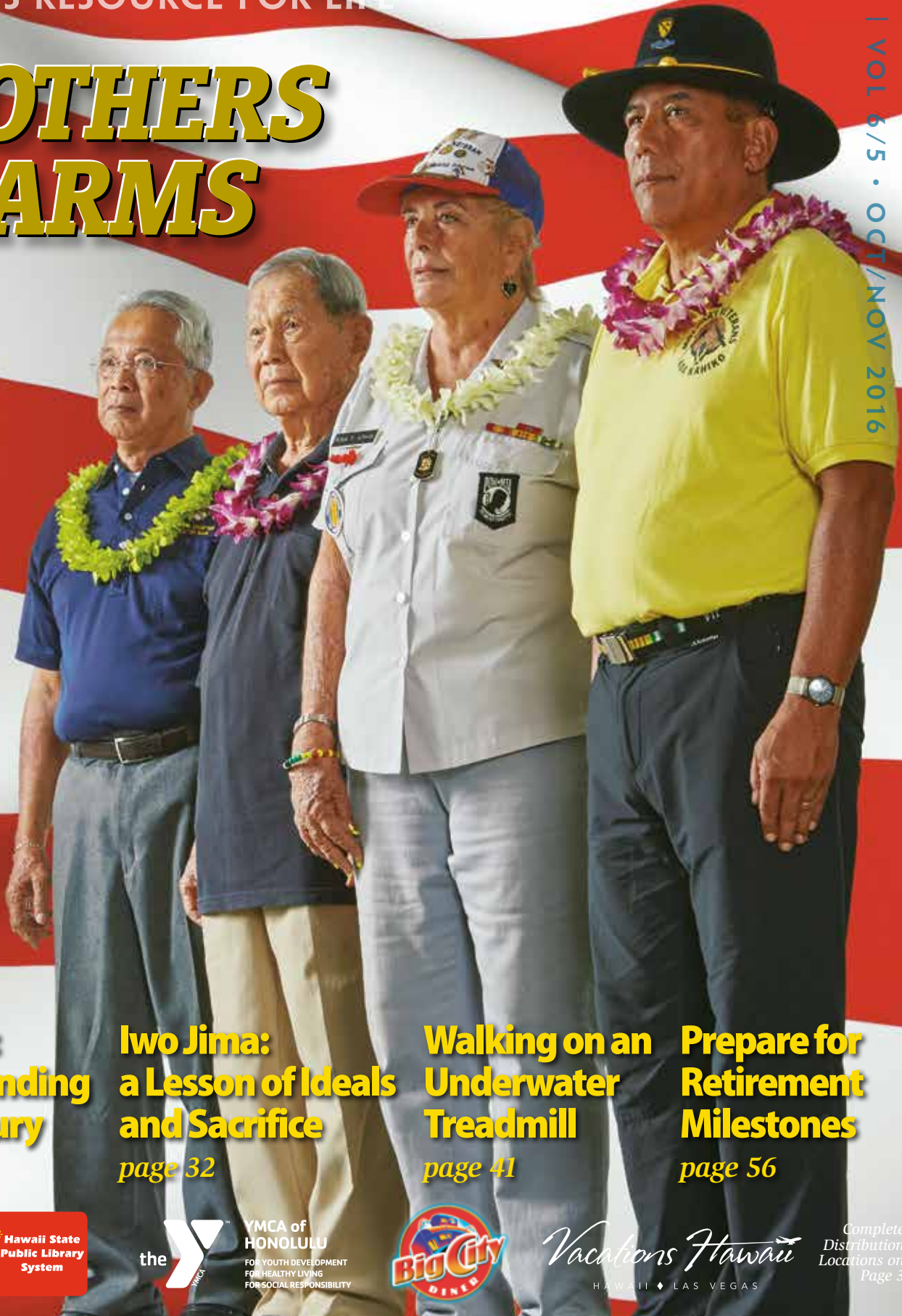


GENERATIONS

HAWAII'S RESOURCE FOR LIFE

BROTHERS IN ARMS

MAGAZINE | VOL. 6/5 • OCT/NOV 2016



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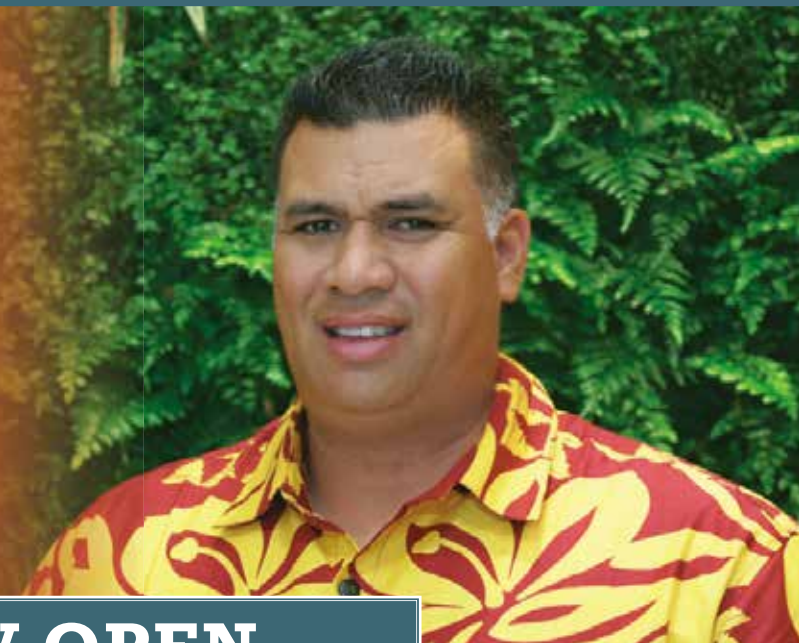
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In This Issue

Working with Hawai'i veterans from three wars was a special privilege. I also interacted with numerous other veterans and military personnel, active and retired: Veterans Affairs staff, leaders of veteran service organizations, and veterans councils and volunteers. All were courteous, helpful and able to provide primary source information or refer me to someone who could. I was so encouraged and impressed — not only with their service to our country, but also with their deep respect for fellow veterans. Page space does not allow me to thank everyone by name, but I am deeply grateful to Ed Gayaga, Lloyd Kitaoka, Harry Fanning and Rona Adams, whose contacts led me to the stories of the amazing veterans who appear on our cover.

Understanding the Korean War was difficult because so few combat veterans returned and relatively little was published about the war. In Hawai'i, chapters of two organizations, the 5th Regimental Combat Team and the American Korean War Veterans Association actively support Korean War veterans and relations with the Republic of South Korea. Interviews with combat veterans Philipe Batalan and Lucio Sarnico, who served in Korea and Vietnam, were a special blessing.

A Change in Priorities

A *Generations Magazine* staff member asked me, "What will I face at 70?" I explained to him that while my health and attitude are good, everything I do takes a little longer — including resting up when I tire myself out. My curiosity and interests still stimulate me, but I have to be selective about how I spend my time. "Doing it all" is no longer an option. And on a physical level, there are a few things I just can't do anymore.

My husband has some chronic medical issues that must take priority, so I need to limit the number of hours I have been spending on my dream job, editing *GM*. Publisher and Managing Editor Percy Ihara kindly asked me to stay on as a feature story writer.

Mahalo to many contributing authors who have become friends and close associates, and create powerful resources for this magazine. I have loved working with you! And thank you to all our readers, who make a special effort to tell us how much you love *Generations Magazine*. It has been my privilege to bring you great resources for living!



Every Day is Brand New!

Katherine Kama'ema'e Smith, *Editor*

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I am a Veteran

I have seen and done things that many
will not understand

I am a warrior and member of a team
spanning the world

I have served my country proudly and
now standby to serve my brothers and
sisters in arms

I will never accept defeat

I will never quit

I will never leave a fallen brother
or sister

If they are hurt, I will carry them

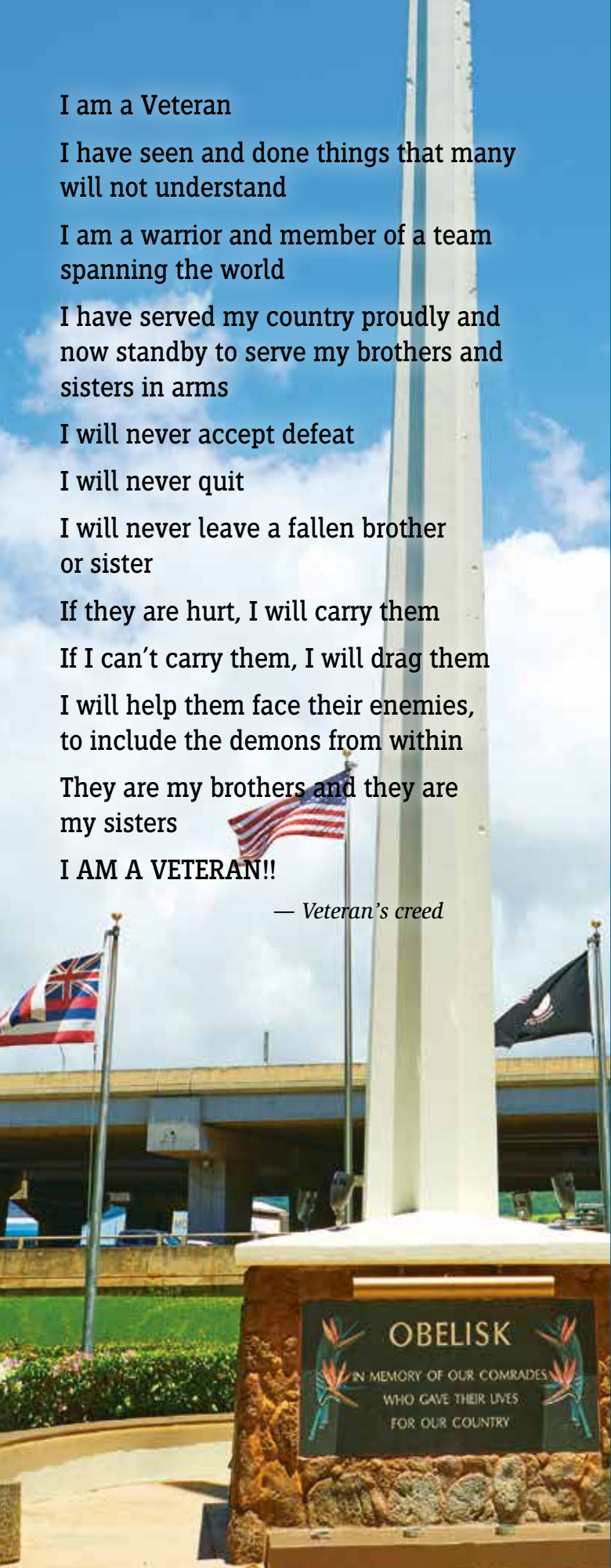
If I can't carry them, I will drag them

I will help them face their enemies,
to include the demons from within

They are my brothers and they are
my sisters

I AM A VETERAN!!

— *Veteran's creed*



The Obelisk monument at the Ke'ehi Lagoon Memorial

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Cover & Feature Story Photography by Brian Suda

Our Contributors

Generations 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.



EILEEN PHILLIPS, RN, is the client service director for Home Health Agency, Attention Plus Care. She is passionate about providing high-quality care to clients in the comfort and safety of their own home, and providing home healthcare solutions to clients, meeting a full range of personal care and skilled nursing services. Phillips is also active in the senior care community, providing advocacy, outreach and educational programming on aging and health related topics.



STEVEN LABRASH is a faculty member of the University of Hawai'i, where he has been the director of the Willed Body Program since 2004. He is a certified funeral service practitioner, a distinction earned from the Academy of Professional Funeral Service Practice in 2007. Labrash is a recognized expert in the field of human preservation, and has published articles and presented related topics at several national conferences



HARRY E. SMITH lives in Kapalua on Maui. He is a lifelong student of the World War II Pacific Theater. He visited Iwo Jima in 2008 and 2010, and gives talks on this historic battle and the Doolittle Raiders. It's his way of honoring U.S. Veterans and keeping WWII history alive. Smith was raised New York, graduated from Notre Dame University, had an early career in sales management with Johnson & Johnson, and later ran his own consulting company.



CASSANDRA STEWART has been the executive director for Cardon Outreach in Hawai'i for 10 years. Cardon Outreach has provided Medicaid application assistance to residents of Hawai'i since 1998. Prior to coming to Cardon Outreach, Stewart was a supervisor with the State of Hawai'i MedQUEST Division.



MARK YASUHARA, director of Voices of Aloha, holds a BE in Music from the University of Hawai'i and was winner of the Pacific Regionals of both the Metropolitan and San Francisco Opera Auditions. He and his wife, Diane, were international headliners in a Christian concert and recording ministry with 14 albums to their credit. A gifted arranger, he has directed choirs here and on the mainland, and has conducted international choral and worship seminars.



HOPE YOUNG is the director of Care Services at Kokua Care. Kokua Care provides home care services. Young has been with the agency since 2004. She understands the challenges of family caregiving, as she is also a caregiver to her mother. Young shares her knowledge through presentations she offers to senior groups and caregiver organizations and is pursuing her degree in healthcare administration.

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

RONA ADAMS | LES & SHIRLEY IHARA | MARTHA KHLOPIN | SCOTT MAKUAKANE | ALAN MATSUSHIMA
JULIE MOON | ANNETTE PANG | TERRY SHINTANI | JEFFREY SISEMORE | SCOTT SPALLINA
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Remembering KIRK MATTHEWS



Loving husband



Friend to all



Respected colleague



Here at *Generations Magazine*, we will always keep beloved KHON2 newsman Kirk Matthews in our thoughts and in our hearts.

He was not only an inspiration to our senior community, but also our personal and dear friend, together with his biggest treasure, his wife, Linda Coble. They shared their love and enthusiasm for life with us and made our lives so much better.

It was Kirk's choice to make his December 2015 fundraiser with family, friends and former co-workers his "service," so he could hug them all goodbye.

We will miss you, Kirk.

Tell Us All About It, We'd Love to Hear It

Aloha!
Thank you, I really
enjoyed your article. It
helped us a lot!

Hello—I just
wanted to say...

What should I
do with my...

Would there
be another way
around that?

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GM's "Comments" is a great way to turn an article into a conversation, as other readers may decide to chime in on your comment, too.

It's easy. On the homepage, click "download or read the current issue." When the new page opens, you will see the individual articles posted by title. Click on the title and scroll down to the bottom of the article. You will be prompted to enter your name, email and your comment.

Generations staff will post all legitimate comments for everyone to see and our authors will have the opportunity to respond and carry on the conversation (mean-spirited or junk messages will be excluded from the website).

Making a comment is not as easy as talking story at The Bus stop, but we think it's the next best thing. ■

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Success! The 2016 Aging in Place Workshop

by Generations Magazine Staff



Abundance was definitely the word of the day! Vendors. Seniors. Caregivers. It was booth to booth, chair to chair, shoulder to shoulder. This year garnered the biggest turnout in years — and that means seniors want to know “what’s next” as they age. Being informed and prepared is the wisest decision.

Presented by *Generations Magazine* and KITV4, and sponsored by many organizations and businesses supporting health and aging, the AIP senior workshop is an annual “must-attend” free event. ■



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The Department of Parks and Recreation Senior Clubs will have handcrafted items such as pottery, plants, lei, Christmas crafts, and a white elephant sale. There will be entertainment, food, a Country Market, cookies and preserves contest sponsored by Cecile Sebastian, DDS, and a Karaoke Contest conducted by Jeff Apaka of the Waikiki Community Center, with the Karaoke equipment provided by Mellow Friends. Many Generations' partners will provide a wealth of information.

Jeff Apaka
Waikiki Community Center

Bring a canned good for the Hawaii Foodbank. Honolulu Lions Club will be collecting used eye glasses and hearing aids for repair and redistribution.

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- Manoa Cottage
- Prime Physical Therapy Inc.
- Senior Move Managers/De-Clutter Hawaii
- St. Francis Healthcare System
- The Ihara Team - Keller Williams Honolulu
- United Healthcare
- Waikiki Community Center

There will be many other participants joining in by November, as well as various government agencies, to offer a wealth of information.

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Kirk Caldwell, Mayor

DEPT. OF PARKS & RECREATION
Michele K. Nekota, Director

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To participate in the Senior Karaoke Contest, call the Senior Citizens Program at 973-7258.



When You Gotta Walk – Walk

by Stephanie Kim, Generations Magazine Intern

I met Sharon and Randy Reynolds, both in their 60s, on a Saturday afternoon at a Starbucks in Ewa Beach. They are avid walkers with their daughter, Kimberly, and they participate in several charity walks throughout the year, including the 2014 Making Strides (against breast cancer) of Hawai'i (see photo).

How important is exercise to you? What do you do?

For Sharon and Randy, walking is much more than a simple form of exercise.

"We walk a lot," said Randy. "But it's more for the charity part than the walking part," said Sharon. They are former members of the Lions Club and have participated in charity walks since 1994.

They also spend a lot of time walking because "if we want to go anywhere, we have to walk," said Sharon. They also use The Bus. But since

they live about a half-mile from the nearest bus stop, even taking The Bus requires a bit of exercise.

"It's not set out to be 'we are going out for a walk,' because that's boring," said Sharon. "if we are doing it because we have to, then it becomes a chore."

"It becomes work," Randy chimed in.

"If you are going for enjoyment, then it is a different story," Randy concluded.

What do you eat so you can walk better?

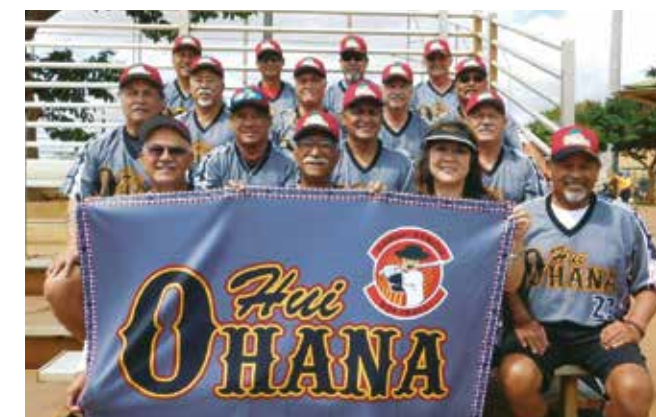
"We eat fresh vegetables and salads," they both said in agreement. ■

If you wish to comment on these questions, visit this article on www.generations808.com and post a comment.



41st Annual Senior Softball Tournament

by Garrett Iwai, Recreation Specialist



At the opening ceremony, players thanked Pat Baniaga, who served as league coordinator for the Kaua'i Senior Citizen Softball League for the past 14 years, and as director for the 41st annual tournament. He is passing the mantle to Jeffrey Kimoto, who recently moved to Hawai'i from Northern California.

"It is time for some new blood and ideas to allow growth, and more success for the Kaua'i senior softball program," Baniaga said.

The Shaka Boyz of Hui Ohana, and managers Les Lunasco and Sonny Miller put up some great hitting, and strategic defense to capture a win at 'Ele'ele Field. ■

More than 1,000 players aged 60 and over, representing 63 teams from all islands, faced off in friendly but spirited competition at the Annual Hawaii State Senior Softball Tournament on Kaua'i on Aug. 2. Kaua'i teams welcomed their opponents at Hanapepe Stadium, Ele'ele Field and Kaumakani Ball Parks.

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Serving Our Country

by Sherry Goya, Generations Magazine Staff

One of the best parts of being on the staff of *Generations Magazine* is that I have the opportunity to meet so many wonderful families. Quite often, I receive calls and emails from people who have a “story” to tell me, and it is very hard to write about everyone I meet or every event I attend.

Back in June of this year, I received an email from Donna Cadiente, who said that her father was a presidential chef for Presidents Truman and Eisenhower as part of his tour of duty in the Navy. He was aboard the presidential yacht, in the White House and at the presidential retreat camp, now called “Camp David,” after President Eisenhower’s son—that’s what Armand told me. His memories of living in the Philippines, being drafted in the United States Navy, and working in Washington, D.C., back in 1946 are still strong. His tour of duty also sent him to Seattle, Taiwan, California and Hawai‘i.

I enjoyed talking with Armand, and saw his eyes twinkle when he smiled and laughed at me—hey, he’s the one with the funny disposition.

Armand retired from the Navy, apprenticed at Pearl Harbor to become a marine machinist and retired at age 60 to babysit his grandchildren. His daughters say that at almost 88 years old, he now spends his days at St. Francis Adult Day Care, where he enjoys playing solitaire while the ladies enjoy his company. Armand served our country in more ways than one! ■

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

808-722-8487 | SGoyaLLC@aol.com



Donna Cadiente and Armand Bartolome



Substitute Parents

by Shirley and Les Ihara, Grandparents

Grandparenting is sometimes being a substitute parent. For instance, when our son, Dan, and his wife, Julie, went on a trip, we took care of their three sons for several days.

Since the oldest is already a sophomore at the University of Hawai‘i and the younger two are still attending Mid-Pacific Institute, they can be home by themselves, so our responsibilities are quite limited. We begin grandparenting late in the afternoon, sometimes picking up the younger two boys after school or baseball practice.

We also prepare dinner for them. The boys love their grandma’s cooking! She normally asks them what they would like to eat and without hesitation, they ask for their favorites—spaghetti, meatloaf, pork or chicken tofu, or her tasty chicken divan. They devour every dish to their heart’s content. During dinner, we talk about the boys’ schooling, baseball and other interests.

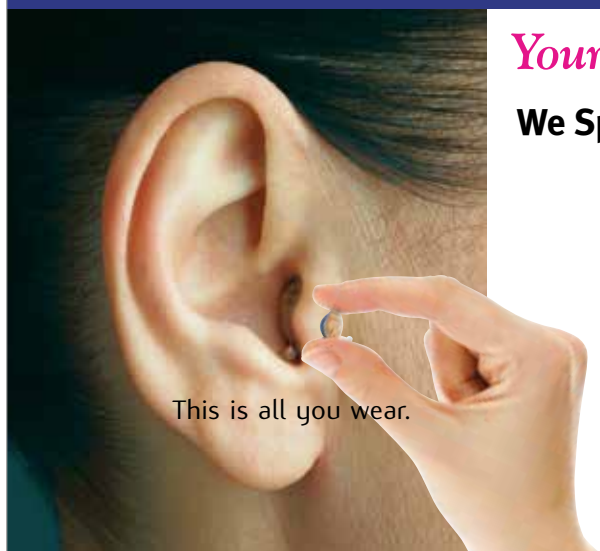


After dinner, Grandpa washes the dishes so that the boys can do their homework. Since it was the beginning of the school year, the younger boys said they needed to buy additional school supplies, so Grandpa drove them to a nearby Longs to get what they needed. When they got there, Grandpa got a basket for them and after they were finished getting what they needed, he told them to give him the basket. He got in the check-out line, paid and handed over one big sack of school supplies!

Grandparenting can be such an easy, thoroughly rewarding and simply delightful experience! ■

To send Shirley and Les a note or grandparenting tips of your own, go to www.generations808.com and click on “Comments” at the bottom of the article.

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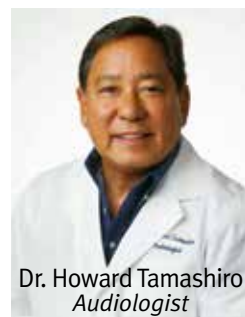


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At Your Service...Vietnam Vets

by Capt. Rona Adams, RN, US Army Nurse Corps, Vietnam



May 22 to 28, 2017, is a very special commemorative event for all Vietnam vets. By a 2012 presidential proclamation and at the request of the national project director for the 50th Anniversary of the Vietnam War Commemoration, key Vietnam veteran volunteers joined a state planning committee. Hawai'i was asked to host not only local events, but also the United States National Vietnam War Commemoration Symposium, Memorial and Celebration, with participation by American dignitaries and military representatives from all of the countries that supported U.S war efforts in Vietnam. Last year, Gov. David Ige issued a letter of support.

I am a Tet Offensive survivor and a member of this planning committee. Seven planning committee members and one advisory board member belong to Vietnam Veterans of America (VVA), O'ahu Chapter 858. One of my responsibilities is to notify all Vietnam veterans about this week-long event, May 22 through May 28, 2017, when we will all finally be "welcomed home."

Core events in Honolulu are a great parade in Waikiki, a concert, a reception, a taste of Hawai'i night or a lū'au, a POW/MIA/Gold Star family dinner or lū'au, and a memorial ceremony at Cemetery of the Pacific at Punchbowl.

Maybe you are thinking as I did when I joined this committee — *What! Are you kidding? Too little too late!* But then I thought, *Hmmmm! Better late than never!* Please join us May 22 through 28.

If I lived on O'ahu, I would register this way:

- ▶ Go to www.vietnam50years.org/contact
- ▶ Type in this message: "I AM ONLY GOING TO PARTICIPATE IN THE PARADE AND THE PUNCHBOWL CEREMONY WHICH ARE FREE. PLEASE ADVISE ON HOW TO REGISTER."
- ▶ **DO NOT** sign up or pay for anything else.
- ▶ Then register on this website: www.dod.hawaii.gov/ovs/50th-anniversary-vietnam/

If I were not on O'ahu, I would search online for an air/hotel/car rental package that fits my budget, then follow the steps above to register.

If you want to march with VVA Chapter 858 in the parade in Waikiki, please contact me. ■

Rona Adams, president, VVA O'ahu Chapter 858
ronaadams@hawaii.rr.com | 808-524-6231

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Veterans: Understanding Moral Injury

by Rev. Jayne Ryan Kuroiwa

When veterans return from war, we offer them a handshake and a generic "thank you for your service."

But there is much more we can do to help those who have lived through the hellish experience of combat to reintegrate into communities — the majority of which are comprised of members who have never even been close to the front lines.

In generations past, soldiers were left to work out for themselves how to fit back into society, and most kept their nightmares and worries to themselves.

More recently, we have come to understand post-traumatic stress disorder (PTSD). Extremely traumatic experiences like being ambushed or failing to save fellow troops can leave one overcome with physiological symptoms, such as hypervigilance, memory or concentration problems, insomnia, panic attacks and flashbacks. Recognition of the problem and therapies to address the symptoms are becoming more mainstream.

Like progress in cancer research, advances in the study of PTSD offer tremendous hope to those who suffer and to society as a whole. This understanding of the effects of war gave rise in 2009 to a new term — "moral injury." We send bodies and souls into battle; however, fixing the body does not by itself bring a survivor back to wholeness.

Moral injury, as defined by the Veterans Health Administration, "is disruption in an individual's confidence and expectations about his or her own moral behavior or others' capacity to behave in a just and ethical manner." Moral injury involves the brain's sense of conscience and agency; in contrast, PTSD affects the brain's reflex to fear and trauma.



Dr. Rita Nakashima Brock, a theologian who heads the Soul Repair Center at Brite Divinity School, explained that "moral injury can result in agony from inner judgment against oneself, anger, survivor guilt, isolation, despair and/or loss of will to live."

Just as there are ways to heal the physical symptoms of PTSD, there are ways to redeem the moral landscape.

Key to this work are groups in which soldiers feel free to tell their stories without facing judgment and without having people mouth pat answers.

Families, support groups, churches and temples that offer deep listening in safe, long-term settings can help rebuild

a veteran's ability to feel valued in society. Listening groups trained to assist in this soul repair work are being formed across the United States.

Our communities of faith can open their doors to such groups, but we can do even more by updating our rituals of lamentation, forgiveness, penance and absolution in contemporary, and creative ways.

Opportunities for veterans to make amends and a difference in other people's lives may replace their sense of shame with one of pride.

By pointing to examples of faithfulness and compassion, we can offer certainty that those who have seen the worst in war are not cut off from life's goodness. In this way, our actions as people of faith can bring our troops all the way home. ■

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Cynthia,

It is with an abundance of Aloha that we compliment the wonderful job your people performed during our recent move from our house in Hawaii Kai to Arcadia. The expertise of Robert, Jon and Shawn was exemplary in every regard with timeliness, neatness and knowledge of the task at hand.

Anyone considering downsizing must recognize it is significantly more challenging than just "moving." After more than forty years in a house; moving to a place less than one third the size requires planning based on experience.

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BROTHERS IN ARMS

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



The story of every veteran describes his or her contribution to the defense of American ideals—life, liberty and the pursuit of happiness. Their stories always represent their brothers in arms who did not return, reminding us of the terrible price of war in lost lives, destruction of civilian communities, and terrors that infest both mind and soul. We cannot know the profound trauma that military and civilian survivors of war carry in their hearts, but if we listen to what they share, we can be supportive friends, laughing with them when they laugh; crying when they cry.

Over 50,000 senior veterans of World War II, Korea and Vietnam live in Hawai'i. Add to that another 70,000 younger veterans who either served in peacetime or completed tours in recent wars in the Middle East. Coming soon are Veterans Day on Nov. 11, the 75th anniversary of the attack on Pearl Harbor on Dec. 7 and the 50th anniversary of the commemoration of the Vietnam War in May 2017. If you don't know much about the wars our senior veterans fought, learning a little bit about them will be an eye-opener. Hawai'i veterans have done so much for our country.

The job of every veteran is a small tactical piece of a massive strategic war operation. Herein lies the dilemma of combat survivors: They don't call themselves heroes. They call their fallen brothers in arms "real heroes." In military operations, everyone who follows orders—supply personnel, radio operators, air controllers, pilots, cooks, nurses, mechanics, interpreters, drivers, tankers, military brass and combat soldiers—earns respect.

Civilians assess wars by outcomes—leading to a very different definition of a hero. Just like a naïve child, we ask, "What did you do in the war?"—hoping to hear a battle story. Turn the page and learn what three American brothers and one sister in arms share about their service in three different wars. Their message to us is consistent: All veterans deserve our gratitude and respect. >>

*Our brothers, and sister, in arms (L-R):
Bo (Cummins) Mahoe – Vietnam War
Ronald Gella – Korean War
Ted Tsukiyama – World War II
Rona F. Adams – Vietnam War*

Upcoming Veterans Events

★ **NOV. 3, THURSDAY, 9am–2pm, Maui**
Pu'unēnē Hawai'i Army National Guard Armory
National Guard and Veterans Stand Down and Job Fair

A VA-supported event providing services to homeless veterans.

★ **NOV. 11, FRIDAY, 9am, O'ahu**
Nat'l Memorial Cemetery of the Pacific, Punchbowl
Veterans Day Memorial Service
Annual ceremony conducted by Oahu Veterans Council (OVC) to honor veterans past and present for their dedicated service to our country.

★ **NOV. 11, FRIDAY, 1pm, O'ahu**
Hawai'i State Veterans Cemetery at Kāne'ohe
Governor's Veterans Day Ceremony
Memorial service to honor all veterans, attended and supported by state officials and dignitaries under the auspices of the Hawai'i State Office of Veterans Services.

★ **NOV. 19, SATURDAY, 8am–4pm, O'ahu**
Kalaeloa, Bldg. 29 (Hawai'i Army National Guard Readiness Center)

Hawai'i Women's Military and Veterans 2nd Annual State Conference
"Beyond Boots" resources and connections. Keynote by VA Women's Center Director Kayla Willams and author of *Love My Rifle More Than You*.

★ **DEC. 1–11, O'ahu**
Multiple public events at Pearl Harbor visitor sites, Hickham Field and Waikīkī

Events for the 75th Pearl Harbor Commemorative Anniversary Week
For details, visit www.pearlharbor75thanniversary.com/full-schedule-of-events.

★ **MAY 23–28, 2017, O'ahu**
50th Commemorative Anniversary of the Vietnam War
Weeklong events scheduled in Hawai'i, also involving coalition partners during the war, to give all Vietnam War veterans a proper "Welcome Home." For details, see article, page 18.

STATE OFFICE OF VETERANS AFFAIRS
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peaks, and after the entire force crossed, blew it up—a bold move that provided a jump on the pursuing CCF. Under the most adverse weather conditions, U.S. fliers helped by supplying some air cover.

Click by click, the battered U.S. troops pulled together every ounce of reserve and miraculously fought their way back to Hungnam harbor. They sustained more casualties than any other Marine battle but Iwo Jima, and transported out all their dead and wounded with them.

“We brought out over 100,000 Korean civilians, too,” said Ron.

With 3,000 killed in action and 12,000 casualties, including 6,000 wounded in action, the survivors of the Battle of Chosin Reservoir are called “The Chosin Few.” The CCF reported 45,000 casualties. The fighting in Korea continued until the 1953 armistice.

“We boarded ships in Hungnam with thousands of civilian refugees and bugged out to Japan,” said Ron. “From there, I came home to Waipahu.”

Coming home for veterans of the Korean War was difficult. After enduring so much, there was no heroes’ welcome. The military operation is often referred to as “The Forgotten War.”

“When we came home, except for my parents, there was nobody at the airport to meet us—no flag waving, no band, no honor guard—that hollow surprise is something that always stuck with me,” said Ron. “I went home to Waipahu for a while, and then, because I was still in the reserves, they sent me to San Diego. You know what duty they gave me? Gate guard! I will never understand that.”

If you know a veteran who served in Korea, make a special effort to let him or her know they are not forgotten. We may never know how much suffering they endured. Ron and many combat heroes like him don’t seek attention and may never talk about their war stories, except perhaps with other combat veterans who understand how it was there.

We civilians cannot begin to understand what our veterans went through. All we can do is show our gratitude and perhaps make up for the heroes’ welcome they never got. Most of all, personally honor them and their willingness to serve. >>

Fighting through roadblocks on the narrow trail through the mountains was successful, and camps were established at Koto-ri, the halfway point, and Yudan-ri, near the reservoir. On the night of Nov. 27 at Yudan-ri, 120,000 CCF who had secretly taken up positions in the mountains, ambushed the Marines in the valley. Losses were great. On the west end of the reservoir, Communist forces also routed the 8th Army and U.N. troops, who were subsequently ordered to retreat below the 38th parallel.

Ron and the other surviving Marines were ordered to withdraw back down the narrow trail to Hungnam. Besides their disadvantaged position in the tight valley, Marines struggled in clothing and gear that was not sufficient for 30-degree-below-zero temperatures. Casualties were so great that there was no room in hospital tents; blood



plasma froze and medications in syringes had to be warmed in the medic’s mouth in order to stay liquid. Many soldiers suffered severe frostbite injuries. At one point on the trail, U.S. Army Engineers built a temporary bridge between two

Ronald, third from the right, with his platoon friends. A time he remembers, but does not speak of often.



Gen. Edward Almond declared the city liberated on Sept. 25.

Like many combat veterans, Ron does not talk about the details of his combat service.

“I prefer to keep it to myself,” he said. “It ended up all right; for that I am grateful.”

“Our mission was to take back the capital of Seoul,” said Ron. “We secured the city, but there was more work to do. After that, we fought at Pusan, and in late November, ships took us up to Wonsan on the east coast, to support the final offensive to take all of Korea from the communists.”

The U.N. campaign up the western part of Korea was successful and troops were approaching the Yalu River on the Manchurian border. Newspapers at home reported that all that remained was to “clean up and get home by Christmas.” All that was left was the northeast corner of Korea, a mountainous region that included Chosin Reservoir. From the port of Hungnam on the east coast of Korea, a force of about 15,000 1st Division Marines, two battalions of the 7th Army and a unit of British Royal Marine Commandos began a 78-mile march on a dirt road through a pass in the Taebaek Mountains to the reservoir. There they would meet U.N. forces coming from the reservoir’s west end. This operation would complete the U.N. mission to liberate the Republic of Korea.

Ron Gella grew up in Waipahu, where his dad worked for O’ahu Sugar Company. “I attended the sugar company elementary school, and right after graduating from Waipahu High School, joined the U.S. Marine Corps. First, I was sent to Camp Pendleton in San Diego, California, then to a reserve unit at Pearl Harbor. I was then sent to the main headquarters for 30 days of combat training, and finally, to the attack transport ship, *USS Thomas Jefferson* for 14 days more training at Yokosuka Naval Base in Japan.”



The Chinese Communist Forces (CCF) had issued an ultimatum to United Nations Supreme Cmdr. Douglas MacArthur that any movement north of the 38th parallel would be met with force. He did not take the threat seriously and on Sept. 15, 1950, the 1st Division Marines were part of

a surprise amphibious landing of U.N. forces at the western port of Incheon, just 25 miles west of Seoul. Gen. MacArthur planned the invasion because U.N. allied troops were locked in by communist forces in the eastern Pusan Perimeter. A ruse made the communists believe an attack would come 105 miles south at Kunsan, so only a few enemy units showed up to defend the muddy flats of Incheon. U.N. forces immediately crossed the 38th parallel and headed north to take back the western half of Korea from the communists. Gella’s company landed last, on Sept. 16, and began a bloody fight inland to take Seoul.





Not all of the 14,000 Nisei of the 100th Infantry Battalion and 442nd Regimental Combat Team (RCT) served in Italy and France during WWII. Over 6,000 were in Military Intelligence Service in many theaters.

At 95, Ted Tsukiyama clearly remembers the Pearl Harbor attack in 1941. An ROTC student at University of Hawai'i, he was told to report for military duty in the Hawaii Territorial Guard (HTG) to protect bridges, reservoirs, pumping stations, schools. Soon after that, Washington ordered Japanese-Americans dismissed from HTG, classifying Ted as a "4C Enemy Alien." Japanese-American active military at Schofield Barracks were also reassigned to nonmilitary posts.

"Living in Hawai'i, our Japanese ancestry never mattered," said Ted. "But after Pearl Harbor, Japan was our enemy and our enemy had faces just like ours. One time, a Hawaiian guy asked a Japanese American HTG member, 'Who you gonna shoot?' The distrust hurt; I was an American."

In California, first-generation Japanese immigrants were uprooted and moved to internment camps in the interior of the mainland, but for the moment, American-born Nisei, who the military called "Americans of Japanese Ancestry" (AJA), were neither friend nor foe.

In 1942, Japanese-American ROTC students at University of Hawai'i boldly declared their loyalty to the "Stars and Stripes" and petitioned UH to form the Varsity Victory Volunteers (VVV). Once assembled, this labor battalion assisted the 34th Army Engineers to construct military installations



and fences. They also installed barbed wire defenses and worked in quarries.

"I was a VVV, and as soon as the War Department formed a special Nisei combat unit in 1943, I signed up," said Ted. The Nisei excelled in military training, and soon, the 100th Infantry Battalion, 442nd RCT, 552nd Field Artillery Battalion and 1399th Engineering Construction Battalion were sent to fight in Italy and France. This band of brothers with the "Go for Broke" motto became World War II's, most decorated combat unit, earning nearly 16,000 decorations, including 21 Congressional Medals of Honor and eight Presidential Unit Commendations.



Ted remembers enlisting as soon as he was allowed. It was a proud move he made without hesitation — he was an American.

"In 1944, after completing Army boot camp at Camp Pendleton instead of combat training in Mississippi, I was assigned to Military Intelligence Service Language School (MISLS)," said Ted. "The War Department had concluded that Americans of Japanese ancestry who had attended Japanese language schools in Hawai'i or Japan would be very useful in intelligence."

The first MISLS was at the Presidio, but in 1941, anti-Japanese sentiment was so rife in California that the War Department moved the school to Fort Snelling, near St. Paul and Minneapolis, Minnesota, where the students would be safer. From 1942 to 1945, over 6,000 students — mostly Nisei — trained as translators, interpreters and code crackers to assist allied troops in the Pacific theater. "I spoke Japanese but had to learn heigo military language for my job, intercepting and translating into English all the Japanese Air Force pilots' radio communications in the China-Burma-India air space."

Ted's parents had come to O'ahu from Tokyo in 1911 and worked in a relative's retail store — the Japanese Bazaar. He grew up American in a large Nisei community. "We knew about the Japanese wars with China but never thought about an attack on Hawai'i," said Ted.

"I was assigned to the 6th Army Air Force Radio Squadron Mobile Unit in the China-Burma-India Theater," said Ted. "We were a 'Special Interception Unit,' supporting the 10th Air Force and the British forces who were taking back Burma [now Myanmar]. We were eavesdroppers. The Japanese occupied nearly all of Southeast Asia and there was a lot of chatter on the airwaves. They had no idea we were listening. My job was to transcribe, translate and report all communications, and report them to U.S. Intelligence HQ. We had 150 Nisei from the 442nd intercepting, translating, interrogating prisoners and even broadcast-



ing messages into enemy territories. We had to be careful not to be mistaken for the enemy; buddy-ing up with a haole soldier was a wise move."

The Imperial Army's plan was to starve out the Chinese by closing down the supply route from India. While the 13th Air Force was helping the Chinese allies, the strategic mission of the 10th Air Force in Burma, which Ted's unit supported, was to protect truck convoys and chase off the Imperial Army. "We worked in four teams around the clock and moved around wherever we were needed, keeping track of what the Japanese pilots were up to — sometimes in Ledo, India, near the Burma border,

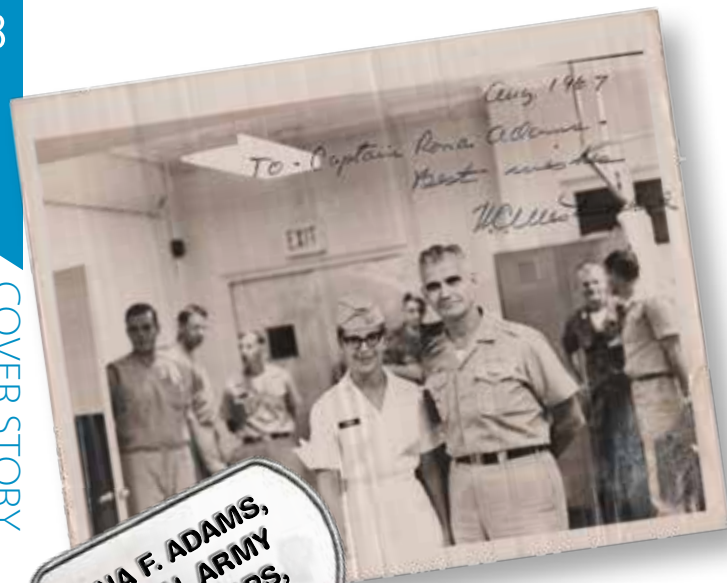
or on the China end of the road at Bhamo and Myitkyina. We took our radio equipment wherever we were needed — our intelligence helped the British recover Burma and kept the Chinese allies alive.

"After the war, I finished college on the G.I. Bill at Indiana University. In

1950, I graduated from Yale Law School, returned home to Honolulu and began a long career in general law and labor-management arbitration. My wife, Fuku, and I raised one daughter and two sons."

Hongwanji Mission in Honolulu has named Ted a "Living Legacy of Hawai'i."

Ted served decades as a historian for the 442nd RCT Veterans Club and MIS Veterans Club in Honolulu. His detailed and thoroughly indexed research, titled, "The Ted Tsukiyama Papers," is a compilation of public records, correspondence and veteran interviews. It is available to the public at University of Hawai'i Hamilton Library and Evols open-access digital library. To read the papers and learn more about the Nisei in WWII, visit www.evols.library.manoa.hawaii.edu/. >>



RONA F. ADAMS,
CAPTAIN, ARMY
NURSE CORPS

3RD & 8TH ARMY
FIELD HOSPITALS,
VIETNAM

O.K. Now I'm sure you wonder how a nice, young Jewish girl from Los Angeles, who hung out in Beverly Hills, ever got to Vietnam. Before

I start my story, I want to thank all of the medics, corpsmen and dust-off crews that were over there; without them, we couldn't have done it.

Well, as a little kid (never ask a lady her age, right?) after WWII, I saw a war movie called, *So Proudly We Hail* with Jeannie Crane, Veronica Lake (the sexy blond with hair hanging over one eye) and Claudette Colbert. Three Army nurses in Bataan heard the enemy coming toward their hospital tents, but they couldn't leave their patients (it was considered desertion) — so Veronica put a grenade in her bosom, went outside and blew up the enemy. I decided then and there I wanted to be an Army nurse in combat.

I always remembered that movie. After high school and college, I went off to nursing school in San Francisco. I was a nurse, but there wasn't a war then, so I returned to LA and became an operating room nurse—they need those in a war.

When the U.S. got involved in Vietnam, I was still very impressionable and saw the movie *In Harm's Way*. I thought, *OK. Here's my chance.* I had a long talk with my mother because I was an only child; my father passed away when I was a kid. She could have prevented me from putting myself in harm's way.

I also researched the military branches. I didn't want the Navy, since I got queasy even on the moored *Queen Mary* in Long Beach — so I walked into the recruiting office in LA and told the recruiter that I was a nurse, and I wanted to join the Army and go to Vietnam. Needless to say, he thought I was crazy.

Right before I was sworn in with a bunch of other people, I got cold feet and almost backed out, but the recruiter had a good hold on me. By that afternoon, I was Capt. Rona Adams, U.S. Army Nurse Corps. I had signed my life away for two years.

A few months down the road, I reported for about seven-and-a-half weeks of basic training at Ft. Sam Houston in San Antonio, Texas. If you ever saw *Private Benjamin*, that was me.

Shipping out, I sat in a bar at the San Francisco Airport overlooking the UC Berkley campus wondering what the heck did I do? I may never come back, for heaven's sake. I may never be in the Polo Lounge at the Beverly Hills Hotel again! I'm going to be taking a bath out of a helmet...

Packed in my footlocker were all the wrong uniforms for Vietnam, a jungle combat zone with two types of weather — hot and wet or hot and dry. They gave us standard fatigues and boots, men's long johns and headgear with warm earmuffs — leftovers from Korea. It also contained 200 pounds of Kotex! They didn't have that stuff over there. Things have really changed for women in the military.

Over the Pacific, I downed a few toddies, stopped in Guam and then arrived in Vietnam. Those puffs of smoke in the sky sure as heck didn't look like clouds... and camouflaged stuff with sandbags all over the place. Then it struck me. Oh my God, I am in a war!



Rona receiving her Bronze Star medal, recognizing heroism and achievements in a combat zone.



At Saigon's airport, I sat on my footlocker and waited. An older Navy officer came by, looked at my nametag and asked, "Is anyone coming to pick you up, Capt. Adams?" "I don't think so, sir," I replied.

"Do you know where you are headed?"

"I don't think so, sir," I said, handing him my orders, (which I did not know how to read). He told me to sit tight and got a couple of guys to pick me up and take me to see the chief nurse. I guess my orders were for Tay Ninh, but the chief nurse reassigned this operating room nurse (who also ran a cardiac catheter lab) to the 3rd Field Hospital in Saigon. Then the guys took me to BOQ #2 for the night.

That next day, the chief nurse showed me around the hospital. I had seen people die, but I was not prepared for the horrific injuries I saw that day. I met a soldier with a suction chest wound, who could hardly get enough air to speak. When I asked him how he was, he sputtered, "Fine." That got me, and I will say that I cried my way through Vietnam. American soldiers press through unbelievable injuries and never complain. They use humor to cope with the most devastating situations. Their valor impresses me so much.

Our hospital was right in the city of Saigon. Military Police were our first line of defense, and fortunately, we never came under attack. During the Tet Offensive, we had 200 casualties arrive in the first 10 to 12 hours. I was the



head nurse of the emergency room, and I don't know how we got through it.

After Tet, I extended. Being a beach bum from California, I chose the 8th Field Hospital in NHA Trang as my duty station, because it was near the ocean. Actually, this was a more dangerous location because we were right next to an airfield connected to the 5th Special Forces camp — both juicy targets. Special Forces posted a list of their KIAs. After Tet Offensive, it got very long. It was hard to lose those guys.

I left the Army after two tours and returned home, but nobody asked me about my war experience. Posttraumatic stress disorder (PTSD) was not even a recognized diagnosis then. Even if it was, doctors or nurses with a mental disorder could never find work. I didn't know any other veterans, so I never talked about Vietnam.

I gravitated away from operating room work, became a director of nursing and then took a corporate job managing surgical services for seven hospitals. Later, I moved to Hawai'i and managed a surgicenter in Honolulu.

After two years, I retired and got involved in service to other veterans. I call it "paying back." Veteran volunteers find it a very healthy way to connect with our memories and help others do the same. A lot of our brothers in arms are hurting like we are.

I belong to Jewish War Veterans out of respect for my father, the Veterans of Foreign Wars, and I am also the president of O'ahu Chapter 858 of the Vietnam Veterans of America (VVA), the only chapter in Hawai'i.

When I take my two certified therapy dogs, Bindi and Mele, to Tripler Army Medical Center to visit the patients, I wear my special VVA polo shirt that says, "I'm a Vietnam Vet, and 'I am Bindi and Mele's Mom.'" The nurses thank me for my service and say that we oldtimers paved the way for them. That feels good. Friends who understand your burdens are the best kind of support. Together, we can do anything! >>





Bo (Cummins) Mahoe calls himself a reluctant soldier. Draftees were given 30 days to take an aptitude test and talk with recruiters about duty options, but Bo and his cousin didn't bother. They went straight into the infantry. "I fit the Army's requirements for pointman, the person who walks through the jungle 30 to 40 feet ahead of the squad, watching out for booby traps and signs of enemy combatants. It's the 'point of the spear' concept," he said. At 20, he was in front of the front line.

"Philip Chun, my cousin from Honokohau, Maui, and I got drafted together, and we spent our military service side by side. We were determined to return to Lahaina when our duty was over." Their will to live and return is the core of American grit and a shining ideal. But for those who make it, survivor's guilt is a dark reality.

"Our training in California was almost six months long; we landed in Vietnam Feb. 1," said Bo. "For us island soldiers, it was pretty cold." In Vietnam, Bo and his brothers in arms faced a war very different from WWII. The former French-Indonesian Republic of Vietnam had been fighting against the Viet Cong communists in the north for two decades. Civilians in North and South Vietnam survived by complying with both sides, creating a complicated web of stealth, intrigue and deception that often seemed impenetrable. Taking ground was a measure of victory in previous wars, but not in Vietnam. Sometimes the troops wondered why they fought for ground only to give it up the next day.



Bo, a descendant of High Chief Pi'ilani, grew up in a Lahaina home fronting Mālā Wharf. Like all American kids, he was hooked on Hopalong Cassidy, Rowdy Yates, John Wayne, Randolph Scott and *The Lone Ranger*. He and a large pack of neighborhood kids enjoyed playing outdoors and slinging cap gun six-shooters.

"Growing up in the diversity of Hawai'i made adjusting to the military much easier to handle," said Bo. "The Vietnam jungle, although more humid than home, offered the same terrain, vegetation and a familiar botanical garden most island kids grew up in. We were the only ones who recognized the edible plants."

Bo credits his Army training, too. "The Army helped us stay alive," Bo said. "They teach that everyone—and especially those involved in combat arms (point of the spear)—should always be prepared. Preparation, like school homework, offers the best outcome for any obstacle. Another military mantra is 'adapt and overcome.' If a fellow soldier is wounded or killed, you have to be able to continue the mission, even without the support of that individual."

When American troops first deployed to Vietnam, pointmen drew first fire. As the war went on, the Viet Cong learned that they could save ammunition and kill more Americans by letting the pointman go by and waiting to ambush the full platoon. "Why kill these guys—let them go and shoot the bunch behind. By the time I got there, the longevity of a pointman was pretty good," said Bo. "I stayed alive 10 months."

"Another problem for us island guys was when our squad was being picked up by choppers in the jungle," said Bo. "As pointmen, Philip and I would run out to be extracted first. Sometimes the helicopter gunners would fire at us because Chinese-Hawaiian guys look like Viet Congs. That was hazardous duty!"

Like many veterans, Bo Mahoe does not talk about the terrors and brutality he faced. But he is deeply involved with service to other veterans, for whom he serves as an advocate.

"The army offered us a very abrupt transition from combat duty to civilian life," Bo said. "In 48 hours, cousin Phillip and I went from sergeants to misters. Today, soldiers coming back from Iraq have six months of service in the U.S. with transition programs to help them re-enter civilian culture. When I came home to Maui, there was nobody to talk to. A veteran on O'ahu can interact with active military and their families because the Army, Navy, Marine, Air Force and Coast Guard all have strong representation on O'ahu. I have only one high school classmate who experienced combat, Peter Nararino. We came home different. Besides this social isolation at home, Veterans Affairs was sluggish in its efforts to help the Vietnam veteran. They did not recognize PTSD until 1981. Since the '90s, the VA has made major strides toward providing benefits and services to veterans from all wars."



Even our Global War on Terrorism soldiers work in different climates, with more sophisticated weaponry, but the common denominator is the combat experience.

"Only half of 1 percent of Americans wears the uniform," Bo said. "Female veterans have shared uni-

que perspectives of what was formerly a male-dominant culture. Again, I was a reluctant soldier; reluctant in that I was drafted into the military. Since the draft ended in the mid-1970s, individuals serving in today's military do not have the reluctance I had. I salute their patriotism."

When asked what wisdom he has for friends and family of veterans, Bo shared this advice: "Although our nation honors our veterans on Veterans Day, Nov. 11, all citizens should extend that honor to them every day. Veterans have ensured that American citizens enjoy freedoms and liberties, daily, so, gratitude one day a year is insufficient. Remember that the young veteran man or woman left home a civilian and returned home a changed individual. Honor that change."

These four heroes teach us this: It is the duty of civilians to welcome home veterans. When they reach out, we may be able to help them reconnect, find medical and social assistance, find meaningful work and create a living space that is safe and comfortable. We can never understand what they endured, how haunted they are by memories or how difficult it is to re-enter civilian life. However, we can give them the respect and honor due a warrior and protector of freedom. ■



Bo proudly displays his veteran's chapter and regiment emblems (left).



Iwo Jima: a Lesson of Ideals and Sacrifice

by Harry Smith, WWII Historian

Ten years ago, I began offering high schools and community groups on Maui a presentation on the Battle of Iwo Jima. I was only 9 in 1945, when my favorite uncle, Jimmy Shanahan, landed with the 5th Marine Division on Iwo Jima. My job was to write him two letters every week. He was wounded in the invasion and lived to tell about it. Recovered from his injuries, he was at sea headed for the Japanese mainland when the war ended.

After Uncle Jimmy died, I received his Purple Heart medal. I knew nothing about Iwo Jima, because he never talked much about it, but I wanted to honor him by burying his award on that island. In 2008 and 2010 I was very fortunate to attend the Reunion of Honor on Iwo Jima with Iwo veterans and other family members.



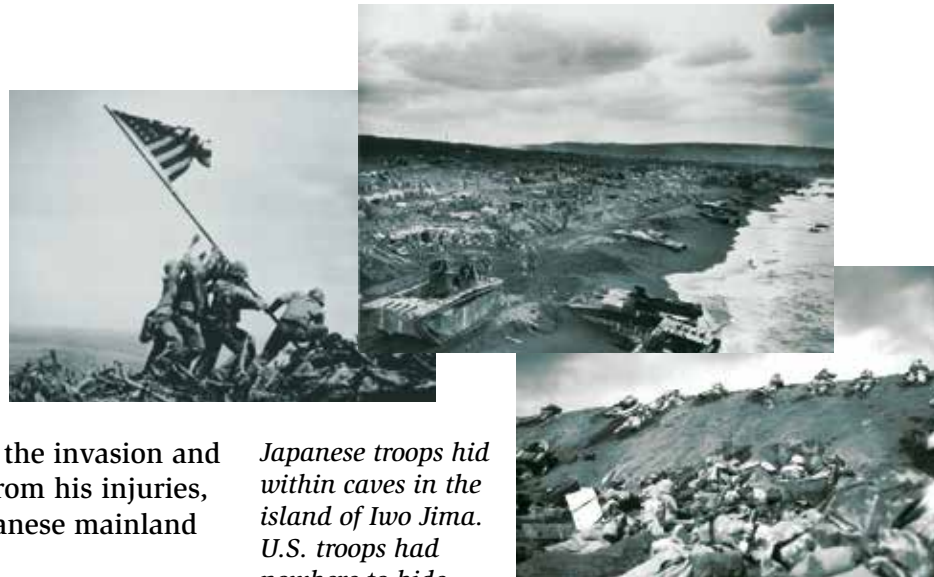
The U.S. returned the island of Iwo Jima to Japan in 1986 and now Iwo veterans and their families may visit only one day a year. Today, only 500 of the 70,000 marines who fought in this battle are living.

I studied all I could find about the battle and my utter ignorance of the details caused

me to wonder... *If old guys like me know so little, then how much could younger generations know?*

When I learned how critical Iwo Jima was to winning the war in the Pacific, I began speaking about ideals and sacrifice—the extreme sacrifices made for the great ideal of living in freedom.

First, we all owe a tremendous debt to The Greatest Generation. When young people today see older veterans marching in parades, they don't realize that all wars are fought by youths right



Japanese troops hid within caves in the island of Iwo Jima. U.S. troops had nowhere to hide.

out of high school. They also may not realize that for every old soldier, there are many young men who never came home.

The second lesson of WWII is to watch out, because history repeats itself. We need to diligently avoid another world war. I explain that young kamikaze suicide bombers were following an extreme ideology of death taught by their spiritual and military leaders. It doesn't take students long to figure out that young Islamic terrorist suicide bombers today are doing the same thing, encouraged by their spiritual and military leaders. When I speak to an audience, I give them a brief oral quiz—just three questions:

1. Have you seen the famous flag-raising photo? They all have.
2. How many here are 17, 18 or 19 years old? I explain that 80 percent of the Marines who fought in the Pacific were under the age of 20. They don't know that.
3. How many people were killed in WWII? First they



Talks at Rotary clubs and local schools help keep knowledge alive in the hope that our children will avoid another world war.



guess low—10,000. The highest guess has been 100,000. When I report that 60 million people were killed in WWII, kids and adults alike are shocked—the carnage of WWII is unparalleled in human history.

The tiny island of Iwo Jima (now Iwo To) sits halfway between Japan and the Marianas Islands. When the U.S. liberated the Marianas from Japan in the summer of 1944, the Japanese homeland came within range of the B-29 Super Fortress bomber; our fighter

planes could only fly half that distance. Iwo Jima became instantly strategic to both the U.S. and Japan. Both sides went “all-in” to control this five-square-mile “sulfur island” and its 550-foot volcanic vent, “Mount Suribachi.”

The battle of Iwo Jima was like no other in history. Japanese forces defended the island from caves within it. Beginning in 1943, Lt. Gen. Tadamichi Kuribayashi turned Iwo Jima into an impenetrable underground fortress—17 miles of tunnels connecting 1,500 pillboxes, gun emplacements, living quarters and a hospital. Aerial and

naval bombing for 73 days never penetrated the stronghold. U.S. Marines landed under cover of artillery fire from battleships, but there was no place to hide or dig in. Casualties mounted to 5,000 after just four days.

The famous flag raising took place on day five, but the battle would rage for another month, claiming the lives of almost 7,000 Marines and wounding another 21,000. Of the 22,000 Japanese troops on the island, 21,800 died. The Marines never saw most the enemy troops they killed.

In March, with the battle still raging, the first P-51 fighters were stationed on Iwo. Two nights later, 350 B-29s fire-bombed Tokyo, destroying 17 square miles of the city and killing more than 100,000—a greater loss than from either atom bomb. From March until the end of the war, 2,500 B-29's made emergency landings on Iwo Jima, saving the lives of 27,000 U.S. Air Force personnel. There were 81 Congressional Medals of Honor awarded in the Pacific theater; 27 were awarded on Iwo Jima.

At 81, I have honored Uncle Jimmy through the years by helping to educate Maui school kids and their parents about the sacrifices made at Iwo Jima—so we can all live in freedom. ■

For more information on WWII presentations and/or questions about Iwo Jima, please contact Harry Smith at 808-268-5848, harry2smith@gmail.com.

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The U.S. Army Museum: Veteran Volunteers

by Stephanie Kim, Generations Magazine Intern



The U.S. Army Museum of Hawaii in Waikiki was once a battery built to protect the state from invading forces. Today, it is home to stories of military past, including exhibits of the Vietnam War, Korean War, World War II and more. But more than that, the museum is a great place for senior veterans to volunteer—a majority of the volunteers are retired veterans.

“Veterans are really great at talking to people,” said Ian Frazier, historian and museum specialist. “A lot of our visitors hail from all over the world. This is the only contact they have with veterans from WWII, Korean... Vietnam [wars].”

Museum staff are usually selective about who they have as volunteers because they represent our country and the U.S. Army. But Ian said the one thing that shines about veteran volunteers is the way they communicate.

The museum is always looking for additional volunteers, and you don’t have to be a veteran to be considered.

The museum, operated by the U.S. Army Garrison-Hawaii, averages 400 visitors per day from all over the world. The museum receives funding through the U.S. Army and the Hawaii Army Museum Society. Most of the staff are volunteers.



Admission to the museum is free. However, donations are always welcome. The museum also offers audio tours for a small fee of \$5 or \$2.50 for society members. You may also view some military exhibits on the museum’s website. ■

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Aloha Chapter Teaches Leadership

by Christian Tamashiro, Eagle Scout

An Eagle Scout project is the culmination of the Boy Scouting program that gives a scout an opportunity to demonstrate leadership, utilize communication skills and help their community. For me, as a scout and as a Native Hawaiian, Lunalilo Home represents not only a staple for the longevity of Hawai’i’s elderly, but a historic institution that is deeply rooted in the care and support of the Native Hawaiian community. It is for these reasons and more that I chose Lunalilo Home as the beneficiary of my Eagle Scout project. The project consisted mainly of creating a 15-by-16-foot cement patio for use by the senior day care operation at Lunalilo Home. The staff, especially Jill Martinez, director of day care activities, was extremely helpful in outlining what would best serve the senior patients. I also found immense support from local companies and institutions that happily donated materials, funds and volunteer manpower to my project. Overall,



Volunteers, friends, family and Troop 616 all worked hard to complete this project.

I think this Eagle Scout project has demonstrated the amazing generosity and cooperation that exists in our local community. This support can only be described as the aloha spirit. ■

To find out more about Lunalilo Home in Hawai’i Kai, visit www.lunalilo.org. For scouting in Hawai’i, visit www.alohacouncilbsa.org and/or www.mauibsa.org



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Bindi: A Therapy Dog for Veterans

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

Meet my nine-year-old American Champion Italian Greyhound, Blanerne Utoroonga, called "Bindi," a therapy dog who visits wounded warriors at Tripler Army Medical Center (TAMC) in the Red Cross Human Animal Bond (HAB) program. She passed the AKC Canine Good Citizen® (CGC) test, a temperament evaluation by a military veterinarian, and evaluation by a senior HAB handler and her dog. She proudly wears her HAB bandana with patches and Bindi Adams ID card when working at TAMC. She's a smart cookie, and fully certified to help patients with medical, mental and social problems.

Patients love Bindi. She's a cuddler and her sleek fur is smooth to the touch. She has sad eyes that bring out the best in people and she's a very good listener. She politely accepts healthy snacks—but secretly prefers chicken nuggets.

Bindi also belongs to Tails of Aloha (TOA), an all-volunteer, animal-assisted therapy organization that offers comfort and de-stressing in schools, hospitals and libraries. To volunteer with your pet, visit the websites below. ■

Bindi and Rona marched with Vietnam Veterans of America on July 4th. Photo by George Barlet, VFW.



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Voices of Aloha Chorus is 100!

by Mark Yasuhara, Director, Voices of Aloha Chorus



The Voices of Aloha Chorus is a non-audition group for people of all ages who love to sing. This year, they have been singing joyfully for 100 years.

We are 21st-century descendants of the Gleemen of Honolulu, the oldest men's chorus west of the Rockies, and celebrating 100 years! The chorus began when the Apollo Club and Honolulu Choral Society joined voices in 1916. Among notable members were Sen. Daniel Akaka, Gov. Lawrence Judd, Charles K.L. Davis and Charles E. King.

Shigeru Hotoke, WWII veteran and Kailua High music teacher, assumed directorship of the Gleemen in 1984, and in 1992, he produced a Christmas concert with the Kailua Madrigal alumnae and a mixed choir, Mele Nani Singers, under director and opera singer Gerald Ting. This was the beginning of Gleemen Plus of Honolulu.

In 2007, after 20 years of successful concert ministry on the mainland, I assumed the role of director. In 2013, the Leadership Board changed our name to the Voices of Aloha to better reflect our origins and mission. Since 1916, the chorus has always been a civic, community-minded choral group, open to all who love music and can carry their part, whether they read music or not. We are a non-audition chorus, and accept vocalists of all ages and professions/trades. Voices of Aloha regularly performs for senior clubs, care homes and retirement centers. Our popular annual spring and Christmas concerts draw crowds of up to 800. The future looks bright!

If you love to sing, rehearsals are Tuesday nights from 7 to 9 pm at Community of Christ Church Annex in Makiki. To join, book a concert, or donate, please call us and sing joyfully! ■

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Picture Bride: A Historical Novel

by Generations Magazine Staff

Picture Bride is a remarkably engaging read, and from a historical sense, a body of research that brings to the forefront something that has escaped attention — Japanese-American culture. Everyone in Hawai'i should read it!

The immigration experience of Issei Japanese workers at the turn of the century has been documented, as well as the valor of their Nisei descendants, the 100th Infantry Battalion, 442nd Regimental Combat Team, 552nd Artillery Battalion and 232nd Combat Engineer Company.

Author Mike Malaghan's wife, Tomoko, helped him interpret Japanese cultural values of the first immigrants—attributes that later made them American patriots integral to the U.S. and Allied war against the Nazi's in Europe and the Japanese Imperial Army in Asia.

The protagonist, Haru, narrowly escapes sexual servitude in Amakusa, Japan, before becoming

"picture bride" to a Buddhist priest, ministering to workers at Parker Ranch in Waimea on Hawai'i Island. Mild and polite, but intelligent and strategic, Haru delicately navigates her community through plantation strikes and government opposition to Japanese language schools.

She supports her family with her passion for American freedom, noble aspects of Buddhism, and Japanese respect for knowledge and mastery. Her three sons honor her legacy as Nisei soldiers. ■

The book is available at:

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by Kahala Nui

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Longevity for All

by Terry Shintani, MD, JD, MPH

I had the privilege of conversing with the Honorable George Ariyoshi, the longest serving governor of Hawai'i and a World War II veteran. He told me a moving story about his experience as an American soldier in postwar Japan. He saw a young boy who was working very hard shining shoes. The boy's dedication prompted Ariyoshi to ask him why he worked so hard. The boy responded that the country and his family were hurting, so he felt that his duty was to do his part to help make things better. Ariyoshi marveled at the boy's mature attitude, and he realized that Japan would recover quickly if even the children had such a dedication to family and country.

I'm sure that many veterans have moving and life-enhancing stories to tell. We must keep our veterans alive and well so we can benefit from the wisdom they gained from their incredible experiences. But many die unnecessarily and too early due to lack of knowledge about how to stay healthy. Here are a couple of the tips I include in my health programs to keep participants as healthy as possible for as long as possible. In Chapter 4 of my book, *The Peace Diet*, I outline several anti-aging steps we can do right now.

AVOID TOBACCO

First, it is important to control our exposure to toxins and pollution by avoiding tobacco and thousands of other potentially toxic everyday substances. It is also important to eat clean, pesticide-free natural foods. Cancer rates have risen dramatically over the years: one in two-and-a-half people will get cancer in the U.S.—up from one in 21 in the 1970s.

CONTROL BLOOD SUGAR

Second, controlling blood sugar is crucial in preventing memory loss and dementia. High blood sugar eventually closes off tiny blood vessels, including those in the brain. Constriction results in a

gradual reduction in blood supply to brain cells. Strategies for controlling sugar include eating more complex carbohydrates and natural foods.

Reducing toxin exposure, eating clean and controlling blood sugar will enhance your body's health, and reduce your body's inflammation. By adopting healthy habits and implementing all eight health enhancements described in our longevity program, our veterans and all of us can live much longer, and preserve and share the wisdom of our years for the next generations. ■

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Walking on an Underwater Treadmill

by Julie Moon, Physical Therapist

Underwater treadmills (UTM) are revolutionizing physical therapy and fitness. Top athletes are utilizing UTM or treadmill pools for peak performance or speedy recovery after an injury. Underwater walking is very different from land-based walking, especially regarding shock absorption, energy expenditure and muscle activity.

Those with chronic conditions like osteoarthritis (OA) often avoid walking for exercise due to increased pain. In a study at Utah State University, OA patients reported a 140 percent increase in pain during land treadmill exercise compared to pain experienced during UTM sessions.



UTM users can exercise much longer against water resistance, increasing oxygen consumption and calorie burning.

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What I Learned From Dr. McCauley

by Alan Matsushima, Health and Wellness Consultant

I want to share a helpful presentation by Dr. Bob McCauley, naturopathic doctor, master herbalist and certified nutritional consultant. His three books—*Confessions of a Body Builder: Rejuvenating the Body with Spirillum, Chlorella, Raw Foods and Ionized Water* (2000); *Achieving Great Health* (2005); and *The Miraculous Properties of Ionized Water* (2006)—show his passion for natural health.

He has been drinking one to two gallons of alkaline ionized water daily since 1997 and claims that the effects have been dramatic. He considers water a preventative measure to maintain an optimum health profile. Below are some excerpts from his recent presentation, "What Ionized Water Has Done for Me."

"My stamina has increased by up to 30 percent; recovery time has decreased by a proportional amount. I never get sore joints and my knees have not been any trouble since starting to drink ionized water. I run two to six miles daily."

"If I feel a sore throat coming on, I drink a few extra glasses of ionized water to keep it at bay. I think 60 to 80 percent of chronic diseases in our society would disappear if people were simply to drink enough water and maintain proper hydration."

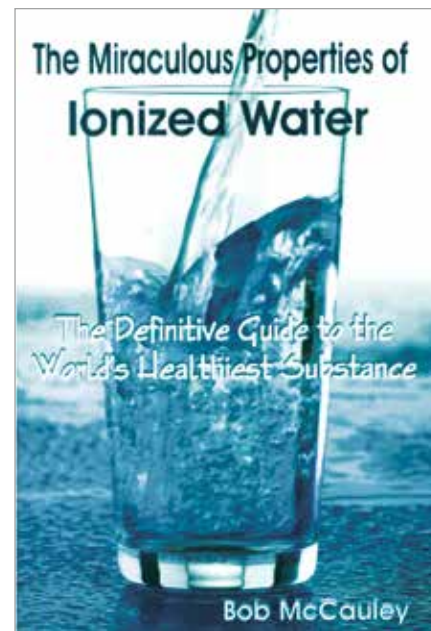
"The clarity of my thought processes has improved because of sufficient brain hydration. Ionized water provides my brain 80 percent of every sip of water I take."

As the body hydrates, blood oxygen and energy levels increase in tandem. Oxygen (O₂) breathed into the body dissolves in blood, lymph and spinal fluid, where it provides energy throughout the body. As O₂ is used up, carbon dioxide (CO₂) is produced and carried back to the lungs, where it is exhaled. This process allows us to use nutrients, generate energy, kill bacteria and viruses, and ward off cancer cells.

"Ionized water promotes healthy enzymatic cellular processes and rejuvenation," said Dr. McCauley. "When we drink negatively charged ionized water, the cells in our bodies start to rejuvenate. Reverse aging occurs when the body reverts to a healthy cellular state. If you are 40 years old, you will not become a 20-year-old, but you can have the vitality of a 20-year-old."

I learned that the effects of ionized water on the human body are profound, yet subtle. Ionizing water does not affect its taste, but some people say it feels different on the tongue and the skin.

After listening to Dr. McCauley, many people want to try alkaline ionized water. He once tried a sip; now he recommends it to his patients and writes books about its positive benefits. That's how it is when you find something helpful. It happened to me, too! ■



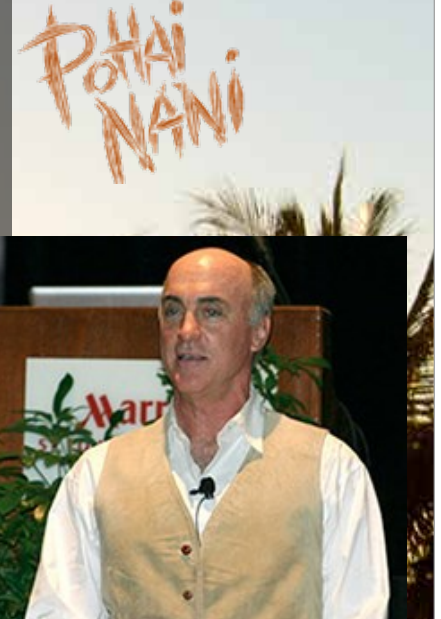
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Serving Senior Veterans

by Eileen Phillips, RN, Attention Plus Care



Mr. Hiram Hagiwara, 2015 442nd RCT, 100th Battalion recipient of the French Medal of Honor. His caregiver, Sebastian Adam, said, "It was a privilege to spend time with and care for such a stellar man—not only a client, but a cherished friend. He is missed."

The Department of Veterans Affairs (VA) offers a wide variety of programs and services for the nation's 23 million veterans. Today close to 121,007 veterans live in Hawai'i. Of these, 50,139 (41.4 percent) served during WWII, Korea and Vietnam, according to the "National Center for Veterans Analysis and Statistics" (Community Survey) 2014 report. Every year on Veterans Day, Nov. 11, we pay tribute and salute these extraordinary men and woman who made the highest sacrifice by risking their lives for us.

As this amazing generation of seniors ages, it is our turn to thank them. If we hold our country's veterans in such high esteem, it's important to care for them with the utmost dignity and respect. "It's overwhelming when meeting with these incredible heroes—their service of valor and bravery is unrivaled," said Janet Grace, sales and marketing director at Attention Plus Care. "Being in their homes, hearing remarkable stories of blood and battle, and seeing the incredible contributions

they've made out of their love for this country is truly mindboggling.

"I'm always on the edge of my seat in awe," said Janet. "As a proud Navy veteran myself, the privilege to meet and discuss home care options with these precious seniors is so rewarding."

There is an understood responsibility and collaborative effort from various healthcare providers to ensure that our treasured veterans, and their families have access to the highest quality of patient safety and care available.

"The amount and type of care are different for each person, and it is important to know that home health agencies providing direct or indirect skilled nursing and therapeutic services are held to a higher standard, and must be licensed and regulated by the State of Hawai'i," said Ivani Phillips, RN and client service supervisor at Attention Plus Care. "A registered nurse can oversee and manage a veteran's care plan, work with their healthcare provider, understand their diagnosis, help manage chronic conditions such as Alzheimer's disease and assess strategies to minimize risks as patients perform daily activities. Many combat heroes need assistance with tasks like ambulation when using a walker. Post physical trauma and injuries from service days may dictate a higher level of skilled care to manage colostomy, Hoyer lift and catheter care."

In Hawai'i, only home care companies licensed by the state Department of Health may provide VA care services. A licensed care company is a valuable resource for homebound veterans. Mahalo to all of Hawai'i's veterans—we salute you! ■

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We Salute Veterans Every Day

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



Every day is Veterans Day at Social Security. An expedited process for Social Security disability applications is available to any military service member who became disabled during active duty on or after Oct. 1, 2001, regardless of where the disability occurred—at home or in the line of duty. Expedited processing is also available to veterans who have a compensation rating of 100 percent—permanent and total disability (P&T)—regardless of when it occurred. Some dependent children and spouses of military personnel may also be eligible for benefits.

Visit our Wounded Warriors website, www.socialsecurity.gov/woundedwarriors, for answers to commonly asked questions and additional information about disability benefits available under the Social Security and Supplemental Security Income (SSI) programs. See our fact sheet: "Disability Benefits For Wounded Warriors."

You can also find the "Social Security for Wounded Warriors" webinar on expedited disability benefits for veterans and active duty military personnel online at www.socialsecurity.gov/socialmedia/webinars.

Keep in mind that the requirements for disability benefits available through Social Security are different from those of the Department of Veterans Affairs and require a separate application. Read our publication, "Military Service and Social Security," to learn more. It's available at www.socialsecurity.gov/pubs.

Thank you to all our nation's brave veterans! ■

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



To 'B' or Not to 'B'

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

That is the question many Medicare beneficiaries are asking when they become eligible for Medicare insurance due to age. Beneficiaries collecting social security cash benefits (available as early as 62) are generally notified a few months before their 65th birthday that they are scheduled for enrollment into Medicare Part A & Part B, unless they opt out.

Those who are not receiving cash benefits must apply on their own and only receive enrollment guidance by contacting social security. For most beneficiaries who meet eligibility rules, the 2016 standard monthly Part B premium is \$121.80. However, Part B premiums are income-adjusted. High earners may pay more. Medicare beneficiaries who work at a company with 20 or more employees and have group health insurance through their job or as a dependent spouse may choose to delay Part B. Their group coverage covers Part B services. Yet, some employers require a dependent spouse to take

Medicare Part A & Part B after aging into Medicare to remain in the retiree group plan. Medicare may become primary in that situation and the group retiree plan becomes a secondary payor. There is no one-size-fits-all in the Medicare universe. To avoid potential penalties or gaps in coverage, contact your company's benefits specialist or Social Security to discuss your specific situation and steps. So to take Medicare Part B or not to take Medicare Part B—that is the question. ■

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The Sons & Daughters of the 442nd RCT

by Stephanie Kim, Generations Magazine Intern



The Sons & Daughters was established in 1993 as a chapter of the 442nd Veterans Club, which is made up of Nisei veterans who fought two battles in World War II.

"We will never forget the dedication, sacrifice and courage of our fathers," the Sons & Daughters website states. "It is through their accomplishments that we are here today."

The nation's highest award for combat valor, the Medal of Honor, was conferred upon 21 members of the 100th Infantry battalion of the 442nd Regimental Combat Team of World War II.

On Oct. 5, 2010, the Congressional Gold Medal was awarded to the 442nd Regimental Combat Team and the 100th Infantry Battalion, as well as the 6,000 Japanese-Americans who served in the Military Intelligence Service during the war.

In 2012, the surviving members of the 442nd RCT were made chevaliers of the French Légion d'Honneur for their actions contributing to the liberation of France during World War II and their heroic rescue of the Lost Battalion outside of Bifontaine, France.

Sons & Daughters Honolulu club President Grace Fujii said that their work involves supporting Nisei veterans and helping preserve the history of the 442nd RCT, the most highly decorated unit in U.S. military history.

This past year, they assisted at the 73rd annual banquet of the 442nd veterans and began planning for a memorial boulder at the National Memorial Cemetery of the Pacific at Punchbowl. They are now exploring the possibility of reinstating the docent program at Punchbowl and will participate in events this December for the 75th anniversary of the attack on Pearl Harbor.

Regular membership is for all lineal descendants of a World War II soldier of the 442nd RCT and associate membership is available to those who are interested in the 442nd.

"We welcome new members at any time," said Grace. "It's a great way to become involved in community activities, remember our veterans and learn about our World War II history." To learn more, email or call the club. ■

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Medicaid Program To the Rescue

by Cassandra Stewart, Executive Director, Cardon Outreach

Medicaid is a federally funded insurance program that is administered by the State of Hawai'i. Persons of all ages can become eligible if they meet certain income and resource requirements. Coverage can vary from total coverage of all services to a little-known program that will cover your Medicare Part B premiums, called the "Specified Low-Income Medicare Beneficiary Program" (SLMB).

If you are eligible for Medicare Part A, you may qualify for SLMB. The Medicaid SLMB program pays your Medicare Part B monthly premiums, which are generally \$104.90. You can find your Medicare Part B premium on your annual Social Security Award letter as a deduction from your Social Security Income. If you qualify for SLMB, this deduction will stop, and your monthly Social Security check will increase by \$104.90.

Qualification for the SLMB program, like all

Medicaid programs, is based on your monthly income and your countable resources. Countable resources can include bank accounts, stocks and the cash value of life insurance policies, as well as other assets.

In 2016, for a single person, resources must be below \$7,280 and monthly income must be below \$1,367. For a couple, the resource limit is \$10,930 and combined monthly income must be below \$1,843. If you qualify for Medicaid benefits this program, you could see an annual increase in your income of \$1,258.80!

To see if you qualify or to apply, go to www.mybenefits.hawaii.gov. ■

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How to Chill Hot and Spicy...

by Annette Pang, Relationship Life Coach

As a relationship coach, I find that one of the biggest problems for family caregivers is communication collapse, especially when talking with family members and parents who are aging, ill or dying. Seemingly simple topics, such as how to wash dishes or how to celebrate a birthday, can explode into a hot confrontation.

As an imperfect human, I often feel impatient, too. What sets me apart from my clients is that I know how to patch things up and return to peace.

What technique helps you keep your conversations authentic and relevant, but still kind? Here are things that don't work: force, bullying, clamming up, stuffing your feelings or crying yourself to sleep.

Trained coaches lead vision exercises so clients can picture themselves in career or home situations as high-level communicators and peace-keepers. In groups and private sessions, vision

therapy yields "aha moments." Caregivers can then approach their present situation differently, boost their inner game and learn to communicate peacefully. Accountability comes from and answering uncomfortable questions, such as, "What was my tone of voice" or "How did others react to my gestures?"

The key to ending arguments is to accept imperfections and apply proven approaches and new mindsets. Rivalries don't get resolved when the referee is frail. As mature adults, now is the time to appreciate siblings' personalities. Family members can enjoy a sweet reunion during a loved one's transition when they put aside the hot and spicy behaviors of their teenage years. ■

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Choosing Extended Care

by Hope Young, Kokua Care, Director of Care Services

As a family caregiver for my mom, I've recently had many learning experiences. My newest lesson was when Mom, 78, fell twice and ended up in the emergency room.

When I got to the ER, my first stop was the nurses' station to request a social worker to assist with our next steps. The nurse assigned to Mom said she had several compression fractures. The social worker explained that they would not be admitting her, since the course of care for this type of injury is bedrest. No matter how well Mom and I planned for "what if," we certainly did not prepare for this. Essentially, she was now bed-bound until the compression fractures healed. The next two months would be a challenge comprised of a foster home, two trips to the ER and one hospital admission, inpatient rehab, and eventually, a discharge with home therapy in place. Thankfully, she is now walking.



Hope caring for her mom

• Set up a care plan meeting upon admission

Once you get into the rehab facility and fill out the admission forms, it is best to set up a meeting with "the team" that will be working hard to rehabilitate your loved one. If you don't already have a meeting scheduled, ask for one—and be sure to tour the facility so you know your way around.

• Bringing personal items

Since your loved one will be there for an extended visit, things that

will remind them of home—a family photo, pictures of a spouse or pets, reading material and any hobby items—will help pass the time. Take any valuables home with you. There is no need for jewelry or purses, and clearly label all personal laundry items with your loved one's name.

• Going home

Be prepared. If assistive devices are needed, they should be in place before your senior comes home. If you are using an in-home care service, arrange for it ahead of discharge. Ask for training if you are planning to help your loved one with transfers or bathing. And finally, be sure to update all follow-up appointments and medications with your loved one's primary care physician. ■

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MY LEARNING EXPERIENCE

• Social worker: your best hospital resource

Introduce yourself as soon as possible. Voice your concerns, what resources you have available (family caregivers, home care services, etc.), and what condition and level of independence your loved one enjoyed before admission. The goal is to return home in the same (or better) condition.

• Ask questions and do your homework

If the plan is to transition to a rehab or care facility, a simple search on Yelp.com can reveal personal experiences that people have had at these facilities. Do your own site visit to potential facilities. Ask questions about therapy, food, activities, visitor policies and possible pet visits.

• Be flexible

Remember, beds are limited, so you might have to consider other facilities.

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'Silent Teachers' Help Future Doctors

by Steven Labrash, CFSP, Director UH Willd Body Program

Body donation to the John A. Burns School of Medicine (JABSOM) is a highly personal decision with positive and far-ranging effects on our community, which may not be immediately apparent to most people. These benefits are like ripples in a pond, always expanding.

A donation serves future doctors as the best way to learn anatomy during their training. The knowledge imparted to JABSOM medical students through your donation helps provide quality healthcare for our entire community and for generations to come.



Every donor is a "silent teacher," also educating medical and allied medical professionals in Hawai'i.

Medicine continually evolves, requiring continuing education. Last year, over 600 surgeons attended JABSOM work-

shops to learn new medical interventions that will directly benefit their patients.

Your donation might also become a "mentor" for allied medical professionals, such as EMT students from Kapi'olani Community College, who are learning life-saving emergency medicine techniques. Your body may help train Hawai'i Life Flight teams of advanced nurses and doctors, who transport injured and critically ill patients every day. None of this would be possible without the altruistic gift of body donation.

After our mentors and silent teachers have educated our healthcare students and professionals, we respectfully prepare them for cremation. The cremains are either returned to the family for private rites or held until our annual memorial service, depending on the stated wish of the donor. At our 2016 annual memorial service, we honored 150 donors, and over 500 family and friends attended. Later that afternoon, cremains of those who chose to be scattered at sea were paddled out beyond Magic Island by medical students and the

Ānuenue Canoe Club. Family and friends watched the canoes as Celtic Pipes and Drums of Hawai'i played in the background.

Body donation for medical education and research requires legal forms to be completed and returned to the JABSOM office.

The University of Hawai'i's Willd Body Program is the only whole body donation program in the state of Hawai'i directly benefiting your community. For more information or to obtain a donor form, contact us using the information below. ■

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Prepare for Retirement Milestones

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

Aging investors face eight milestone decisions dictated by Social Security, Medicare and the IRS, that will likely impact their retirement savings and investment portfolio. Take steps now to prepare.



◆ **Age 50:** IRS rules for 2016 allow those 50 and older to increase their retirement savings by investing an additional \$1,000 per year (for a maximum of \$6,500) in each IRA, and another \$6,000 per year (to a maximum of \$24,000) in a workplace retirement plan such as a 401(k).

◆ **Age 55:** If you retire in the year you turn 55 or later, this is your first opportunity to take penalty-free withdrawals (income taxes still apply) from employer-based qualified retirement plans. While tapping into your retirement income may make sense for you, before taking action, consider the impact early withdrawals will have in later years.



◆ **Age 59½:** You may begin to take penalty-free distributions from IRAs and potentially from qualified work plans (check with human resources to see what rules apply to you). Again, early withdrawals from your nest egg put your long-term financial stability at risk. Taxes are due on

distributions attributable to pre-tax contributions and earnings.

◆ **Age 62:** You may start receiving Social Security (SSA) benefits, or wait until a later age and receive a larger benefit. If you begin benefits at age 62 and are still employed, your SSA check may be reduced until you reach full retirement age (defined below).



◆ **Age 65:** You qualify for Medicare coverage. You'll automatically be enrolled in Medicare Parts A and B if you're receiving Social Security at this time. Otherwise, you need to apply for Medicare during the three months before or

after your 65th birthday month. Medicare is complex, so take time to learn all your options.

◆ **Age 66–67:** Depending on your birth year, Social Security "full retirement age" is 66 or 67. Visit www.ssa.gov/planners/retire/retirechart to learn which age applies to you. If you waited until now to receive Social Security benefits, you'll have more ways to structure your benefits. Married couples have many options, so be sure to coordinate your decisions with your spouse.



◆ **Age 70:** If you haven't claimed Social Security yet, there is no advantage to waiting beyond age 70. You may consider donating your benefit amount if you have other investments that cover your expenses.

◆ **Age 70½:** By April 1 of the year after you turn 70½, you must take a Required Minimum Distribution (RMD) from your traditional IRA accounts and workplace retirement plans. Instructions for calculating your RMDs can be found in IRS Publication 590 at www.irs.gov. Distributions must be taken from every account subject to this rule, or penalties (50 percent of the amount of the RMD) will be incurred.

To make these milestone decisions with confidence, consider hiring a financial advisor to look over your current financial position and retirement goals and help you navigate the best route.

There's never a better time than now. ■

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Secret Money for Veterans

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

Many veterans believe that they have to have suffered an in-service disability to qualify for U.S. Department of Veterans Affairs' monetary benefits. This is a common misconception.

Depending on their health status, income and assets, many senior veterans and their dependents or surviving spouse can qualify for not only basic "Improved Pensions" based on low income, but also for supplemental benefits. The supplemental benefits are called "Housebound Benefits" and "Aid & Attendance Benefits."

PENSION BENEFITS

To qualify for any of these pension benefits, the veteran (or surviving spouse, based on the veteran's military service record) must satisfy the following general criteria:

- The veteran must have served at least 90 days of active duty.
- At least one of the 90 days of active duty must have been during wartime. Dates have been officially defined for the beginning and end of World War II, the Korean War and the Vietnam conflict. The Gulf War, which began Aug. 2, 1990, is not concluded yet.
- The veteran must have received a discharge other than dishonorable.
- The claimant and household must have limited income and assets.
- The claimant must have a permanent and total disability at the time of application (note that a surviving spouse can qualify for a basic low-income pension without being disabled, but the veteran must be disabled — although the disability does not have to be related to wartime or military service).
- The disability must have been caused without the willful misconduct of the claimant and must not have been due to alcohol or drug abuse.



HOUSEBOUND & A&A BENEFITS

As the name implies, Housebound Benefits are payable when the claimant is substantially confined to his or her home because of permanent disability. To qualify for Aid & Attendance Benefits, the claimant must:


- Require the aid of another person in order to perform personal functions for everyday living

(such as bathing, eating, dressing, toileting, transferring from bed to a wheelchair or dealing with incontinence), OR

- Be bedridden, in that he or she must remain in bed apart from any prescribed course of convalescence or treatment, OR
- Be a patient in a nursing home due to mental or physical incapacity, OR
- Be blind or have very poor vision.

Applying for these supplemental benefits is not a quick or simple process, and you may want to enlist the help of a veterans' assistance organization or a specially-trained individual. Note that whoever assists with the application cannot charge a fee for that service. However, if the individual or organization performs other services, fees may be incurred. ■

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Rollover Your IRA for Good

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

If you are 70½ or older, rather than simply take your withdrawal this year, you can direct your IRA administrator to distribute a gift from your IRA to a 501(c)3 charity. Any amount you transfer counts against your required minimum distribution (RMD), but does not increase your income. You can direct up to \$100,000 to your favorite charitable causes this year.

Three Reasons for Making a Rollover Gift

1) If you take the standard deduction on your income taxes and make charitable gifts, you receive no tax benefit on an outright gift. In effect, you pay taxes on your charitable gifts.

2) Donors who do itemize deductions can reduce their taxable income and may even be able to switch to the standard deduction if it is greater than their itemized deductions.

3) Making an IRA rollover gift may reduce your provisional income under Social Security (and thereby reduce income tax that might otherwise be required on Social Security benefits). You might want to check with your tax advisor to see if this situation affects your taxes.

Making an IRA rollover gift is very easy. Contact your IRA administrator. Because of the popularity of the rollover, most administrators provide forms and a convenient procedure to help you make a rollover gift.

If you have questions, give us a call. ■

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The Hidden Costs of Probate Court

by Stephen B. Yim, Attorney at Law

As an estate planning attorney, I spend my time helping my clients stay out of court. We value privacy, confidentiality and self-determination. Making one's estate plan is one of our country's most valued opportunities to exercise personal freedom of choice. The alternative is letting the court decide through guardianship, conservatorship, probate, district, circuit, federal or other administrative forums. The court should, in my opinion, always be the last resort.

It does take time, energy and courage to face our mortality; however, I encourage each and every one of you to take this precious opportunity to exercise this unique privilege afforded by our country to make your own decisions with regard what happens with your assets when you are not here. Here are some differences between making your own estate plan and relying on court:

Good Estate Plan

Collaborative
Relationship preservation
Private with dignity
Control
Time-sensitive
Cost-sensitive
Emotionally satisfying
Value-driven and
process-oriented

In Court

Conflict-driven
Divisive
Public
Loss of control
Time-consuming
Costly
Emotionally draining
Procedural-driven

Take the opportunity to carefully determine how you would like to be cared for all the way through the end of your life. ■

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Hiring Strangers as Caregivers

by Scott Spallina, Senior Deputy Prosecuting Attorney



As a new parent, you were terrified at the thought of allowing anyone to care for your infant out of your presence. Perhaps you would consider as a babysitter a pediatrician, who handed you a certified criminal background check from the FBI, along with three references — with one being from the Pope, but even then you would hesitate until they could memorize the telephone number to poison control.

And as your child grew, your distrust of others never wavered. Did you smell alcohol on that bus driver's breath? Did your daughter's prom date leave the house with a full tank of gas? Is that a tattoo you see on your son's roommate? Is he part of a gang?

Paranoia and distrust can be a good thing. In fact, one might say it is part of being a responsible parent.

Unfortunately, the same attention to safety is often not applied to hiring someone to care for our parents. People often hire caregivers from the internet, making cost the deciding factor. We assume that anyone who is willing to work as a caregiver must be a good person. Who else would want to change adult diapers and constantly monitor someone who is no longer independent? Sadly, this is not always true.

How can you tell whether the person you hire has your loved one's best interests in mind or their own?

Check their references. It would be nice just to trust someone's word, but the time spent verifying if they indeed did a good job is invaluable. Do not feel you are embarrassing the prospective

caregiver or signaling that you don't trust them by calling their previous employer. When they provided references, they knew there was a possibility you would check them.

Another priority is to do a criminal background check. Go to the Hawai'i Criminal Justice Data Center for more information on how to perform a Criminal History Records Check online or in person. You can call them at **808-587-3100**.

Also, make sure that the caregiver's experience is appropriate. If their previous clients could walk, does the caregiver know how to transfer a person in a wheelchair? What about bathing them?

Additionally, write down your expectations for care. This checklist will be helpful when you interview caregivers and can serve as a contract or written agreement. A list of duties that you and the caregiver agree upon also avoids miscommunications that could give you an impression of poor job performance or laziness.

It is said that a drowning man will grab the blade of a sword to save himself. When people find that they need to hire a caregiver, they are often desperate and overwhelmed with the decisions they have to make in caring for their family member. Don't let these feelings force you to hire just anyone who answers your call for help. Take the time to hire the right person to care for your mom or dad. They did the same for you when you were young. ■

To report suspected elder abuse, contact the Elder Abuse Unit at **808-768-7536** | ElderAbuse@honolulu.gov



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