

# GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE VOL. 6/4 • AUG/SEPT 2016

## Aloha Remains at 'The Cal'

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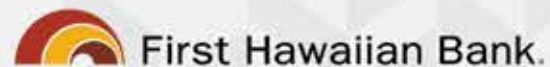




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August and September are my favorite months of the year. Know why? Saturday, Aug. 20, is our *Generations Magazine* 10th Annual Aging in Place Workshop at Ala Moana Hotel Conference Center. Bring your friends! New retirees, people downsizing their homes, and all who want to stay healthy and active need to listen to our experts. Consult your June/July issue or visit [www.generations808.com](http://www.generations808.com) for details.

The second week of September, we celebrate Hawai'i at Aloha Festival (page 30).

The third weekend, Sept. 23–25, is the 32nd Annual Hawai'i Seniors' Fair (page 12)! Our publisher, Percy Ihara, is the fair's Official Ambassador. "Percy and Special Guests" from his "Generations Radio Show" and KITV4 Saturday Morning News' "Aging Well" segment will appear onstage to discuss important aging issues. Sherry Goya and the *Generations Magazine* staff and partners look forward to seeing you at our booth. Come and say "Hello." Enter our drawing—for three Vacations Hawaii Las Vegas packages!

Boyd Gaming is updating The Cal "in the background," while they still "aloha" all their guests. By the end of 2017, your "home away from home" in Las Vegas will be an even more comfortable place to relax and have FUN! Check out what's new (page 20)!

We have great wisdoms, resources, inspiring life stories and new columns in this issue. Former U.S. Army nurse and veterans' advocate Rona Adams cuts right to the chase on important issues. Les and Shirley Ihara, grandpa and grandma to 14 grandchildren, share their "grandparental" wisdom, and our summer intern, Stephanie Kim, covers what seniors are saying "Spot On" (page 17).

This year, Hawaii Publishers Association awarded *Generations Magazine* a Pa'i Award, for our Feb/Mar 2015 Chinatown photo essay. Commercial photographer Brian Suda, who shoots all our cover features, captured the sights and feelings of Dr. Joe Young's Chinatown neighborhood. Art Director Wilson Angel designed and laid out the visual story. Independent journalists on the mainland judge the submissions, making these awards particularly satisfying. Congratulations Brian and Wilson!



Every Day is Brand New!

Katherine Kama'ema'e Smith, Editor



Art Director Wilson Angel accepted the 2016 Pa'i Award from HPA President Craig Furuya, publisher of This Week. Photographer Brian Suda (inset) was unable to be present.

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Cover & Feature Story Photography by Brian Suda



Holo Holo, The Happy Bar, newly created at the California Hotel & Casino, Las Vegas.



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*"I first heard about the company, De-Clutter Hawaii from my friend who had used them when she was moving to another place and selling her house. I called Cynthia Arnold just to see what the cost would be and what they could do for me since we're planning on downsizing and moving into a smaller place."*



Gail Glushenko

*Cynthia was very helpful, when I explained to her that we would probably need to do the moving and selling, etc. in several phases. She provided me with a general estimate for phase one which in my opinion was very reasonable. During phase one, they sold some of the stuff I wished sold, moved certain items to where I wished to have it moved (sister's house) and threw away items I wished discarded. When we got together to settle payment, Cynthia deducted all items sold (they do not keep a penny for items sold) plus also deducted the hours it took to do these things since the first estimate had a certain number of hours but it took less than planned. My bill I was happily surprised to see was very low.*

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- Gail Glushenko



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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.



DIANE CADINHA, a certified fitness trainer, has been in the health and fitness industry for over 25 years. She specializes in helping seniors improve their health, balance and function through proper diet and exercise. She is located at two studios—in Mililani and in Honolulu at 250 Ward Ave., Ste. 206.



KEVIN KANESHIRO is sales and promotions manager for Vacations Hawaii. He has been with the company for 30 years, starting as an outside sales agent, and learning the business by working in reservations and accounting. Before stepping up to sales and promotion management, he worked as a group coordinator a group escort. His broad knowledge of the travel business and a deep spirit of aloha allow him to serve his clients' every need. Kevin loves living in Hawai'i and promoting Vegas.



STEPHANIE KIM joins the Generations Magazine staff as an intern for the summer semester. Stephanie is a full-time student the University of Hawai'i at Mānoa, studying English and journalism. In addition to writing copy for print publications, she also has honed her web posting and social media skills. This fall, she will serve as the associate features editor for Ka Leo O Hawai'i, the university's student-run newspaper.



GLENN ALLEN SEARS earned his degree in civil engineering from the University of Hawai'i and Stanford University, and worked for Hawaiian Dredging Construction Company Inc., for 10 years. Later, Glenn taught construction engineering at the University of New Mexico, Stanford University and City University of Hong Kong. He has been married 56 years to Mary Sears, and their two grown children were born in Hawai'i but have lived and worked around the world.



MARY WILLIAMSON says that when she is not organizing bicycle races, she assists nonprofits and small businesses with communications, management and events. Her current big project is the American Cancer Society's Hope Lodge (now under construction in Honolulu), a free inn for Neighbor Island cancer patients. Mary serves on the Koke'e Natural History Museum and Lange Foundation boards, and is active in public health and the arts. She enjoys playing in the Kaua'i Community Orchestra with musicians ranging in age from 9 to 93.



LARA YAMADA is the executive director of the Arthritis Foundation Hawaii. As an award-winning journalist, she worked for 22 years in television news at stations across the country. In 2016, her passion for serving and educating the community turned to the nonprofit world. She is now leading the way as a "Champion of Yes" to find a cure for arthritis and help people impacted live happier and healthier lives.

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

RONA ADAMS | LES & SHIRLEY IHARA | MARTHA KHLOPIN | SCOTT MAKUAKANE | TAMILYN MASUDA | ALAN MATSUSHIMA | MICHIE | JULIE MOON | ANNETTE PANG | EILEEN PHILLIPS | TERRY SHINTANI | JEFFREY SISEMORE | SCOTT SPALLINA | JANE YAMAMOTO-BURIGSAY | MICHAEL W. YEE | STEPHEN YIM

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– Steve Nawahine,  
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# A Gold Mine of Resources

All *Generations Magazine's* resource articles, resource guides, and information on products and services for seniors and their families are always at your fingertips. And, *Generations* is growing. This issue has even more information and resources at 64 pages, and everything is still available just a couple of clicks away on our smart new website: [www.generations808.com](http://www.generations808.com).

Right at the top of the Home Page, click on RESOURCES to open a listing of all our resource guides since 2012: senior club meetings near you, businesses and restaurants that give senior discounts, adult day care facilities, assisted living communities, nonprofits that are looking for volunteers—and more!

*Generations Magazine's* website also has an archive of talks presented at our Aging in Place Workshop—useful information on preventing falls, setting up your will and financial planning, and aging in place.

Videos of the experts appear as YouTube clips. Just click on the topic you want—look, listen and learn.

*Generations808.com* is just getting better and better—easier to navigate, and with more and more resources to help you live well! ■



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## A Love for Hawai'i

by Sherry Goya, Generations Magazine Staff

**L**ove's Bakery has been an important part of Hawai'i's history for generations — marking its 165th anniversary this year!

Robert Love, his wife and three sons came to Hawai'i from Britain and started the Love's Biscuit & Bread Co. Ltd. in July 1851 on Fort Street Mall.

In May 1853, the bakery moved to Nu'uanu Street, then to Iwilei in March 1924. It was in July 1943 that Love's Bakery moved to Kapahulu Avenue, and in January 1990, the family opened a store at 911 Middle St.

What a long history of providing baked goods to all of Hawai'i!

My husband, Clifford, has been working for Love's for almost 30 years, but *Generations'* Editor Katherine Smith has connections with the bakery that go even farther back. Her grandfather, Jack Mailer, immigrated to America from Scotland and



worked for Baker Perkins Inc., a company that made heavy industrial machines and equipment. When talking with Katherine, she said that he was a machinist and installer who came to O'ahu in 1924 to put the baking ovens in Love's Bakery.

Jack was in Hawai'i for two years and brought home to New Jersey his love for the islands, which passed down to Katherine and her family.

How fortunate for *Generations* that Katherine has joined our staff! I always knew that she and I had some kind of connection, and we found it. We both have a love for Hawai'i—and Love's Bakery. ■



## The Many Joys of Grandparenting

by Shirley and Les Ihara, Grandparents

**M**y wife, Shirley, and I have six children — three boys and three girls — who have made us grandparents 14 times since March 1979. The last was born in September 2004.

The first 10 were born to my three daughters and their husbands, so I was kind of worried that I may not have a grandson to carry on the Ihara name. But my two youngest sons and their wives answered my prayers and gave us the four youngest grandsons, so I am very happy and thankful.

We were overjoyed that our first grandchild, Cynthia, grew up to be just like her mother, our oldest daughter, Sherry Goya.

We learned then that we could "spoil" our grandchildren, but not punish them, love them and enjoy our relationship with them without having parental responsibilities. We learned that as grandparents, we must let our children take responsibility for their children and that we

shouldn't interfere or criticize how they raise them.

When every grandchild came home for the first time, Grandma Shirley would spend a week or two taking care of him or her. She'd let the new mother rest in bed and do everything for the new-borns except breastfeeding. I always went with her, especially to Tacoma, Washington, where our second daughter, Arlene Thomas, had given birth to a daughter and three sons.

Every grandchild brings us a different and unique personal relationship, because their childhood experiences and personalities vary. We love them all, and are happy and proud to be called "grandpa and grandma." ■

To send Shirley and Les a note or grandparenting tip of your own, look for this column on [www.generations808.com](http://www.generations808.com) and click on "comments" at the bottom of the article.

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# At Your Service...

by Rona Adams, Vietnam Veteran, U.S. Army Nurse Corps

I'll be honest. When Percy Ihara asked me to write a column for veterans, it caught me off guard. "Writer" is not what I see in the mirror — U.S. Army nurse, college grad, civilian nurse manager, trainer and advocate for Vietnam Veterans are all in my kit. I'm good at paperwork: reports, manuals, a master's thesis, letters home for injured soldiers who needed help writing and Hawai'i State Legislature testimony.

But this is different — it's just you and me having that first conversation. Pardon my butterflies. I can only talk about what I know — helping people — civilians, military and vets. I did two tours in Vietnam as a captain in the U.S. Army Nurse Corps, which covered the Tet Offensive. I am considered a Tet Offensive survivor. I worked in both operating and emergency rooms.

Two things I learned: War is hell (I wish I could use some other word) and no matter how crappy the situation was, we could always find something to laugh about. The majority of us come back changed (some more than others), and yes, I have PTSD and some Agent Orange issues. In future columns, we can talk about these things, too.

I came to Hawai'i in 2001, retired from nursing in 2003, and joined the Veterans of Foreign Wars (VFW) and Vietnam Veterans Association (VVA). I represent the VVA at the O'ahu Veterans Coun-



Above: Patients at Third Army Field Hospital in Saigon awaiting evacuation to Japan in 1967: Gunner Charlie Matherson and Nurse Rona Adams with their friend John Grey, wounded Army medic.

Left: Rona Adams and Sen. Mazie K. Hirono at an O'ahu Veterans Center Thanksgiving dinner. With Rona is Bindi, one of her two therapy dogs who also help veterans.

cil. If you're a veteran, have active military or veterans in your family, or just want to reach out to that veteran next door, this column is for you.

You'll be hearing a lot about plans for the State of Hawai'i 50th Anniversary of the Vietnam Commemoration in 2017 to honor Vietnam and Vietnam-era veterans from 50 states, our territories and allies. They will be joining our activities here in Hawai'i. In the next edition, you will be able to register and sign up online to volunteer.

Happy to meet you. If you want to say "hello," visit [www.generations808.com](http://www.generations808.com) and post your comments at the bottom of my column.

Standing by. Over. ■

Rona Adams, State of Hawai'i 50th Anniversary of the Vietnam War Commemoration, Planning Committee Member

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# Bus or Rail? How About the Rec Parks?

by Stephanie Kim, Generations Magazine Intern

This column spotlights aging issues and asks random seniors their opinions. For this issue, we decided to ask about transportation and recreation: which would they use and if they're still going to a recreational park. If you wish to comment on these questions, please visit this article on [www.generations808.com](http://www.generations808.com) and post a comment.



Alicia Nagasawa, 67

*Bus or Rail?:* "At this age, I'd choose the bus," said Alicia. "I live on University Avenue. I would choose the bus; the bus stop is across from my house. It's convenient. I don't

think I'd use the rail — maybe just to sightsee, you know, the countryside."

*How about using the recreational parks:* "No, we used to a long time ago, every weekend. Now, police chase you out at a certain time," said Alicia. "If I had grandchildren, I'd be at the parks more often. I wouldn't go there at night though. It's dangerous now."



Melvin "Mel" Kellett, 71

*Bus or Rail?:* "With the rail, I would have to go down to the station. I'd have to use the bus anyway to get there."

*How about using the recreational parks:* Mel shared that his family holds picnics at Ala Moana Beach Park often and that he "used to run around the park and used the exercise station... Now I hardly go because I'm 71 years old," said Mel. "My wife and grandchildren still go." ■

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# Older Americans Month Awardees

by Generations Magazine Staff



## Older Americans Month 2016 Honorees

(L-R, front row) Shirley Simbre-Medeiros & Edward Kawamura (Kaua'i), Gail Yuen & Jimmy Lee (O'ahu), Kathleen Phillips & John Tryggstad (Maui), Claire Inman & Roy Haslip (Hawai'i County), (back row) Kealoha Takahashi (AAA, Kaua'i), Nalani Aki (EAD, O'ahu), Kimo Alameda (AAA, Hawai'i County), Gov. David Ige, Debra Stone-Walls (AAA, Maui), Caroline Cadirao (EOA), Joy Miyasaki (PABEA chair), Rep. Gregg Takayama (emcee).

On June 3, the State of Hawai'i honored eight citizens over 60 years of age who are making a difference in their communities. The governor and state officials honored the awardees at a luncheon at Kahala Nui Living Center. Every year, as a part of celebrating Older Americans Month, the state recognizes the contributions of two community volunteers (over age

60) from each major island: O'ahu, Hawai'i, Maui and Kaua'i. Each Area Agency on Aging (AAA) receives dozens of nominees from community groups, senior centers and churches. State offices and agencies, led by the Executive Office on Aging, host the award luncheon, which is organized by the governor's Policy Advisory Board for Elder Affairs, (PABEA). ■



(L-R) Nalani Aki, director, Elderly Affairs Division, Honolulu; Rev. John Tomoso, PABEA, Maui; Adele Rugg, PABEA, Maui; and Leonard Fabro, EAD, Honolulu.

Ernest Harada entertains on stage, accompanied by Lorna Kaeck and keyboardist Don Conover.

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# CALIFORNIA HOTEL & CASINO

## *Aloha Remains at 'The Cal'*

*by Katherine Kama'ema'e Smith, cover & feature photography by Brian Suda*



What's new at The California Hotel and Casino — downtown Las Vegas' largest iconic hotel? Its multi-million-dollar refurb designed to preserve "Aloha Spoken Here" bumps up the comfort experience to a new level for family members of all ages. Frequent visitors from

Hawai'i will experience hundreds of fresh and different updates, but at the heart, "The Cal" remains the friendly, safe and relaxing "home away from home" that Hawai'i travelers desire. Take a look at some of the new digs and see what's coming next!



## The Cal is Open for Fun!

We decided to feature The Cal now, so that all our readers will know what to expect on their next visit to Las Vegas. After all, in Hawai'i, we are used to hearing about hotels refreshing their décor and amenities. It's commonplace in the hospitality industry for hotels to close down for renovations. But at The Cal, asking guests to reschedule their vacations and temporarily laying off staff are not in the playbook. Instead, they are upgrading the hard way, redoing one or two things at a time while they offer their treasured guests seamless service and uninterrupted "aloha."

One look at the hotel lobby tells you that these renovations are not small or insignificant. The area is opened up with cool, bright travertine tile, glamorous artwork and upscale lighting. It is so stunning that I was relieved to see familiar faces at the desk—folks who know my name and welcome me with aloha. Our *Generations Magazine* staff was on the job with photo shoots, interviews and getting the June-July issue to the printer, but we sacrificed a little sleep to enjoy ourselves in the casino. Many of us need to work while we are on vacation and The Cal staff was eager to accommodate our specific needs.

First on my list was my mission find the famous Buddha—yes, he's still here! Rubbing his tummy doesn't guarantee that I will be a winner, but the tradition warms good memories of many happy days at my Las Vegas home.



Glory Connolley, Sanya Fujiwara and Lorraine Teixeira were sitting in the lobby, waiting to go back home to O'ahu. That's a curious thing about this place. Folks are smiling on their way in *and* on their way out. They were having a wonderful time and loved the clean, bright new décor.

The front desk is a very small part of the whole hotel and casino, but it leads to other renovations—some

complete—others starting later this year and next spring. Already, new carpeting with red hibiscus flows throughout the whole casino floor. New ceiling lights open up the room and enhance the gaming experience (particularly noticeable at the craps tables). A powerful ventilation system keeps the air fresh, and new machines and games mix in with old favorites. The Redwood Bar & Grill is undergoing a makeover, and under design are a brand-new sports bar and a casino sports lounge with sports book. When these major casino upgrades are finished, a West Tower hotel room remodel will begin in the fall. >>



*The laughing Buddha in the lobby gets lots of attention. Some rub his tummy with one hand; others insist that two hands brings luck. The hotel collects all the coin "offerings" on the statue and donates the money to United Way Hawai'i—it's another way The Cal extends true aloha.*



# Asian Fusion Comfort Food

I understand Sam Boyd, who started The California over 45 years ago, lived in Hawai‘i and loved local-style food. Through the years, The Cal tradition for Asian-inspired dining options has grown up to the tastes of 21st century Hawaiian travelers. Now chic Honolulu-style has come to The Noodle House—light wood flooring, dark Oriental-style tables and chairs, an open kitchen and high, open ceilings. Minimal accents of Asian pottery and framed rice bags are set off

In mid-August, authentic lū‘au foods, local stews and bento treats will again be served on the mezzanine at a renovated Aloha Specialties. Lappert’s Ice Cream, which offers hot coffee and doughnuts in the morning, will be renovated this winter. On the main floor, The Market Street Café serves a full menu: breakfast through dinner and on to midnight snacks, and their famous oxtail stew. Even though there is often a line, service is speedy and a full meal only grabs a half-hour



by crisp red linens to finish the look of this fine family eatery. Last year, it opened with a superb cosmopolitan array of Asian stews and noodle tapas—seafood, pork, beef or vegetables. Since then, the menu has evolved to full entrée portions that lend well to sharing, but the prices are still very reasonable. Our eyes were bigger than stomachs. Four of us shared five dishes that compare to Honolulu’s Asian fusion restaurant fare. Without drinks, the bill (with tip) was under \$140, and we took plenty of leftovers back to our rooms to snack on later. Yum!

out of your gaming schedule. Meat lovers will not be denied one meal while The Redwood Bar & Grill undergoes a facelift this summer. The chefs will be serving their Las Vegas steakhouse menu we love—at the Main Street Station Pullman Room—a hop, skip and a jump away. Hospitality with aloha continues at The Cal.

We ran into a group of friends who travel together to The Cal a few times a year. Elaine Terai started visiting in the late ‘90s, but Hank and Jane Takara, and Ron and Marjie Malilay say they have been coming since the casino opened in the ‘70s.

“It became a second home,” said Jane. “It wasn’t so big then—the entrance was right by the Market Street Café.”

## Aloha Still Spoken Here

Ron is a Golden Arm winner (1994) who held the dice for one hour and 24 minutes. “I was at the same table with Stanley Fujitake the night he threw the dice for over three hours,” said Ron. That was the start of The Golden Arm Club that later led to The Annual Golden Arm Tournament played every April at The Cal.

Ron grinned. “You know what? I left and went to bed right before Fujitake took the dice. In the morning, I heard everyone who bet on Stanley won big—the cage ran out of chips and had to issue script for players!” He explained that as hard as it is to escape rolling a seven for over an hour, on average, two lucky people do it every month. All their names (including Ron’s) are on the Golden Arm Wall of Fame.

Craps players love The Cal.

At home in Honolulu, Elaine and Marjie play regular poker with friends once a month, but here, they become video poker players. After hours of intense play, they relax at the blackjack tables. “The dealers are so friendly here,” said Marjie. “A serious blackjack or craps table is no fun—betting seems like work. Playing at The Cal is enjoyable. Everyone is so happy and helpful.”

Jane appreciates personal service. “Hank and I travel a lot and do a lot of community work. I think what impresses us most about The Cal is that they listen to us—and treat us like family, not strangers.” Her Waipahu High School reunion and Ron and Marjie’s Kahuku reunion were both held at The Cal this year.



(Top left) 1994 Golden Arm Ron Malilay and Candace Kawakami from Honolulu; (center left) poker players Elaine Terai and Marjie Malilay; (bottom left) reunioneers and blackjack fans Hank and Jane Takata; (top right) a mold of Stanley Fujitake’s golden arm and dice from 1958; (bottom right) a peek at The Cal’s updated casino floor.

Hank, a serious blackjack player, told me that when he stops to rub the belly of the laughing Buddha every evening, he puts all his pocket change on the statue. “Did you know that the hotel collects the coins off the Buddha and sends the money to United Way in Hawai‘i? That shows you the heart of the management here. They don’t just speak aloha, they *live* aloha.” >>





### Comforts of Home in Friendly Surroundings

Lisa from Honolulu gives The Cal a thumbs up. “We love the new look! It’s clean and fresh — a very comfortable vibe. Food and staff are just awesome and make your stay heavenly.”

“There’s a lot going on in the background,” says Susan from Maui. She sees changes since her trip in January. “I saw a new logo sign outside with a big pink hibiscus, and the new carpeting in the casino has hibiscus, too. I love the ‘Game of Thrones’ and Brittany Spears games, and new 3D games are different and fun.” Susan is looking forward to a renovation of the West Tower, too. She said, “I hope they make the rooms as comfortable and luxurious as the new lobby restrooms. They are a ‘10’ in my book.”



Get used to the fresh clean look of home! Above is the comfortable lobby seating, and below, an elegantly appointed ADA-compliant lobby restroom.

When you put all the renovations together as we have done for this article, you get a vision of how comfortable and inviting The Cal will be when the whole property plan rolls out — during the rest of this year and into 2017.

Right now, when you drive into the valet area, your wheels squeal on the new surface. Your friendly valets still greet you by name, but now in a well-lit, sparkling entrance that leads to a bright, clean bell desk and upscale lobby. New directional signs point the way to all your favorite spots. And when you pick up your car, there are benches all the way to the street, so nobody has to stand. A big green neon “Mahalo” sign adds beauty and light to the back wall.

### What to Expect on Your Next Trip

Holo Holo, “The Happy Bar,” replaces the San Francisco Bar. It caters to beer drinkers, with microbrewery specialties on draft and in bottles to savor while you enjoy bar-top play. Soon, sports enthusiasts can play in a casino sports lounge with sports book and stay in the game at a brand-new sports bar. The Redwood Bar & Grill returns to the main floor this fall with fresh interior décor that takes the tradition forward, and the whole casino floor will pop with color when all the chair-backs are upholstered in red, orange and purple.

West Tower hotel rooms and Aloha hospitality suites will be refurbished later this fall, 2016 — in the same quiet way, without disturbing the stay, play and dining of The Cal’s honored guests.

One word resounds with everyone we talked to at The Cal — “comfortable.” It refers to more than the soft, luxurious bedding, comfortable chairs in the casino, good food and friendly hospitality. It’s even bigger than an expert, friendly staff, where guests know all the bosses on the property. The Cal has achieved the status of “home” by delivering an affordable comfortable vacation to Hawai’i travelers for over 40 years. Sheltered from the hustle and bustle of work, responsibilities or even the buzz of Fremont Street, once you set foot inside The Cal, you can sigh in relief, stop holding your pocketbook so tight and relax. Home is so friendly, familiar, safe and comfortable, that playing is easy and fun! ■

On the wall next to the craps pit is a case with brass plaques engraved with the names of players who rolled the dice continuously for one hour or more at The Cal. The Golden Arm Club began in 1958, when Stanley Fujitake rolled for three hours and 12 minutes — a feat that has never been repeated. The odds of rolling for hour are the same as hitting a hole-in-one. Even so, there are 300 Golden Arm Club members and a “Platinum Wall” of repeat members on the mezzanine. Craps players love The Cal.





# Summer Tips for Senior Travelers

by Kevin Kaneshiro, Vacations Hawai'i



**1. Arrive at the airport three hours before departure** during the busy summer months. If you're 75 or older, you do not have to take your shoes off at the security checkpoint. If you need assistance, ask for a wheelchair when you make your reservation. When you arrive at the airport, tell the skycap that you ordered a wheelchair. Be sure to read all the latest airline rules when you buy your ticket.

**2. For free drinking water**, just pack an empty bottle in your carry-on and fill it from a water fountain on the secure side of the checkpoint.

**3. Bring snacks:** trail mix, chips, dried fruit or candy. All foods must be wrapped or in some kind of container that can be opened for inspection.

**4. Bring a washable travel pillow** and light travel blanket if your airline does not provide them. In your carry-on, pack a hooded jacket or scarf and a light travel blanket to keep your head, neck and legs warm during or between flights.

**5. Bring reading material**, games or movies to watch on your iPad. When you buy your ticket, ask how to use the airplane's WiFi system. ■

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# Aloha Festivals' 70th Year—"Hāli'a Aloha!"

by Generations Magazine Staff



**A**loha Festivals enters its 70th year as a premier cultural celebration of Hawaiian music, dance, cuisine and art. "Hāli'a" means cherished memory that suddenly floods mind and heart. So it was in 1946, when the Jaycees Oldtimers began "Aloha Week" to renew rich cultural traditions preserved for a century by Hawaiian musicians, kumu hula and old families.

"We've come a long way," said Debbie Nakānelua-Richards, Aloha Festivals board of directors co-chair. "Hāli'a Aloha is truly one year not to be missed." The event is for everyone, keiki to kūpuna, and takes place at various O'ahu locations from Sept. 3 to 24. All public events are free. Support for Aloha Festivals comes from the Hawai'i Tourism Authority, private and corporate sponsors, and sales of Aloha Festivals ribbons and merchandise at all events. ■



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Sept. 3, Saturday, 3:30 pm–5:30 pm

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& Royal Hawaiian Center, Royal Grove

Imua! The Aloha Festivals Royal Court will be introduced on the grounds of Helumoa, which was originally the home of Princess Bernice Pauahi Bishop. At the ceremony, the king, queen, prince and princess take their place on the royal court. The ali'i court members receive their royal cloaks, helmets, feather head lei and other symbols of their reign. Traditional hula and chants make this a special event in the heart of Waikīkī.

### PEARLRIDGE KEIKI HO'OLAULE'A

Sept. 10, Saturday, 10 am–3 pm

Pearlridge Center

Pearlridge Center will celebrate Aloha Festivals with a full day of free activities, demonstrations, arts, crafts and stage performances.

### 64TH ANNUAL WAIKĪKĪ HO'OLAULE'A

Sept. 17, Saturday, 7 pm–10 pm

Kalākaua Avenue

The Annual Waikīkī Ho'olaule'a is Hawai'i's largest block party. Thousands of people will take to the streets along Kalākaua Avenue for food, fun and entertainment. There'll be performances of various genres of Hawaiian music and hula hālau. Hawaiian crafts, flower lei and many varieties of island cuisine will be featured throughout the event.

### 70TH ANNUAL FLORAL PARADE

Sept. 24, Saturday, 9 am–Noon

From Ala Moana Park through Kalākaua Avenue to Kapiolani Park

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# Silver Cyclists Show Pedal Power

by Mary Friend Williamson, "Pedal to the Meadow" Race Coordinator



Photo by TBW Photo

At sports events around Hawai'i, age categories often end at 50-plus or senior masters. For a bicycle race on Kaua'i, enough older cyclists come out to participate each Memorial Day weekend that 60-plus and 70-plus age groups had to be added.

"Pedal to the Meadow" is a USA Cycling-sanctioned hill race on the Garden Island that climbs from hot, dry Kekaha to the rim of Waimea Canyon and cool forests of Koke'e. This challenging course gains 3,800 feet in elevation over 16 miles.

It took Barry Masuda, 71, of Honolulu only one hour and 39 minutes to finish, placing first in 70-plus, and 34th overall in a field with riders as young as 13. The next day, Masuda saddled up again with Cambriamento D'Andaturo Team Core Hawai'i for the Mana Time Trial and the "Cycle on the Strip" Criterium race.

These road races are organized by Bicycle Racing Kauai, a not-for-profit hui. Race director Binney Williamson likes the senior divisions. "It's inspiring. We younger riders hope to stay that fit."

According to experts, riding a bike four miles a day cuts heart disease risk in half, is aerobic, but puts minimal strain on joints and muscles. Like all sports, it is good to start out slow. Biking is fun! To learn more about cycling and clubs on your island, visit your local bike shop. ■



Photo by Atomman Kim

Above: Barry Masuda (light green and white shirt) powers through a turn at the criterium race on Kaua'i drag strip.

The Men's 70-plus "Pedal to the Meadow" race winners (L-R) County of Kaua'i Lifeguard Roy Yamagata, 73, Honolulu resident Barry Masuda, 71, and Stevan Yee.

To learn more about "Pedal to the Meadow," visit: [www.PedaltotheMeadow.com](http://www.PedaltotheMeadow.com) and [www.Facebook.com/BicycleRacingKauai](http://www.Facebook.com/BicycleRacingKauai)

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# Men's Sheds Movement Comes to Hawai'i

by Glenn Sears

**M**en's Sheds began in Australia 10 years ago. The nonprofit is a communal version of the old-fashioned backyard shed where a man could tinker with his tools. Thousands of Men's Sheds in Australia, New Zealand, the UK, Ireland and Finland belong to the international association, but every group is unique. Its members decide what they want to do: woodwork, metalwork, gardening, bicycle repair, cooking or bookbinding. The thing that all sheds provide is a safe, comfortable place for older men to congregate, talk and work shoulder-to-shoulder.

It might appear that a shed is just a place to work, but it is much more. Older men tend not to socialize, are reluctant to do anything new and often ignore their health. When hearing and memory start to go, it is easy to just tune out. Friends from work are not as available; old buddies move away or pass on. The Men's Sheds is a way to reverse the slide into isolation.

We opened the first Men's Sheds in Honolulu and are looking for a few good (old) men. We gather on Thursdays from 10am until 4pm. Hours and days will expand with membership. "If this sounds like something fun for you or for a friend, give Glenn a call for details. Come by, take a look, have a cup of coffee and talk story. ■



*Mens Sheds Honolulu members (L-R): Jonathan Okabe, Jerry Tanyama, Doug Kam-Young, Glenn Sears, Jim Hoban and Leon Bower*



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*Rotary Club of Honolulu Sunset steering committee organizing Hawai'i's first Men's Sheds (L-R): Jerome Taniyama, Jonathan Okabe, Doug Kam-Young, Glenn Sears, Win Schoneman and David Talbert*

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# It's Just Aging Book Engages Youth

by Christy Nishita, PhD, Center on Aging, University of Hawaii, Interim Director and Researcher

To build a stronger community, younger generations need to understand demographic changes, think critically about the aging and take action. Honolulu's Age-Friendly City Initiative embraces an intergenerational approach to implementing programs



Along the way, they encounter older adults with different physical and sensory limitations. The grandma helps the daughter see that "it's just aging" and people can still have a good quality of life. While writing and developing the book, the high school students read their draft stories to 'Iolani kindergarten and first grade classes, collected feedback from the children and revised the story. Takeda, administrator at the Plaza Assisted Living in Waikiki, provided valuable connections to illustrator Jamie Meckel Tablason and Mutual Publishing.

*It's just Aging* is one step in a larger movement to make Honolulu an "age-friendly" city by improving people's understanding and perceptions of aging and older adults. Our youth need to understand their stake in creating a better future for themselves. When our entire community embraces aging issues, quality of life improves for all generations. Efforts to become more "age-friendly" are timely because Hawai'i is aging more rapidly than the rest of the United States, and leads the nation in healthy life expectancy. Honolulu's Age-Friendly City initiative is supported by Honolulu's Mayor, Kirk Caldwell and AARP Hawaii.

Find out more about Honolulu's Age-Friendly City Movement at [www.kupunatokeiki.com](http://www.kupunatokeiki.com) or [www.hawaii.edu/aging](http://www.hawaii.edu/aging), or contact Christy Nishita, Ph.D. at [cnishita@hawaii.edu](mailto:cnishita@hawaii.edu).

*It's Just Aging: A Story About Growing Up* by Takushi, Tan and Takeda, ISBN 0984445868, Mutual Publishing Company, is available at local retailers and online outlets for \$12.95. Publication was underwritten by Plaza Assisted Living Hawai'i; book sales support Project Dana, a local Honolulu nonprofit that assists kūpuna. ■

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Colby Takeda, Carly Tan, Eliah Takushi and Dr. Christy Nishita celebrate the publication of *It's Just Aging*.

and other supports for an aging population. A key first step is to reduce "ageism," or negative attitudes toward aging that children may develop.

A new intergenerational children's book was authored by two 'Iolani High School students, Eliah Takushi and Carly Tan, and Plaza Assisted Living Administrator Colby Takeda. They published the book as part of an 'Iolani High School class called the "One Mile Project." In this semester-long class, students learn about aging issues, and then develop and implement projects that benefit elders in their surrounding community. Takushi and Tan decided to write an intergenerational children's book to teach young children about age-related changes and help them understand that these changes are normal—that kūpuna still are valuable members of our society.

*It's Just Aging: A Story About Growing Up* is about a grandma and granddaughter who go to the grocery store and bake banana bread together.

# Grandparents Educating Grandchildren

by Generations Magazine Staff

Grandparents hold important positions as educators here in Hawai'i as an increasing number of them pitch in to provide pertinent learning for their grandchildren not necessarily taught at school. Grandparents may not hold special degrees, but plenty of on-the-job experiences make them experts in keeping the family together and on the right track.

We talked with Pamela Lee and Sam Kim at Sylvan Learning Center, Kahala, who say they are seeing more grandparents enrolling their grandchildren in Sylvan programs to help them catch up, maintain their grades and get ahead in school.

Sylvan Learning programs offer support help to students in all areas, including reading, writing, math, homework help, study skills and test preparation. STEM (science, technology, engineering and math) programs have also been added to the many curriculum choices.

On national achievement tests, Hawai'i public school students score below average in most categories, including language and STEM skills. Our state educators are trying to fix that, but in all likelihood, not before your grandchildren graduate from high school.

For 30 years, Sylvan Learning Center has provided generations of Honolulu students—all ages and grade levels—with supplemental education. This year, Sylvan is also providing free afterschool classes to about 400 children across the islands, which are administered by Boys and Girls Clubs and funded by a federal grant.

"Parents are really burdened with multiple jobs while maintaining a home that may house three or four generations," said Kim. "Grandparents who

grew up in Hawai'i got an excellent public education, so they can see when their grandchildren need help. The easiest way to help is to supplement their schooling."

Sylvan Learning tests students to identify missing skills. If a student feels confused by math, testing will show which math skills are lacking and close the gap by helping the student master them. Filling in these gaps and catching up gives the child confidence to tackle math homework, and learning becomes fun again.

"Supporting your grandchild's education is the best way to stay involved," said Lee. "Students with family members supporting and encouraging them at home just do better in school overall."

"Grandparents bring us their mo'opuna and we teach them exactly what they need to learn in order to succeed in school."



Seth Heller, Aia Heller and Grandma on the road to academic success.

Educators recommend that when the opportunity arises, seniors get involved in their grandchildren's education.

It is a gift that will keep giving and an opportunity for you to know that you had a hand in your grandchildren's future success. ■



Kiley Tanimura, Mikela Agno and Grandma—looking forward to learning.



Thanaphon Schmidt, Grandma and Pamela Lee, passing on a joy of reading.

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# Uncle Roberto: Love Life and Live It!

by Katherine Kama'ema'e Smith

Persons with the will to endure and turn adversity to success inspire us. Meet Uncle Roberto Deuriarte from Maui. From his soft voice and amiable manner, you would never guess his story. He comes from a fine family in Mexico City. In second grade, polio nearly killed him. He missed two years of school and never regained feeling in his right leg. "I learned early that you can endure a lot more than you think you can," Uncle said with a smile. In his teens, surgery to stimulate his bad leg was tortuously painful. "Running marathons is nothing, compared to that," he said.

After college in Mexico, Roberto won a scholarship to study architecture at Stanford, which required that he first work in Honolulu for six weeks. Later, he returned to Hawai'i and helped Dr. Jack Scaff, famous cardiologist and organizer of the Honolulu Marathon, prepare folks for long-distance running, according to the book *Your First Marathon*. "I was a great motivator, said Deuriarte. "They watched me run and said, 'If he can make it from Aloha Tower to Kapi'olani Park, so can I.'"

In 1980, Roberto finished his first of three Iron Man Triathlons and ran the Honolulu Marathon. He and Dr. Duncan MacDonald (now coaching at Punahou School) were featured on the cover of *Northern California Running Review*. MacDonald passed mile 24 on his way to victory and touched hands with Roberto, still headed out at mile six, with five more hours to go. The article said,



(L-R) Kenny Moore, Olympic marathoner and biographer of Bill Bowerman, founder of Nike Inc.; Roberto; and Dr. Jack Scaff, Honolulu Marathon founder.

"... Deuriarte was paying the same athletic dues as MacDonald, and both of their times made them champions."



Since then, Roberto finished 36 marathons, a 169-mile bike race and the Waikiki Rough Water Swim. He represented Mexico at the 2008 Paralympic Games. He is a heavy equipment operator, carpenter, mechanic, pilot and land crew for Hawai'ioloa and Hōkūle'a. He's also a fabulous cook, a fan of beer and Bob Dylan music, and faithful to the love of his life, Maui artist Emily Ball. If you ever need a lift, a few minutes of Roberto's optimism will get you back on track! ■



## Mediterranean Roasted Veggie and Garbanzo Salad

by Chef Michi

### Ingredients

2 large carrots, sliced on the diagonal  
2 red bell peppers, halved, sliced  
4 small eggplants, sliced thin on the diagonal  
2 red onions, sliced thin  
2 tomatoes, diced  
2 cans low-sodium garbanzos, drained, rinsed  
1/2 cup balsamic vinaigrette dressing  
1 bunch fresh sweet basil  
2 Tbsp. Italian parsley, chopped  
1/2 cup feta cheese  
extra virgin olive oil  
cooking spray

### Directions

Preheat oven to 425°. In a large bowl, toss cut veggies with a drizzle of olive oil. Lay the veggies on two baking sheets prepared with cooking spray. Bake for 20 minutes until veggies are cooked but still crunchy. Put back into the large bowl and toss gently with the garbanzos and dressing, then place onto a large platter. Stack basil leaves. Roll them and slice them into thin strips with a sharp knife. Sprinkle basil and parsley over the veggies and top with feta cheese.

**Serves:** 6 | **Time:** 1 hour to prep ■



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Burger King	55	Daily	16 oz. soft drink or 8 oz. coffee for 89 cents
Denny's	55	Daily	Senior menu
Genki Sushi	65	Mon – Thu	10% discount
Gyotaku Japanese Restaurant	60	Daily	Senior menu for lunch & dinner
Hakone (Hawaii Prince Hotel)	50	Tues – Thu	Dinner \$46
Ichiriki	55	Mon – Fri	25% off Nabe dinner 4–6 pm, up to 4 people
IHOP	55	Daily	Senior menu
Jack in the Box	55	Daily	Drinks at 50 cents
Love's Bakery Thrift Stores	62	Daily	10% off Love's products—all islands
Makino Chaya	65 65	Daily Birthdays	5% off lunch and 10% off dinner Free with ID and paying customer
Maple Garden Restaurant	60	Daily	Lunch, \$13.95; Dinner, \$17.95 plus 10% off
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Children's Discovery Center	62	Daily	\$6 admission
Consolidated Theaters	60	Tues	\$6 ticket at Pearlridge, Ko'olau, Koko Marina, Kapolei, Ward
Regal Cinemas	60	Daily	\$9.10 per ticket
Waikiki Aquarium	65	Daily	\$5 per ticket
Wet 'N Wild Hawaii	60	Daily	\$37.99 admission

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Hale Hauoli Adult Day Care	65	Daily	15% off per day
Hawaii Self Storage	55	Daily	Up to 50% off units + free pickup + \$10 packing supplies (promo code: HSS Seniors)
Marc Dixon, Allstate	55	Ongoing	Retired, 10% discount
Pacific Design & Contracting LLC	65	Daily	10% off, one-time in 2016
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*\*Hawai'i seniors look young, so be sure to ask for these discounts before ordering or being served.  
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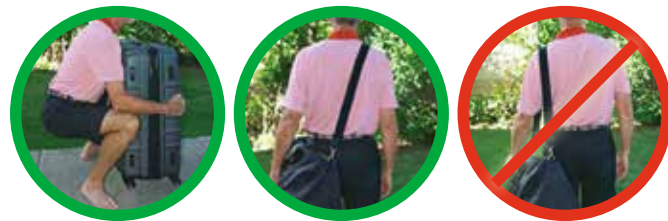
by Julie Moon, Physical Therapist

Summer travel is at its peak. As a physical therapist, when I am at the airport, I assess everyone's posture and body mechanics. Ouch! Not good, people! Neck, shoulder or back injuries are often due to wrestling with heavy, overpacked luggage. Repetitive pulling, pushing, lifting and lugging bags in and out of cars and overhead compartments, and up and down stairs can stress your body and potentially ruin a trip.

### Follow these healthy tips on your vacation

- Choose luggage that is light when empty
- Buy luggage with swivel wheels
- Use luggage with handles on two or three sides

Stand as close as possible to the luggage with your feet at least shoulder-width apart. A narrow stance causes instability. Pull your abdominal muscles in toward your belly button, and bend at the hips and knees with a straight back. Lift with your leg muscles, which are stronger than your



back muscles. Once you lift the luggage, hold it close to your body.

Do not twist when lifting and carrying. Point your toes and entire body in the direction you are headed. Stop and switch sides often when carrying a duffel or shoulder bag.

Pack light, keep your core muscles activated, use good body mechanics and enjoy your trip! ■

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## Improve Memory & Reduce Pain

by Terry Shintani, MD, JD, MPH

Two of the most common concerns of aging are dementia and chronic pain. Both problems increase with age and rob our energy, but otherwise seem unrelated. Advances in science suggest that there are new ways to improve both these problems without medication.

### Preserving Nerve Function

Dementia and chronic pain are connected—memory and chronic pain both involve nerve cells. Your brain is a massive concentration of about 100 billion nerve cells. Pain sensors in your body connect to the brain through long nerve cells that course throughout the body. Nerve cells in the brain and body are some of the most energy-consuming cells in our bodies. Even an old brain and nerve cells need energy to work well.

### Boosting Brain Energy Naturally

A natural way to help brain function and nerve pain is an approach that is broadly considered “energy medicine.” In the March issue of *Scientific American*, an article called “Electric Cures” suggests that energy medicine approaches could assist with many health conditions and even replace some medications. This is not a new concept; the ancient art of acupuncture is an “energy medicine” treatment.

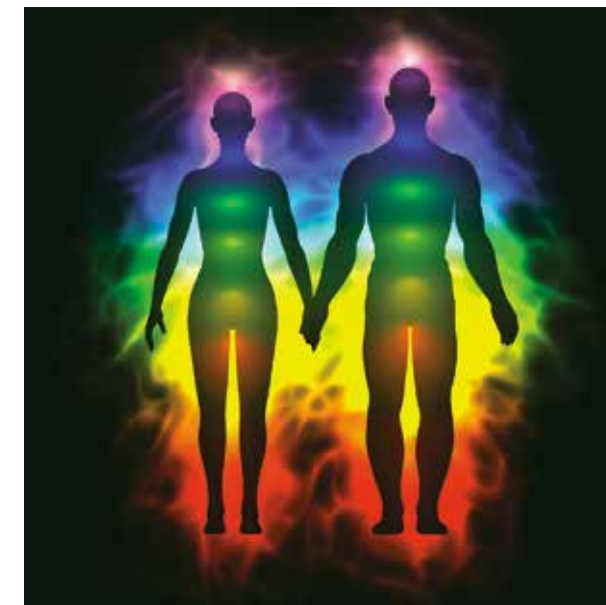
### Energy Field Effects

But there are promising new energy medicine approaches that are non-invasive and do not use drugs. One such approach is not a direct treatment at all. It is based on the concept of generally adding energy to the body with the use of a “scalar” energy field.

Adding energy to the whole body supposedly enhances the body's ability to heal itself. In so doing, chronic pain may be reduced or eliminated. Adding energy may also help to awaken brain cells, giving them enough energy to function properly and improve memory.

### Published Science

We have been using a scalar field generator to boost whole-body energy and we have seen



some surprising results. In one case, seizures in an autistic child were reduced by 90 to 95 percent. This study appeared in the peer-reviewed *Journal of Neurology Research* (Vol 2, No. 4, August 2012, pg 172. Link: [www.neurores.org/index.php/neurores/article/view/134/145](http://www.neurores.org/index.php/neurores/article/view/134/145)).

Other studies suggest that scalar energy treatments may have antidepressive effects and anti-inflammatory effects.

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## If Lois Can, Then How About You?

by Diane Cadinha, Certified Personal Trainer, ACE, NASM

I met Lois Kelsey in 2004 when speaking at a Mary Kay consultants' meeting.

Lois told me her husband was diagnosed with Alzheimer's disease. "I'm concerned that I won't be able to care for him if I don't get help with some strength and flexibility," she said. Lois was active most of her life, raising four children as well as three boxer dogs that she trained and entered in shows. Even though she did all her own yardwork (mowing her large property and trimming trees), she needed to balance and strengthen all her muscles. Muscle imbalance and tightness is the cause of a lot of aches and pains!

Lois worked out with me in 2008 until her husband's Alzheimer's got severe. Her husband passed away in 2009 and she came back



"I know the arthritis isn't going away, but I refuse to let it slow me down." — Lois

to see me in 2011. Now challenged with balance issues and arthritis in her spine, hips and hands, she wanted to get back to a regular training regimen. "I did my research and I know not moving would be the worst thing for me with arthritis," said Lois.

We started doing specific exercises to address problem areas (see photos). We also improved her diet with more greens and less sugar intake to lower the amount of inflammation in her body. Arthritis feeds off sugar!

Lois turns 87 in July and continues to function independently without drugs. Lois is an inspiring example of not giving in to old age, no matter how big the challenge. She is staying independent through proper diet and exercise. Go Lois! ■



### The Importance of Spine, Posture & Balance

- 1) **Arrow:** This exercise opens the chest for better posture and also lengthens and strengthens the spine to minimize spinal compression.
- 2) **Forward Lunge:** This one strengthens and stretches the front of the hip, which is very important if you sit a lot. It also strengthens the "glutes," (buttocks muscles), which are major stabilizers for balance.
- 3) **The Superman:** This helps stabilize the spine to improve strength, function and range-of-motion, which leads to less pain. Both the Superman and the Arrow may be done on the floor — adding the ball can help improve balance.

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## Wild Alaskan Sockeye Salmon Oil

by Tamilyn Masuda, Health Consultant

Wild fish is among the healthiest food in the world and wild Alaskan sockeye salmon is a nutrient-packed, very pure seafood alternative, according to the United States Food and Drug Administration (FDA). It is free from pesticides and contaminants, and rich in omega-3 fatty acids, vitamins A, D, B6, B, E and essential amino acids. Omega-3 fatty acids help to protect heart health, reduce the risk of strokes, promote healthy skin and hair, and improve the ability to burn stored fats. Omega-3 fatty acids are called essential fatty acids, yet our bodies are unable to produce them on our own, which makes it important to consume omega-3 rich foods or supplements. According to the American Heart Association, consuming foods rich in omega-3 fatty acids is preferable, but those who may not get enough through diet alone should consult their doctors about taking a supplement. The most convenient way to harness the cardiovascular



benefits of wild salmon oil is to consume it as a supplement; *Consumer Review* suggests that a supplement should contain at least 1,500 mg of omega-3 as a daily dose. When shopping for a supplement, look for one that is made with wild Alaskan sockeye salmon oil. ■

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## Doctors Say So

by Alan Matsushima, Health and Wellness Consultant

In my three previous articles, I explained what ionized, restructured alkaline water is. I also shared the potential benefits of drinking this healthy water — which may be the best water to drink. I have dedicated this article to what experts in the medical field say about this particular kind of water:

*“Alkaline antioxidant water changes everything physiologically. The alkaline antioxidant water solves two of the major problems that cause aging and disease: low pH and free radicals. It provides ready antioxidants to keep our bodies from rotting and rusting through the process of oxidation. Who should be drinking the alkaline antioxidant water? The answer is simply everyone from children to octogenarians.”*

— Ben Johnson, MD, Doctor of Osteopathy (DO), and Naturopathic Medical Doctor (NMD)

*“Restructured alkaline water may well be the best element or supplement you can put in your body. Did you know the Japanese have researched this subject for over 40 years and have found that drinking restructured alkaline water can relieve or reduce three causes for sickness, disease and premature aging.”*

— David S. Dyer, NMD, PhD

*“The most important feature of alkaline water produced by a water alkalizer is its oxidation reduction potential (ORP). Water with a high negative ORP is of particular value in its ability to neutralize oxygen free radicals. This is the key benefit of water produced by a water alkalizer that is not available by simply drinking water than has had some bicarb or other compounds dissolved in it to make it alkaline.”*

— Ray Kurzweil, PhD, author and inventor, recipient of the National Medal of Technology in 1999, and inducted into the U.S. Patent Office’s Inventors National Hall of Fame in 2002

*“I have administered over 5,000 gallons of this water for about every health situation imaginable... all [sicknesses] come from the same cause: too much tissue acid waste in the body.”*

— Theodore Baroody DC, ND, PhD, Dipl. Acu., author of the book *Alkalize or Die*

*“We can heal ourselves by changing the environment inside our bodies. Potentially harmful invaders, then, will have nowhere to grow and will become harmless. High pH water, such as the water that comes from a good ionizer, neutralizes acids throughout the entire body. Since acids underlie all disease entities, nothing makes more sense than neutralizing these acids. One of my most often quoted statements goes like this: ‘When the fish is sick, change the water. We don’t feed the fish medicine. We give them clean water. When the cells of our body are sick, we must change the water and fluids in which all cells are bathed.’”*

— from *The pH Miracle*, written by Robert O. Young PhD, ND

As I have said before, all waters are not created equal. It may be time to give ionized water a sip. ■

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# National Honors for Kara Yamamoto, MD

by Lara Yamada, Executive Director, Arthritis Foundation Hawai'i

Dr. Yamamoto, a pediatric rheumatologist for over 20 years, has become a leader in her field. She cares for the majority of children diagnosed with Juvenile Arthritis (JA) in the state, who come from all eight islands. JA affects over 1,200 kids and their families in Hawai'i.

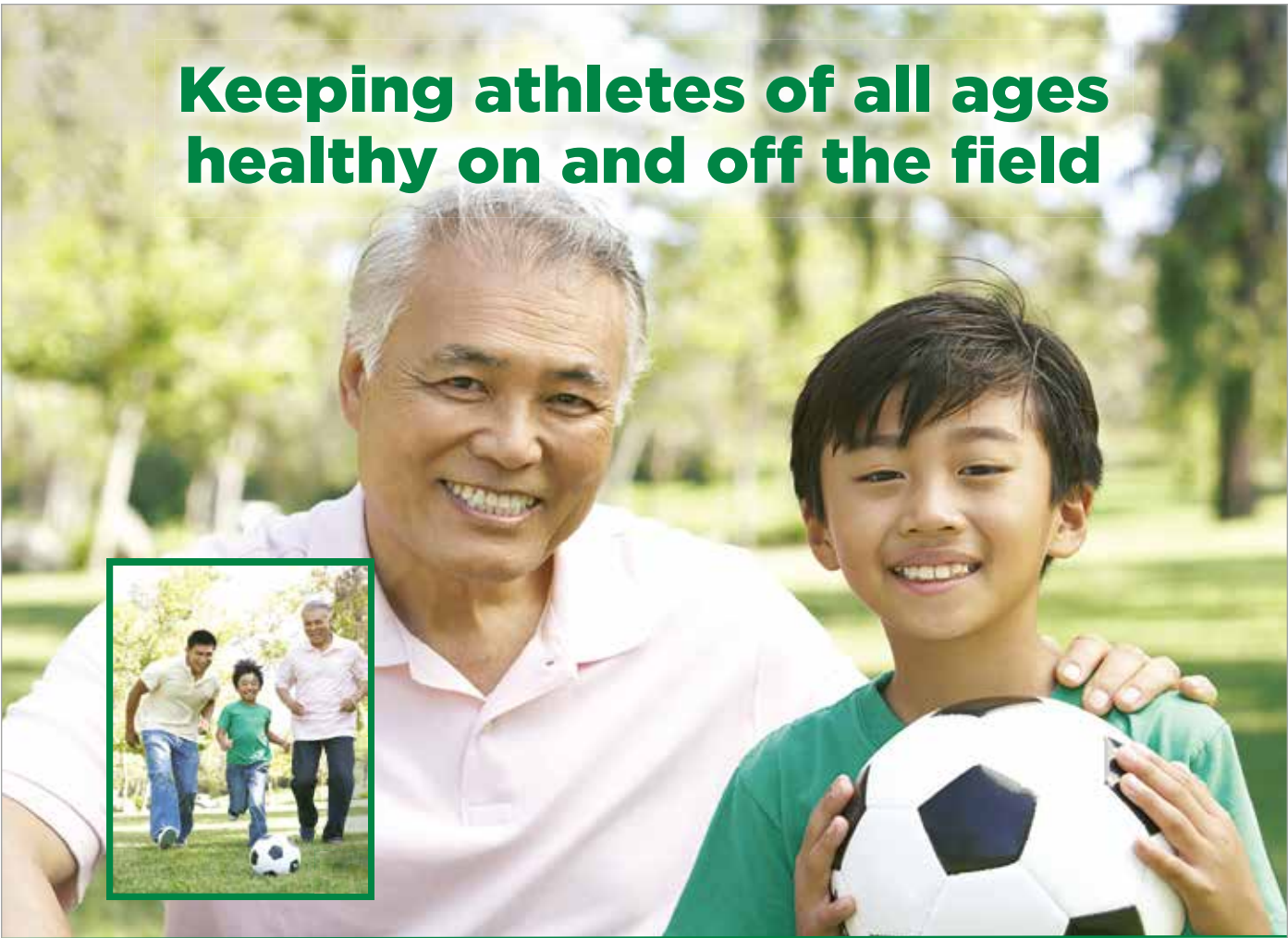


Through her leadership, financial support and volunteer work, major partnerships and funding have been established, including Camp Mana'olana, a summer camp for kids with JA.

This May, Dr. Yamamoto was awarded the 2016 Earl Brewer Award for Physician Leadership. This national award is presented each year to a physician who has fostered a reputation for excellence in his or her field. She was also honored at the 2016 JA Conference in Phoenix and Philadelphia.

Dr. Yamamoto's support and leadership of local JA programs has brought awareness to families with arthritis and has tapped into media opportunities, including the development of a video focussing on kids with JA that ultimately raised over \$250,000 in the fall of 2014. "Many seniors serve as the primary caregivers for grandchildren with JA," said Dr. Yamamoto. "They should be supported for their critical role in helping these children access care, control their condition and stay healthy."

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## Senior Travel Assistance

by Eileen Phillips, RN, Attention Plus Care

Recently, a longtime client of mine was looking more energetic and less arthritic than usual. I asked him what's new and got the I-know-something grin. After checking his nasal cannula and portable oxygen concentrator, I smiled; his doctor had already given me the scoop on his Las Vegas plans. That was the reason why I was there to help him. He laughed, saying Vegas is his therapy.

As is often the case, seniors with special needs can benefit from travel assistance. Some need a little help, such as assistance with supplemental oxygen or mobility equipment. For others, it may be more involved, such as finding services for kidney dialysis, labs, or getting an MRI and other imaging done while traveling.

"Seniors want to stay active and travel longer," said Client Service Supervisor Kari Wheeling, RN, at Attention Plus Care. More have chronic disease now and should see their doctors about risks and plans for safe travel.

The U.S. Travel Association recently held a campaign called "Travel Effect" to educate people on the positive impact traveling has on lives. "We encourage seniors to travel when they can, as there are many physical, cognitive and social benefits documented on travel," added Wheeling. While travel may have its risks, most seniors can take precautions against health emergencies while out and about.

### Consult Your Doctor

Seniors should consult their doctors before traveling. Getting advice regarding their conditions for safe travel within or outside of the country, and taking the proper steps before, during and after a trip, can help seniors stay active and healthy.

### Bring Your Medication

Seniors on medication should bring enough for their entire trip and keep it safe. If they are traveling out of the country, their medications may be unavailable or not equivalent to what was prescribed. Seniors should also have all of their doctor's contact information and a prescription copy.

### Get Medication Certifications

Seniors using medications that are controlled substances should get a certification from their doctor before traveling. Find out before traveling if your medications are legal where you're visiting. Your medications should be current, labeled and match your certifications.

### Carry a Medical Alert

Seniors with medical problems or allergies should consider a medical alert bracelet or medical alert card, which will identify their particular condition. A medical alert can be a lifesaving reference for emergency responders.

Seniors needing travel assistance should call their airlines about special services for travelers. When buying your ticket, voice your special needs at least 48 hours in advance and get information about accommodations for your travel. Dr. Paul Nussbaum, a professor of neurological surgery at the University of Pittsburgh, said, "Travel is good medicine and promotes brain health and resilience across the life span."

For our seniors, traveling to the "Ninth Island" is just what the doctor ordered. ■



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For more information on Travel Assistance and free community workshops on Aging in Hawai'i hosted by Attention Plus Care, call 808-440-9356.



## Live Well at Iwilei

by Kāhala Nui

Live Well at Iwilei is Hawaii's distinguished senior wellness center providing meaningful person-centered programs and services for our kūpuna. Licensed by the state of Hawaii as an adult day care center for seniors, Live Well promotes healthy aging with a focus on quality of life and a high level of physical, intellectual, and psychosocial well-being.

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# Social Security Benefits Outside the U.S.

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



Over a half-million people who live outside the United States receive Social Security benefits, including retirees and people with disability, spouses, widows, widowers and children. "Outside the United States" means you've been outside one the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands or American Samoa for at least 30 days in a row.

If you plan to travel outside the U.S. for an extended amount of time, it's important to notify Social Security about the dates you plan to leave and return, no matter how long you expect your travel to last. Then we can determine if your Supplemental Security Income (SSI) will be affected.

Visit [www.socialsecurity.gov/international/payments\\_outsideUS.html](http://www.socialsecurity.gov/international/payments_outsideUS.html) for an online tool to find out if you may continue to receive your Social Security benefits the entire time you are

outside the U.S. Country-specific restrictions may apply. You may also find more information in our online publication, "Your Payments While You Are Outside the United States," at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

While you are outside the U.S., the Social Security Administration will periodically send you a questionnaire. Your answers will help us figure out if you still are eligible for benefits. Return the questionnaire promptly to keep payments flowing. In addition to responding, notify us about changes that could affect your payments. Social Security is with you through life's journey, even when it takes you outside the country. ■

For questions, online applications or to make an appointment to visit a SSA office, call from 7am–7pm, Mon–Fri: **1-800-772-1213 (toll free)** | **1-800-325-0778 (TTY)** [www.socialsecurity.gov](http://www.socialsecurity.gov)

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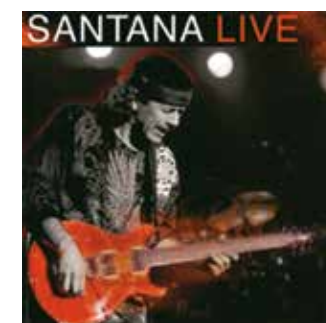


## From Woodstock to Medicare

by Martha Khlopin, Host of "Medicare Moment with Martha"

Did you know 22 was the average age of those who attended New York's historic Woodstock Festival in August 1969? More than a half-million hippies or wannabes rocked to the music. If you do the math—you guessed it—the Woodstock generation is aging into Medicare or already there. Back in January 1970, Tom Moffat's Hawai'i version of Woodstock, aka, the Sunshine Festival or Diamond Head Crater Festival, featured Carlos Santana, along with Journey, Styx and others. So where are the hipsters today? They are still dancing to the beat of the music. I witnessed it recently at the "Battle of the Bands" reunion concert featuring Hawai'i high school rock bands formed in the '60s that still crank out tunes today to sold-out venues. I danced for hours as the bands—Loving Sounds 34, Audissey and Wasabi performed. Next, I was dancing at a sock hop featuring music and fashions of the '60s. DJ Doug Oshiro was fabulous. To push the event over

the top, he introduced Linda Green of Tempos. She sang her hit tune, *My Little Japanese Boy*, to cheering fans. Outspoken and rebellious, the youth of the '60s redefined the nation, Hawai'i and the world by disrupting the status quo. If the World War II generation is known as "the greatest," then the Woodstock generation, even as they reach Medicare age, will be remembered as "the coolest," as they rock and roll through their retirement years. ■



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# Missions of Help and Hope

by Stephanie Kim, Generations Magazine Intern

Some of the most helpful nonprofits for seniors are small operations that cannot afford to advertise. We will be helping them by getting their message to you. Read below to learn how the volunteers and coordinators in these noteworthy organizations may help you and your family.

## SPECIAL EDUCATION CENTER OF HAWAI'I

Special Education Center of Hawai'i (SECOH) is a nonprofit organization in the State of Hawai'i. SECOH's mission is to provide personalized services to people with disabilities.

SECOH offers adult day care for seniors with disabilities due to aging, with a specialty in supporting those with Alzheimer's and dementia. This service is available Monday through Friday and some weekends only at its Diamond Head location. Seniors can participate in a number of recreational and therapeutic activities, such as arts and crafts, swimming, cooking and off-site activities, as well. They also offer family counseling, referrals and resources.

Crystal Hoapili, the adult day care coordinator, said that this year marks the 50th-anniversary celebration for SECOH, which was founded in 1965 by Sister Agnes Jerome Murphy. The organization's vision is to see that "people are valued and treated with dignity and respect."

The Hawai'i Community Foundation provided a Persons-in-Need Grant for Senior Day Care to SECOH from the May Templeton Hopper fund. This grant is for tuition assistance to attend its adult day care program. To qualify, individuals must be 65 or over, demonstrate financial need and show that they will benefit from SECOH's care. Crystal urges people to call to see if funding is available to assist them.

If you would like a tour or to learn about services, please call ahead at the Diamond Head location and talk to Crystal.

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Crystal Hoapili, Adult Day Care Coordinator  
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## LEGAL AID SOCIETY OF HAWAI'I: FREE LEGAL HELP FOR SENIORS

Legal Aid Society of Hawai'i (LASH) is a non-profit law firm dedicated to providing justice and fairness to the people of Hawai'i through representation, advocacy, community partnerships, education and outreach. Established in 1950, LASH has 10 offices statewide with over 100 staff members. They provide services to over 20,000 individuals each year.

Seniors who are 60 and older receive free legal services, regardless of their income and assets. LASH primarily focuses on family, consumer, housing and public benefits law. Clients may have consumer issues, such as bankruptcy or debt collections; housing issues, such as Section 8 or repairs; or public benefits issues with agencies like the Social Security Administration (SSA) or Aid to Aged, Blind, Disabled (AABD).

LASH offers counseling and advice, one-on-one consultations, assistance in understanding the legal process, and limited or full representation of clients in court and administrative hearings.

To find out if LASH can assist you, call its dedicated senior hotline or visit the LawHelp Hawai'i website, a cooperative project of LASH and Legal Service Corp.

A special event will be held on Kaua'i:

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# Team Huddle and Huckleberry Pie

by Annette Pang, Relationship Life Coach

As family caregivers lovingly cater to their ill or dying elders, they could make three mistakes that might harm themselves and their family. Alone and exhausted, they cannot sleep. Stress leads to illness and 60 percent of caregivers end up in the hospital before their parents—some even predecease their parents.

One of the quickest ways to lighten the load is to share the work. Form compassionate support teams by inviting others to join a common goal to carry out tasks, laugh, cry and groan together.

Annette Pang's "Magical Moments Workshops" have reached over 1,000 caregivers and found family teams with can-do attitudes quietly sacrificing for their elders. Do you consistently invite and enroll teammates to join you and roar in unison like a football team (chanting "strawberry shortcake, huckleberry pie,") or are you all by your lonesome, working endless shifts?

The Jackson, Carol and Dr. Cass Nakasone family—"Team Shirley"—deserves a trophy for courageously caring for their sister/aunt. How did they do it? They asked for help.

Please join "Team Annette" to support the three-mile Alzheimer's Association Walk on Sept. 3 at Magic Island. *I am a wimp, but I will keep up with you so we can all cross the finish line together.*

Visit [www.annettepang.com](http://www.annettepang.com) for more information and sign up today. Bring your elders—wheelchairs, rolling walkers, canes and all!

And... it's my 70th birthday—another great reason to cheer! ■

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Annette is a Relationship Coach and founder of Life Coach Village, LLC.

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## Medicare Facts You Need to Know

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

More than 50 years ago, the federal government established programs designed to help Americans afford healthcare services called Medicare and Medicaid. Since both of these programs involve many variables, they require some study. To provide insight into how the coverage works, here are some facts you might not know about Medicare:

### Medicare and Medicaid Provide Most of the Same Services

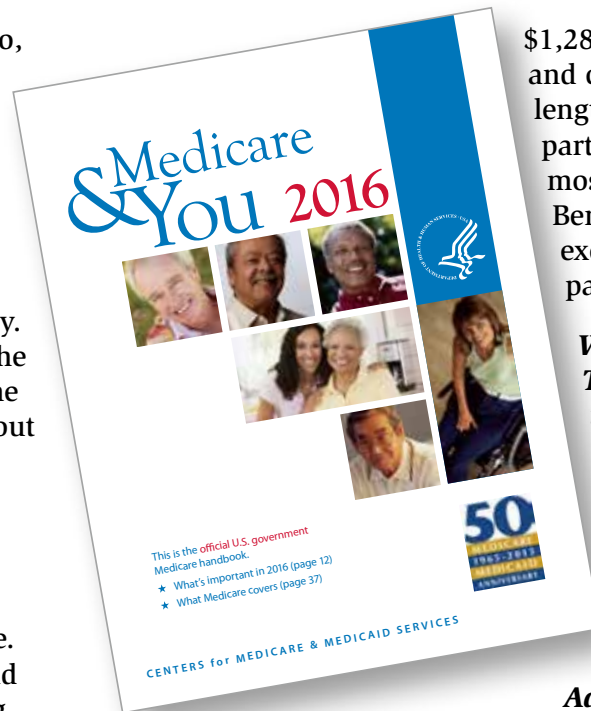
That's true for some people. Medicare is for persons 65 and older or with other qualifying conditions, while Medicaid is for lower-income Americans based on financial need.

### Medicare Coverage has Four Parts

- Part A covers inpatient stays in hospitals, skilled nursing facilities, hospice facilities and sometimes, home-based healthcare services.
- Part B covers doctor visits, durable medical equipment, home health services and qualified preventive services. Parts A & B are sometimes called "Original Medicare."
- Part C (Medicare Advantage plans) combines Part A, Part B and usually prescription drug coverage from private insurers.
- Part D covers outpatient prescription drug coverage from private insurers. You must be enrolled in Part A or Part B to receive Part D coverage.

### Medicare is Not Free for Most of Us

While Part A comes with no monthly premium if you have a 10-year history of paying Medicare taxes, unless you qualify for assistance, you will be responsible for deductibles and coinsurance costs. For example, the deductible for 2016 is



\$1,288 for each benefit period and coinsurance varies with the length of the hospital stay. The part B premium is \$121.80 but most persons only pay \$104.90. Beneficiaries with incomes that exceed specific thresholds may pay more.

### With Original Medicare, There are No Networks to Worry About

You're free to go to any doctor or hospital that accepts Medicare, even outside of your home state.

### You May Need Supplemental Insurance in Addition to Medicare

There are limitations to Medicare coverage, therefore, you may need additional coverage depending on your current or future health needs. Carefully review what each part covers before enrolling and ask other insurance providers how their coverage complements Medicare.

The federal government and most states provide resources to help you understand your options and guide you through the Medicare enrollment process. Be prepared — start learning more today, so you're ready when you become eligible for Medicare coverage. ■

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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.

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## Vacation With Your Important Papers

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

Hauling a massive three-ring binder or a file folder with you when you travel is impractical. However, there are times when having your estate planning documents at your fingertips can be helpful. If you or someone close to you should experience a health emergency and can't make decisions, how do you prove who has the authority to step in as "substitute decision maker?" Wouldn't it be ideal to have immediate access to your advance healthcare directive and possibly other estate planning documents as well? The good news is you can.



Thumb or Jump Drives come in all makes, models, and storage capacity—more than you'd ever need to store your documents.

medical providers your permission to talk to your decision maker), but you might also want other documents, such as your durable power of attorney. The downside to this technology is that it is a piece of non-waterproof hardware that can be lost, or stolen and misused.

Another solution is to subscribe to a service that gives you online access to your documents. Two companies that provide this service are:

### 1) Legal Directives

866-363-4894, [www.legaldirectives.com](http://www.legaldirectives.com)

### 2) DocuBank

866-362-8226, [www.docubank.com](http://www.docubank.com)

Both companies will keep your advance directive and HIPAA authorization on file and give you the ability to look at them online and print them out, or have them faxed by way of an automated system to any location. The way you access the system is by following the instructions on a credit card-sized plastic card that you are issued. This is a great solution while you are in your hometown, as well as when you are on the road. The major catch is that you need to have your card with you when you go to the emergency room or otherwise seek treatment.

Yet another option is Internet technology that allows you to store your estate planning documents in the "cloud" and access them from any computer or laptop (including your iPad) whenever you need to, and from wherever you happen to be at the time. One example is called Cubby ([www.cubby.com](http://www.cubby.com)), but there are others on the market. When you are a Cubby subscriber, you can create a secure link that you (or your kids or your financial planner) can use to access your estate planning documents 24/7. This can be a very helpful solution in a variety of contexts—not just medical emergencies.

Of course, all of these technologies require access to a computer, a telephone and/or a fax machine, and may require Internet access.

If your travels take you deep into the jungles of Borneo or to the summit of Mt. Everest, you may need to do things the "old-fashioned" way and carry paper copies in a waterproof container. ■



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## Giving Retirement Assets

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

Americans own trillions of dollars in qualified pension plans, profit sharing plans, 401(k)s, 403(b)s, SEPs and IRAs. Congress never meant for these plans to be passed tax-free to heirs. They are considered “income in respect of decedent or IRD.”

Someone has to pay tax on these assets. By leaving them to someone other than your spouse, your heirs may pay significant taxes on this inheritance. Even if you do not have a taxable estate, the tax rate for your heirs on these assets could be quite substantial.

### CHARITABLE BEQUEST

Consider gifting IRD assets, because charities are tax-exempt and will not pay taxes on retirement assets. Leave heirs assets such as your home or stocks that step up to fair market value when you pass away, leaving little or no tax to pay.

### CHARITABLE GIFT ANNUITY OR CHARITABLE REMAINDER TRUST

Some use IRD assets to fund a charitable gift annuity that will benefit a family member with lifetime fixed payments. Typically, this type of gift is used by older beneficiaries in exchange for fixed, tax-advantaged payments.

Funding a charitable remainder trust with IRD assets creates a tax-advantaged charitable legacy for your heirs, while lessening their tax burden. The trust will pay income over years, spreading out their tax burden. At the end of the trust, any remaining principal will go to the charity. ■

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## RETIREMENT PLANNING

More than 50% of Seniors retire without any planning. Many retire without knowing how much money they need to retire and how long their retirement money will last. More than 85% of Americans 60+ do not have long term care coverage. 73% of Hawaii Seniors need some level of long term care.

1. Do you have Long Term Care Insurance?
2. What are Living Benefits?
3. Do you have a Social Security strategy?
4. What exactly is a Living Trust?
5. Do you have guarantee income for life?

Call 722-9790 or 792-5194 to schedule an appointment or attend a workshop.



Travis Motosue



Ed Motosue

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## Put Your Voice Into Your Estate Plan

by Stephen B. Yim, Attorney at Law

Singing has always been a passion of mine—with my brothers, in choirs or in the shower. In choir, when the director handed out new music, I remember looking at the black notes on the white sheets of paper and thinking that the music made no sense, and it's going to be really boring to sing.

As our choral group rehearsed and blended in harmony, the melody would always come to life and become a beautiful story in song—even more so as I connected more with the composer of the music, and the meaning and emotion the author intended to convey.

Everyone's voice is unique, textured and lovely in its own way. When everyone sings in harmony, it makes the song exponentially more beautiful.

An estate plan has been regarded “as the sole, authentic voice of a man who is dead.” However, much like that sheet of paper with notes on it

during the first day of choir practice, if left as a template legal document, without the maker breathing life (voice) and personal meaning into it, the legal document will remain sterile, sometimes rendering it almost meaningless.

What is at risk in this case is family harmony.

Family members will apply their own song and lyrics to the document in the absence of the maker's voice, rather than being able to hear and honor the loved one's story.

When you work with your attorney to establish or update your plan, to ensure harmony, please remember to make sure to incorporate your unique, textured and dynamic solo voice. ■

STEPHEN B. YIM, ATTORNEY AT LAW

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## Drive-By Victims: Homeless Seniors

by Scott Spallina, Senior Deputy Prosecuting Attorney

Charlie (not his real name) is a 68-year-old veteran who lives with several hundred people under the viaduct near Honolulu International Airport. This large group of homeless people (or as law enforcement calls them, “residentially challenged”) has formed a community. Unfortunately, as in most communities, there are persons who prey on seniors like Charlie.

One day, Charlie was sitting near his belongings when a camp member approached him, demanding his flashlight. When Charlie refused, the man hit him on the head with enough force to knock him down and create a three-inch gash.

Charlie was my introduction into the homeless senior victim arena. In 2008, when I was creating the elder abuse team at the Prosecutor’s Office, I imagined my victims to be found in care homes, relatives’ homes, or their own homes. Little did I realize that a large portion of my cases happen where the victims have no homes at all. Throughout the years, I was reminded of this fact over and over again.

My first murder case involved a homeless senior looking for shelter at a church in Mānoa. Unfortunately, he found another homeless man instead, David Orpin, who beat him to death for “invading” his territory. Another particularly violent case happened (again, near the airport

viaduct) when a homeless man rode his bicycle up to a pair of senior women who were using the overpass for shelter. The bicyclist made obscene comments and exposed himself. When the younger woman ran for help, the bicyclist brutally assaulted and raped the 75-year-old.

Some of my more violent cases occur in places open to the public that most of us just drive by without notice. Our attention is only drawn when homeless encampments mar the scenery, causing many to complain about how the government needs to do something about “them” to remove the homeless from our sight. Unfortunately, removing the homeless from sight will only create an environment that will breed more crimes against our elderly homeless. Now, however, when you see the tents and cardboard box shelters lining the beaches and walkways of Hawai‘i, you will know that they house not only homeless seniors, but the criminals who prey on them.

Volunteering or donating to nonprofits that assist the homeless are good ways to help people down on their luck *and* to protect them. ■

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

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