

GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL. 6/6 • DEC/JAN 2017

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As we begin our seventh year of *Generations Magazine*®, we are so thankful to be able to continue to provide our older adults and their families with valuable information from our trusted resources.

We continue to work on a number of goals — building partnerships with our advertisers, nonprofits, and state and city agencies regarding aging issues; growing our *Generations* radio listenership and website viewership; and continuing to provide all we need to know about aging well.

Please continue to email, call and text me on stories you would like to see in *Generations* and topics for our *Generations* radio programs. We want to continue to keep our older community engaged and up to date on new programs, issues, events, inspiring people and stories. So readers, please continue to send us vital information, suggestions and questions.

In this issue, we feature the family and their values. We could not find a better (or more convenient) example than my parents, Les and Shirley Ihara. I think you will find the story both interesting and inspirational.

As in many families, parents, grandparents and great-grandparents Les and Shirley serve as role models for the entire family. They are the glue that keeps us together in the challenging times in which we live today. They have always been endless supporters in all of our family and business endeavors. They lead by example by continuously giving to our community and all 41 of us in the Ihara clan.

Lastly, I have to recognize our staff — Wilson Angel, art director; Katherine Smith, retired *Generations* editor and current feature writer; Sherry Goya, our sales and distribution manager; Debra Lordan, our associate editor; and Brian Suda, our photographer. Mahalo to all!



Live well this 2017!

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by Kahala Nui

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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.



FARAH DOIGUCHI, Emeritus College coordinator at Honolulu Community College, oversees the Emeritus College Program, which promotes lifelong learning in the area of electronic computerized education for seniors 55 and over. Emeritus College, with support from Honolulu Community College and the Pacific Center for Advanced Technology Training, offers a wide range of continuing education workshops and provides facilities, state-of-the-art equipment and technical support services to welcome our kūpuna to the digital age.



KAREN LOCKWOOD has been part of Hawai'i's travel industry for over 20 years and received her MBA from the University of Hawai'i at Mānoa. With Pacific Islands Institute since 2004, she is the general manager of this niche travel company, working with senior and nonprofit groups including Road Scholar, Smithsonian Journeys, The Nature Conservancy and local organizations such as Kāhala Nui and Historic Hawaii Foundation, customizing travel programs and specialty tours in Hawai'i and throughout Polynesia, Melanesia and Micronesia.



CAROLE MANDRYK'S professional life has spanned academic, public and political spheres. She has taught and conducted research at Harvard University, George Mason University, Grant MacEwan University in Canada and the University of Hawai'i at Mānoa. She is delighted to be returning to UH Mānoa to serve in a different capacity and play a role in OLLI-UHM's innovative approach to lifelong learning, where she can combine her passions for multidisciplinary approaches to knowledge, service and community engagement.



STANLEY MICHAELS started career number three with the state Department of Health in 2004, after 22 years in the entertainment industry, and another 24 years in marketing and management in both the corporate and nonprofit worlds. In his words, he has spent "13 wonderful years creating information that can help our deserving populations live better lives." Stan is most thankful for his wife of 27 years and his work partnerships with dedicated colleagues, and corporate/agency friends.



DORIAN NAKAMICHI dabbles in a bit of everything at Helping Hands Hawai'i, including communications, content creation, social media, grant writing and donor relations. She enjoys traveling and backpacked for three years in Southeast Asia, Europe and Oceania. While in Australia, she volunteered as a wildlife carer and hand-raised injured and orphaned joeys. Dorian is also the author of a local children's book, Kaimana Big and Strong, which received honorable mention at the Ka Palapala Po'okela Awards.



LYNN WONG joined Live Well at Iwilei by Kāhala Nui as director in September 2015. She has held numerous positions in the healthcare industry. Most recently, she served as administrator of Aiea Heights Senior Living, an adult residential care home. Prior to that, she was a home care RN with Maluhia Hospital. Lynn also held nursing positions with Ka Punawai Ola, PACE Hawaii at Maluhia Hospital and Kuakini Medical Center.

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

DIANE CADINHA | EAST OAHU REALTY | LAHAINA RESTORATION FOUNDATION | SCOTT MAKUAKANE
ALAN MATSUSHIMA | JULIE MOON | ANNETTE PANG | EILEEN PHILLIPS | KEN REVELL
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SATURDAYS at 5pm–6pm, SUNDAYS at 3pm–4pm



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Cover & Feature Story Photography by Brian Suda

Let Generations' Calendar Be Your Crystal Ball

We can't predict the future, but we can do our best to prepare for it. *Generations Magazine's*® calendar is custom-made especially for seniors and baby boomers so they can do just that.

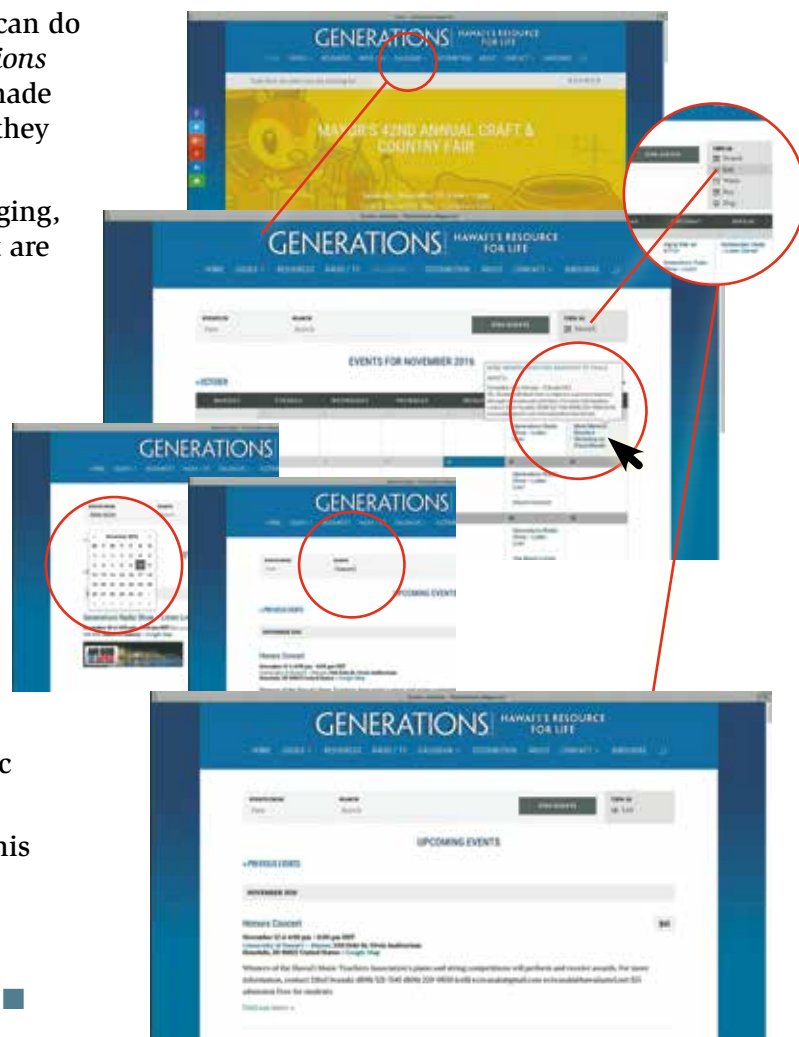
It's filled with upcoming workshops on aging, caregiving and other events—some that are just for good fun!

How to use *Generations'* calendar:

- **Peruse an entire month of events**
Simply roll the cursor over an event and a popup appears summarizing the details.
- **View the events how you want it**
Select "View by List" to get the entire lineup and complete information.
- **Search by date or keyword**
If you already know about an event, or know the event's date or month, find details in an instant by using those specific search parameters.

Generations' partners take advantage of this opportunity to list their events so you won't miss any of them.

Generations Magazine is all about senior resources and making them easy to access. ■



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Hawaii Seniors' Fair: The Good Life Expo

by Generations Magazine Staff



More than 20,000 attendees and over 300 exhibitors filled the Blaisdell Exhibition Hall Sept. 23 through 25 for the Annual Hawaii Seniors' Fair, The Good Life Expo. The 32nd annual event again focused on services, programs, workshops and other valuable resources available to seniors, their caregivers and families.

Publisher and Event Ambassador Percy Ihara and staff were on-hand to distribute *Generations Magazine*®, *Hawai'i's Resource for Life* and network with attendees. Many *Generations* partners



also enjoyed taking turns handing out the free, bimonthly magazine, which is distributed at over 200 locations statewide.

Regular readers said that they especially enjoy the food, travel, health, fitness, finance and sports information the resource magazine provides.

Generations also held a drawing for a Las Vegas trip for two from long-time partner Vacations Hawai'i. Winner Judith Baroman of Ewa Beach, a regular reader, said she loves *Generations*. ■



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Senior Clubs Take Over Leeward Bowl

by Sherry Goya, Generations Magazine Staff



The City & County of Honolulu Department of Parks and Recreation held its annual Troops for Fitness Senior Bowling event on Oct. 12 at Leeward Bowl in Pearl City. With 100 bowlers from 11 city and county senior clubs on O'ahu, this annual event used almost every lane.

Everyone bowled two games and prizes were awarded throughout the day.

Fun challenges had winners running to collect "chips" that were drawn from bags filled with a variety of prizes. Prizes were awarded to the

Too much fun! And lots of helping hands were available to ensure that. Haruye Katakuru assisted by Joann Yatogo.

bowler who made a strike in the first frame, the bowler who scored exactly seven pins in the seventh frame and the bowler with a score of three or less in the third frame.

Socialization, fun and competition brought club members together. Leeward Bowl was filled with laughter, applause, fist pumps and most of all, friendship among all bowlers.

For more information about participating with a senior club in your area, contact your city or county parks and recreation department. ■

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Chef Wong: A Passion for Giving

by Generations Magazine Staff

Named one of 13 Rising Star Chefs over 20 years ago, Hawai'i Chef Alan Wong soon became a supernova, helping to birth Hawai'i Regional Cuisine (HRC) with other chefs determined to work with local farmers, fishermen and ranchers. HRC put Hawai'i on the foodie map, establishing the state as a sought-after destination where diners can experience a unique blend of ethnic-inspired cuisines made with fresh, local products, which he offers at his multiple-award-winning restaurants.

In addition to contributing to his profession, Chef Wong believes in giving back to the community. *Generations Magazine*® asked him about his growing legacy of giving.

GM: When did your involvement at the Mōili'ili Senior Center begin?

Chef Wong: Almost 20 years ago, I read an article about how our aging seniors on fixed incomes are facing rising expenses. Some didn't know how they were going to cope...

One of the people being interviewed for the article was a woman from our area who attended the Mōili'ili Senior Center. We inquired and found out that some live alone and don't go out to eat much, let alone with others. I thought that since this is in our neighborhood, we should support the center in taking care of our elders.

It started with me cooking a pot of stew and pan of rice. A few others would make a salad and our pastry chef made dessert. We would pack it all in our cars and drive down the road once a month, and then out of their small kitchen, dish out food for the 30 or so seniors.

A couple of years later, I thought we should have them come eat in our restaurant and make

it more special. More of our staff got involved and with a full range of kitchen equipment behind us, we started to cook a wider variety of dishes for them.

GM: What prompted you to provide this great meal to the seniors at Mōili'ili?

Chef Wong: I believe in taking care of our elders. One sure thing is that we all

will get there one day, too. I also believe that it is healthy for the seniors to be with kids and younger people and vice versa. Our next generation also needs to see how we take care of our elders and parents, hoping that one day, they, too, will care for them equally as good — if not better. We allow our staff to bring their kids and families, and sit down with them, enjoy eating with them and sharing the moment.

GM: What do you get out of this event?

Chef Wong: We believe in giving back to our community. Why not take care of our very own right in our backyard with the things we do every day? Our staff feels really good about the event. At the end of the meal, they usually share something they did with the seniors at the center — music, dancing, exercising — all very entertaining and so cute to see.

Hospitality is about making people feel special. At my restaurants, the aloha spirit is about giving a gift to someone, making someone's day and expecting nothing in return — except a wonderful feeling of satisfaction. ■

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Sharing Values

by Rev. Jayne Ryan Kuroiwa

The lyrics of the Crosby, Stills and Nash song *Teach Your Children* advise parents and children to share their differing dreams and forgive one another because we are unable to grasp what the other goes through. Each verse ends, "just look at them and sigh and know they love you."

Those who study religion in America have coined the term "The Nones" for the rising percentage of younger adults, who, when surveyed about their religious preference, marked the box labelled "None."

They don't identify with the Christian or Buddhist, Native Spirituality or Jewish choices of their heritage. They simply check "None."

That's not a surprise, is it? Many communities of faith are increasingly looking like gathering places for faithful, grey-haired elders. And so we sigh when we traditional people of faith look to the future viability of our houses of worship.

Sometimes the chasm between generations looks too broad to cross, especially in this new millennium, where technology and shifting social norms exacerbate our differences. But we can all do more than just sigh about the youngsters in our families and our communities.

It's up to you to share your values and spiritual practices with younger generations. Speak up about your ethical choices, the beliefs you hold dear and the meaning behind the practices of your faith.

Think of this not as a way to "push" your opinions on others, but as a way of sharing your personal life story.

Trust that your children and grandchildren want to know what experiences shaped you and how you make sense of this life.

Invite them to join you. They might not want to attend a formal worship service, but you might just make a simple suggestion. "A group from my temple is preparing food for the homeless. Would you like to go with me and see what that's like?" "I pray before meals. Will you sit quietly while I offer thanks for our food?"



Rev. Jayne Ryan Kuroiwa's son, Jesse Kuroiwa, and her father, Jack Ryan, know that children love good stories. Put your tales of family tradition and faith in easy-to-understand language to bring them alive. Photo: Cheryl Ryan.

The invitation and a brief sentence or two about how the practice deepens your faith will help them see the full dimensions of your life.

Sometimes children or grandchildren have no religious experience until they attend a wedding or funeral. If that's the case in your family, tip them off about what to expect. What rituals might be hard for them to understand? Give them some insider information.

"This is how we cross ourselves. This is why. I'll show you how and when to do it." "Each family will have a chance to come forward and offer prayers and incense. This is why we do it."

Children love good stories, so share the tales of your traditions. Put them in easy-to-understand language and bring alive the heroes of your faith.

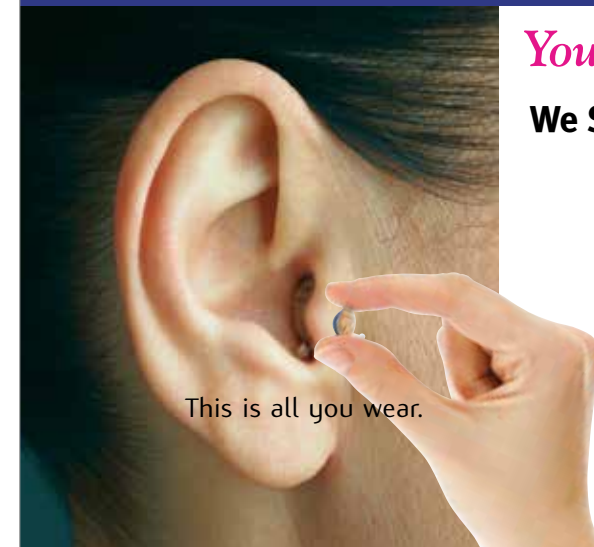
Best of all, listen to children as they tell you about their lives. Connecting with their struggles and choices will open the door for you to share any wisdom you have gained.

Let your faith journey shore up theirs with words of hope and perseverance... "and know they love you." ■

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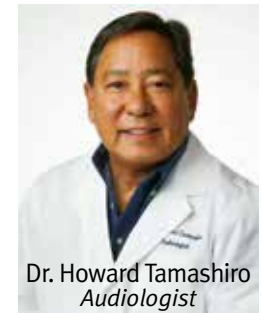


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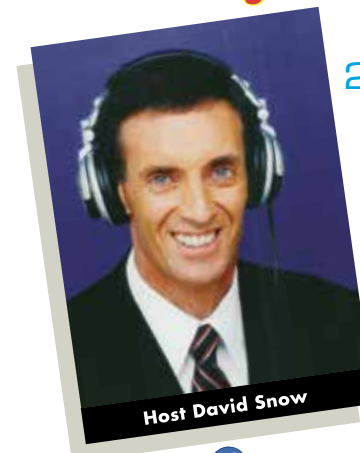


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A Triple Force for Hawai'i's Seniors

by Sherry Goya, Generations Magazine® Staff

There are many organizations that serve Hawai'i's seniors and their families, but maybe none like the Hawaii Pacific Gerontological Society (HPGS). This nonprofit organization was founded in 1979 to improve the quality of life of Hawai'i's older adults by promoting the understanding of the aging process, supportive services, and legislation that helps people age with dignity and grace. Its goal is to enhance the general well-being of older individuals by fostering public understanding and continuing education in the field of gerontology.

HPGS also brings together people concerned and interested in the challenges, issues and problems of older adults as realized in a changing society. The organization advocates on behalf of older people, while stimulating interest in



Cynthia, Percy and Sherry

gerontological research and services, thereby encouraging professional preparation for gerontological research and services.

All that said, HPGS held an excellent conference in September for its members and those in the gerontological field. The biennial conference included speakers from Hawai'i, the mainland and Japan,

who discussed diverse topics—from improving the well-being of individuals to promoting private-public partnerships.

Please join us at www.hpgs.org. ■

Stories for and about seniors, events and other topics are always worth sharing, including 100th birthday announcements. Contact Sherry at:

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Together ...a Family Tradition

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



Family is a very important source of virtues and values. Our ancestors collected generational wisdom from their ancestors — surviving and thriving through famines, wars, migrations, dynasties and empires. Closely knit families can be a source of nurturing, support and protection for their members; family and cultural traditions support us through important life passages, and provide the framework for how we respond to challenges and opportunities.



Les Ihara is ninth of 11 children and appears second from the left with his parents.

Like many Hawai'i residents, husband and wife Les and Shirley Ihara of Kāne'ohe came from Japanese immigrant families. Their families were able to manage through the Great Depression and provide them an education. After World War II, they began their own family, and Les' Army career took them all over the United States and abroad. Now in their late 80s, they find themselves the patriarch and matriarch of a four-generation clan that practices togetherness. There are lessons for all of us in the Iharas' simple recipe for a happy life: be patient, be tolerant, do what brings happiness and have fun wherever you are.

They graciously agreed to share their stories, and the values they learned from their parents that they felt were important to pass on. There are some lessons here for all of us.

The Roots of Family Culture

Shirley Sonoda was born in Kahului, Maui, the youngest of six children. She grew up in an Hawaiian Commercial & Sugar Company (HC&S) plantation home in McGerrow Camp, Pu'unēnē. Hard work was honorable and led families to success. Shirley's father worked in husbandry at Waihe'e, Pu'unēnē and Haleakala Dairies, taking care of birthing cows and calves. Her mom worked in the dairy's plant, washing the pint-sized glass milk bottles that were used at the time. Shirley describes a "wonderful," childhood in an agricultural community surrounded by fresh fruits



Mitsue "Shirley" Sonoda is the youngest (far left) with her parents and five siblings.

and vegetables and lots to do. "As the youngest, I was spoiled," she said.

Family Support and Encouragement

Shirley favors her pretty mother. Shirley giggles. "My name is really Mitsue, but one day a lady said, 'that child looks just like Shirley Temple,' and from then on, I was always called Shirley. My oldest sister, Hilda, doted on me, and my brother, Kiyoshi, who was one up from me, was my protector and best friend," said Shirley. She had a lot of boyfriends, but was encouraged to focus on her studies and go to college. During the summers before her junior and senior years at Baldwin High School, Shirley worked on the line at the Maui Pineapple Company cannery in Kahului.

Shirley's parents both came from Kumamoto on the island of Kyushu in the southern part of Japan. Her father immigrated to Maui first. Wars with China were very hard on the Japanese people and Shirley's maternal grandparents wanted her mom to have a better life, so they allowed her to become a "picture bride."

Les is also Nisei (a first-generation American of Japanese descent) and ninth of 11 children. "I had a lot of attention and supervision from the older siblings, but we were all very supportive of one another," said Les. "I think it is important to allow the kids to pursue what they really want to do and give them the encouragement they need."

"I wanted the kids to be scouts like me, but they much preferred sports and didn't continue in scouting," said Les. "So, I supported them in sports and they all became good athletes — and our grandchildren are, too. Percy was bigger than the other boys and excelled in baseball. My daughter, Sherry, and her daughters, Cynthia and Cathlene, coach tennis for St Andrew's Priory and Sacred Hearts Academy. All our kids are good swimmers and the grandchildren are into many different team sports. In Japanese, we encourage one another with this expression: *gaman*. It means to stick with it or hang in there. So I tell our grandchildren to pick what feels comfortable for you — what you like to do — and then do your best to stick with it."

Family History of Enterprise

About 10 years ago, Les discovered some interesting background about his father's family. In 1898, his father and paternal uncle came to Hilo from Yamaguchi-ken on the main island of Honshu. His dad came to build railroad bridges and tunnels for the cane trains between Hilo and Honoka'a. His uncle was a labor negotiator, procuring contracted workers from Japan. The brothers' last name was Tomishima.

It was the turn of the century and the end of the first Sino-Japanese War when China signed the treaty of Simonoseki, and ceded both Taiwan and Penghu to Japan. In the occupation, Japan sent educators to teach the Japanese language and culture to the people on these islands. On Jan. 1, 1900, the Taiwanese resistance killed eight Japanese educators; one of whom was the only son of the Ihara family. "Without an heir, the family decided to adopt my father," said Les.

Les' maternal grandmother was a merchant



"Scouts' honor and honesty have always ruled my life and I tried to pass on these virtues..." ~ Les

Formative Training

"Church and language school at the hongwanji were very important to my parents and to me," said Les. "I learned Japanese language, martial arts and discipline. I also became very interested in scouting and achieved Eagle Scout before my last year of high school." Les even considered a career in scouting administration, but social workers were in demand after the end of WWII, so he studied psychology and social work at University of Hawai'i at Mānoa. "Scouts' honor and honesty have always ruled my life and I tried to pass on these virtues," he said.

Les also loved tennis. "In high school, I would collect stray tennis balls from around the court and when I found old racquets in the rubbish bins, I would repair them — that's how I started playing tennis." He taught himself by reading tennis books and putting conceptual techniques into practice. Discipline learned at Hongwanji paid off and Les won the Hawai'i Island championship in 1945.



who came to Hawai'i in the 1930s and ran the Shigeta Store in Hilo, which later became the Ihara Store. This general merchandise store was famous for penny "ice cakes," a type of Pop-sicle. Strawberry was the most popular flavor, but Les loved the azuki bean ice cake. When Les got his driver's license at age 15, he became the store's delivery person, hauling groceries and charcoal to customers' homes. Right across the store on Kilauea Avenue was the Hilo Hongwanji Mission.

Later, he would join the All Army Tennis Team in the '60s and win the Armed Forces Senior Singles and Doubles Championship in 1980, in addition to numerous others trophies. He still plays three days a week and says tennis keeps him healthy, mentally and physically. He aims to play as long as he can.

Respect for Education

All Japanese-Americans share a deep respect for education. The Issei (Japanese immigrants) assimilated American culture but insisted that their children attend both public school and also Japanese school. Les and Shirley were also encouraged by their families to pursue higher degrees — older siblings paid tuition for the younger ones. They sent their boys to Mid-Pacific Institute for high school and paid college tuition for all six kids. This high value placed on education has been extended to the grandchildren, too. The tradition created four independent business owners, one professional educator and one state Senator.

Love and Marriage

At the same time Les was at UH, Shirley was attending business college in Honolulu and living in a beach hut where the Hilton Hawaiian Village now stands. She was studying hard, babysitting part-time at Queen's Surf Hotel and doing book-keeping for the Niumalu Hotel Restaurant. Handsome Les Ihara happened to be bussing tables at Niumalu and fell for beautiful, upbeat Shirley.

"She agreed to go to a dance with me — that was great," reminisced Les. "Shirley is all the things I am not. She is outgoing, thrifty and laughs a lot. I am very appreciative and still love to be around her. My goal is to spoil her and make her happy."

Once married, they were destined for an adventure. Both Les and Shirley's lives were about to get interesting: Les, in taking on a large command and Shirley, always looking on the bright side of being a military wife.



They could hardly wait to be married, but Les' family would not allow it until he graduated and had a job. He received his degree on June 14,

1950, and landed a job in Hilo as a social worker a few months later. On Shirley's birthday, they were married in the Niumalu Hotel garden on the afternoon of Sept. 4, 1950. That night, Les and Shirley flew to Hilo and the next day, Les began his first job.

The Korean War started a week after Les graduated from college. Les got a few months deferment, but in early 1951, he was drafted and took basic training at Schofield Barracks on O'ahu and later at Fort Ord, California. After basic training, he had a choice to finish advanced basic training and go to Korea as an infantryman, or to enroll in Officer Candidate School (OCS). Of course, he chose OCS at Fort Bliss in El Paso, Texas. Shirley, who was carrying their first child, stayed with her oldest sister on O'ahu and joined him later.

Be Patient; Be Tolerant

Les was commissioned a second lieutenant in May 1952 and was assigned to Camp Roberts near San Miguel, California, where an all-Caucasian National Guard outfit from Alabama was in active duty training for the Korean War. He was the only non-white officer in the entire battalion but he said he didn't feel any discrimination. In late 1953, the Army was ordered to integrate. Les was then a platoon leader and when black soldiers joined the unit, he experienced, firsthand, the effects of discrimination. At that time, soldiers carried half a field tent in their backpacks. At night, two men pitched their tents together. "I could not believe that all those guys were trying to bed down in half-tents. I ordered them to put the tents together, but the order was never carried out and I knew my superiors would never back me up." Nevertheless, Les stood by his values of tolerance and kindness. "One time in college, a gang of tough guys sucker punched me. I got



away, ran to the Coke machine and broke an empty bottle to make a weapon to defend myself. They decided not to beat me up, and I will never forget that feeling of being outnumbered. I teach my kids to be tolerant and kind to everyone.”

Look at Change as Adventure

Career Army families get bounced around among duty assignments. The term “Army brat” comes from Army children who were traumatized by moving around from place to place. Psychologists found that the parents’ attitude about change determined if the children were hurt by the moves or grew up well-adjusted. This is where Shirley’s “Pollyanna” view of life, seeing the good in people, places and events, was a distinct advantage. Instead of saying, “Oh no!—not another move,” Shirley would respond, “Korea? Great! I want to see the world!” Her children learned to love adventure and look for fun in new undertakings.

In following years, the growing Ihara family moved wherever the Army needed Les: Hawai‘i, Germany, Kansas, Virginia, California and Korea. Shirley recalled, “I was one of the wives who moved and followed my husband to most of his duty stations. The only place I did not go was

Vietnam. For me, it was exciting to see new places and meet new people. When the kids were small, it was no problem moving them from one school to another. Every new place was an adventure. In Germany, Percy was born and he stayed with a nanny while we took the older children on trips to the Benelux countries and Switzerland. Sometimes we would leave all the children at home and get away for a weekend by ourselves. It was a great life.”

Cross-country trips were always an adventure and a democratic process.



Shirley served as a volunteer with the American Red Cross. Her Family has followed in her footsteps with extensive involvement in many community services.

Percy recalls long cross-country trips to Virginia in the family’s Country Squire Station Wagon. The children passed the long hours playing cards — Paiute (Hawaiian Knock Poker) was a favorite. “After my dad clocked 500 miles, we began looking for a motel with vacancies, a pool and a kitchenette. After checking out a few, we would all vote on where to stay. In those days, if a motel had a color TV, it might win our vote.” Family democracy is a way of teaching children the power of the vote, how to debate your point of view, and how to accept the group’s authority, if you don’t win. This is a powerful form of mutual support.

Shirley’s zest for life resonates in younger generations of Iharas. They all love to travel. Annual family vacations bring 30 to 40 members of the Ihara clan together, and Les and Shirley pay for everything. “We would not be able to afford the vacations for our family if they didn’t take us to Canada, Washington and almost every Hawaiian Island over the past 20 years,” said oldest daughter Sherry. This love for the unknown and ability to find fun in new situations plays out in many ways. One is managing risk and return, the hallmark of entrepreneurs. Converting adversity into blessing has become an Ihara family “trait.”

Social Responsibility

Being the spouse of a commissioned officer living on an Army base challenged Shirley with new family and social responsibilities. She learned to be an extraordinary hostess. On the spur of the moment, she needed to be prepared to graciously accompany Les to formal functions at the officers’ club. She said with a smile that a nice set of pearls “will turn any dress into proper dinner attire—I learned that from other Army wives.” She also fondly remembers a major’s wife who taught her to play bridge. “That was nearly 60 years ago. She invited me to join other ladies for lunch and bridge.” She added, “They said I was a fun person and I certainly enjoyed the game. Les and I still play once a week.”

Helping one another translates to community, too. Before Les retired as a colonel, he helped a lot of younger soldiers learn the ropes of military command. Shirley volunteered extensively with the American Red Cross. These expressions of altruism were not lost on their children—they and their families are civil servants, volunteers, educators and community business people. All Ihara family members devote themselves to community service by volunteering for nonprofits, churches and community athletics. Now their grandchildren volunteer, too.

Enjoy Life With Your Family—Stay Connected

Shirley is definitely fun to be around. “Les has learned to be a good laughter,” she said. “It is so easy to become grumpy; it’s very important to laugh every single day and enjoy life.”



“It’s very important to laugh every single day and enjoy life.” ~ Shirley

year. Shirley is thankful that she could focus on her family because she never had to take a job. She also quips that she is not ready to “retire” from her family responsibilities: cooking fabulous meals and keeping track of all 14 grandchildren.

In the close and supportive Ihara family, these are the values that Shirley and Les learned from their parents and grandparents: be honest, work hard, go after what you want and stick with it. They maintain family togetherness by committing themselves to enjoying life by keeping a tolerant and upbeat attitude, by supporting other family members in what they want to do and by spending time helping others in their community.

In November, Les and Shirley were doting on a new Ihara great-grandchild in Washington State. Their six children are passing down Ihara family traditions to 14 grandchildren and a fourth generation of nine great-grandchildren. These are wonderful lessons for all families, and to Les and Shirley we say, “Thank you.” To us they say, “Gaman!” ■

I think the Iharas mastered something that some families might take for granted. It is mutual respect and support. Family members stay connected even though they are busy, because you can’t really be supportive if you don’t know what challenges your family is facing. Once a month, Shirley and Les and all the four generations get together for a meal. There’s opportunity for real connection when they go on an extended vacation together.

Les and Shirley have a life of their own, too—Las Vegas every other month and a cruise once a

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by Generations Magazine Staff

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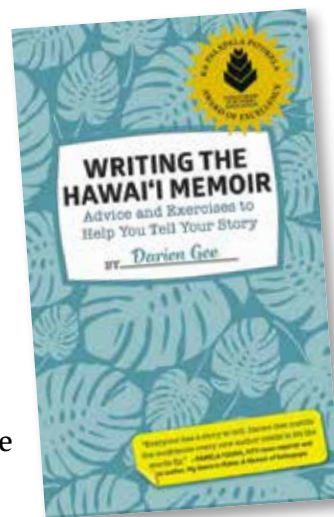
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Adopt a Family Program Lifts Holiday Spirits

by Dorian Nakamichi, Communications and Development Specialist, Helping Hands Hawai'i

The holidays are a special time for Hawai'i families. But for some seniors, the season can be one of the most challenging and difficult times of the year.

Many kūpuna live on fixed incomes and struggle to make ends meet. Some do not have the support of family and friends, and especially during the holidays, this isolation can make them feel alone and unloved.

Those with 'ohana can feel the financial strain of the gift-giving season. Elderly parents caring for mentally or physically disabled adult children may find themselves unable to afford additional holiday indulgences.

During these times of need, Helping Hands Hawai'i (HHH) helps to support seniors experiencing financial hardships. Every year, HHH's Adopt A Family program connects seniors, and other low-income or homeless individuals and families, with community donors who help uplift and inspire them while providing them with much-needed basic necessities.

This year, donors will adopt more than 600 households in need. Donors come from all over the island and from all walks of life. Their actions show hundreds of families that they are not alone.

"I think the community is not fully aware of how many seniors are in need," said Amber Itokazu, a resource coordinator at EAH Housing (an affordable housing nonprofit), who works closely with many kūpuna.

One of these seniors is Gloria, who participated in the Adopt A Family program in 2015.

Gloria's advice to other seniors struggling to make ends meet during the holidays is to ask for help. "Don't assume that others know what you need or what you're going through," she said.

Gloria said the second step is to seek out support and "don't give up until you find the program that best fits your unique situation."

"Some seniors have the mentality that they are the forgotten generation, but they are not," said Gloria. "Everyone needs to feel needed, wanted, cared about and that their lives do matter."



Gloria, 65, a participant in the Adopt A Family program in 2015, and EAH Housing Resource Coordinator Amber Itokazu. "Don't assume that others know what you need or what you're going through," said Gloria. HHH photo.

"A lot of people don't think of how much of an impact they can make," Amber said. "To them, the gesture is so small, but to the person receiving, it is big."

Together with generous supporters and donors, HHH continues to change people's lives each year. Through partnerships with service providers and organizations, an increasing number of individuals learn about the community resources that are available to them.

During the holidays and throughout the entire year, remember that there are lonely seniors in the community who face constant financial strain.

Consider how you and your family can make a difference in a kupuna's life. Connect with a nonprofit in the community that supports seniors and help them in their efforts.

"Every little bit counts," said Amber. ■

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Keeping History Alive: Maui Plantation Camps

by Lahaina Restoration Foundation



Did you or a loved one work for the plantations on Maui during the 20th century? Do you enjoy reminiscing with children and grandchildren about simpler times, when family came first and neighbors looked out for each other? Lahaina Restoration Foundation's (LRF) Plantation Camp Map project helps tell your story.

Over seven years, the Plantation Days annual event in Lahaina allowed members of West Maui sugar and pineapple plantation communities to view and fine-tune details on large paper maps originally drawn up by Taketo Okamitsu. By locating their family homes on the maps, they preserved details for future generations.

For the past two years, LRF has commissioned digitization of these maps and a collection of personal details. LRF's 32 colorful new maps show family names and home locations, company stores and services in each West Maui plantation camp from south of Lahaina to Pu'ukoli'i and Honolua. They celebrate the old families in our community and assist seniors in saving their memoirs.

LRF is currently the only organization committed to collecting information about West Maui's camps, an integral part of a larger outreach to gather all primary source historical information about Lahaina.

By the end of 2016, residents and visitors will be able to view camp maps in a permanent display at the Plantation Museum, located on the

top floor of The Wharf Cinema Center in Lahaina. Historic photos and antiques, including appliances, tools, furniture and heirlooms will illustrate poignant, real-life stories on display panels. Learn how migrant workers traveled to Hawai'i; view the workings of a sugar mill and pineapple cannery; see homemade toys, games and community sports; explore the bango system and mid-century labor strikes. Visit the museum with your family and share your memories of plantation life. ■

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Memoir of a Hawai'i Cowboy Doctor

by Generations Magazine Staff



T. David Woo's highly textured memoir of his life as a Hawai'i Island plantation doctor provides a fascinating look at the days when sugar cane was king.

Plantation Doctor: A Memoir of Hawai'i is filled with anecdotes, rare photos and detailed

maps of ethnic camps during Hawai'i's booming plantation era.

Woo was born on the Big Island just after the turn of the century. He left home at age 14 to attend school in China. After earning his medical degree in 1935, he returned to his island home to become a self-professed "cowboy doctor" at Parker

Ranch; physician for the Hakalau, Pepe'ekeo, Honomū and Onomea plantations; and co-founder of the Hilo Medical Group, providing medical care for thousands of ranch hands, plantation workers and other Big Island residents.

His interests also extended to horticulture, a field in which he hybridized award-winning orchids. He was also a horse-breeder, playing a key role in continuing kanaka mustang (Hawaiian horse) bloodlines.

The posthumously published memoir was compiled by Woo's three children, who shared, "As we age, we have come to more full... appreciate his optimism and positivity in serving his fellow man, community and family." ■

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Expand Your Horizons Through Travel

by Karen Lockwood, General Manager, Pacific Islands Institute

Seniors who travel may be positively impacting their health. Travel keeps the mind and body active and strong.



Any type of travel is good for you. A change in scenery and environment provides a healthy break from your regular routine.

Travel encourages engagement with others, whether you are visiting family and friends, or traveling with a group of people you don't know. Group travel—usually with between 15 and 40 people—introduces you to new friends. Depending on the focus of the travel program, you will be among like-minded, interesting people.

Engage in tours that focus on quality experiences with insider access to heritage and environmental. We work with nonprofit organizations such as the Smithsonian, The Nature Conservancy, National Parks Conservation Parks and Road Scholar (previously known as Elderhostel) to customize educational travel programs in Hawai'i, Tahiti, Fiji, Easter Island, American Samoa/Samoa, Guam, PNG and throughout Polynesia, Melanesia and Micronesia.



Consider these educational travel explorations over a "mass tourism" group package as tours emphasize learning about the destination, its indigenous peoples, and its history and natural environments. Gain perspective from the locals, discover regional cuisine and leave with a better understanding of what life is like in these places.

Interpretation is often with "guides," who are not in the tourism industry, but are experts in their fields of study, including volcanologists in Hawai'i, archaeologists on Easter Island, or marine biologists in Palau or Fiji. Much can be learned about their political systems and unique economic industries.

Get out and explore the world or even your own backyard on a Neighbor Island.

You can travel by ship, take a group land tour or consider family travel on an intergenerational (grandparents and grandchildren) or multi-generational tour (grandparents, parents and grandchildren together).

Quench your curiosity, get active and go travel! There is something out there for everyone. ■

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90th Lei Day Celebration: a May Day Tradition

by Generations Magazine® Staff

Oahu's 90th Annual Lei Day Celebration will be held on Monday, May 1, at Kap'iolani Park. The theme for the 2017 celebration is Lei Kula—the gold lei of the golden years.

Hawai'i's Lei Day has a very rich and colorful history, incorporating a variety of ethnic traditions.

The Department of Parks and Recreation (DPR) is seeking applicants for the 89th Annual Lei Court Selection event, which will be held on March 4, 2017, at McCoy Pavilion in Ala Moana Regional Park. The event is free and open to the public.

Due to the overwhelming popularity of the city's Lei Day and Lei Court selection events, the DPR has added a new age group to the three



2016 Lei Queen
Carol Ana Makana Lani
Yamada, mother of famed
female surfers Carissa
and Cayla Moore.
Photo: Dave Miyamoto,
Dave Miyamoto & Co.

existing groups. The 2017 selection will accept applications from Nā Mākua 'Ō'ō (The Elders in Training) group.

Court applicants for 2017 must be between 46 and 60 years of age by Saturday, March 4, 2017. The deadline to apply is Friday, Jan. 6, 2017.

Age groups will rotate each year to highlight a different phase of life.

The DPR staff will provide free lei-making workshops in preparation for Lei Day festivities and contests. The schedule will be available to the public by the end of December at www.honoluluparks.com.

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Joan Packer, 94 yrs, working on the bosu ball and suspension system for core stability, balance & strength!

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

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Make the Most of Your Real Estate Assets

by Senior Solutions Team at East O'ahu Realty

Are you age 50 or over and contemplating your retirement, purpose and legacy? We all want to plan wisely for the future. Rest assured, there are strategies and resources available that can help you position yourself for a bright future.

If you are considering using your real estate assets to achieve these goals, you need to choose a Realtor® with senior experience, knowledge and marketing savvy. A Seniors Real Estate Specialist (SRES® agent) can provide a myriad of resources and services to help you navigate what can be the most exciting season of your life.

SRES agents can provide counseling services to help you better anticipate your future needs and put you in touch with qualified home inspectors,



A Seniors Real Estate Specialist can really help you navigate your best future options.

movers, de-clutterers, estate sale specialists and other experts.

SRESs can review current housing and assess options to ensure your next home serves your needs.

SRESs can provide information about housing trends, financing, market conditions and more.

SRES agents can also advise you about avoiding loan schemes and scams that victimize seniors.

Enjoy this season of life, embrace your full potential and consult with a specialist. ■

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Words, Tone, Compassion... Harmony

by Annette Pang, Relationship Life Coach

By this time, even though the presidential election is behind us, many of us are still stinging from the words we heard as our candidates aired their differences.

Whether we regard these exchanges as pleasurable or punishing, I recall one bright spot in the second debate, when a town hall attendee asked the candidates to "Name one positive thing that you respect about the other."

Those 10 words stopped their attacks, bringing smiles and nervous giggles. They served as a pattern interruption, which, if inserted skillfully, rescues those in heated debate, keeping them from spiraling out of control and possibly causing permanent damage to the relationship.

Behind our own closed doors, it is possible to experience shocking stabs and wounds caused by our own family members when voicing different opinions about caring for loved ones.

We must take responsibility for the words we use when we talk to each other. Words and tone make all the difference!

Before we judge or lay blame on others, we can take action to become acquainted with quick tips and training. These small adjustments in our tone, attitude and point of view can interrupt harmful, toxic patterns in our conversations. Little tweaks can stop huge meltdowns to bring peace.

If we learn to communicate with compassion, we can replace hostility with harmony.

My "Quick Tips and Training" do wonders to defrost icebergs that fracture friendships and families. Find them at www.annettepang.com. ■

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Film Confronts End-of-Life Issues

by Generations Magazine Staff

Me Before You, the No. 1 New York Times bestseller written by Jojo Moyes in 2012, was made into a film in 2016.

Although it seems like a believable romance story, it is a work of fiction. However, *Me Before You* raises awareness about some very real life-and-death issues.

The premise (no spoiler alert): A young woman is hired as a caregiver for a young man who has been quadriplegic since a motorcycle accident. The man had made a previous suicide attempt after his request to end his life through Dignitas, a Swiss-based assisted suicide organization, was rejected. When the caregiver learns of his plans to pursue his plan to edit it all, she sets out to show him that life is still worth living. A love story ensues.



Image source: www.imdb.com

Although the plot of book and film have been criticized for even suggesting that life may not be worth living for some with severe disabilities, it has opened the door to discussion and has raised questions regarding end-of-life issues such as aid-in-dying medication, euthanasia, suicide and America's public policy.

In the face of unbearable suffering, profound pain, terminal illness or devastating disability, can life become not worth living? If so, who should make that decision? Should public policy strive to improve care and expand choices for the end of life?

This film may help you decide for yourself. ■

Me Before You, the book and movie, are available online and in local bookstores.



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Be Proactive to Prevent Falls

by Stanley Michaels, Senior Fall Prevention Specialist, Hawai'i DOH, Hawaii Fall Prevention Consortium



Falls are the most common cause of unintentional fatal injuries in Hawai'i, averaging more than 101 senior incidents each year. Falls are also the state's leading cause of non-fatal injuries, resulting in nearly 27,000 emergency room visits and 2,600 hospitalizations each year.

Over 8,000 seniors over 65 are transported by an ambulance to an emergency room because of a fall injury. That is almost one every hour.

The risk of a fall causing a fatality increases dramatically with age, and the emotional and fiscal burden associated with fall injuries are staggering. But there are steps seniors can take to prevent fall injuries and fatalities.

If you do not pay attention, you will fall.

It is very easy to become complacent—even lazy—and cruise along in life with your loved ones. Although it's fine to relax, being aware is crucial—and so simple. I am pleading with every senior that reads this story to get deadly serious about fall prevention.

Several factors can contribute to a fall—poor vision, diminished physical strength and sense of balance, dizziness as a result of prescription drug interactions and hazards such as electrical cords and slippery floors. You can trip over your pet or your grandchildren's toys during a micro-second of inattention.

However, a majority of falls can be prevented by making a conscious effort to be more aware of your surroundings and your physical limitations. This is not easy, as senior habits die hard.

Before I list five simplest things you can do to reduce your risk for injuries from falls, I will point out two areas that are the easiest to avoid, and which are also the most dangerous. These are two of the simplest fixes to make to avoid a life-altering fall injury for seniors.



1. Falls from ladders and trees: Each fruit harvesting season, the number of serious fall injuries spikes at emergency rooms all over the state. Do not climb into your favorite tree or on the roof to harvest the fruits of your labor without someone holding the ladder. Also, do not lean or stretch to grab that papaya, because you will fall. Be absolutely aware of your limitations.

Call a nephew, or son or daughter—someone younger than you—and ask them help you for a share of your bounty.

2. Falls in the shower or tub: Far too often, our kūpuna fall in the bathroom. Many years ago, my own father fell and severely injured himself in the



tub. We did not find him for over 12 hours...

The simple installation of safety grab bars in the bath-

room and anti-slip adhesives stickers in the tub or shower add much-needed protection.

It is an easy and inexpensive solution, especially compared to the hospital bills you will get if you don't use them.

If you seriously injury yourself—and survive—chances are very good you may be permanently disabled, lose your independence, and never be able to use the restroom or shower alone again. It is devastating to have to depend on someone else to help you with your basic bodily functions. ■

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THE FIVE FALL PREVENTION TIPS

1) Medications can cause dizziness that can lead to falls. Simply make an appointment with your doctor or pharmacist today to review your medications, including any over-the-counter drugs and supplements.



2) Maintaining good vision helps with balance and safety. Paying attention to where you place your feet is important, and so is being able to see where you are going. Have your eyes checked at least once a year.



3) Balance and strength are essential to preventing falls. Be active and do simple movements every day to prevent a fall, including walking, gardening, yoga, swimming, dancing or taking a tai chi class.



4) Make your home safer by removing fall hazards. Keep pathways clear and the floor free of objects. Be aware that seniors can trip over anything from the grandkids' toys to the beloved family pet.



5) Invest in and use a personal electronic safety device. This is absolutely essential for any senior who lives alone. It has been proven that wearing one of these tiny devices saves lives every day.



View either of these two fall prevention videos online: www.tinyurl.com/FallPreventionVideo.

The videos were produced by Edgy Lee, an independent Hawai'i-born filmmaker.

As seniors we have earned the right to live a full and complete life. Do not shorten that opportunity by thinking a fall will not happen to you. Falls happen.

Call 808-733-9202 or visit www.nogethurt.hawaii.gov for a home safety checklist or a free safety assessment.



Exercise for Better Body Functionality

by Diane Cadinha, Certified Personal Trainer, ACE, NASM

In 2012, at age 62, George Crowder retired from his profession as a regional fire prevention chief.

"I was a highly qualified, able-bodied firefighter," said George. "Besides emergency responses and standbys, much of the days was consumed in maintenance. In my younger days, I was invincible. If you wanted something moved or carried, I was your man. As I aged, I noticed a decline in my muscle strength and tone. My balance and coordination were starting to decline, and most of all, I was losing my functionality."

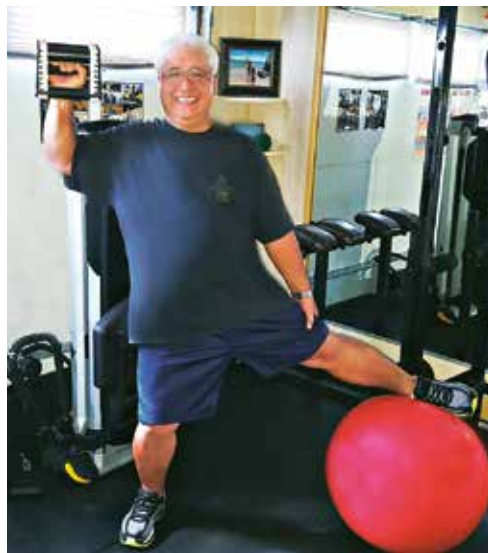
George and his wife, Norma, reside in a four-bedroom home on a 6,000-square-foot lot in Windward O'ahu.

"Maintaining my home, yard and automobiles was starting to become a huge chore," said George. "After working in the yard or doing other maintenance chores, I would be sore for days and have to take aspirin for my aches and pains."

In August 2013, George and Norma attended *Generation's Magazine's*® Aging in Place Workshop at the Ala Moana Hotel.

"We were totally inspired by two senior women who were demonstrating exercises — Joan, 92, and Doris, 78," said George. "They were exercising on a stability ball. I was absolutely blown away by their agility and vitality. I knew after seeing them there was hope for my wife and I to regain our function in our golden years."

George and Norma started working out twice a week, focusing on strength, flexibility and balance — all the things we lose as we age.



George and Norma Crowder now work regularly together on balance, flexibility, strength and a disciplined diet.



"Personal Trainer Diane Cadinha is a stickler for body functionality, and mind-body connection," said George. "We are going on three years and my function, balance and flexibility have improved dramatically. Maintaining my home is no longer a huge chore. Gardening has become a joyful activity again, and aches and pains are no longer an issue."

George said his biggest challenge has been his diet.

"My highest weight was 330," he said. "Now I'm down to 250. Diane educates us about the importance of getting enough fruits and vegetables every day. She always says that sugar is our worst enemy for creating inflammation in the body. Giving up the Coco Puffs from Liliha Bakery, the flaky doughnuts from Zippy's and the crispy malasadas is not an easy task for me, but I'm working on it — one day at a time! ■"

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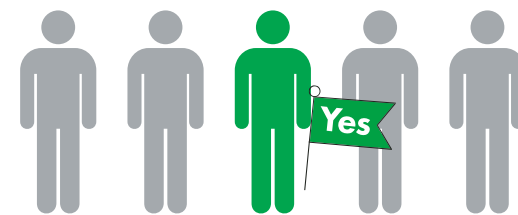
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Calvin Hara
Executive Director and
Administrator

The Painful Truth About Arthritis

More than 50 million U.S. adults and 300,000 children struggle with the everyday battles associated with their arthritis. Advancements in treatment and improved access to resources mean today, people with the disease are overcoming more challenges than ever — but there is still a long way to go towards finding a cure.



1 in 5 adults

face the possibility of saying "No" to activities, hobbies, and even simple daily tasks because of their arthritis

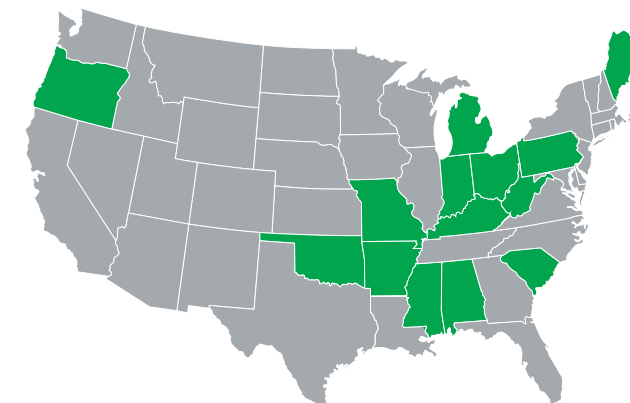


Two-thirds

of people living with arthritis are
under the age of 65

\$156 billion
annually

in lost wages and medical
expenses from arthritis and
related conditions in the U.S.



In 14 states,
25%
of adults
live with doctor-
diagnosed arthritis

Arthritis is #1 cause of disability in U.S.



Number in millions (among 47.5 million Americans reporting a disability)



Women
25.9%

Living with doctor-diagnosed arthritis



Men
18.6%

Data is compiled from the Center for Disease Control and Prevention's BRFSS Prevalence Estimates and National Center for Health Statistics.

For more information and arthritis resources here
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The Link Between Diabetes & Hearing Loss

by Dr. Howard Tamashiro, Audiologist, Hearing Center of Hawaii



Studies show hearing loss is about twice as common in adults with diabetes than those who do not have the disease, mainly due to poor circulation. Elevated blood sugar levels can damage blood vessels, thereby reducing blood flow to certain areas. The lack of blood flow causes damage to the structures of the inner ear, which are highly vascularized and do not have a backup blood supply. Hearing loss could be the result of permanent damage to the blood vessels in the inner ear.

Diabetes is becoming an extremely common disease, making it a larger contributor to hearing loss. Because of the relationship between hearing loss risk and diabetes, it is a good idea that people with the disease get their hearing tested annually to watch for decreases in hearing ability.

Five Facts About Diabetes and Hearing Loss

- 1) There is a proven link between diabetes and hearing loss in adults over the age of 60.
- 2) Everyone should have their hearing screened as soon as they are diagnosed with diabetes.
- 3) Diabetic patients can experience progressive hearing loss.
- 4) Adult onset hearing loss often contributes to social isolation, cognitive loss and depression.
- 5) Hearing aids can help.

Hearing loss studies have shown the benefits of hearing aids, including improved overall health, better interpersonal relationships and a reduction in frustration, anxiety and depression. ■

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Prevent Injury When Caring for Kids

by Julie Moon, Physical Therapist

Even for the fittest of grandparents, taking care of grandkids can really take a toll on your body. The most common areas of injury are the neck, shoulders, back and knees.

Here are tips to prevent those aches and pains.

If you are inactive, wrestling on the floor or walking around the zoo can have a real impact on your body. Regular exercise is important, but any type of physical activity will make it easier to keep up with your grandkids. Maintain an active lifestyle to keep those muscles strong and joints lubricated. If you don't use it, you'll lose it.

Repetitive movement can cause serious damage if you are not used to the activity. To avoid a rotator cuff tear when repeatedly throwing a ball or pushing a swing, you must know when to stop. Listen to your body, stop when you get tired and steer the kids to a break or a different activity.

Use good body mechanics when bending to



Bob and grandson, Corbin, enjoy playing at the beach.
Photo courtesy of Jennifer Pimentel

pick up a child. Widen your stance and base of support to maintain balance, bend at your knees rather than hinging at the hips, hold the child close to your body, keep your shoulders back and avoid slouching.

Keep fit and take precautions to ensure that you stay healthy as you enjoy your grandchildren. ■

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'You Are What You Drink'

by Alan Matsushima, Health and Wellness Consultant

In the August-September issue of *Generations Magazine*®, I profiled experts in the medical field and reported what they had to say about ionized, restructured alkaline water, and its ability to improve health.

The article generated more comments and requests than any of my previous three articles, so I will share more profiles and comments from experts in the medical field as a incentive to try ionized, restructured alkaline water.

Ionized Water History

Virtually all longevity researchers agree that free radicals are responsible for the aging process.

The fundamentals of ionized water technology were first developed in Japan in the early 1950s. Full-scale development started in 1954. Following the efforts of Japanese medical doctors, the water ionizer was approved for medical therapeutics by the Japanese Ministry of Health and Rehabilitation in January of 1966. Over 30 million people in Japan have used the water ionizer over the last 40 years.

After 60 years studying Hunza water from a mountainous valley in Pakistan, Dr. Henry Coanda discovered that it differs from regular water. As a young man, Dr. Patrick Flanagan was offered the opportunity to join Dr. Coanda and continue his research. Together, they discovered the water's alkaline properties as well as an extraordinary amount of active oxygen (hydrogen with an extra electron), a negative redox potential and a high colloidal mineral content.

Dr. Coanda, who coined the expression, "You are what you drink," concluded that the water contains the secret to reversing the aging process, adding that water affects our health more than any other nutrient.

Sources: Dr. Henri Coanda, the Romanian father of fluid dynamics, nobel prize winner, holder of over 600 patents, is considered to be one of the greatest scientist of all time.



Dr. Patrick Flanagan, named 1997 Scientist of the Year by the International Association of New Sciences, holds over 300 patents and has advanced degrees in nanotechnology, chemistry, bio-sciences and medicine.

Free Electrons and Body Acidity

There is no substitute for a healthy, balanced diet, especially one rich in antioxidant materials such a vitamin C, vitamin E and betacarotene.

However, these substances are not the best source of free electrons that can block the oxidation of healthy tissue by active oxygen.

Water treated by electrolysis to increase its reduction potential is the best solution to the problem of providing a safe source of free electrons to block oxidation of normal tissue free oxygen radicals.

Alkaline living water (ionized) is regarded by a growing number of healthcare professionals as the best water to drink; it is listed as a medical devise in Japan for treatment of degenerative diseases.

Source: Hidemitsu Hayashi M.D., Heart Surgeon, Director of the Water Institute of Japan

When the blood continues to develop an acidic condition, cells begin to die. Other cells in this affected area may survive by becoming abnormal and malignant. Malignant cells undergo abnormal cellular division—the beginning of cancer. Modern medicine treats these malignant cells with radiation, chemotherapy and surgery. These treatments are not effective if the body remains acidic.

Source: Keiichi Morishita M.D., PHD, author of *The Hidden Truth of Cancer*

For more information on hydration and hydron alkaline water research, visit www.astinternational.com/hydrationwater_research.html. ■

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- Imbalance, dizziness, and pain are many of the things that are completely preventable and NOT a part of getting old.
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A Legacy of Caring for Aging Parents

by Eileen Phillips, RN, Attention Plus Care

According to a state Department of Health report, 82 percent of adults have at least one chronic disease and over half (53 percent) have two or more chronic diseases.

"We find that like the foundation of a family, experienced home healthcare agencies form a structure that is effective, efficient, and responsive to the needs and values of seniors and their families," said Marissa Ramos, RN.

"Even though studies show Hawai'i seniors live longer, they are still more likely to have one or more chronic conditions, such as cognitive impairment or heart disease," said Marissa. "With chronic conditions come a greater likelihood of pain, loss of function and increased dependence. Skilled, licensed providers can help by carrying out physician's orders, making assessments, assisting with managing pain and educating and training families."

Home healthcare agencies are uniquely equipped to help seniors and their families manage a wide range of care. Experienced providers can assess needs that are less complex, yet very important to the ongoing safety and quality of life of a senior family member.

As seniors continue to age, more direct personal care may be needed. Home health aids and nurse supervisors are trained to provide both basic and more advanced levels of care.

"When consulting with adult children and their parents, it's important to understand the fine details of our senior's life and history," said Janet Grace, a home healthcare sales and marketing director. "This brings a special level of trust to the discussion and allows for a more comprehensive clinical plan of care to be developed, making an uncertain and difficult task better to accomplish."

"Every day, I have the privilege of hearing the amazing stories of our clients lives, the work they've done, the sacrifices they made and important lessons passed down through generations," said Janet. "Because of these experiences, I'm



A trusting relationship between consultant and family is key to determining the proper care that is necessary and fulfilling.

deeply touched by how committed adult children are to making these same sacrifices for their parents by ensuring that safe and reliable home care is easy to access. This helps to preserve and perpetuate the legacies passed down from one generation to another."

Caring for parents or loved ones may appear to be a relationship where one person gives and the other receives. However, research shows that the relationship actually goes both ways. Adult children caregivers experience tremendous moments of comfort, appreciation and great satisfaction.

Teaching our keiki to respect and love their kūpuna and informing them about their rich history and heritage will continue a family's legacy of immense joy and reward far into the future. ■

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by Lynn Wong, RN, Kāhala Nui Director

But many seniors who live alone are often unable to manage their daily needs.

Senior wellness centers, also referred to as adult daycare centers, offer services to those who are unable to stay at home on their own.

These centers provide an excellent option for seniors in need of services and assistance for a half-day or full day.

SIGNIFICANT BENEFITS

Gives a sense of purpose: Older adults have a reason to wake up every day in anticipation of something fun and exciting.

Provides a safe environment: Seniors living alone are at a higher risk for accidents. Senior wellness centers offer personal care assistance and the peace of mind that a loved one is in the hands of compassionate professionals trained in senior care.

Medication administration: Licensed staff are available to administer medications while at the senior wellness center.

Hot, nutritious meals served family-style: Many seniors turn to processed convenience foods. Others forget to eat altogether. While at the senior wellness center, families are confident that loved ones are enjoying nutritious meals.

Exercise and recreation: Programs designed specifically for seniors help meet the need for physical exercise and mental stimulation through active choices, creative arts projects, and recreational activities, such as mini golf, table tennis, entertainment groups, cooking activities, holiday events and more.

Socialization: One of the most common concerns is isolation. Senior wellness centers create oppor-



tunities for individuals to engage in meaningful conversation and interaction with friends.

Respite for caregivers:
Family caregivers and seniors who provide care for their spouses are often overwhelmed with the difficulty of coping with responsibilities and life's day-to-day demands.


It's a daunting task to manage a job, raise families *and* be a caregiver. Adult daycare centers allow you the time to take care of your obligations and yourself.

Affordable: Senior wellness centers are one of the most cost-effective ways to provide quality care.

As the cost of private caregivers and healthcare facilities continues to rise and as seniors are now living longer than ever, senior wellness centers can help relieve the financial burden that many families are experiencing.

Senior wellness centers are a viable option to address the emerging needs of older adults by promoting healthy aging, safety, exercise and recreation, social connections, meaningful programs and peace of mind for families. ■

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Missions of Help and Hope

by Generations Magazine® Staff

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

PATIENT NAVIGATION PROGRAM

The nonprofit Pacific Cancer Foundation offers programs and support groups in Maui County. Its Patient Navigation Program plays an important role in connecting patients to their healthcare providers, including transportation, coordinating services and meeting their non-clinical needs.

“When someone is first diagnosed with cancer, they go to the navigator,” said Nancy La Joy, PCF’s executive director. “The navigator helps him or her with anything needed along the journey.”

Shari Osajima, a highly trained certified patient navigator, helps patients and their loved ones find resources and services.

“What I enjoy most is meeting the patients and their family,” said Shari, “initially getting to know them and working with them to address some of their issues. Part of my job is to teach them and guide them to be advocates for themselves.”

One of the greatest challenges for patients in Maui County is interisland transportation. PCF flies medical professionals and staff to Maui from O’ahu. Local community agencies provide transportation to and from appointments on-island.

Call PCF to learn more about the about the foundations and its Patient Navigation Program.

At Maui Memorial Medical Center, the PCF Navigation Office is located near the Radiation Oncology Department. ■



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EMPOWERING WOMEN

Na Wahine Ho’omana, a women’s resource center on Maui, offers education on health and wellness, support groups and guidance.

Na Wahine Ho’omana offers a holistic and nutrition workshop, self-defense and self-empowerment programs, and more to women of all ages.

A weekly Women Will Support Group is held on Tuesdays and Thursdays, from 5:50 to 6:30 pm in Kīhei, where women share experiences and help each other stand up for themselves. The turnout for the support groups is usually small (one to eight attendees) with a total of 32 women registered. Their ages range from 28 to 70.

“It’s hard to say why that elderly women attend the group,” said Na Wahine Ho’omana President Donna Stockwell. “It may be due to declining health, an increased feeling of vulnerability or a loss of power that some experience as they age.

“It’s natural stuff; it’s the aging process,” Donna said about women’s concerns.

Na Wahine Ho’omana was formed in 2014 by women wanting to make a difference in the lives of South Maui women and their families.

The nonprofit, 100 percent volunteer-based organization would like to find a permanent home “where it is open and where people can just come by to be safe,” said Donna. “We are striving to be that all-inclusive clearing house of resources that’s connected and bridged with different agencies.” ■



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Social Security is Here to Stay

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



It’s healthy to be skeptical in a world of uncertainties. But rest assured, there’s no reason to think Social Security won’t be here for you well into the future.

Recently, the Social Security Board of Trustees released its 76th annual report to Congress, presenting the financial status of the Social Security trust funds for the short term and over the next 75 years. We’re pleased that legislation signed into law by President Barack Obama last November averted a near-term shortfall in the Disability Insurance (DI) trust fund that was detailed in a previous report.

With that small, temporary reallocation of the Social Security contribution rate, the DI fund will now be able to pay full benefits until 2023, and the retirement fund will be adequate into 2035. It is important that members of Congress act well before 2023 in order to strengthen the finances of

the program. As a whole, Social Security is fully funded until 2034; after that it is about three-quarters financed.

Many people wonder if Social Security will be there for them. Here’s a fact that will relieve any skepticism you might have: the increased cost of providing Social Security benefits for baby boomers is less than the nation’s increase in spending was for public education when baby boomers were children.

Put your skepticism aside and know that Social Security is with you today and will be with you tomorrow. Read the entire report at www.socialsecurity.gov/OACT/TR/2016. ■

For questions, online applications or to make an appointment to visit a SSA office, call from 7am–5pm, Mon–Fri: **1-800-772-1213 (toll free)** | **1-800-325-0778 (TTY)**
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Grandparents Provide 'Roots & Wings'

by Chaplain Ken Revell, U.S. Army Chaplain (Retired)

The U.S. Department of Health and Human Services' National Center for Health Statistics reports that fatherless children are at a dramatically greater risk for drug and alcohol abuse, mental illness, suicide, poor educational performance, teen pregnancy and incarceration.

My mission is not to debate or vet the validity of these statistics or to "drop dimes" on fathers who are missing in action, because many fathers are doing the best they can with what they have.

I will say that my role as a grandpa to Brandon Revell is to stand in the gap and be a part of the solution.

The challenge for me is how I will move Brandon from adolescence and the so-called "turbulent teen years" to adulthood.

Essentially, the questions are: How do I provide my grandson with roots and wings? How do I build on, augment and refine the foundation his parents sought to put in place.

While there are several components involved in this challenge, one immediately comes to mind as a key—education. Instilling in Brandon an appetite for learning is a critical component of helping him to be a successful human being.

I was given legal custody of Brandon in 2014, when the roles of surviving spouse and single parent were added to my already full plate as a full-time soldier.

As Brandon and I navigated and developed our new relationship together, I could see he was a bright kid who was full of untapped potential. However, academically, he was on life support—and the situation was critical. A code blue was imminent if I did not act quickly.

As providence would have it, my chaplain assistant recommended Sylvan Learning Center, promising me that it was a tried and proven program for his kids with academic challenges.

Enrolling Brandon in Sylvan Learning Center was one of the best decisions I made. Sylvan's intervention played a critical role in improving his grades, increasing both his reading and math



Chaplain Ken Revell and his grandson are happy with the significant academic progress Brandon has made with the help of Sylvan Learning Center.

skills, as well as providing an environment conducive to learning.

Sylvan Learning Center provided the assessment tools and tutoring methodology needed to take a tough situation and turn it around.

I am happy to report that Brandon has made significant progress, and he is currently in the 10th grade. I attribute much of this success to the professionals at the center.

While we tout Boy Scouts, Girl Scouts and youth programs as tools to help shape our grandchildren's character, I see investing in a good tutoring program as another critical tool to move our grandkids in the right direction—particularly those who are struggling academically.

We are far from perfection in this adventure and we still have a ways to go in this journey, but I am confident we are on the right track.

Brandon and I highly recommend Sylvan. ■

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Technology and You

by Farah Doiguchi, Emeritus College Coordinator, HCC



Emeritus College, with support from Honolulu Community College and the Pacific Center for Advanced Technology Training, offers a wide range of continuing education workshops in the area of electronic computerized education for adult learners age 55 and above.

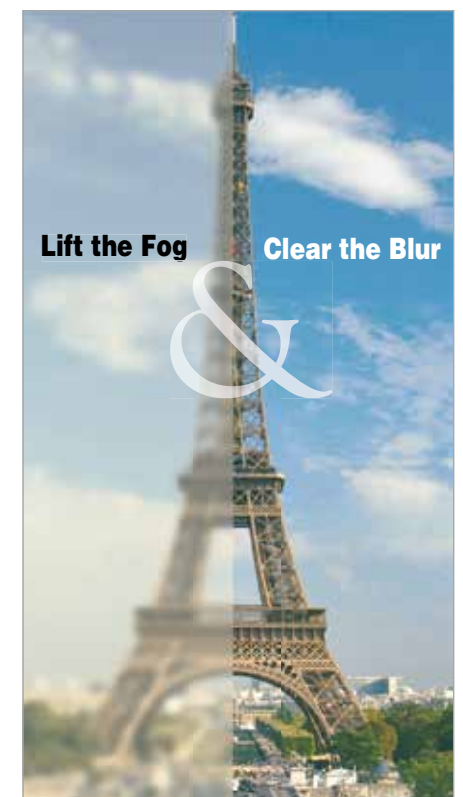
The program, led by a team of skilled volunteer instructors, accommodates both first-time users with little or no experience, as well as computer-savvy individuals who are interested in learning new skills. Workshops are held in the comfort of the Emeritus College Computer Lab, which boasts 23-inch monitors that feature cutting-edge touch technology. Course offerings range from workshops that familiarize participants with introductory computer skills and experience with applications such as Windows 10 and Gmail, to a variety of specialty-type courses, including a travel planning workshop that focuses on utilizing various online resources to research air transportation, lodging and travel insurance options. Of particular interest to those who may be hesitant to participate due to vision, hearing or dexterity challenges is a course that provides an overview of the Windows OS accessibility features that assist users with common tools, including a magnifier, narrator and on-screen keyboard.

For an annual contribution of \$25 to the University of Hawai'i Foundation, Emeritus Club members receive exclusive benefits, including discounts on Emeritus Computer Workshops and access to the Open Computer Lab on Wednesday and Friday afternoons.

We welcome you to experience the thrill of accomplishment, while making your electronic mark on the world. ■

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Keeping the Mind Engaged for Life

by Carole A. S. Mandryk, Director, Osher Lifelong Learning Institute, UH-Mānoa



Osher Lifelong Learning Institute at the University of Hawai'i at Mānoa was founded in 1996-97, when a group of community elders, retired professors and university administrators established the Academy for Lifelong Learning (ALL). Its mission was to strengthen connections between the university and the community, and promote lifelong learning, leadership, and community service for older learners. A generous endowment from The Bernard Osher Foundation emphasizes providing older adults with opportunities to learn purely for the joy of learning.

What is the Osher Lifelong Learning Institute?

OLLI-UHM is an educational membership program offering noncredit, college-level courses and other activities to encourage learners ages 50 and over to engage their minds, enrich their lives and serve the community.

Older adults are a resource for society, with continuing social, developmental and intellectual needs. OLLI-UHM provides a forum to meet those needs and validate their contributions.

How does the program benefit participants?

We know that lifelong learning keeps the mind sharp, fighting cognitive impairment most effectively when mentally challenging activities are combined with active social engagement. That is exactly what OLLI-UHM excels at, providing members with an ever-expanding array of courses, workshops, film series, arts events, museum tours and more, in an engaging supportive social environment.

"It's really an important part of my life," said member Jeanne Nowaki. "The classes are interesting, but the bonus is meeting people from different fields."

Who teaches classes?

Classes are taught on a volunteer basis by active and retired professors, as well as community members who are experts in a particular subject. Some members teach in areas entirely different than their professional expertise, as they expand their knowledge base with post-retirement passions. Members may be students in one class and the instructor or facilitator in another.

As Jack Sullivan, a member since the program started in 1996, said, "They love their subject so much they are willing to do this without pay."

How can people sign up?

The OLLI-UHM 2017 Spring Term will run from Jan. 23 to April 28, with no classes during UH's Spring Break the last week of March. We offer non-credit courses and special events on a wide-range of topics and disciplines.

The spring course brochure will be completed and available by mid-December.

Contact Carole at mandryk@hawaii.edu or **808-956-8224** to learn more about workshops and special events, and to be added to the mailing list. ■

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4. What exactly is a Living Trust?
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Navigating Your First Year in Retirement

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

Like most Americans, you've probably spent years working to achieve the retirement of your dreams. There comes a point when this milestone changes from a distant goal to an imminent reality. You can make your first year away from work more rewarding and less stressful if you anticipate potential challenges and prepare for how you will handle this life change.



spend your time in ways that are most gratifying to you.

Your Finances

Adjusting your mindset from building your nest egg to spending it can be challenging. To make your initiation to retiree life easier, create a plan for paying yourself in retirement. Start by tallying your income sources before determining which ones you'll tap into first. Next, estimate your cash flow for year one. Planning this in ad-

vance can help ease worries and reduce your risk of overspending. As a benchmark, have enough cash to cover three years of potential unexpected expenses. Once you're in retirement, monitor your cash reserves regularly to gauge your spending and make adjustments as needed.

If you're uneasy or need reassurance that your income and cash flow plans are sufficient, meet with a financial advisor. Together, you can look at the impact of taxes, evaluate your portfolio diversification and prepare for the legacy you'd like to leave your community and family.

Becoming a retiree means enduring a lot of change. Although you can't prepare for every challenge you might face in your first year, planning for what you can control will allow you to move into this new life stage with confidence. ■

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

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

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Your State of Mind

As a new retiree, it's normal to feel both excitement and trepidation. You're eager for more time with friends and family, and for the activities you love. Stepping away from your career can reduce stress levels and free you from competing priorities. However, saying goodbye to your workplace may also trigger anxiety and sadness.

If your spouse or significant other is already at home, your new lifestyle may cause similar emotions for him or her. The change would mean a departure from both of your schedule and habits, even if it means more time together.

For those experiencing mixed feelings, it's helpful to acknowledge them, remind yourself why you chose to retire and remember all you accomplished to reach this point.

Your Purpose

With your calendar clear of work obligations, it's important to identify a few ways to fill your time. To start, keep the commitments you've made about what your retirement will include. If you've promised distant relatives that you'll reconnect, then organize a reunion. Alternatively, you may decide to pursue an encore career, part-time job or an opportunity to open your own business.

With all your new possibilities, it's important to avoid overcommitment. Give yourself some breathing room each day and ease into volunteering or new activities. Now that you have the freedom to do so, be sure that you're choosing to



Keeping Peace in the Family

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

In May of last year, Reuters reported that a Georgia judge had agreed to appoint a mediator to help the family of the late Dr. Martin Luther King Jr. decide whether to sell Dr. King's Nobel Peace Prize and his personal Bible.

Dr. King carried the Bible during the historic marches and rallies of the 1960s, and President Barack Obama placed his hand on it when he took the oath of office at his second inauguration.

According to the article, the "fight pits the slain civil rights leader's sons — Martin Luther King III and Dexter King, who want to sell the medal and Bible — against King's surviving daughter, Bernice King, who opposes the sale of items she calls 'sacred' to the family."

This family drama illustrates two important principles. The first is that a well-thought-out and thoroughly implemented estate plan will give your family priceless guidance.

The second principle is that there are better ways to resolve conflict than in the courtroom.

The Benefits of Good Planning

Putting the time and effort into devising a plan and taking care of all of the details that will make it work effectively will pay enormous dividends.

You may not see the benefits during your lifetime, but your loved ones certainly will.

Putting the right managers in place and taking the guesswork out of determining your wishes will enable your family to focus on honoring your memory and moving on with their lives.

And remember that your estate plan needs to be reviewed and updated from time to time if you want it to be effective.

Conditions change constantly and sometimes rapidly, and failing to make necessary adjust-

ments will cause your plan to fall short and diminish the effectiveness of your legacy.

Mediate Rather Than Litigate

Mediation is a way of getting disagreeing parties together, helping to find their common ground, and then working toward solutions that may not make everybody happy, but that will help satisfy their shared goals and values.

If you know that your loved ones are at odds, you can engage a skilled mediator during your lifetime to assure that the eventual settling of your estate will be done peaceably.

If you find yourself in conflict after the death of a loved one or family member, one of the best things you can do is propose that your differences be mediated privately rather than battled out in open court.

Mediation will save time and money in the long run.

You may also find that it can open the doors to healing broken relationships.

Even if you don't have a Nobel Medal or a historic Bible among your personal effects, you can appreciate the value of not having your loved ones hash it out in court over "who gets what" or whether a prized heirloom should be sold.

You may not be able to make everybody happy with your estate plan or with the assistance of mediation, but you can head off or minimize problems that may tear your family apart and tarnish your legacy. ■



SCOTT MAKUAKANE, Counselor at Law
Focusing exclusively on estate planning and trust law.
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A Living Legacy: The Gift of Education

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

There are ways you can help your children and grandchildren lower the price of higher education.

One of the best ways is to establish and contribute to a qualified 529 plan. Contributions grow tax-free; distributions to the student for education expenses are also free of federal tax, and in general, state tax, as well.

If you want to benefit more than one child and don't wish to establish multiple 529 plan accounts, consider an education unitrust—a charitable remainder trust from which funds can be transferred to the trust tax-free. You or your trustee control how the funds are invested and you can also stipulate who can receive funds from



With a 529 plan, you can save taxes, benefit your family and continue your legacy with your favorite 501(c)(3) nonprofit organization.

the trust and under what conditions.

After the trust has completed all your primary objectives, any remaining funds go to a charity.

With this plan, you can save taxes, benefit your family and continue your legacy with your favorite 501(c)(3) nonprofit organization.

Check with your tax advisor or call or email us to see how education planning can benefit you and your family—and help create your legacy. ■

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Make Yours a Soulful Estate Plan

by Stephen B. Yim, Attorney at Law

If an estate plan is our final personal and intimate letter to our loved ones, why is it that we can't understand it when we read it? This last intimate writing should be full of our unique, personal and emotional voice, yet, it reads like a sterile contract, devoid of any human feeling or emotion. Why?

Historically, Roman, Anglo-Saxon and Jewish traditions all included emotion and feeling in their estate plans, and in fact, each of these cultures expected it.

How did we come so far from heartfelt expressions to today's trivial, routine documents lacking uniqueness or personal statements?

I think that three reasons exist. First, we bought into the notion from law's logic that only financial matters are important in our estate plan.

Soulful:
Full of or expressing
feeling or emotion.

Second, we rely on lawyers to write our estate plan for us, and lawyers, for the most part, discourage putting emotion and feeling into our plans. Third, we may feel it is too difficult to put our feelings into written words.

I believe that if we, as lawyers, are fortunate enough to serve as your estate planner, we must help you not only pass on your material wealth, but also provide you with the opportunity to express your unique, emotional and personal feelings, as well as your desires and messages to be left behind for when you can no longer communicate with your loved ones. ■

STEPHEN B. YIM, ATTORNEY AT LAW

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✓ Live in a Treehouse

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Lightning Does Strike Twice

by Scott Spallina, Senior Deputy Prosecuting Attorney

When Terry discovered his home had been burglarized, the frustration of having to replace his valuables paled in comparison to the feelings of being violated. Then, several nights later, someone entered his garage and stole his car. What Terry didn't realize was that during the burglary of his home, the thief took his spare set of car keys. While still in shock over the initial crime, he now had to deal with being a victim once again.

Mabel thought she was lucky when she received notice saying the government had randomly selected her as part of its economic stimulus plan. She was asked to pay the taxes before receiving the funds. It wasn't until she had sent more than \$12,000 did she realize that she was being scammed. After a week of not returning emails and calls from the con men, she received a letter from an alleged fraud examiner who claimed he discovered that she was a victim of a scam. He could help her reclaim the money—all she had to do was pay the initial legal fees in advance. Long story short: \$3,000 dollars later, Mabel discovered that she had fallen victim a second time to a con artist with a convincing story.

I have seen many instances where criminals target the same victims. The reasons for this are simple: criminals know their target and their

weaknesses. The returning burglar knows the house layout, security system and where to search. The Internet scammer knows his victim will believe his story of instant wealth.

Another reason why returning criminals are successful is the victim's belief that now that the criminal got what they wanted, there is no reason to return. Sadly, this is rarely true.

If you are the victim of a nonviolent crime, be aware that there still may be a target on your head. Change your locks immediately or have your home inspected for areas of easy access.

If the crime involved your bank account or credit card, have new cards issued and inform your bank so appropriate actions can be taken.

Report any unknown charges to your financial institution right away—no matter how small. Criminals may make a very small purchase (sometimes costing just a few cents) to test whether the account is still active.

Lightening does strike twice and so do the unscrupulous criminals who prey on our seniors. ■

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