

# GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 6/3 • JUN/JUL 2016

## Aloha iā oe *Marlene Sai Legacy*

**Aging in Place  
Workshop  
Schedule**

page 6

**Animal  
Assisted  
Therapy**

page 36

**Preventing &  
Resolving Fam-  
ily Conflicts**

page 42

**Paying  
Yourself in  
Retirement**

page 48

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Distribution  
Locations on  
Page 3



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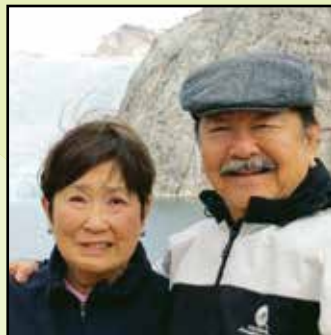
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This issue takes a broad look at “legacy.” What we leave to our families and our extended community can take many shapes. Sometimes, we know how our actions or gifts help others. Other times, the good we do goes without recognition, but in either case, our hope rests with the generations to come. Enjoy learning about how our contributing authors look at legacy.

Summer graduations and wedding celebrations mark important family milestones. As elders, we may be seated up front or have our plate brought to us instead of standing in the buffet line. Perhaps we help with food preparation or keep track of grandchildren during the bustling event. Whatever the role, celebrate your family and be thankful for a joyous opportunity for all generations to mingle. Create good memories, laugh heartily, stay out of direct sun, use mosquito repellent and drink water to stay hydrated.

We look forward to seeing our Generations family of readers, contributing experts, advertisers and partners at our *Generations Magazine's* Aging in Place Workshop in the Ala Moana Hotel Conference Center on Saturday, Aug. 20, from 8:30 am to 2:30 pm. This event celebrates our 10th year! Mark your calendars for a full day of learning from top experts. Bring a friend who needs to know more about aging well.

One of the few annual events for seniors living in Leeward O‘ahu is the Senior Health & Fitness Fair at the Hawaii Okinawan Center in Waipi‘o on June 17 from 9 am to 1 pm. Admission is free, and workshops will be full of valuable information.

Another reason for gathering is to honor our departed loved ones. In April, *Generations Magazine* Feature Photographer Brian Suda lost his mother, Tokiko Suda. She lived a full 98 years at home. Brian and his wife, Pamela Cunningham, cared for Tokiko many years and helped her meet the challenges of dementia at the end of her life. Brian and Pamela are grateful for the friends, professionals, agencies and organizations that kindly assisted Tokiko, and helped them honor her.



Every Day is Brand New!

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## CONTENTS | Volume 6/3: Jun/Jul 2016

### COVER STORY

16 Aloha iā 'oe: A Marlene Sai Legacy

### AGING IN PLACE

6 Workshop Schedule

### EDITORIAL

12 Memories Still Flow

13 Aging With Grace

### LIVING LIFE

24 Forever Young

25 Great Competition Among Seniors

26 Punahou: Celebrating 175 Years of Service

27 Busy Doing Good

28 Elks Care, Elks Share

29 Feeding College Athletes: Body, Mind, Soul

30 Making A Difference for Retirees in Hawai'i

### HEALTH

31 SilverSneakers Fitness® Benefits Body & Mind

32 Lumbar Stenosis Misdiagnosis

33 Beating Cancer

34 Annatto: An Ancient Supplement

35 Inflammation & Aging: Fluid Problems

### GIVING CARE

36 Animal Assisted Therapy

### PROGRAMS & SERVICES

38 Medicare: Don't Leave Home Without It!

39 SSA News for Same-Sex Couples

40 Exercise Your Reading Muscles This Summer

41 Sentimental Journals

42 Preventing & Resolving Family Conflicts

43 American Cancer Society Builds Hope

45 Hawai'i Alzheimer's Disease Initiative

### WISDOMS

48 Paying Yourself in Retirement

49 Endowment Gift Keeps on Giving

50 Will You Leave a Legacy?

51 Sycamore Row

52 Stop Being an Easy Victim

Cover & Feature Story Photography by Brian Suda





# The 10th Annual Aging in Place Workshop

Saturday, August 20, 8:30am–2:30pm  
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Fall Prevention: Aging Isn't for Sissies <i>Stan Michaels, Dept. of Health</i>	Understanding Medicaid <i>Cassandra Stewart, Cardon Outreach</i>	Prepare to Care <i>Patricia Bemis, RN</i>
The Anti-Cancer, Anti-Diabetes Lifestyle <i>Dr. Shintani</i>	Everything You Wanted to Know About Social Security <i>Jane Yamamoto-Burigsay, Social Security Admin.</i>	Advanced Care Planning <i>Lori Protzman, RN</i>
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Fall Prevention: Aging Isn't for Sissies <i>Stan Michaels, Dept. of Health</i>	Understanding Medicaid <i>Cassandra Stewart, Cardon Outreach</i>	Social Media and Apps <i>Ryan Ozawa &amp; Bert Lum</i>
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	<b>9:30–10:15</b> Aging in Place — Use Your Home Equity to Stay at Home <i>Percy Ihara, Aging Specialist</i>	Where do we go from here? Care options <i>Hope Young, Kokua Care</i>	Active Aging for Good Health and Longevity <i>Diane Cadinha, Personal Trainer for Seniors</i>
	<b>10:30–11:15</b> Estate Planning for You and Your Family <i>Stephen Yim, Attorney at Law</i>	Senior Living Options <i>Dan Ihara, Keller Williams</i>	Healthy Aging With Water Therapy <i>Julie Moon, Physical Therapist</i>
Mid-Day Break	Fall Prevention Video Showing	Visit Exhibitors (Open all day) <b>Over 60 Exhibitors</b>	Visit Exhibitors (Open all day) <b>Over 60 Exhibitors</b>
PM Session	<b>11:45–12:30</b> How to Finance your Long-Term Care Needs <i>Michael Yee, CFP, Ameriprise Financial</i>	Declutter and Age in Place <i>Cynthia Arnold, De-clutter Hawaii</i>	Common Questions About Long-Term Care Facilities <i>Steve Nawahine, Kalakaua Gardens</i>
	<b>12:45–1:30</b> Aging in Place — Use Your Home Equity to Stay at Home <i>Percy Ihara, Aging Specialist</i>	Where do we go from here? Care options <i>Hope Young, Kokua Care</i>	Active Aging for Good Health and Longevity <i>Diane Cadinha, Personal Trainer for Seniors</i>
	<b>1:45–2:30</b> Estate Planning for You and Your Family <i>Stephen Yim, Attorney at Law</i>	Senior Living Options <i>Dan Ihara, Keller Williams</i>	Healthy Aging With Water Therapy <i>Julie Moon, Physical Therapist</i>

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## Our Contributors

**G**enerations Magazine® calls upon Hawai'i's experts—from financial and legal advisors to healthcare professionals and noted chefs—to produce informative and meaningful resources for our local seniors and their families. We are grateful for their contributions.



*CATHY ALSUP serves as the American Cancer Society's director of major gifts for Hawai'i and the Pacific, and is the staff lead on the Hope Lodge Hawai'i capital campaign. Cathy has worked with the American Cancer Society for seven years, helping to create a world with more birthdays. She is president-elect on the Board of Directors of the local Association of Fundraising Professionals, and enjoys tennis, paddling and family time.*



*REV. JAYNE RYAN KUROIWA, is the pastor of Windward United Church of Christ in Kailua, where seniors may attend ongoing education on aging at her "Aging With Grace" programs. This article is Pastor Jayne's first installment in a series on the spiritual terrain of aging. She and her husband, Wally Ryan Kuroiwa, also a minister, have moved back to the islands after 15 years in the Midwest. The Ryan Kuroiwas have two adult children and one very new grandchild.*



*CHRISTY NISHITA, Ph.D., is interim director and researcher at the University of Hawai'i Center on Aging. She is also president of the Hawai'i Pacific Gerontological Society. She received her Ph.D. in gerontology from the University of Southern California. Her current focus is on improving community-based long-term care, with publications on aging in place, nursing home transitions and health promotion.*



*MARY STEINER is the campaign manager for Compassion & Choices Hawai'i. She leads initiatives in advocacy, education and end-of-life care in the state. She is also active with the Hawaiian Humane Society. Prior to working with Compassion & Choices, Mary was CEO of The Outdoor Circle, a statewide organization to preserve natural beauty, view planes and open space.*



*TRACEY S. WILTGEN, Esq., is the executive director of the Mediation Center of the Pacific, a nonprofit corporation that assists over 7,000 people annually to prevent and resolve conflict through mediation, and other means of dispute resolution. An active mediator, facilitator and trainer, Tracey has helped develop numerous programs for the Mediation Center, including Kupuna Pono. For over 16 year, she was a caregiver for both her parents.*



*STEPHEN B. YIM, JD, LL.M. is a sole practitioner tax attorney specializing in elder law and the areas of estate planning, and supplemental needs planning for families who have children with disabilities, charitable tax planning, estate and gift tax planning, estate administration, trusts and wills. Stephen was adjunct professor at the University of Hawaii William S. Richardson School of Law. He teaches M.B.A. and M.Acc students at University of Hawaii and Hawaii Pacific University, and many workshops, including Generations Magazine Aging in Place Workshop.*

*And a continuing mahalo to our ever-present contributing partners (in alphabetical order):*

MARTHA KHLOPIN | SCOTT MAKUAKANE | TAMILYN MASUDA | ALAN MATSUSHIMA | JULIE MOON  
ANNETTE PANG | EILEEN PHILLIPS | TERRY SHINTANI | JEFFREY SISEMORE | SCOTT SPALLINA  
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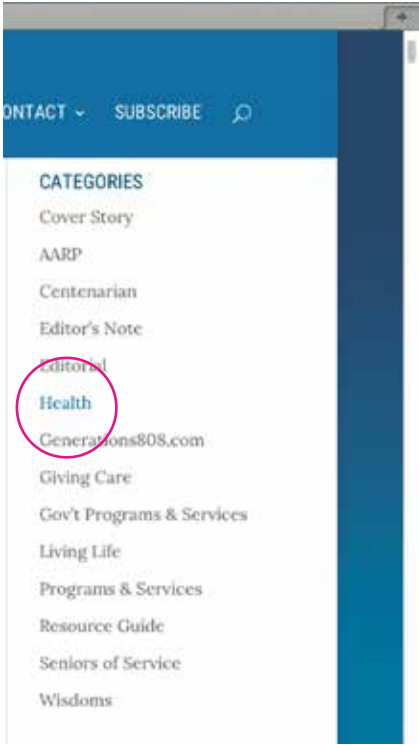


Type in a pertinent keyword... or use one of the categories in the side bar.

Sherlock Holmes would love the new Generations808.com website! Find any topic you want by clicking the detective’s magnifying glass up in the upper right corner of any page. Then type in one or two keywords and hit Enter/Return. Links to all *Generations Magazine* resources containing those keywords will appear on a list: articles, radio shows or videos.

Categories of articles appear on the right side of the search results — look here for more information. If your friend needs some information about Medicare, click the Health category, or do a keyword search for “Medicare.”

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## Memories Still Flow

by Sherry Goya, *Generations Magazine Staff*

**H**arry Hoo (he says, pronounced “who”) has a very strong lineage of family members living long and healthy lives. His mother passed away at 98, but his brother still lives in Hong Kong at 101. In celebration of Harry’s 100th birthday, the Pālolo Senior Club had a party at its Tuesday meeting, with Chinese food and birthday cake, courtesy of his family.

Harry tells me that his grandparents came to Hawai‘i to work on the plantations. His father was born in Hawai‘i, but went to China to find a wife and start a family. Harry was born March 6, 1916, and after high school, he came to Hawai‘i and attended night school. Although he doesn’t remember when he started his many jobs, Harry told me he worked for the Army. After that, he joined the Navy at Pearl Harbor. Because he had a driver’s license, he was able to work in transportation department.



Harry Hoo celebrates at the Pālolo Senior Club.

After he married and had two children, he worked other jobs and retired in 1981 as a parking supervisor at The Queen’s Medical Center.

As Harry tells me about his two children and two grandchildren, his memory astounds me. He remembers where they graduated from college, all the positions they have held and what they are doing today. He is very proud of his family and also appreciates the care he receives from his son-in-law. ■

Stories for and about seniors and their caregivers are always worth sharing, such as 100th birthday announcements. Send stories and photos to Sherry Goya.

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## Join the movement for end-of-life choice in Hawai‘i

California is the 5th state to legalize medical aid in dying, thanks to Brittany Maynard, the 29-year-old with terminal brain cancer who moved to Oregon to take advantage of that state’s Death with Dignity law. Her story galvanized a community.

We want the same for Hawai‘i. Every movement needs its storytellers and now, Hawai‘i needs personal stories to put a local face to this all-important issue.

If you support death with dignity or you have a story to share, please email [msteiner@compassionandchoices.org](mailto:msteiner@compassionandchoices.org) or send in the form below to join our mailing list.



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## Aging With Grace

by Rev. Jayne Ryan Kuroiwa



**S**ometimes when I glance at myself in the mirror, I can’t believe my eyes. Is that really me? I’ve just made 60 and it shows, but the mental picture I have of myself remains decades younger. One of the challenges of aging, it seems, is to let go of our vanity, which can be surprised by thinning hair or a slower gait. In a culture obsessed with youth, we are no longer young.

Making peace with our physical appearance and declining abilities is all part of aging with grace. With that journey of acceptance comes a compensating opportunity — with age, we focus less on outward appearances and tend more to who we are on the inside.

Those of us who are privileged to live a mature life know that there is a time to stop trying to turn heads or to climb to the top. We know life is more about how well we know ourselves than it is about how many people know us. This is a spiritual turning. Life moves us to consider the meaning of our mortality.

How will you seek spiritual maturity — to know serenity, to express gratitude, to laugh, to notice beauty and mercy, to insist on justice, to persist, to lay the past to rest, to find forgiveness? I hope I’m writing those into my spiritual autobiography. What about you?

The church where I am pastor, Windward United Church of Christ in Kailua, has started **Aging with Grace**, a new program initiative. It offers comfortable entry points for seniors and

their families who want to learn about community aging resources or participate in leisure activities and volunteer groups. Aging with Grace programs explore the spiritual terrain of aging, asking questions and celebrating the challenges and blessings that face nā kūpuna.

We lift up a simple prayer for spiritual maturity: “Teach us to number our days, that we may gain a heart of wisdom” (Psalm 90:12).

I am going to print that out and place it on my mirror at home. I long to see the reflection of this wise woman’s heart. ■

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# Aloha iā 'oe

## *A Marlene Sai Legacy*

*by Katherine Kama'ema'e Smith*

Whether singing, producing CDs, acting, developing Kamehameha School alumni or leading community organizations, Marlene Sai does everything from the heart. Judy Garland once asked, “When do the words come true?” Marlene turns her love songs into reality by the sheer will of her aloha and proven business savvy. We joined Marlene on the site of her latest project, renovating a 114-year-old building to house a senior center.

The Ka‘akako “pump house” looks so out of place in a forest of towering modern high-rises. For decades, rumors spread that it would be turned into a museum, a restaurant, fine shops or even a car dealership. Now, for the first time in 66 years, Pacific Gateway Center will put this historic industrial building back into use as a community center. This \$2.5 million renovation project is supported by an HCDA grant-in-aid and additional funding by the legislature. Remediation of the interior is in progress under the direction of Project Coordinator Marlene Sai, a woman with a reputation for energy, grace, aloha and a remarkable ability to get things done.





Marlene Sai, an actress, vocalist and music executive, is popularly known as a grand dame of Hawaiian music, whose signature songs “Kainoa” and “Waikīkī,” and portrayal of Lili‘uokalani in the PBS documentary “Betrayal” won her fame and many awards. What many may not know is that Marlene also worked in administration at

Kamehameha Schools and built its alumni department, while continuing to perform select “gigs.”

Before balancing work and family was ever mentioned, she was raising her two daughters and in the mainstream of two careers. “I have always been in entertainment and always

worked every day in an office—even when I was performing nightly in Waikīkī,” said Marlene. Today, she is driving the Pacific Gateway Center project, Nā Kūpuna Makamae Center, and also leading important community projects, such as Kūpuna Power and the Prince Kuhio Hawaiian Civic Club. She created the Kūpuna Power event with Sen. Brickwood Galuteria in 2012 to educate elders about aging issues and to enrich their lives.

### Renovate

Now officially called “Nā Kūpuna Makamae Senior Center,” the pump house was designed in 1900 by Oliver G. Traphagen (the architect for the

main building of the Moana Surf Westin Resort & Spa). The pump station was part of a larger sanitation system engineered for Honolulu by Rudolph Hering from New York City. The tall stack exhausted a huge steam-driven pump housed here. Traphagen balanced the Romanesque exterior of this 1,500-square-foot fortress with large arched windows and a green tile roof that survived well in our climate. This government facility ceased operations in 1949, when all pumping was taken over by the Ala Moana station. In 1978, the old pump station was registered as a historic building; the current construction will not change any of the building’s exterior design features.

One might say that the pump station has been waiting for Nā Kūpuna Makamae—The Beloved Seniors. It is a place all seniors recognize and can find their way to on TheBus. Because it is a historic building, it will always be an oasis of open sky and green lawn in Kaka‘ako—a legacy of the past. Later this year, Pacific Gateway Center will open its doors as a community haven for activities that initiate fun: hula, music lessons and performance, yoga, tai chi and movie matinee day, to name a few. Marlene and Marketing Coordinator Valery O’Brien are creating meaningful cultural and educational events that will tell the stories of Hawai‘i, and all her people groups and programs that support and grow our community values.

### Follow Your Star

People in Kamehameha Schools at the same time as Marlene said that her music career came up fast. She is from the musical ‘Ikuwā family. In her early teens, her uncle, Andy Cummings, a Hawaiian musician and composer, taught Marlene some of his songs. One was “Kainoa,” a melody he was scoring for his dear friend, Jimmy Lono Tako, a slack key artist on Hawai‘i Island. Her perfect pronunciation of Hawaiian came from her parents and grandparents. If singing with “Uncle” conjurs visions of fancy music studios with monitors, headsets and hanging mics, Marlene

will be quick to describe sitting on the front porch after school, with Uncle Andy teaching her his songs, maybe an hour or two every day. He never told her why he was mentoring her; it was just fun—and Marlene loved to sing.

“Our family always had gatherings at our home in Kaimukī, where we would come together to enjoy music—playing instruments, singing and dancing. While I attended Kamehameha Schools, the music influence and structuring with a variety of music was plentiful.”

The key to Marlene is practical grounding. When she graduated from Kamehameha, she got a job working in travel during the summer—earning a living was her priority. “I was on the bottom rung at the agency and pulled Saturday and Sunday shifts. It was OK because I was single. In fact, there were several of us who worked in town on the weekends. Pau hana, we would meet at Joe’s at Waikīkī, near the old Biltmore Hotel, for a snack. We were all just starting out.”

Marlene was a good paddler and knew many of the Waikīkī beach boys. One day, a surfer asked if she and her girlfriends would like to take a ride out to a Kāne‘ohe to a place with good music—Honey’s, a restaurant-bar. “My friend plays good music and manages the place for his mom,” he said. So the next Sunday, they drove over the pali, playing ‘ukulele, singing and laughing the whole way. The 27-year-old entertainer was a fellow named Don Ho. “He was terrific! During the introductions, one of the fellows told Don he should call me up to do a number because ‘this wahine can sing.’ In his kolohe way, Ho said, ‘Yeh—she can sing.’” He did call her to the stage. Marlene sang “Kainoa,” the song her uncle taught her. Ho immediately offered Marlene a part-time job singing at Honey’s—never guessing that she was only 17. She gave him her family’s phone number.



Marlene said Ho never called her, but a few weeks later, he flagged her over as she drove down Kalākaua Avenue. “I lost the number and been looking for you,” he called from his Thunderbird convertible. He asked her to Honey’s the next night—which turned into the start of her recording career. She remembers casually rehearsing with the band—Sonny Chillingworth, Gary ‘Aiko, Tony Bee and Mike Garcia. She did not know that dignitaries of Hawai‘i’s entertainment industry were in the audience—Bill Murata, George Chun, Herb Ono and Jack deMello—to hear Chillingworth play.

“After I started at Honey’s, my career took off and I decided not to go on to the University of Hawai‘i. When my “Kainoa” album took off, comedian Lucky Luck, disc jockey J. Akuhead Pupule and Jimmy Walker asked me to be on their radio and TV shows... soon I was playing at Duke Kahanamoku’s Supper Club in Waikīkī.”



Above is a rare shot of Marlene recording “Kainoa” in 1960. Left is Don Ho in the early days. Her family and Ho opened Marlene to Hawaiian songs and Kamehameha Schools taught her an appreciation for all kinds of music.



## Put Your Talent to Work

The hit album “Kainoa” wasn’t recorded track by track in a studio. “Sounds of Hawai‘i label was just building a new studio, so we recorded in the Honolulu Rapid Transit bus barn on King Street, where the police department is now. The acoustics were good late at night, when all the traffic died down and the planes stopped flying overhead,” she said. A live performance “air mix” is a desirable sound, but exceedingly difficult to achieve—the whole number must be performed perfectly. Amid all the parked buses, with the help of some of Hawai‘i’s finest musicians—Chillingworth on straight guitar and slack key, Ho on the organ and Alex Among on vibes—Marlene was able to pull it off.



The old Honolulu Rapid Transit bus barn.

Always the quintessential professional, Marlene said, “It’s a great story, but I still want to digitize the “Kainoa” project to improve the sound.”

“Kainoa” and “Waikīkī” became her signature songs, later joined by “I Love You,” composed for her by her friend, Teddy Randazzo, an international recording star. In addition to cutting more than 20 albums, she entranced audiences at the biggest Waikīkī hotels—Hilton Hawaiian Village, The Royal Hawaiian Monarch Room, Moana Surf Rider—and supper clubs, such as Don the Beach Comber and Duke Kahanamoku’s.

Marlene said she still misses Ho. They often reminisced about their little-kid days—when

everything was fun and exciting. She affectionately called him “Quack,” (relating to Donald Duck) and Marlene’s nickname was “Goofy” because she sometimes likes to joke and act crazy. “We were young and the industry was so big. I had no plan; I was young and fearless and wanted to explore as far as I could go. I was a baby performer working among greats like Genoa Keawe, Haunani Kahalewai, Alfred Apaka, Maddie Lam, Vicky I‘i Rodrigues and Johnny Almeida, to name a few. I was so blessed.”

In contrast to the glamor and glitz of stardom, Marlene was wise and eager to learn the gritty entertainment business. She learned as she went, always tackling projects and getting them done. “Donald helped me negotiate a contract at Duke Kahanamoku’s Supper Club with Kimo McVay. After I had recorded with Sounds of Hawaii, I started Makaha Records with friends George Chun and Tom Moffatt. Later on, I got involved with Hawai‘i Academy of Recording Arts as an active board member—I’ve been president three times, treasurer, chair of Nā Hōkū Hanohano Awards a few times—and eventually we took it to the Hawai‘i Convention Center.”

“Respect your gift,” Marlene tells the young entertainers. “The fun comes, but first, you have to treat your business seriously.”

A sober reality of a singing career is meeting your audience where they are. In 1962, Marlene took her first road trip to Japan, where she is still a star. Every spring, she travels west to perform for her fans, backed up by Japanese musicians and hula dancers who specialize in popular Hawaiian music.



Marlene Sai has a big following in Japan. Since 1962, she has been performing for Japanese audiences. Here she performs in 2010 with Japanese musicians who specialize in Hawaiian music.



## SOME RECOGNITION AND AWARDS

- ★ 1986 The Hawai‘i Academy of Recording Arts (HARA) Nā Hōkū Hanohano Award for “Best Female Vocalist”
- ★ 1987 Hawai‘i State Theatre Council Po‘okela Award for her portrayal of Queen Lili‘uokalani in “Hear Me, O My People”
- ★ 1999 Kamehameha Schools Alumni Gallery Award
- ★ 2004, HARA Nā Hōkū Hanohano Lifetime Achievement Award in music and recording, 2007 Hawaiian Music Foundation Hawaiian Music Hall of Fame Inductee
- ★ Her first LP release, “Kainoa,” was voted “The 50 Greatest Hawai‘i Albums”

## Use Your Talent in New Ways

Besides a buttery contralto voice, Marlene has the heart of an actor—an ability to express deep emotions. After her fabulous singing and recording success in the ‘60s, acting became one of her most rewarding endeavors. In music, she always asked her composers what inspired their songs and then interpreted that emotion. Her nightly showroom

productions always engaged a meaningful storyline. As an actress, she studies her character carefully and “lives” the emotions as they would.

In 1986, she appeared with Tom Selleck as Wahine Luka on “Magnum PI,” and in the next year at Castle Theater, she starred in the Don Berrigan production of “Hear Me O My People,” a one-character play about Queen Lili‘uokalani. So compelling was her portrayal of the queen that Marlene was invited to perform before members of Congress at Folger Shakespeare Theatre in Washington, D.C.

“I was fascinated by the history of the overthrow. In late 1990 or early 1991, Ellen Pelissero, Ted Jung, Edwin Ebisui and I partnered to form Kukui Foundation, a 501(c)(3). Ellen, a professional writer, began researching the historical documents and wrote the original script for a feature documentary. She and I were co-executive producers. Tremaine Tamyose did some script rewrites. He and Joy Chong were co-directors for

the production. Shooting was at KHET Manoa Studios. I portrayed Queen Lili‘uokalani. The PBS-Hawaii docudrama “Betrayal” premiered in Hawai‘i on Jan. 17, 1993, on the 100th anniversary of the overthrow of the monarchy.”

Marlene’s interpretation of the warm-hearted monarch with ali‘i dignity and the humility of a servant of Ke Akua won her a PBS award. According to *Television Histories: Shaping Collective Memory in the Media Age*, “Betrayal” brought the historical record to the attention of the general public and forever changed popular opinion about Hawaiian sovereignty. Marlene was forever changed, too. “I learned so much I never knew about our Hawaiian history and Lili‘uokalani; for the Kukui Foundation team, the experience was a humbling honor.”

Readers will also remember the 2007 Hawaii Opera Theatre production of “South Pacific,” in which Marlene played the heady Bloody Mary, counseling young lovers to talk “Happy Talk.” She surprised audiences by bringing her keen sense of comedy to the stage, a trait familiar only to family and close friends. The following year, she was back onstage at the Hale Koa Hotel with a review called “This is Hawai‘i.”



Marlene had fun bringing Bloody Mary, the sassy, comical and oh-so-lovable matchmaker, to life in “South Pacific.”



Share What You Love

When asked by Leslie Wilcox on KHET’s “Long Story Short” how she views her legacy, Marlene joked, “Legacy? Well, it looks like I’ve been around a long time.” Joking is her way of deflecting praise, but no one can look at her life and fail to recognize the lasting contributions she has made to her extended community. At age 74, she still loves adventure. Whether discovering the business of entertainment and recording, reinventing herself as an actress, developing the alumni department at her alma mater or building a senior center—Marlene has always honored the gifts she was given by using them and exploring ways to put them to good use.

Marlene raised her family with the same discipline that her parents exercised—focusing on the importance of being grounded, earning a living, being fearless and learning all you can. Marlene lives by this rule, researching everything she does and considering all her commitments before she

signs a contract. Finding a project worthy of her effort, she forges ahead fearlessly. It is a foundational lesson for her grandchildren. “When my granddaughter was very young, I told her not to be afraid when she performs her hula. Just get up there and share what you love. Speak to the audience through your kuhi and your body.”

Marlene succeeded in raising her family and creating a legacy by building on what she knows, and inventing a future based on her strengths. In a musical family, her talent wasn’t that unusual. When she took it outside, she soon realized she was different. She never gave up her office work, but developed it to the highest level. Today, she is a seasoned administrator in charge of multimillion-dollar project budgets. Her children grew up in the music industry and Marlene recalls her daughter once asking, “Mom, we’re not like other people, are we?” For a seven-year-old, the answer “We are different” might have been disappointing, but her mother knew that training in independence and embracing “different” frees the spirit to be creative.



A Walk Down Memory Lane

From Marlene Sai’s simple sing-along with her uncle, Andy Cummings, and first vocalist job at Honey’s, came exciting gigs at the old Biltmore Hotel and hit LPs. Later, she began acting but continued to sing, record and serve in trade and community organizations. She still misses Don Ho, cherishes her many friends and associates, and mentors young talented performers.



Invent Your Future

Building a legacy is inventing your future. Marlene loves what she does, and when she finds a project that speaks to her, she commits her time and energy with gusto. And so it is with Nā Kūpuna Makamae. On prime real estate, in an area where elders are underserved, Marlene is helping this nonprofit renovate a historic blue rock building that would cost a fortune to design and build out today. The sewage pump house will be reinvented into an education and creative center where the people of Kaka’ako can congregate, learn and be inspired to shape their own futures, and follow new dreams.

And even though she loves her challenging “day job” as project and program coordinator, this year, Marlene will also be following the muse she adores—acting in a new Brian Kohne film project called “Kuleana.” This high-concept, feature-length historical drama takes place on Maui in 1971. The film explores a consciousness that preceded the Hawaiian cultural renaissance of the mid-seventies.

Let’s all take a lesson from Marlene Sai and put some thought and energy into inventing the future of our dreams.

Mahalo Nui Loa e Marlene! We love you too! ■

“It is by looking into the window of your heart that you will find the details of your life.”

— Marlene Sai



In 2014, Pacific Gateway Center broke ground on the renovation of Nā Kūpuna Makamae Center, at the corner of Keawe Street and Ala Moana Boulevard. The senior center that serves the Kaka’ako area, will provide innovative services and programs to empower, educate, enlighten and entertain our cherished seniors and their families.



# Forever Young!

by Martha Khlopin

What image comes to mind when you think of an Elderly community center? An AARP sponsored YouTube is making the rounds “Millennials Show Us What ‘Old’ Looks Like.” Have you seen it? The video reveals an interesting perspective of what the 20-somethings think. Millennials are asked what age they consider to be “old” and to demonstrate what “old” looks like. The 20–28 year olds “act out” their images of the “old,” laughing and giggling as they imitate slow, uncoordinated individuals.

Next, the host gives them a chance to meet and interact with older people (who were secretly watching how these young adults portrayed them). The Millennials quickly discover the “old,” are physically strong, active, vibrant — living rich, satisfying lives. The shock and surprise on their faces at how some older people truly function is absolutely priceless!



Seniors stretching and exercising at Kokua Kalihi Valley.

As a frequent volunteer at the Kokua Kalihi Valley Elderly Center in Honolulu, I regularly witness how vibrant and active the participants are; all are 60 or older. During a recent visit, after some light, chair aerobics, about 75 participants used 5-pound dumbbells to do a couple of sets of overhead, triceps extensions. Believe me, it wasn't easy! More evidence that active seniors are busy reshaping the image of older people. Like that old Bob Dylan song, the new “old” may become “Forever Young.” ■

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# Great Competition Among Seniors

by Sherry Goya, Generations Magazine Staff



The Tunnel Vision game requires visual stability... and of course, laughter.



There's always a happy ending with recognitions and a group photo with Herbert Yasuhara.

March seems to be the perfect time for the Annual Senior Classic Games, which was created by Herbert Yasuhara in 1989 when he was the supervisor of the Hālawa Complex. Yasuhara started the games to get the senior citizens in the club active and moving, as an addition to sedentary activities such as cards or cribbage. The games were adopted by the Department of Parks and Recreation to include all those enrolled in the senior clubs islandwide.

In the past few years that *Generations Magazine* sponsored the 72 medals, the park was a great backdrop for a beautiful day of competition. The games were played in the gym and on the grounds outside, with names like Tunnel Vision, Nine Gates, Pin Ball and Peg Ball. The two age categories are 55 to 74, and 75 and over. The 91 teams of three members each from most O'ahu senior clubs also brought cheerleaders who encouraged the athletes with enthusiasm — and even pompoms.

Everyone had so much fun competing in the games. I heard that there were new members of the Kailua Senior Club who were very excited that they won medals. Some teams even had fun gathering for practices before this annual event.

To join a senior club, prospective members need to be 55 years of age or older and registered at a Parks and Recreation facility that has a senior club. There are over 35 senior clubs islandwide

For more information on senior citizen programs, feel free to call Randy Yasuhara, City and County of Honolulu's Recreation Support Services of the Senior Citizen Section, at 808-768-3045 or check out [www.honolulu.gov/parks/dprsenior-citizens.htm](http://www.honolulu.gov/parks/dprsenior-citizens.htm). ■

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**IVY CASTELLANOS,**  
Director of Programs and Services at the Alzheimer's Association, Aloha Chapter

She holds a master's degree in behavioral science and health education from the Johns Hopkins Bloomberg School of Public Health, and a certificate in health communications. Ivy worked in health promotion for more than 15 years prior to joining the Aloha Chapter in 2014.



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# Punahou: Celebrating 175 Years of Service

by Gaye Miyasaki, Punahou Class of 1974

For Punahou School's 175th anniversary, administrators challenged alumni, teachers, students and their families to collectively perform 175 acts of community service. The Class of 1974 decided to sponsor a Kūpuna Health Seminar at Lanakila Multipurpose Senior Center. *Generations Magazine*, Percy Ihara helped contact educational speakers and exhibitors, such as expert Nutritionist Dr. Shintani, and Tai Chi Instructor Tommy Amina from Nuʻuanu YMCA. Class of 1974 alumni prepared and served a healthy lunch to all participants.

Since 1841, Punahou School has earned a tradition for excellent scholarship and community service. The Luke Center for Public Service teaches students social; they create their own service projects and work with Aloha United Way. Congratulations to the Class of 1974 and all Punahou alumni serving our community! ■



L-R: Pauline Chang Chin, Gaye Miyasaki, Lynne Gartley Meyer, Renee Ahuna Cabrinha and Lisa Yamaguchi Bowden.

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# Busy Doing Good

by Dale Spenner, University of Hawai'i Foundation

Keeping busy is important in retirement. For me, doing something meaningful is key to an enjoyable life. Before I retired, I worked in philanthropy, helping to raise funds for a highly regarded private school. I felt good assisting the school with its mission, enabling donors to do "good" for the school and helping people "achieve their heart's desire." My specialty is estate and gift planning—working with donors as they ponder their own mortality and decide how they can make a difference with the wealth they have accumulated. If you don't make plans for your estate, others (including the government) will make those decisions for you after you pass. I help empower people to make bequests that can help their heirs and charities they love.

When I first retired, I lived an idyllic life. I walked along beaches, swam in the surf, trekked over mountain trails, cooked delicious meals, got a library card and read dozens of books, and napped in the afternoon. I even walked around the entire Island of O'ahu. What's not to love about this lifestyle? I had the money to be unemployed and self-indulgent, but I wanted to do more. I volunteered for local fundraising efforts and got quite involved with my faith community. Then one day, I received an unsolicited email from either LinkedIn or a search firm, saying, "Here's a job that you might like." It described exactly what I had been doing for the past 10 years. I can do this, I thought. I applied and was hired.

The work environment at the University of Hawai'i Foundation is very enjoyable and I'm thrilled to be a part of it. The UH System, with its 10 campuses, is the only public university in the state. The future of Hawai'i depends on us offering greater educational opportunities for students at every academic level, career aspiration and economic strata.

Now, a year later, my work has stopped being a hobby-job; it is a mission. I want to help young students pull themselves out of poverty through education, and help the brightest academic scholars continue their research and post-graduate studies at UH instead of going to the mainland. I want to show generous Hawai'i residents that

their current major gifts and planned estate gifts to the UH Foundation are living investments in the future of Hawai'i. There is nothing more personally rewarding than when a grateful donor thanks me for helping make a profound difference in his or her life and the lives of students by crafting their legacy gift.

This is why I chose to work after retirement at a job that has become a life's work for me. ■

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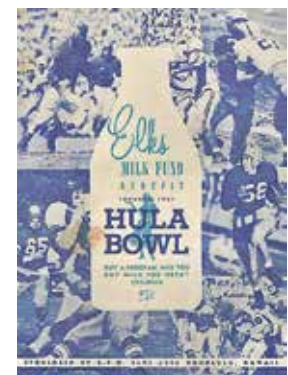


# Elks Care, Elks Share

by Anita Manning, Honolulu Elks Lodge 616 Historian



That's how members of the 115-year-old Honolulu Lodge 616 of the Benevolent and Protective Order of Elks describe charitable work. Lodge members helped the community from the beginning, raising funds for charities through minstrel shows, baseball games, carnivals, circuses, dances, rodeos and boxing matches. From 1946, Ladies of the Elks, and after 1962, the Emblem Club, raised money with fashion shows, bingo and rummage sales.



From the 1930s, Elks funded lunchtime milk for schools. In the 1950s, Elks funding came from managing the Hula Bowl; "Termite Palace" football games featured milking competitions and Milk Queen contests.

From the 1930s, Elks funded lunchtime milk for schools. In the 1950s, Elks funding came from managing the Hula Bowl; "Termite Palace" football games featured milking competitions and Milk Queen contests.

In 1951, Honolulu Rapid Transit and Art Rutledge's striking Teamsters provided Hula Bowl busing. Members have also distributed Thanksgiving food baskets, children's Christmas gifts, and hosted Kalihi Orphanage outings at Hanauma Bay and Christmas parties at children's hospitals. They entertained students and teachers from Waimano and Diamond Head schools. A successful 1949 community toy-and-book drive filled donation barrels with Christmas gifts for children in hospitals and orphanages.

Call or go online for more information. ■

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# Feeding College Athletes: Body, Mind, Soul

by Jon Kobayahi, President, 'Ahahui Koa Anuenue

"Show me a university that is financially secure and I'll show you its athletic foundation; show me a championship team and I'll show you a student body academically driven by the same zeal of excellence." — Gov. John A. Burns

With wisdom and vision, Gov. Burns took \$8,000 from his own pocket and created 'Ahahui Koa Ānuenue (AKA) in 1967, providing the community with a way to contribute financial support to field competitive and successful teams at the University of Hawai'i. Today, AKA is an efficient nonprofit that raises \$6 million annually. Despite its success, UH requires more community financial support than ever.

Recent NCAA rule changes allow universities to provide 24-hour buffets to all athletes, not just those with scholarships, providing the schools with a huge recruiting advantage.



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# Making A Difference for Retirees in Hawai'i

by Justin Wong, President of Hawaii Alliance for Retired Americans

The Hawaii Alliance for Retired Americans (HARA) is our state affiliate of the Alliance for Retired Americans (ARA), which serves as a national umbrella organization for advocacy organizations interested in working together on aging, retirees and community issues.

Founded in 2001, HARA is comprised of eight affiliate organizations in Hawai'i totaling more than 21,000 members, including AFT Retirees, HGEA Retirees, HSTA-Retired, Hawaii Family Caregiver Coalition, ILWU Retirees, Kokua Council, Machinist Union Retirees and UPW Retirees.

HARA works with the Legislative Kupuna Caucus and other senior/aging advocacy organizations to support legislative measures and to provide public input on issues that affect seniors. Some important examples are the Kupuna Care Program (state funds to enable the elderly and people with disabilities to remain at home) and a state-administered long-term care program. We also endorse measures to reduce the cost of prescription drugs, create permanent absentee registration and voting, and develop one-stop Aging and Disability Resource Centers (ADRC). HARA urges support for family caregivers, affordable housing and assistance for the homeless. Besides our biennial conventions, HARA members get together with the Kokua Council to meet with members of the Hawai'i State Legislature every May. The recent legislative session was very pro-



L-R: Justin Wong, Jean Dobashi, Senator Maizie Hirono, Al Hamai.

ductive because we are in an election cycle.

HARA is part of ARA, a national grassroots movement for seniors/retirees, in which we join with 49 other independent state organizations. Our four million members work together to make our voices heard in shaping federal laws, policies, politics and institutions that affect our lives. The national ARA mission is to ensure social and economic justice and full civil rights for all citizens, so they may enjoy lives of dignity, personal and family fulfillment and security. The 2016 Legislative Session was evaluated in late May at a Legislative Review sponsored by HARA and Kokua Council.

For more information or to get involved helping other retirees, visit [www.retiredamericans.org](http://www.retiredamericans.org). Those who join ARA online automatically become members of HARA. Annual dues are \$10. If you belong to a group of retirees who would like to align with HARA, contact President Justin Wong.

HARA officers serving Hawai'i retirees include President Wong, Vice President Elmer Yuen, Secretary Carol Noland, Treasurer Phyllis Hiramatsu and Past President Al Hamai. ■

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# SilverSneakers Fitness® Benefits Body & Mind

by Generations Magazine Staff

Every year, SilverSneakers Fitness® conducts a national participation survey of its members. It documents the activity level, fitness attitudes and health outcomes of more than 27,000 persons aged 65 and older across 50 states. Results show an active generation of older adults turning to fitness to achieve high levels of energy and mental balance. Here are the survey results:

Health & Wellness Perimeter	Results	% of Members Surveyed
Physical Health	good to excellent	94
Calm & Peacefulness	most or all times	96
Increased Energy	most or all times	90
Aerobic Activity	3+ times / week	84
Strength Exercise	3+ times / week	64
Flexibiity Exercise	3+ times / week	49



Healthways SilverSneakers Fitness, a paid service available to more than 13 million eligible members nationwide, is covered by some Medicare plans. SilverSneakers Fitness offers specialized group exercise classes at 23 fitness and wellness facilities on O'ahu, and members also have access to standard gym amenities and the SilverSneakers FLEX™ network that includes classes and activities at parks, recreation centers and local venues. To find out if your Medicare plan covers SilverSneakers fees and to find a location near you, call **1-866-666-7956** or visit [www.SilverSneakers.com/tools](http://www.SilverSneakers.com/tools). ■



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Wendell Murakawa, 68 yrs, doing a sideout squat on the Total Gym gravity system. Improves balance, strength & flexibility!

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## Lumbar Stenosis Misdiagnosis

by Julie Moon, Physical Therapist

**D**egenerative lumbar spinal stenosis (DLSS) is a leading cause of pain, disability and loss of independence in older adults. This chronic, age-related degenerative narrowing of the spinal canal commonly leads to compression of the nerves in the lower back. DLSS is often diagnosed incorrectly because even though it originates in the spine, symptoms may not include back pain. Patients can experience numbness or tingling, cramps and weakness in the lower limbs with or without pain. Symptoms worsen while upright, inhibiting the ability to walk and stand; sitting and bending forward alleviate symptoms.

Sometimes, DLSS symptoms can be effectively managed with nonoperative options:

- **Pain relief medications**
- **Epidural injections**
- **Activity modification** Sit in a recliner instead of a straight chair; use a recumbent bicycle rather

than walk; lean forward on a grocery cart while shopping.

- **Physical therapy** Aquatic or land-based exercises to stabilize the spine, lumbar traction and manual therapy.

Although DLSS is a natural result of aging and we don't know how to prevent it, its impact on your life can be reduced and its progression slowed by maintaining proper posture and a healthy weight, using supportive chairs and mattresses and, exercising regularly. ■

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## Beating Cancer

by Terry Shintani, MD, JD, MPH

**I**grew up with a father who had colon cancer, so I have always been interested in reasons why some people survive cancer beyond all odds. There are patients with stage IV prostate cancer, breast cancer, ovarian cancer and pancreatic cancer who have survived and live much longer than expected. Some live out their full lives, apparently beating cancer, as my father did.

So what is it that makes the difference between those who survive stage IV cancer and those who don't? No one knows for sure, but I can share with you what seem to be common factors in these cases. Probably the most important one is that they all made major diet and lifestyle changes. There are several reasons these choices make a difference in the course of the disease.

### Insulin Control

In my last column, I described why it is important to limit processed carbohydrates and proteins to control insulin, and to limit dairy and meat because of insulin-like growth factor (IGF-1). Limiting insulin and IGF-1 can help slow tumor growth and is associated with a reduced risk of various cancers.

### Inflammation Control

Another important factor in controlling cancer is controlling inflammation and pain. Diet can have a profound effect on the control of inflammation. As I explain in Chapter VI of the *Peace Diet*, eating can affect your blood, causing it to act as if you were taking aspirin or ibuprofen — without actually having to take the medication.

This is important because inflammation has a lot to do with the growth of tumors and cancers. Inflammation is most commonly associated with pain and swelling of tissues, as it is in injuries — a bruise or cut — or in chronic conditions, such as arthritis and autoimmune disease.

The inflammatory process induces the production of biochemicals in the blood, such as Tumor Necrosis Factor alpha (TNF $\alpha$ ) and Nuclear Factor kappa beta (TNF $\kappa$ B), that aid in the repair process, but which also induce tumor growth. Inflamma-

tion causes vascular endothelial growth factor to create new vessels to bring blood in and out of the area to accelerate healing, but it also can create vessels that feed a growing cancer.

To help control inflammation, limit the intake of omega 6 fat, especially arachidonic acid, which is the main precursor to micro-hormones — prostaglandins — that cause inflammation.

Consuming less chicken, egg yolks, beef and sausage may be one of the reasons why people in countries where these foods are not heavily consumed have the lowest rates of cancer.

For a more complete list of these foods, read the *Peace Diet* ([www.peacediet.org](http://www.peacediet.org)). ■

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## Annatto: An Ancient Supplement

by Tamilyn Masuda, Health Consultant

The more we learn, the smarter our ancestors seem to be. If you are Filipino, your family probably uses annatto or achuete to cook traditional foods. The seed is used throughout Latin America, the Caribbean and places around the world where the Spaniards sailed, such as the Philippines and the Marianas Islands. Today, annatto food coloring is used worldwide.

Bright red annatto seeds have a very hard core, so they must either be soaked in water, or warmed in oil or lard to extract the color. Then the hard seeds are carefully sieved out. The orange-colored oil is used to prepare arroz con pollo, red pork adobo and many other dishes. In ancient times, red-orange annatto dye was used in spiritual rites and handicrafts, as well.

Scientists now know that annatto seed oil also contains tocotrienols — active molecules of the vitamin E family. The benefits of vitamin E have



been investigated extensively, but recent research has focused on tocotrienol because it can lower cholesterol and act as an antioxidant. Although rice and palm also yield tocotrienols (mixed with less active forms of vitamin E), annatto seed yields nearly pure tocotrienol that is rich in the kind of molecules that appear to carry the most health benefits.

Our ancient ancestors added vitamins to their diets as a part of their traditions; science is proving just how smart our ancestors were! ■

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## Inflammation & Aging: Fluid Problems

by Alan Matsushima, Kangen ENAGIC USA

According to doctors and research groups from Mayo Clinic, Harvard Medical School, Centers for Disease Control and the University of Michigan Medical School, signs of aging and chronic disease have one thing in common—inflammation. A recent Time Magazine article also points to inflammation as the root cause of “old-age” aches, pains, fatigue and aging skin.

Merriam-Webster.com defines inflammation as “a local response to cellular injury that is marked by... redness, heat, pain, swelling, and often, loss of function and that serves as a mechanism initiating the elimination of noxious agents and of damaged tissue.” It is a natural reaction related to our immune response that helps us heal. When we get an infection, we want inflammation to kill bacteria and viruses.

Broad symptoms like arthritic joints and sore muscles are easy to relate to, but inflammation can occur in the cells of the heart, arteries, nerves, kidneys, pancreas, stomach, lungs and liver if stressed or attacked by disease.

Today, scientists are studying the natural response of inflammation in individual cells. Why does inflammation sometimes fight infection and heal wounds—but run out of control with allergies and chronic diseases like arthritis? Why does our immune system use inflammation to kill off some “bugs,” but let some cancer cells sneak by and grow into tumors?

All cells are bathed in some kind of fluid: lymph, blood plasma, saliva, urine or spinal fluid. Our bodies are 60 percent water. Heart and brain tissue are 73 percent water; lungs, 83; blood and lymph, over 90. Now, researchers are looking at how pathways of enzymes, and interacting proteins and gases move in and out of our cells, flowing from one fluid system to another. Maintaining normal amounts of water in your body



allows complex pathways of intercellular reactions to function normally.

Science may not yet know all answers to aging and chronic diseases, but one thing is certain—maintaining proper hydration is critical to good health. And now we know that water is important at a cellular level, too. Besides exercise, reduced stress and a low-fat, fiber-rich, whole-food diet, water is essential for digestion, regularity, and maintaining a healthy heart, blood system and brain.

Dr. Hiomi Shinya, author of *The Enzyme Factor*, developer of modern colonoscopy and director of the endoscopy center at Beth Israel Medical Center in New York City, puts his patients on vegetarian diets and ionized alkaline water to reverse all kinds of colonic disease. From his vast experience, he concludes that diet and drinking large amounts of pure, ionized water are important to staying healthy and keeping the body hydrated.

While scientists are finding cures for chronic diseases that all seniors face, the least we can do is to stay well hydrated. Drinking 2 to 3 liters (1 liter = 1.06 quarts) of water every day takes some discipline; before starting, ask your doctor if you can tolerate increased fluid intake. If you can, you may find that some of your aches and pains were just a result of being “a quart or two low.” ■



**x 4 = 1 liter** (approximately)

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## Animal Assisted Therapy

by Eileen Phillips, RN, Attention Plus Care

**H**er coat is stylish and doesn't affect her walking on all fours. In fact, she couldn't be happier visiting her patients in the hospital or their homes. And like most professionals, she delights when rewarded with a scratch behind her ears. Well, as you might have guessed, she is a therapy dog; her name is Ruby.

Ruby, a highly trained labradoodle, is recognized by the American Kennel Club (AKC) as a certified therapy dog. She volunteers most of her time visiting children and adults in the hospital or their homes.

"Ruby truly enjoys being with her clients," said her handler, Carol Samples, RN and CEO of Attention Plus Care. "She can connect and help people in a way where other treatments cannot."

Ruby is the product of her breed and the special training she has received. Her talent for boosting morale can be life-changing for some clients.

Pet therapy, also called animal-assisted therapy (AAT), has been observed as having a positive effect on seniors. A one-year study of approximately 1,300 adults aged 65 or older (published in the *Journal of the American Geriatrics Society*) found that companion animals had a positive effect on their activities of daily living (ADLs). Older adults without pets experienced a decline in ADLs compared to similar groups with pets, the study revealed.

A study in the *Journal of Gerontology* also found that a therapy dog had a positive effect on residents at long-term care facilities. Residents engaged with a therapy dog experienced less loneliness after the end of the six-week study. The study also found that one 30-minute session a week with a therapy dog significantly reduced participant loneliness.

"We notice a decrease in blood pressures and increase in smiles when Ruby visits our medically fragile patients," said Samples. "The effects are profound and bring a sense of joy to those who can't have a pet in their life."

AAT for seniors has also been shown to help Sundowner's Syndrome, evening periods of agita-

tion and confusion in those with Alzheimer's disease and dementia. Touching and being touched by a therapy dog provides tactile and cognitive stimulation for patients and improves their sense of well-being.

Dr. Michael McCulloch, a Portland psychiatrist, studies why pets are therapeutic. His research reveals that the therapeutic effect is linked to one basic human need.

**"Touch is one of our primary needs when we're born and one of our last needs to go." —Dr. McCulloch**

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## Medicare: Don't Leave Home Without It!

by Martha Khlopin, Radio Host of "Morning Drive With Martha"

Lately, I have received dozens of Medicare questions from individuals throughout the country who graduated from high school in 1965. What do they all have in common? All are over 65. While most still work and have health coverage through an employer or as a dependent spouse, some enroll in traditional Medicare Part A & Part B. Medicare may be primary or act as the secondary payer for covered services after a group health plan pays its portion. Recently, a news story reported that a person was hospitalized while traveling outside his home state. After recovering, the individual returned home to over \$23,000 in medical bills. A call to the individual's health plan was futile. Soon, "past due" notices arrived, and bill collectors were threatening seizure of assets and court action. It seems that in the hospital, the sick person could not provide a health plan card. A well-meaning friend gave the hospital a health membership card from the ill

person's wallet. Unfortunately, it was an expired card from a former employer. The hospital's claim based on that incorrect information was rejected. Once the correct health plan card was provided along with information that showed Medicare was the secondary payer, benefits were coordinated and the final bill was correctly reduced from \$23,000 to less than \$70. Lesson learned: *Whether you are traveling or just being at home, make sure your loved ones, close friends and care partners know how to reach the person you have designated to provide all of your current insurance claim membership cards.* ■

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## SSA News for Same-Sex Couples

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

Last year, the Supreme Court issued a decision in *Obergefell v. Hodges*, holding that same-sex couples have a constitutional right to marry in all states. As a result, the Social Security Administration (SSA) recognizes more same-sex couples as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments. We recently updated employee instructions for processing claims and appeals when a determination of marital status is necessary.

### As part of the new instructions, we have:

- Removed from our policy any mention or consideration of the dates when states first recognized same-sex marriages from other states. These dates are no longer relevant.
- Added the dates when some foreign jurisdictions allowed same-sex marriage, eliminating

the need for a case-specific legal review in many international same-sex marriage claims.

- Updated and simplified our procedures for processing claims involving a transgendered or intersex person, allowing these individuals to self-identify as members of a same- or opposite-sex marriage.
- Streamlined and clarified policy instructions, addressing advocate and employee questions.

We encourage those who believe they may be eligible for benefits to apply now. Learn more at [www.socialsecurity.gov/same-sex-couples](http://www.socialsecurity.gov/same-sex-couples). ■

For questions, online applications or to make an appointment to visit a SSA office, call from 7am–7pm, Mon–Fri:  
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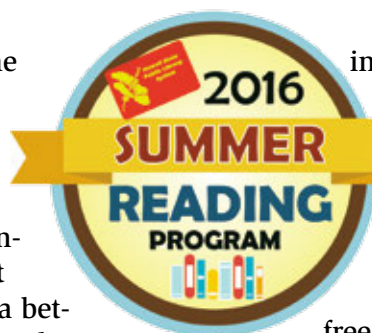
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# Exercise Your Reading Muscles This Summer

by HSPLS Library Development Services Staff

**B**oost your brain by joining the Hawai'i State Public Library System's 2016 Adult Summer Reading Program from June 5 to July 16. Build your brainpower and commit to deep reading 20 minutes daily. Studies have shown that reading reduces stress, makes you a better speaker and keeps your thinking sharp.



ing Program. Entertaining and educational programs will be held throughout the summer.

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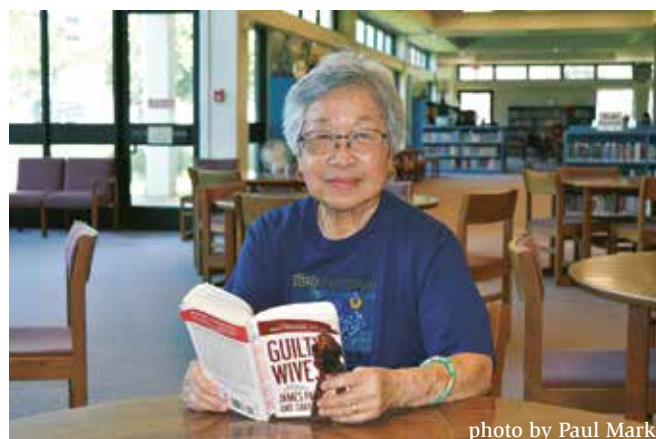


photo by Paul Mark

Beverly C. Wong, a retired secretary with 40 years of combined public service on O'ahu, loves the Salt Lake-Moanalua Public Library and reading, which both help to keep her brain fit.

## How to Participate

- Visit any of the 50 public libraries to sign up and receive a program guide.
- Read at least 20 minutes daily—books, magazines, e-books, e-magazines—to exercise your brain and earn free incentives.
- Complete four out of six weeks and receive a free puzzle or adult coloring book.
- Enter lucky prize drawings.

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# Sentimental Journals

by Annette Pang, Relationship Life Coach



**I**n 1945, Doris Day sang, “Gonna take a sentimental journey. Gonna set my heart at ease. Gonna make a sentimental journey, to renew old memories.” This popular song became an unofficial homecoming greeting for returning veterans at end of WWII. Couples probably slow-danced and swayed to it, cheek-to-cheek. Elders sing it today, recalling exactly where they were at the end of the war.

Do you know the songs your parents sang; their first kiss; snacks they loved to eat? Did their dreams come true or pass by? Have you heard their “pearls of wisdom” or “pet peeves?” Is it too late to ask?

Legendary Wisdoms journals are the perfect way to drill deep into your elders’ memories and discover their bucket list, how they tick and their “forgetaboutits.” Visit [annettepang.com](http://annettepang.com) and download a complimentary copy of Legendary

Wisdoms, and help fill the pages with your elders’ memories for you and your family to savor for generations to come.

Journaling is an excellent way to spark lively conversations and harvest stories your kūpuna have locked inside. The pages progress from trivia to introspection of precious memories. As a loved one, you can help by listening or by writing down their thoughts and memories; you will share amazing revelations, giggles, laughter, tears and enjoy closer connections. Don’t miss a richly rewarding and priceless “word and time” gift. Take a sentimental journey to renew memories with your loved one before it’s too late. ■

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Annette Pang is a relationship coach for family caregivers and their elders.

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# Preventing & Resolving Family Conflicts

by Tracey S. Wiltgen, Executive Director, The Mediation Center of the Pacific

Caregiving is an act of love. Balancing the needs and safety of a kupuna with his or her desire to be as independent as possible requires a sensitive conversation with the senior and the entire family. When talking is avoided or discussions break down, conflicts may erupt and the role of the caregiver can become overwhelmingly painful.

To help families engage in difficult exchanges regarding the needs, desires, care and support of an elderly family member, the Mediation Center of the Pacific created the Kūpuna Pono Program (KPP). Through KPP, mediation and conferencing help families talk through issues to reach an agreement that supports the elder family member.

Family conferences are facilitated discussions that bring together the kupuna and the entire family in order to talk about his or her needs and develop a plan to meet them. The conference begins with an assessment of the family's strengths, and the desires and values of the kūpuna. Then, the current and future needs of the elder person are discussed, including what resources are available to support his or her needs and who will assist in their coordination.

With two impartial facilitators guiding the discussion, family members talk about medication management, safety, living arrangements, meal preparation, personal assistance, finances, end-of-life plans and more. Then, the action steps and plans that are agreed upon during the conference are incorporated into a plan that is provided to every family member. The plan serves as a guide to help the family support their elder member and share in caregiving responsibilities.

If conflicts have already erupted between family members, the mediation process helps them talk about the specific issues at the heart of the dispute. Working in private and joint sessions with the family members who are in conflict,



*The Kūpuna Pono Program helps families talk, make things right and restore harmony among them.*

two impartial mediators help them understand each other's perspectives and negotiate solutions.

Caregiving can be stressful, leading to conflicts that may tear a family apart at a time when their unification is most needed. The Kūpuna Pono Program helps restore harmony among them. Visit the mediation center online for more information. ■

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# American Cancer Society Builds Hope

by Cathy Alsup, CFRE, American Cancer Society Hawai'i Pacific

Imagine you've just heard the words "you have cancer." Then you were told your best option for treatment is far from home. This is the reality for many in Hawai'i. Each year, hundreds of cancer patients travel from the Neighbor Islands and Guam to receive treatment at Honolulu hospitals and clinics. Patients can spend days, weeks and even months away from home. The emotional and financial toll of lost income, medical bills, hotel rooms, rental cars and dining out can be staggering. But hope is on the horizon.



*An architectural drawing of The Clarence T.C. Ching Hope Lodge for cancer patients and their caregivers.*

Construction is underway on the American Cancer Society home away from home for cancer patients—the Clarence T.C. Ching Hope Lodge. This three-story building located at 251 Vineyard St. in the Capitol District of Honolulu will provide cancer patients with peace of mind for decades.

Hope Lodge will offer free, temporary lodging for adult patients and their caregivers. The facility will include 20 private guest suites, a library, shared living room, kitchen and dining areas, a laundry room and an activity room. Hope Lodge not only will have the comforts of home, but also will serve as a unique gathering space where patients and caregivers may support each other emotionally, and learn from one another. A free shuttle will take patients to and from the city's top healthcare facilities.

Once Hope Lodge opens around Thanksgiving, it will offer about 7,300 nights of free lodging to an estimated 487 patients annually, saving families approximately \$1.3 million in hotel expenses.

Local organizations, foundations and companies have provided legacy gifts to "build hope a home" and sustain lodge operations. Five years ago, the American Cancer Society (ACS) announced a capital campaign to raise \$11.9 million. The lead contributor, The Clarence T.C. Ching Foundation, provided a \$3.5 million grant; The Queen's Medical Center generously donated the land so the facility could be located near leading cancer treatment centers. To date, the Hope Lodge campaign has raised \$11.1 million. ACS invites the community to help finish this vital project. ■

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2370 Nu'uuanu Ave., Honolulu, HI 96817

800-227-2345 | [www.tinyurl.com/ACS-Hawaii](http://www.tinyurl.com/ACS-Hawaii)

For gifts, donations and Hope Lodge information, contact:  
Cathy Alsup, CFRE | Director, Major Gift Campaigns  
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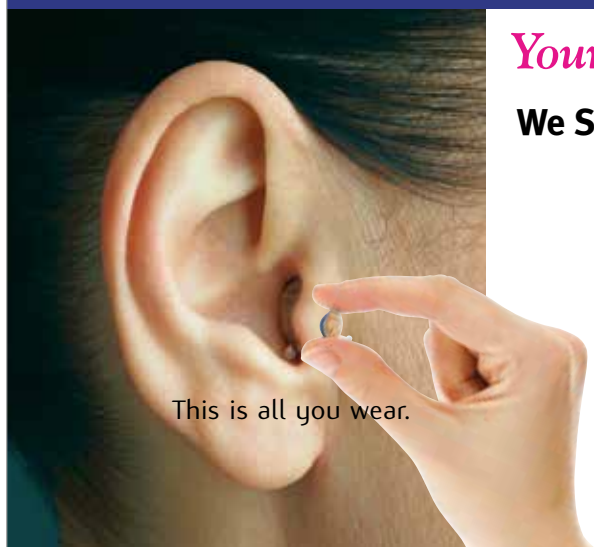
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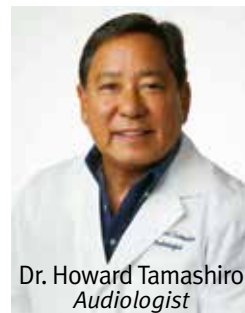
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# Hawai'i Alzheimer's Disease Initiative

by Christy Nishita, Ph.D., Interim Director and Researcher, UH Center on Aging

Families may be unaware of many services available for loved ones with Alzheimer's disease or a related dementia. And in Hawai'i, a large proportion (70 percent) of dementia care is provided at home.



Nova Erickson assists her grandmother, Jane Nagareda, at home.

In September 2015, the University of Hawai'i Center on Aging was awarded a three-year federal grant from the Administration for Community Living for the Hawai'i Alzheimer's Disease Initiative (HADI).

HADI aims to build "dementia capability" within the state

by creating and improving services for patients and their caregivers and by providing training for physicians and health professionals.

HADI complements the work of other notable organizations, including the Alzheimer's Association Aloha Chapter. As principal investigator for the HADI team, I work with Co-Principal Investigator Ritabelle Fernandes, MD, MPH, and Project Consultant Jody Mishan.

There are several exciting initiatives in process:

- HADI is developing a new website ([www.hawaii.edu/aging/hadi](http://www.hawaii.edu/aging/hadi)) that will become a one-stop site for resources and tools for brain health, memory loss, and dementia, and dementia care.
- Recently, HADI trained over 100 professionals and volunteers as Hawai'i's first Memory Care

Navigators, who will help persons with memory loss or dementia and their caregivers understand their needs and connect them with appropriate services. Visit: [www.hawaii.edu/aging/hadi](http://www.hawaii.edu/aging/hadi).

- Soon, Savvy Caregiver, a new program, will give family caregivers knowledge and skills to handle the challenges of caring for a family member. The training program is conducted over six group sessions by HADI, in partnership with several other organizations.

HADI also intends to train professionals in dementia care, modeled after the national Dementia-Friendly America collaborative. Recently, Dr. Terry and Michelle Barclay's held workshops that trained case managers on best practices in care coordination for persons with memory loss and dementia. Clinicians and primary care providers were updated about how to conduct a comprehensive dementia workup. Additional training programs will be offered in the future.

HADI is also championing Dementia Friendly Communities ([www.dfamerica.org](http://www.dfamerica.org)). View a special presentation via 'Ōlelo Community Media's On Demand; enter the keywords "Dementia Friendly Communities."

For more information and to see a full list of our community partners, call the UH Center on Aging or visit the UHCOA website. ■

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# Expanding End-of-Life Options

by Mary Steiner, Campaign Manager, Compassion & Choices Hawai'i

You may remember Brittany Maynard, the young woman diagnosed with a terminal brain tumor, who moved her family to Oregon to take advantage of the state's Death with Dignity law. Her story galvanized a movement and was greatly responsible for getting California's new End-of-Life Option law passed. One young woman telling her story—plainly relaying her sadness and brave resolve—inspired others to take a stand.

Medical aid in dying (also known as Death with Dignity) is an end-of-life care option that most people in Hawai'i support. In a 2011 QMark study, more than 75 percent of Hawai'i voters surveyed believe that a terminally ill adult should have the choice to request and receive medication from their doctor to bring about a peaceful death. Throughout our state Compassion & Choices is working to make more end-of-life care options

available, including hospice care, pain management, palliative care, the ability to refuse unwanted medical treatment, and medical aid in dying.

Thanks to Brittany, more people feel free to speak their minds. Perhaps you have a story to share. Do you support death with dignity? What would it mean to you to have access to all end-of-life options? Compassion and Choices wants to hear from you. ■



Brittany Maynard died at 30 yrs. old.

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## Paying Yourself in Retirement

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

The most important part of your retirement plan is the monthly income you set aside for essential and lifestyle expenses. More retirees—especially those who don't have a pension—will have to rely on a combination of income sources. Here are some tips to consider as you design your plan.

### CREATE A PLAN

A recent Ameriprise Financial study found that more than half of the country's pre-retirees feel overwhelmed and anxious about their impending retirement, and worry that they will run out of money. However, pre-retirees with a retirement income plan are more likely to feel confident about their financial future. You, too, can take action to help lessen fears about the unknown.

### PROJECT YOUR EXPENSES

Cut yourself a "reality check" that covers your monthly bills. Tally your expected retirement expenses. Next, consider extras in your retirement lifestyle, including travel, visiting grandkids, starting a small business and community charity work. Expenses after retirement are personalized and may vary over time; make sure your budget supports your goals.

### MAKE A LIST AND CHECK IT TWICE

Will you have multiple potential sources of income available in retirement? List all your assets and income streams, such as Social Security, stocks, bonds, Certificates of Deposit (CDs) or annuity income. Round up your IRAs or 401(k)s and potentially consolidate accounts if it makes sense.

### UNDERSTAND THE IMPACT OF TAXES

Once you hit retirement, taxes may impact you differently. To avoid surprises, ensure that taxes are a part of your retirement income plan. To avoid tax penalties, calculate Required Minimum Distributions (RMDs)—the minimum amount of money you must withdraw from your retirement accounts each year after age 70½. Talk to your tax advisor about RMDs and other strategies to help minimize your retirement tax bill.

### GIVE YOURSELF FLEXIBILITY

Ensure you have a diversified, balanced portfolio to weather unexpected events that may occur in retirement. Gear some investments for generating stable income—those less likely to change in value—and others for easy conversion to emergency cash. For maximum flexibility, identify the assets that you plan to draw down first.

### TIME IS ON YOUR SIDE

The sooner you start thinking about how to pay yourself in retirement, the better off you'll be. Tackle tasks one at a time and allow yourself the luxury of being able to carefully think through your retirement goals and financial scenarios.

### WORK WITH A PROFESSIONAL

Consult a financial professional with experience creating reliable, lasting income strategies in retirement. ■

Michael W. K. Yee, CFP  
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Michael W. K. Yee, CFP®, CFS®, CLTC, CRPC®, is a Financial Advisor, Certified Financial Planner™ practitioner with Ameriprise Financial Services, Inc. in Honolulu, Hawai'i, with Na Ho'okele Financial Advisory Team, a financial advisory practice of Ameriprise Financial Services, Inc. He offers fee-based financial planning and asset management strategies and has been in practice for 29 years.

The Pay Yourself in Retirement study was created by Ameriprise Financial utilizing survey responses from 1,305 Americans ages 55 to 75 with investable assets of at least \$100,000. The online survey was commissioned by Ameriprise Financial, Inc., and conducted by Artemis Strategy Group from November 16–22, 2015.

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## Endowment Gift Keeps on Giving

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

The very lifeblood of your favorite charity is the annual donations that come from regular donors. When a regular donor passes away or stops giving, it may be difficult for the charity to replace the needed income stream. One way to avoid this is for faithful donors to create lifetime endowments or to leave endowments in their estate plans. It doesn't take an unusually large gift to make a difference.

If you annually contribute \$100, then putting \$2,000 in an endowment is enough for that level of annual giving to continue in perpetuity. This ratio holds up no matter how much you give each year. An endowment of 20 times an annual gift should allow for the same contribution to continue each year for long after you pass away or stop giving.

Contact your favorite charity for ideas about how to multiply the benefits of your gift—both for you at tax time and for the charity. If the charity is not geared up to manage endowments, you can create an endowment quickly and easily, with very few administration fees. Organizations like the Hawai'i Community Foundation (which has offices in Honolulu, Waimea, Hilo, Lihue and Kahului, and can be found online at [www.hawaiicommunityfoundation.org](http://www.hawaiicommunityfoundation.org)) or the Hawai'i chapter of the National Christian Foundation (808-524-5678) will assist you.

Creating an endowment fund through an established charitable foundation can also enable you to make gifts to multiple charities. When you create your endowment fund, your gift is immediately tax-deductible (within limits prescribed by the

Internal Revenue Code) because the foundation is itself a tax-exempt entity. You can then direct the foundation to send checks to all or any of the charities you support. You can tell the foundation to let the charities know that the gifts came from you or to issue your gifts anonymously.

Moreover, your endowment gift does not have to be cash. If you have stock or real estate that you are considering selling in order to make charitable gifts, you can put those assets directly into your endowment fund and let the foundation sell them. If you sell the assets yourself before you make your gift, you may have to report capital gains and pay taxes on those gains. Your net gift will be the amount of your sales proceeds minus sales costs and taxes.

On the other hand, if you give the assets to the foundation, the foundation can sell them and put the net proceeds into your endowment fund (with no taxes on capital gains), and your potential deduction will be the full fair market value of the gifted assets. If you give more than the law allows you to deduct in any one year, you can "carry forward" your gift and deduct a portion of it over each of the next five years or until you have fully deducted your gift, whichever comes first. ■

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## Will You Leave a Legacy?

by Jeffrey B. Sisemoore, JD, National Kidney Foundation of Hawaii

Giving is a tradition in Hawai'i, extending as far back as the original ancestors and including the many people and cultures that have since arrived on our shores. Chances are, you or someone you know has been a beneficiary of the generosity of others; chances are you also have given to people and causes that are important to you. And because of giving, our community thrives, lives are made better and a sense of 'ohana is nurtured.

A legacy is a special form of giving, usually created as part of the estate planning process when wills and trusts are used. A legacy can also be beneficiary designations for retirement plans, life insurance and similar financial tools. A legacy is a way of leaving a footprint on your world for the betterment of those who will follow.

Examples of famous legacies in Hawai'i include the Kapi'olani Medical Center for Women and

Children, founded by Queen Kapi'olani, and the Honolulu Museum of Art, founded by Anna Rice Cooke.

The mission of the National Kidney Foundation of Hawaii is to fight chronic kidney disease in Hawai'i through many innovative programs and services. The foundation is pleased to join with the Hawai'i Community Foundation to encourage all of us to make our own legacies. Find more information at [www.hawaiicommunityfoundation.org](http://www.hawaiicommunityfoundation.org) or [www.kidneyhi.org](http://www.kidneyhi.org) and select the "Gift Planning" button. ■

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## Sycamore Row

by Stephen B. Yim, Attorney at Law

I recently finished reading the John Grisham novel *Sycamore Row*. Filled with intrigue, suspense and surprises around every corner, it deserves its No. 1 New York Times Bestseller status as a fiction novel.

As the story opens, Seth Hubbard hangs himself from a Sycamore tree. Before he does, he composes a handwritten will and sends it to Attorney Jake Brigance, instructing him to make sure that it's enforced. In the document, Seth leaves 90 percent of his estate to his housekeeper and disinherits his children.

Because all Seth's children and grandchildren hire lawyers who all try to discredit the will, Jake finds himself embroiled in a big, controversial trial. Over the next 600-or-so pages, Jake tries to find out why Seth disinherited his children and gives almost everything to the housekeeper.

Greed and family conflict make great fiction,

but sadly, many families find themselves in similar real-life battles.

Author Simon Sinek wrote a book entitled *Start with Why*. If Seth had written his "reasons why," *Sycamore Row* would be about 10 pages long—and very boring.

We must, as estate planners, do a better job of encouraging clients to pass on assets with clear intention. Our goal is to help clients clearly define their wishes in anticipation of a time when they may no longer be able speak for themselves.

Then, we can leave the mystery, intrigue, conflict and suspense to Grisham, and then focus on families and honoring real-life intentions. ■

STEPHEN B. YIM, ATTORNEY AT LAW

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## Stop Being an Easy Victim

by Scott Spallina, Senior Deputy Prosecuting Attorney

I don't like to work. I have said this for years in presentations around the island. People laugh, thinking I am joking. I am not.

I am on-call 24 hours a day, seven days a week. When a crime occurs and the victim is 60 years of age or older, the police page me and I drive down to the station to review the evidence. It is not fun there. They don't have doughnuts and the detectives aren't as funny as those on "Barney Miller."

I have spent more than one holiday sitting at a gray metal desk reading police reports and eating old Halloween candy. But perhaps the biggest reason I don't like being at the police station is that often, the crimes I am reviewing could have been easily avoided.

For example, a great percentage of the stolen car cases our office prosecutes are a result of seniors leaving the keys in the vehicle, or leaving the car running as they pop back into the house for something they forgot, or running into a store for a quick errand, only to find their car gone when they return.

Speaking of cars, please stop leaving credit cards and checkbooks in them. A drug addict's favorite place to go shopping is in a parking lot. A left-behind wallet, purse or checkbook is a big payday for someone feeding a habit.

Also, lock the doors to your home. You don't live in Mayberry with Aunt Bee. Many burglaries have been committed by persons who just open an unlocked door. Frequently, the criminal will not care whether or not someone is home or what time of the day or night it is. Simply securing your house deters unwanted strangers.

Speaking of strangers, don't let them in! Many identity thefts, burglaries and assaults start with a homeowner letting in a person they don't know. The man who says he is from the utility company and needs to check something—do you really know where he is from? Direct anyone needing to use your restroom to the nearest public facility.

My cautions may sound harsh; I have heard that because we live on a small island, aloha is a way of life. If that were true for everyone, tell me why crimes affecting the elderly have increased over 300 percent since I started the Elder Abuse Unit? If you don't want to take simple steps to prevent yourself from being a victim of a crime, do it for me. I am tired of eating stale candy. ■

To report suspected elder abuse, contact the Elder Abuse Unit at 808-768-7536 | [ElderAbuse@honolulu.gov](mailto:ElderAbuse@honolulu.gov)  
[www.honolulu-prosecutor.org](http://www.honolulu-prosecutor.org)

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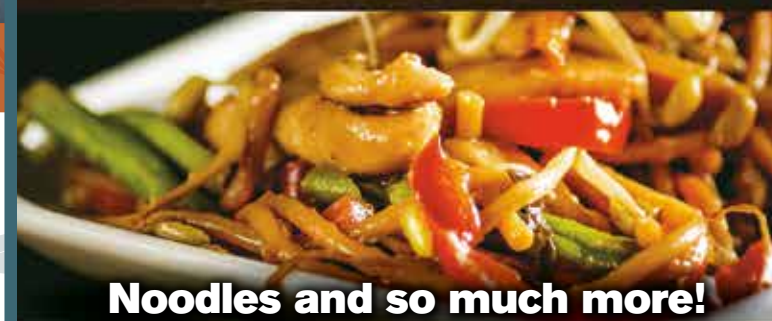
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