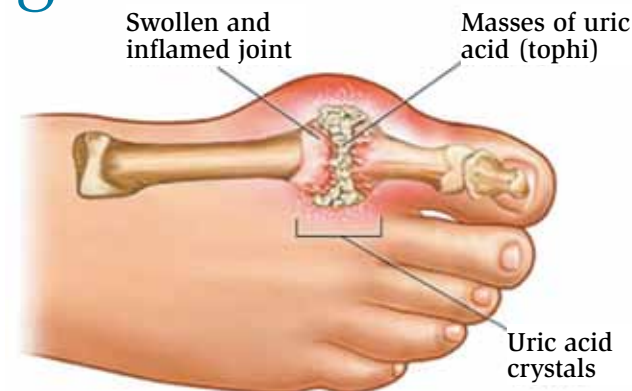
Gout is one of the few types of arthritis where the cause is known. It results from deposits of needle-like crystals of uric acid in the connective tissue, joint spaces, or both. Uric acid is a byproduct of the breakdown of purines or waste products in the body. Normally uric acid breaks down in the blood and is eliminated in urine. When the body increases its production of uric acid or if the kidneys do not eliminate enough uric acid from the body, levels build up. This is called hyperuricemia. If excess uric acid crystals form as a result of hyperuricemia, gout can develop.

What are the symptoms?

- Sudden, severe attacks of pain
- Tenderness
- Redness
- Warmth
- Swelling in some joints
- It usually affects one joint at a time, especially the joint of the big toe, but can also affect the knee, ankle, foot, hand, wrist and elbow.
- Deposits of uric acid, called tophi, can appear as lumps under the skin around the joints and at the rim of the ear.
- In addition, uric acid crystals can also collect in the kidneys and cause kidney stones.

How is it diagnosed?

Standard diagnostic tools for gout may include a medical history and physical examination, blood test for uric acid, and urine sample for uric acid.



For a definitive diagnosis of gout, a sample of synovial fluid from the affected joint is required. X-rays may be helpful. Not everyone with high uric acid levels in the blood has gout.

How is Gout treated?

Indomethacin is the usual choice for pain relief during an acute attack of gout. Colchicine (Col-crys), a derivative of the autumn crocus, has been used to treat gout for hundreds of years. This drug relieves the pain and swelling and can help prevent future attacks. Corticosteroids such as Prednisone can also be very effective for short term relief of joint inflammation and pain.

Allopurinol blocks uric acid production and is the standard drug used in long-term treatment of gout. Probenecid is another maintenance drug that increases uric acid excretion in the urine. Febuxostat (Uloric) is the newest drug available to lower uric acid in the blood and has greatly improved the quality of life for persons with gout.

Lifestyle and Dietary Recommendations

- Weight loss can help reduce uric acid levels in those people that are overweight.
- Drinking plenty of water also helps remove uric acid from the body.
- Avoid alcohol.
- Limit the amount of meat at each meal.
- Avoid purine rich foods - anchovies, sardines, fish roes, herring, yeast, organ meats (e.g., liver, kidneys), legumes (e.g., dried beans, peas, and soybeans), meat extracts, consommé, gravies, mushrooms, spinach, asparagus, cauliflower, and poultry. ■

Arthritis, Diet & Dietary Supplements

by ©2013 Amy Brown, PhD, RD, John A Burns School of Medicine, University of Hawaii

“Arthritis” means “inflamed joints.” About 100 different types exist, and each has its own treatment. On top of this list are osteoarthritis (OA) and rheumatoid arthritis (RA). In medicine, the conventional treatments for any disease are provided under “clinical practice guidelines.” For arthritis, these and “patient resources” are listed at www.rheumatology.org. However, each patient responds differently so the treatment is carefully determined by the physician.

Although many conventional medical diets exist, some diets and supplements fall under “complementary” medicine, a method of health care sought by up to 90 percent of adults with arthritis. Does diet help? Researchers suggest that vegetarian diets may help people with RA. An elimination may help because grains (gluten), dairy, meats and citrus were among the top 10 common foods that worsen RA symptoms. Not all people with arthritis have food sensitivities. For those that do, an elimination diet under the guidance of a registered dietitian may help find the offending foods. Losing excess weight may very well alleviate OA pain, especially in the knees where the protective pad wears out between the two bones pressing against each other. Avoiding obesity is the best preventative measure against OA that affects 1/3 of the people over 65.

Numerous dietary supplements have been touted to help arthritis, and those with some limited clinical research support in humans, are now briefly listed below:

Avocado/Soybean unsaponifiables (ASU)—A Cochrane review of two OA studies show improvement in function, pain, and reduced medications.

Bromelain—This enzyme found in pineapples has been traditionally used by boxers to reduce their hand inflammation. One OA study found it was as beneficial as anti-inflammatory drugs in relieving pain.

Cat’s Claw—Three studies support the use of cat’s claw for OA. This vine native to the Amazon has been used for centuries.

Chondroitin Sulphate—Although it takes two months to show an effect, if any because results are mixed, this supplement may relieve OA pain.

Collagen—Polymerized collagen reduces inflammation in OA.

Devil’s Claw—A few studies show that pain, stiffness, and function improve in OA.

Fish Oil—Strong research support exists for treating RA pain.

GLA (gamma linolenic acid)—About 7 studies suggest that this omega-6 fatty acid found in evening primrose oil, black currant oil, and borage oil, may reduce the stiffness, pain, and amount of required medication for RA.

Ginger—Reduced knee pain was observed in one OA study (possibly RA).

Glucosamine—Some, but not all, people with OA respond after about two months on this natural substance. Diabetics should monitor their blood glucose when taking glucosamine-containing supplements.

Glucosamine Chondroitin—A National Institutes of Health study (GAIT) supported its use in OA patients where it provided significant knee pain relief, but only for moderate or severe pain.

Hyaluronic Acid—Found naturally in the body and used on horses, studies show it helps people too.

Rose Hips—Two studies show that rose hips reduced the pain of OA and RA.

SAM-e—Many studies support S-adenosylmethionine use for joint pain, but it is also used for depression.

Stinging Nettle—Several studies show that this supplement taken orally or applied to the skin as a cream may be helpful in reducing OA inflammation and pain.

Tumeric—Curcumin, a yellow coloring agent extracted from tumeric, may reduce inflammation in the body, including that caused by arthritis. ■

Stretch To Better Health And Well Being

by Diane Cadinha, Certified Personal Trainer

We all know exercise and staying active plays a big role on how we age, but a lot of us forget about the importance of stretching and staying flexible. Tight short muscles create muscle imbalances, which leads to loss of function and range of joint motion. Not to forget the aches and pains that goes along with it. Tasks that used to be simple like reaching for something in the cabinet, putting on your seat belt, or even putting on a sock become extremely difficult or impossible. A regular stretching program can help lengthen your muscles and make daily activities so much easier and manageable.

Anyone can learn to stretch regardless of age or flexibility. There are simple stretches you can do on a daily basis while watching television at the computer or before you get out of bed. It feels good and doesn't have to involve a huge time commitment, but can deliver huge results!

Here are just a few of the benefits of stretching you can expect.

- 1. Increased flexibility, improves function, balance and coordination, lowering your risk for falls.
- 2. Improved circulation increases blood flow to your muscles and arteries to give you more energy and lower blood pressure.
- 3. Reduced muscle tension reduces stress so you feel more relaxed.
- 4. Less prone to injury and muscle strains.
- 5. Better posture helps to minimize discomfort of aches and pains.
- 6. Develops body awareness. As you stretch you focus on that particular part of your body you become more in touch with yourself. It is a form of active meditation for a better sense of well being.



Quad Stretch (Front of thigh)—
Stand up straight and tilt pelvis forward. Keep the knee down and lean only as far back as you can still relax.



Hip Flexor (Front of hip)—
Kneel on a pad or pillow. Bring one leg forward; enough to keep your knee behind your toes. Press the opposite hip to the floor.



Calf/Achilles Tendon—
Only step as far back as you can. Keep your back heel on the floor. Stretching your calves keeps your ankle joint functioning.

Muscles stretch easier if you warm up first. You can do a **5 minute walk** making sure to move your arms, or even taking a warm shower. If you do strength training, stretch between sets. It is **particularly important** not to sit for more than an hour at a time without getting up and stretching!

Begin a stretch by holding it for 10–30 seconds to where you feel a mild tension. More is not better when comes to stretching. Find the degree of comfortability, then relax into it. Slight discomfort is okay, providing it starts to subside as you hold your pose. **Don't bounce**, that can cause tears which can lead to scar tissue and tighter muscles.



Hamstring (Back of leg)—
Keep your chest up and reach forward. You can also lay on your back and wrap a towel or rubber tubing around your foot and hold.



Hip and Low Back—
On your back and pull your bent knee across your body. Look the opposite direction. Keep your arm on the floor. Repeat with otherside.



Sissor Inner Thigh—
Sit up tall and sissor your legs. With your hands behind your back you will also feel a stretch in your forearms and chest.

Your breathing should be slow and controlled. Deep breathe in through the nose and out through the mouth. That sends a signal to the brain to relax and to allow your muscles to lengthen.

If you cannot relax then you're trying too hard. Ease up slow and start again. Breathe and relax. Make stretching part of your daily activities, you'll feel better and your body will love it! ■

photos by Kathy Boast

Shaping Up!

with Diane Cadinha
ACE & NASM CERTIFIED



Victor, 88 yrs., is doing a moving lunge on the TOTAL GYM Gravity System. Great for balance, flexibility and CORE stability.



Joan Packer, 91 yrs., working on the ball to strengthen the hip muscle for balance and stability to prevent shuffling.

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Smile Rejuvenation

by Dr. Wynn Okuda, DMD

My teeth are yellow, chipping and make me look so old. What can be done to have my smile look younger and my teeth stronger? Are crowns or caps the only solution?

These are the questions I hear often. As people get older they become concerned about their teeth looking yellowed, darkened, worn down, showing cracks, or being different colors. Solutions for making a smile look refreshed, brighter, youthful and stronger (or a "Smile Rejuvenation") vary, depending on a patient's needs.

In today's technology we no longer have to fully crown or cap teeth to have them be healthy. I have found that porcelain veneers are an excellent solution for many seniors, for healthier and stronger teeth. The myth about porcelain veneers is they just make a smile beautiful.

Porcelain veneers allow the dentist to remove the least amount of tooth structure while reinforcing

your natural teeth. Veneers, which are thin shells that fit over the front of your teeth, are often used as a minimal invasive alternative to crowns. Porcelain veneers allow you to have a natural, youthful smile, by brightening the color and altering the shape of the teeth. These restorations are ideal to have your teeth not only look better but be stronger as well, when the goal is to keep your teeth for a lifetime.

For more information call our office for a complimentary consultation. ■

Wynn H. Okuda, DMD, Inc.
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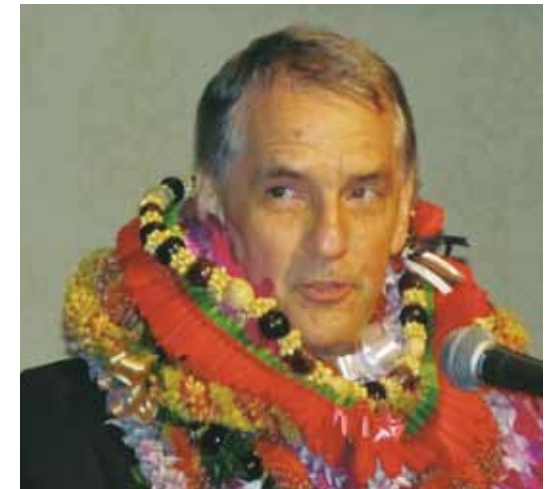


Immediate occupancy available. Call Susan to arrange a visit: 533-5416

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Arcadia Medical Director Named "Physician of the Year"

The Hawaii Medical Association named Dr. John Houk the 2012 Physician of the Year during an October award ceremony. Dr. Houk has been Medical Director for Arcadia Retirement Residence since 1991 and for 15 Craigsides since 2011. The award recognized him for providing compassionate, comprehensive care and for championing the concept of a "Patient-Centered Medical Home." Dr. Houk is the first Medical Director of a Continuing Lifetime Care Retirement Community in Hawai'i to receive this award. His colleagues at Arcadia and 15 Craigsides are extremely proud of him for earning this testament to the quality of care provided. Dr. Houk is a member of the American College of Physicians, American Medical Association, American Medical Directors Association, Hawaii Medical Association and Honolulu County Medical Society. He is also a popular speaker at Arcadia, lecturing on topics that include the following: *Forgetfulness and*



Alzheimer's, Quality of Life: How Do You Keep It?, 7 Secrets of Healthy Living, Is There Value in Vitamins?, and Why I became a Vegan.

Arcadia Retirement Residence is Hawai'i's leading provider of senior care, since 1967, helping seniors in their own homes, in our convenient community centers or in our vibrant new retirement residence... 15 Craigsides in Nuuanu Valley. For more information, visit arcadia-hi.org. ■

Are you concerned with ensuring the safety and well-being of your loved ones, particularly seniors, in the event of an emergency or disaster?

Learn what you can do to prepare at our no-cost FEMA course offerings:

Natural Disaster Awareness for Caregivers of Senior Citizens

February 13th, 2013 from 8AM-12PM at Lyon Associates:

Located at: 45 N. King Street, Suite 502 Honolulu, HI 96817
(Parking is located in the adjacent open parking lot. Parking lot entrance on Nuuanu Ave.)

OR

February 22nd, 2013 from 8AM-12PM at Maui District Health Office

Located at: 310 West Kaahumanu Ave., Rm. 107 Kahului, HI- Maui 96732
(Please park in the Science Parking lot (facing Kaahumanu Ave.) located under the trees.)

To Register for our courses, please visit our website at www.ndptc.hawaii.edu. Create a profile by clicking the Login button. Once logged in please visit the Trainings tab to look for the course delivery by date and name.



828 Fort Street Mall • Suite 320
Honolulu, Hawaii 96813
Phone: 808.956.0600 • Fax: 808.536.9110
website: ndptc.hawaii.edu

Hawai'i Family Caregiver Coalition

by Anthony Lenzer, PhD, HFCC Coordinator

What is the Hawai'i Family Caregiver Coalition? How did they get started? Why are they here? Good questions!

The Hawai'i Family Caregiver Coalition, or HFCC, is a group of organizations, including government agencies, non-profit organizations, and private businesses concerned with the needs of unpaid family caregivers. Friends and neighbors are often caregivers, in addition to family members. Most people don't realize that on any given day in Hawai'i, about 169,000 adults are caring for frail or impaired adults, and about 247,000 are caregivers at some time during the year. These caregivers provide an astounding 162 million hours of unpaid service during the year! The estimated dollar value of this service is \$1.990 Billion per year.¹ This potentially saves a tremendous amount of money for insurance companies, family members, and the state, which might otherwise have to pay for care through the Medicaid program or other sources.

HFCC started when Hawai'i was selected in 2004 to participate in a project designed to create coalitions such as theirs at the state and local levels. This project was funded by the US Administration on Aging and conducted by the AARP Foundation. The Coalition emerged following a two-day training period, in which 27 organizations participated.

Most importantly, why is HFCC here?

HFCC exists because family caregivers often face great challenges, yet they are not represented by supporting organizations; and their needs are not known to most policymakers or by the community. HFCC's member organizations support caregivers and their families either through providing direct services or by other means. They have joined together in order to achieve two goals: first, to identify gaps in service and advocate for service expansion which will need caregiver needs; and, second, to promote education to caregivers, professionals in the field of aging, policymakers, and the public regarding caregiver needs.

What does HFCC do?

Here are a few examples: During Family Caregiver Day at the Capitol, advocates and caregivers visit legislative offices to discuss legislative priorities and have family members share their personal experiences with caregiving. They also distribute copies of their annual Aging and Disabilities Issues report to lawmakers, senior organizations and the public. The Coalition's Educational Symposia offers members valuable information and a chance to learn new skills. The Speakers Bureau and educational materials are available at no charge.

Organizations interested in joining HFCC can contact Anthony Lenzer via email Tlenzer@hawaii.rr.com or call 808-261-2095. Mailing address is P.O. Box 3088, Honolulu, HI 96802. ■

(1) Lynn Feinberg, Susan C. Reinhard, Ari Houser, and Rita Choula. Valuing the Invaluable: 2011 Update The Growing Contributions and Costs of Family Caregiving. Washington, DC: AARP Public Policy Institute

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Building Senior Resilience

by Wallace N. Napier-Psomas, Ph.D., Course Development Program Manager
National Disaster Preparedness Training Center, University of Hawai'i

Most of us in Hawai'i understand that the island chain we call home is particularly vulnerable to hurricanes, earthquakes and tsunamis. And we've definitely all heard how wise we'd be to plan ahead and prepare for these types of emergencies and natural disasters. The good news for you and your family is that now you've got a capable partner who is willing and eager to help you when you're ready to take on this necessary and difficult challenge.

The National Disaster Preparedness Training Center (NDPTC) offers many workshops to community members free of charge. One of our latest courses targets a broad cross section of seniors, senior caregivers, family members, friends, home health providers, and medical personnel to help them better understand the actions that might be required of them during a natural disaster. Seniors are frequently the most vulnerable population during a natural disaster because they often require additional support or have special needs. This 4-hour hands-on workshop focuses specifically on planning and preparedness actions that caregivers of seniors can take to help ensure the continued health, safety, and security of the senior(s) in their care.



Natural disasters can happen with little or no warning, but that doesn't mean that we are completely powerless to protect ourselves or that we must depend entirely on emergency management personnel to rescue us. Did you know that individuals, families and businesses in Hawai'i should expect to be on their own for at least 7 days after a disaster? The goal of this workshop is to empower you and help minimize risks and ultimately to reduce the impact of the natural disaster on the people you love and care for.

Here's a list of some of the topics we explore in this course:

- Identifying types of hazards and their potentials to cause fatalities, injuries, property damage, infrastructure damage, damage to the environment, interruption of business, or other types of harm or loss (FEMA, 1997)
- Preparing caregivers in advance to reduce vulnerabilities of seniors in emergencies
- Assessing and managing constraints and vulnerabilities of older persons such as mobility issues, medical conditions, disabilities, social and economic constraints
- Developing a plan of action (e.g. evacuation, sheltering, feeding, transportation, accommodating persons with disabilities, ongoing and emergency care, etc.)
- Organizing an extended support system
- Amassing critical equipment, resources, food and water provisions
- Building resilience and attending to the overall well-being of seniors during and after disaster

Resilience is key in dealing with any of life's difficulties, especially in natural disasters. It means being able to rebound or recover so that you can get on with your life. For seniors, knowing that there is a specific emergency plan in place will encourage confidence and peace of mind. For caregivers, being trained and prepared to deal with natural disasters will help to reduce anxieties about their caregiving duties and responsibilities so that they can perform them with confidence.

We hope to see you at this workshop and encourage you to contact us by phone or visit online for more information, as well as for more training opportunities and resources that we offer. ■

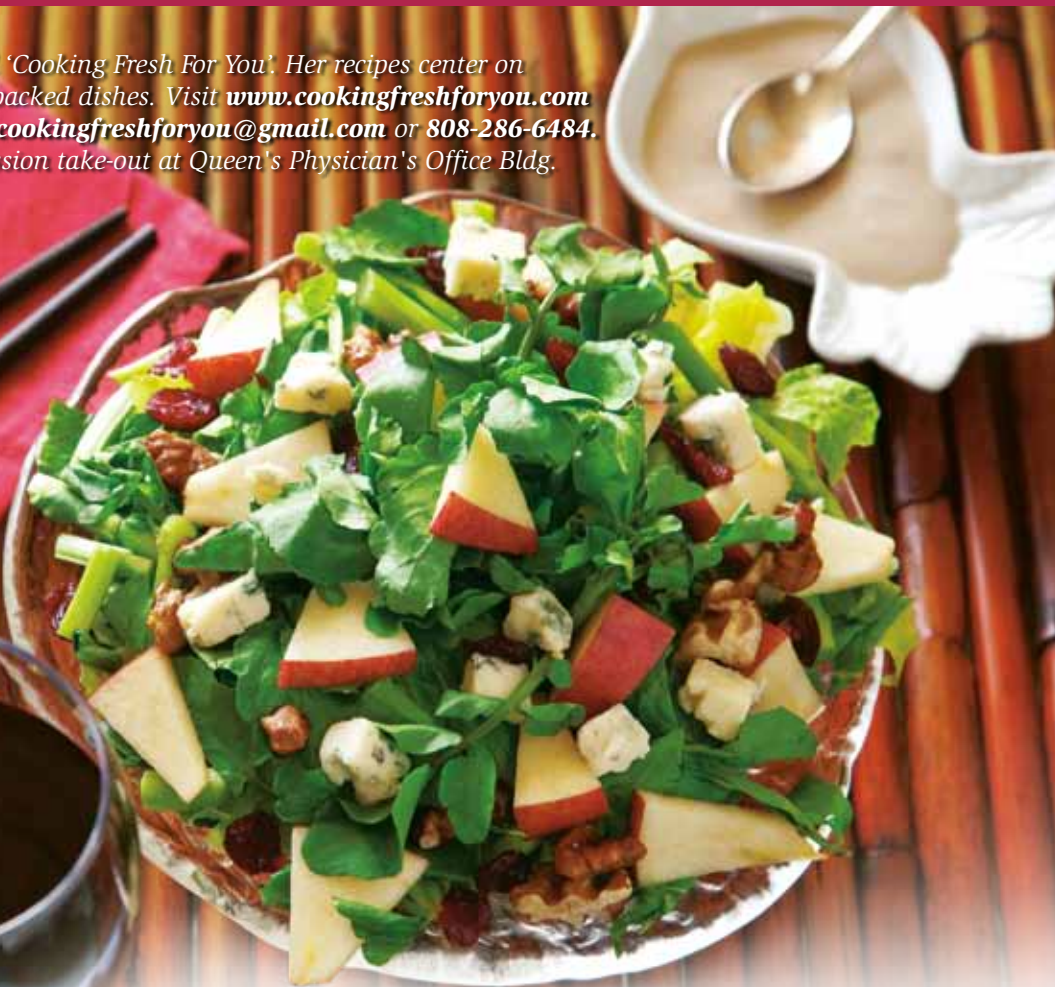
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by Chef Michi

Michi's Waldorf Salad



Salad:

- 1 head romaine lettuce
- 1 bunch local watercress (3c chopped)
- 2 fuji apples/ripe pears
- 3/4c walnuts
- 4oz. crumbled feta or gorgonzola cheese
- 1/2c dried cranberries
- Parmesan cheese (preferably block, not the prepared kind)
- 2T maple syrup (any pancake syrup works fine)
- 1T brown sugar
- pepper to taste
- Pam/non-stick spray

Dressing:

- 1/4c balsamic vinegar
- 1/2c prepared Ranch dressing

To prepare "candied" walnuts, in a small bowl combine walnuts and maple syrup, toss in brown sugar to coat. Using a non-stick pan, spray with Pam and lightly toast walnuts over medium heat. Remove from heat and cool on a sheet of waxed paper.

Combine two dressings and mix well, set aside. *Hint:* It's important to toss your salad dressing into the salad just prior to serving to avoid soggy greens! Go light on the dressing, you can always add more.

Cut romaine into bite size pieces, chop watercress into 1" pieces and toss together in a large salad bowl. Slice apple/pear into bite size pieces (1/8" thick). Add feta/gorgonzola, candied walnuts and cranberries, then gently toss dressing into the salad. Season with fresh ground pepper and sprinkle generously with parmesan cheese (for an attractive presentation, use a vegetable peeler to scrape wide curls of parmesan and place on top of tossed salad). ■

Year Of The Snake!

by Kelfred Chang of Hawai'i Lion Dance Association

Chinese Zodiac relates each Chinese calendar year to an animal based on a 12-year cycle. Those born in 1905, 1917, 1929, 1941, 1953, 1965, 1977, 1989, 2001, and 2013 are Snake people. February 10, 2013 (solar calendar) is the Lunar Year 4711 celebration that welcomes the *Year of the Snake*, ending on January 30, 2014.

Chinatown is a key area for Chinese New Year festivities from the few weeks leading up to it through the few weeks following it. That is where local Chinese congregate year after year to shop for the necessary new year items for their home and to soak in the festive atmosphere.

One can expect to see the performance of the Chinese lion (*not a dragon*) at many of the new year celebrations. In Hawai'i, the southern or Cantonese lion, mascot of the chinese martial arts organizations, is performed by two people: one in the head and the other person in the tail. The lion

is a costume made of paper-mache and cloth. Its body is approximately 6' to 12' in length.

People born in the year of the Snake, are deemed to have characteristics of being wise, charming, studious, aloof and reserved. Elegant and soft spoken, they enjoy recreational activities and good company. They are romantic and deep thinkers and are considered lucky with money and business ventures. Although refined, they can be very jealous. And at their own pace, they anxiously seek what they want. ■



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University Of Hawai'i Baseball And Softball Home Game Schedule



UH BASEBALL		Vs. (played @ LMBS)
Feb 9	1:00 pm	Alumni Game
Feb 15-18	varies*	Oregon
Feb 22-25	varies*	Rice
Feb 28-Mar 4	-- --on the road @ LV* -- --	
Mar 7-11	varies*	Gonzaga
Mar 20-24	varies*	Wichita State
Mar 28-31	varies*	UC Santa Barbara
Apr 5-14	-- --on the road @ CA* -- --	
Apr 19-21	varies*	CS Northridge
Apr 26-28	varies*	CS Fullerton
May 3-12	-- --on the road @ CA* -- --	
May 17-19	varies*	UC Davis
May 23-25	-- --on the road @ CA* -- --	
May 30-Jun 2	tba*	NCAA Regional
Jun 7 9	tba*	NCAA Super Regional
Jun 14 24	tba*	College World Series (NE)

UH SOFTBALL		Vs. (played @ RWSS)
Feb 27	6:00 pm	Memphis
Feb 14-17	-- --on the road* -- --	
Mar 1-3	n/a*	HI Invitational Tourn.
Mar 7-10	n/a*	Malihini Kipa Aloha Tourn.
Mar 11	6:00 pm	Syracuse
Mar 12	6:00 pm	East Carolina
Mar 13-16	n/a*	HI Spring Fling Tourn.
Mar 23-24	-- --on the road* -- --	
Mar 29	6:00 pm	UC Davis
Mar 30	2:00 pm	UC Davis (DH)
Apr 5	6:00 pm	UC Riverside
Apr 6	2:00 pm	UC Riverside (DH)
Apr 13-20	-- --on the road* -- --	
Apr 26	6:00 pm	Long Beach State
Apr 27	2:00 pm	Long Beach State (DH)
May 3	6:00 pm	UC Santa Barbara
May 4	2:00 pm	UC Santa Barbara (DH)
May 10-11	-- --on the road* -- --	
May 17-19	tba*	NCAA Regionals
May 24-25	tba*	NCAA Super Regionals
May 30-Jun 5	tba*	NCAA Wmn College WS (OK)

*For schedule and ticket details, visit www.Generations808.com or www.hawaiiathletics.com or call 808-944-2697



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"Not to say that the Shuzi bracelet helped me heal from a mild stroke of September 2011, but after wearing the bracelet for less than a few days, I had noticeable results with walking up and down stairs, standing on one foot, and writing."

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