

GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 8/3 • JUN/JUL 2018

SCHOOL PRIDE

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& Galen Narimatsu**

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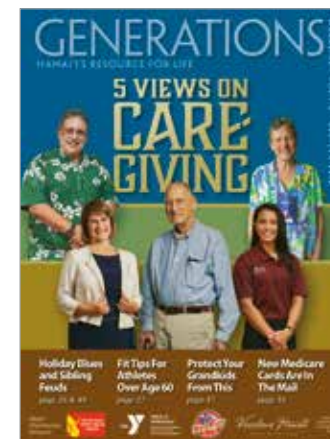


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As fellow alumni, I and GM art director, Wilson Angel, are honored to feature in our cover story Auntie Dottie and Galen Narimatsu, and the love we all have for our alma mater, Mid-Pacific Institute. We were fortunate our parents chose MPI for us to attend, and reading their story brings back many wonderful memories of our teen years and love for our classmates.

Dottie and Galen have both been such wonderful role models for me as an alum in giving back to our school, being enthusiastic supporters of our athletics, and continuing to gather our classmates together at our Pā'ina events, golf tournaments and Las Vegas reunions.

This year we will bring to you, our readers, radio listeners and Generations TV fans, our 12th Annual Aging in Place Workshop at the Ala Moana Hotel on Saturday, August 18 from 8:30am – 2:30pm. With our growing overflow crowds, we are recommending you RSVP for the workshop, as seating is limited. (pg. 10)

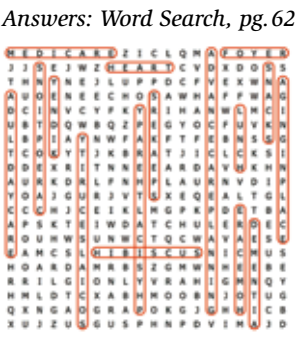
Beginning with this issue, we will bring to you an up-close feature page of our *Generations* partners. We begin with a couple of our original and long-time partners: Suzie Schulberg of Arcadia and Dan Ihara of The Ihara Team (pg. 14). They are leaders in their respective industries, always giving back to our communities, and are family-oriented professionals. Dan and Suzie—we could not be a trusted and respected resource for our older community without you both. Mahalo!

Speaking of community outreach and involvement, the Big Island residents of Pāhoa have been devastated with the recent volcano eruptions and lava flows. I am confident our senior advocates at Hawai'i ADRC have been quite busy helping our seniors with evacuations, as we had firsthand experience covering their story during a similar volcano watch back in our 2014 Oct/Nov issue. Our prayers go out to the many families, friends, volunteers and responders. So please, always be prepared for any type of emergency. (pg. 38)

In closing, we say goodbye to Senator Akaka and UH Professor Tony Lenzer. They were both icons in Hawai'i for the work they undertook to better the lives of our people and community. You both will be missed dearly! ■



Aloha!... and Live well!
Percy Ihara, Editor/Publisher



Apr/May 2018 corrections:
Pg. 8: Audrey Suga-Nakagawa, MPH, is the Assistant Executive Director at Kāhala Nui, where she provides operational and strategic management and oversight for the continuing care retirement community.
Pg. 23: Website correcton: www.Awaiaulu.org

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The Partners Behind Generations Magazine

Generations Magazine relies on Hawai'i's experts—from financial and legal advisors to health-care professionals and grandparents—to write articles that are important to seniors and their families. The magazine also works with trusted sources in the community to provide leads, story tips and valuable information. Here are some of the faces behind the scenes:



Jason Kama is the Hawaii Marketplace Manager for the Better Business Bureau Northwest + Pacific. As the spokesman for the BBB in Hawai'i since 2015, he works with accredited businesses and the community to educate on scams and foster a trustworthy marketplace. Always remember to research companies for free on www.BBB.org and leave a review for those you are familiar with. To report a scam or learn more about scams in your area, visit www.BBB.org/scamtracker.



Gregg Dunn is President and Chief Executive Officer for the Hawaii Theatre Center, overseeing all aspects of the state's preeminent performing arts venue. Prior to HTC, Gregg was President & CEO of Hawai'i's Better Business Bureau, was Executive Director of both the Hawai'i Nature Center and Atherton YMCA. He is a recipient of the Wallace Alexander Gerbode Hookele Award for outstanding nonprofit management and was recognized by the Hawai'i Community Foundation as a PONO Fellow. In his spare time, Gregg is an accomplished yachtsman and sailor.



Malia Harunaga is the Adult Education Manager for the Hawaii Bicycling League (HBL), a local nonprofit with a mission to enable more people to ride for health, recreation and transportation through advocacy, education and events. After being nationally certified by the League of American Bicyclists as a League Cycling Instructor in her freshman year of college, Malia has had the pleasure of teaching thousands of adults how to bike, and how to ride safely on Hawai'i's roads.



Steven Ito, APRN, FNP-c, is the owner of House Call Medical Practice LLC and his business specializes in bringing back the art of the door-to-door doctor who visits their patients in the comfort of their home. No more waiting rooms, no worrying about transportation, and more time to spend with your healthcare provider. He specializes in Family Medicine primary care and provides care to patients of all ages around the island of O'ahu.



Corie Tanida is the Executive Director for Common Cause Hawaii, a nonpartisan watchdog, working to ensure an open, honest, and accountable government. Prior to joining Common Cause, she served in the Peace Corps (El Salvador), consulted on various state political campaigns, and worked at the Hawaii State Legislature.

A special mahalo to our additional contributors, whose dedication to the senior community is greatly appreciated. And also to our loyal contributing partners, whose presence continues to enhance this magazine's value.

(In order of appearance)

MARGARET PERKINSON | MARTHA KHLOPIN | CHRISTOPHER DUQUE | GENO GODINET
DENISE GRAYZELL and CELESDINA REYES | JULIE MOON | KAI MORIGAWARA | EILEEN PHILLIPS
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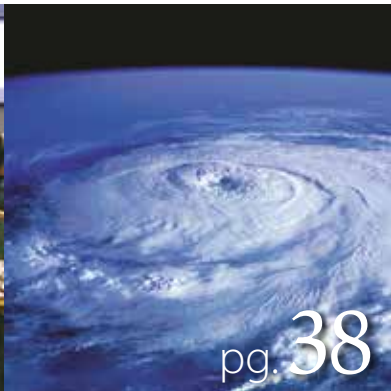
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GENERATIONS MAGAZINE

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	9:30 – 10:15 Improving Quality of Life at Home <i>Michael Cheang, DrPH</i>	Options on How to Finance your Long-Term Care <i>Michael Yee, CFP</i> <i>Ameriprise Financial</i>	Family Caregivers: Who's Taking Care of You? <i>Annette Pang,</i> <i>Family Caregiver Coach</i>
	10:30 – 11:15 Homefit <i>Gerry Silva</i> <i>AARP</i> <i>Evan Fujimoto</i> <i>Graham Builders</i>	Estate Planning for You and Your Family <i>Stephen Yim,</i> <i>Attorney at Law</i>	Stay Fit for Life – Easy Daily Habits for Fitness and Function <i>Debbie Kim Morikawa</i> <i>GymGuyz</i>
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PM Session	11:30 – 12:15 Prepare to Care <i>Patricia Bemis, RN</i>	Learn About the New Reverse Mortgage and Retirement Planning <i>Percy Ihara</i> <i>Reverse Mortgage Specialist</i>	The Key to Health and Longevity: Your Inflammatory Health <i>David Watumull</i> <i>ZanthoSyn</i>
	12:30 – 1:15 Body N Brain Exercises <i>Cat Sawai</i> <i>Body N Brain Hawaii</i>	Options on How to Finance your Long-Term Care <i>Michael Yee, CFP</i> <i>Ameriprise Financial</i>	Family Caregivers: Who's Taking Care of You? <i>Annette Pang,</i> <i>Family Caregiver Coach</i>
	1:30 – 2:15 Disaster Planning <i>James Burke, Trainer</i> <i>AARP</i>	Estate Planning for You and Your Family <i>Stephen Yim,</i> <i>Attorney at Law</i>	Stay Fit for Life – Easy Daily Habits for Fitness and Function <i>Debbie Kim Morikawa</i> <i>GymGuyz</i>

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Faith and Benny Agbayani
S1, Episode 10

You probably know the Agbayani name. Benny Agbayani Jr., is a retired professional baseball player who played for the New York Mets, the Colorado Rockies and the Boston Red Sox. This story, however, shines the spotlight on his parents, Benny and Faith Agbayani, who found a shared love for ballroom dancing and are now directors at the Hawaii Ballroom Dance Association.



Waikiki Aquarium Volunteer
S1, Episode 12

Volunteer opportunities abound in Hawai'i, including positions at the Waikiki Aquarium where 77-year-old Gary Budlong turned his love of marine life into a berth guiding visitors at the Waikiki Aquarium. In addition to Gary, you'll meet other volunteers, some of whom have been helping out at the aquarium for over 30 years. These active retirees don't look at volunteering as a job, but rather as a way for them to stay active and pursue their passions.



SCORE program
S1, Episode 12

Erin Uehara and her husband are the owners of a gourmet chocolate boutique in Mānoa. Erin says that, even though she has always had a passion for chocolate, she never really knew much about business. Luckily, she found out about the SCORE Hawaii program and teamed up with SCORE volunteer Keith Ogata. Keith has a background in finance and has provided invaluable help for Erin's business but also gets a tremendous amount of personal satisfaction by helping out.



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A Closer Look at our Generations Partners

by Generations Magazine Staff

Generations Magazine has been fortunate to be partnered with leading industry professionals. And many of us know them well, though only in relation to their industry. This time, we thought of looking closer into their perspective on aging and how they relate to it personally.



Dan Ihara, Realtor, Keller Williams Honolulu. During the past 13 years in real estate, Dan has built a platform around serving seniors. He received the 2014 Senior Real Estate Specialist National Service Award for his contribution and services in the industry. He created The Complete Solution for Seniors—a family of businesses offering a continuum of services needed for the aging adult.



Suzie Schulberg, chief operating officer at Arcadia. Suzie has been with the Arcadia Family of Companies since 2001. She is a licensed Nursing Home Administrator and Assisted Living Administrator, and a member of Leading Age's Public Policy, the Hawaii Pacific Gerontological Society and the Policy Advisory Board for Elder Affairs in Hawai'i's Executive Office on Aging.

Q: How did you decide to enter your aging field of work?

Dan: As a realtor, our first seller was an elderly woman who needed to sell and move into a retirement community. We helped her downsize, declutter, move and then sell her house. People found out about what we do and we became The Complete Solution for Seniors.

Suzie: I was given the opportunity 17 years ago to become an Administrator in Training at Arcadia. While I was familiar with Arcadia and had visited Arcadia many times while growing up here, I never thought I would develop such a love for the residents, staff and mission of the organization.

Q: Where do you see Hawai'i in 20 years with regard to aging issues?

Dan: We will likely run out of places to move to and in-home care will grow. Memory care will be a growing need. Medical Technology will help

our bodies live longer but we have to keep our minds active. Basically, our bodies will outlive our minds.

Suzie: Forging partnerships that will propel us to meet Hawai'i's greatest challenges for our aging population, and innovation in the development and care of our workforce at a reasonable cost. Our hope is for Hawai'i to be on the cutting edge of maximizing opportunities for older adults to age well, remain active, and enjoy quality lives while engaging in their communities.

Q: What do you do when you are not supporting our kūpuna at your workplace?

Dan: Spend time with my family, surfing with my boys and traveling for business and pleasure. We love snowboarding in the winter and surfing in exotic remote locations around the world.

Suzie: I enjoy spending time with my husband and three children, hiking and running. ■

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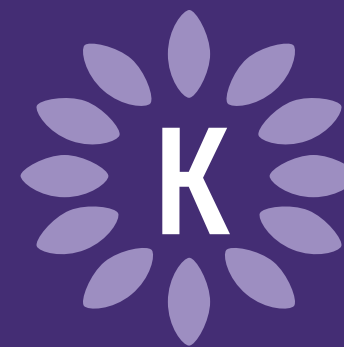
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Cheryl Padaken (Owner/ Operator) has a story to share about her father, Joseph Kinolau Kaiwi. Who passed away from a long illness last July. She was in Northern California where she owned/operated a care home and Cheryl Padaken Healthcare Services & Consulting. Traveling from coast to coast overseeing care homes. Her older sister called and said, Mom needs help in caring for dad. Cheryl has been in the healthcare field for over 35 years, twelve of which specializing in Alzheimers, dementia and hospice clients. She came home to help out until his passing. While contemplating what to do? The opportunity presented it's self to overseeing and purchasing a care home on the Big Island. Where she was fortunate to take over it's operations as of January 1, 2017.

*To honor her father's memory she renamed it **Kinolau Home Malama, LLC**. It is a locally owned and operated family business. In her Hawaiian culture "Malama the Kupuna", take care of the elderly. It's our passion and mission in Papa's memory. To work hard and take care of everyone we can.*

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Annual Senior Classic Games

by Sherry Goya, Generations Magazine

The City and County of Honolulu's annual "Senior Classic Games" was held on March 22nd at the Hālawā Recreation Center, bringing together 30 senior clubs to compete in four games—Tunnel Vision, Pin Ball, Nine Gates and Peg Ball.

The day was a little cloudy, with soft winds—perfect for 87 teams of seniors ranging in age from 55 to 93 years old. After the competition, score cards were tallied and medals were presented to 1st, 2nd, and 3rd place winners in the Senior (55 to 74) and Master (75 and over) divisions. For the past few years, *Generations Magazine* has paid for all the medals, which are always well received. First-place winners also received a soda-cap ribbon lei made by the founder of the Senior Classic Games, retired Hālawā complex supervisor Herbert Yasuhara.

Punahele Crowell, Sports Specialist for the City and County, said: "I'm just happy that the Senior Classic Games have grown to what it is now. I'm also really pleased that all the seniors came out to get some exercise, have a little friendly competition, and promote wellness. These games are all about them, and witnessing how much fun they have and how much they enjoy each other's company is really something special."

The next event for senior clubs to compete in is the annual bowling bonanza taking place in October. And throughout the year, clubs are making crafts for their annual Mayor's Craft and Country Fair in November, which *Generations* co-sponsors with HMSA. For information on joining a senior club on O'ahu, please contact Senior Section Coordinator Randy Yasuhara at 808-768-3045. ■



Above, I am pictured with Herbert and Martha Yasuhara, who never miss this wonderful annual event. The gymnasium was packed with excited active seniors; laughter could be heard from the rafters to the fields. Super fun day!



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The Life of a Centenarian

by Sherry Goya, Generations Magazine

Turning 100 is no small feat, but Mrs. Lenora Cho made it look easy when she officially became a centenarian in 2017. Lenora, a small-town girl from back East, found ways to stay active early on in life: in high school, she played basketball and softball.

Upon graduating high school, Lenora took a beautician course, but joined the Army when she was in her 20s, becoming one of the 140,000 women who served and proved vital to the war efforts.

After another female soldier had to return to the mainland from Hawai'i when they were en route to Japan, Lenora stayed to do clerical work at Fort Shafter. That is where she met her husband, David Cho, of whom she says with a smile, "He was my boss." They were married at the Fort Shafter Chapel.

Lenora's fondest memories are from serving in the military and the time she spent with her husband. Today, she enjoys staying active by doing

regular exercise at her home at Arcadia, where she is honored every Veterans Day for her service to our country.

To celebrate her milestone 100th birthday last year, Lenora's family came from the East Coast and now a blanket of photos from that wonderful occasion hangs proudly in her room. ■



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Aging in Place: Community Strategies

by Margaret Perkinson, PhD, Center on Aging Director, UH-Mānoa

Older adults typically want to live in their own homes for as long as possible. A 2012 report from AARP showed that only 65 percent of persons aged 60-70 and only 43 percent of those aged 70 and older find it very easy to live independently. Besides making physical environments age-friendly, what needs to happen to enable older adults to safely age in place?

Optimize existing communities

Some communities with high concentrations of older adults were designed from scratch to address their needs. However, most age-dense neighborhoods or apartments/condominiums were not; residents have simply grown older and aged in place. The density of older residents in some could allow economies of scale and also ease the provision of in-home services for providers.

Natural helping networks

The strength of grassroots Aging in Place models or strategies relies on the potential for “natural helping networks” to develop and provide informal support to complement more formal health and social services. Informal support from peers typically entails help with “small services,” such as checking up on a neighbor, initiating a “buddy system,” keeping each other updated on local events, providing companionship, or even developing a volunteer corps of peers to address locally defined needs. Engaging in natural helping networks can transform an older adult from a “passive service recipient” to an active contributor to the wellbeing of neighbors and the community.

Natural support systems

For Aging in Place strategies to flourish, we need to develop ways to foster natural support systems in age-dense neighborhoods and apartments or condominiums, and to develop partnerships among the stakeholders of those settings. Such partnerships would include older residents, their peers, volunteers, family, friends, service providers, and building owners and managers. A number of residential managers of local public housing and condominiums in Hawai‘i are taking important first steps by attending brief work-

shops on various aspects of aging, thus learning to provide more supportive environments for their residents who are aging in place.

A little extra help is often all that is needed for an older resident to age in place. Aging in Place models advocate the use of local peer networks to provide that extra help, to be supplemented by more extensive formal in-home services as needed. Such a community-based approach could result in an affordable and client-based system to keep older persons in their homes and avoid costly and undesired relocations.

Grassroots social support models

Grassroots social models of support such as the Village Model, Cohousing, and Age-Friendly Cities and Communities represent some of the latest efforts to strengthen social environments to allow older adults to live in their homes for as long as desired.

Learn more

The Village Model

www.bit.ly/CreatingAVillage

Cohousing

www.bit.ly/WhatIsCohousingAbout

World Health Organization

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Is It Time for Medicare?

by Martha Khlopin, Medicare Radio Host

Were you a high school senior in 1972, singing Alice Cooper’s classic hit, “School’s Out” (for Summer)? Then you may be turning 65 soon and wondering if you need Medicare insurance. Figuring it out on your own may leave you clicking through a lot of scam websites and staring at a mountain of brochures and flyers that arrived in the mail. Medicare was created in 1965 to provide security and peace of mind, not cause you to lose your mind, patience or your money.

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- ◆ Call Social Security at **1-800-772-1213** or visit their website at www.ssa.gov, at least three months before your 65th birthday to ask them to determine your Medicare eligibility and enrollment dates.
- ◆ Contact the employee benefits specialist for your own or a spouse’s current or former employ-



er to see if you qualify for retiree medical insurance benefits.

- ◆ Check with Medicare at **1-800-633-4227** or www.medicare.gov to learn about Medicare premiums, late enrollment penalties and Medicare insurance options available in your county.

The peace of mind that comes with understanding how Medicare works will have you humming a different tune: “Summertime” (and the Living is Easy)! ■

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L-R: Annette Pang, Tyler Yajima, Steve Chung, Wendell Pang, Tina Chung, Loretta Yajima



L-R: Annette, Loretta, Tina, KC
& Galapagos Islands iguana in water



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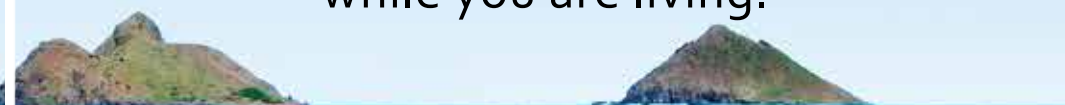
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SCHOOL PRIDE

by Katherine Kama'ema'e Smith

Cover & feature photography by Brian Suda

Giving back to your high school or college allows you not only to rekindle warm memories of school days but also to help the school prepare today's students for a successful future.

Generations Magazine celebrates “school pride” with the stories of two retirees who volunteer their time to support their school and its alumni family. If you grew up in Hawai‘i, you probably graduated with some of the same students that you first knew in elementary school. Neighborhoods were small, and families didn’t move around much. Classmates depended on one another like a baseball team: all practice the fundamentals, but in the game, each one has a position to cover. If one does not perform, the whole team suffers unless the others step up and pull out a win. Camaraderie and good performance builds trust in the clutches, and deep friendships that last a lifetime. So students all add to the ultimate success of their class.

As you might guess, expressing school pride is more than wearing school colors at the game, or sharing stories of back in the day. These are great fun, but the foundations, disciplines and fresh horizons shared with us by teachers, administrators and classmates—tools and habits that later served us well as adults—these are the gifts that make us proud to be called alumni.

Cousins Dottie Crowell and Galen Narimatsu graduated from Mid-Pacific Institute in 1955 and

are still actively involved with supporting their alma mater. They are still friends with their roommates, classmates and team members. You will see them at home games, cheering on the Owls; on campus, helping on alumni projects; and working with alumni of all ages on student events and projects.

What is the source of this love and admiration for their school? As they tell their stories, you will hear the facts and history of Mid-Pacific Institute in the '50s, but between the lines you will sense the gratitude Dottie and Galen have. They are not only thankful for what they learned, but for the process. The academic bar was set very high. They were eighth graders away from home for the first time—eager to please their parents, unsure of what the future would hold, and not quite sure if they had “the right stuff” for college.

But they were not alone or without support. And what they achieved in high school prepared them for meaningful, successful lives. This is a story retold many times in post-WWII America. May the stories of Dottie and Galen inspire you to remember your school days, look up classmates and express your gratitude and your school pride. We have much for which to be grateful.

Dottie Crowell and Galen Narimatsu in the courtyard of historic Kawaiha'o Hall. The Hall was built in 1908 when the Kawaiha'o Seminary for girls and the Mills Institute for boys moved to their new joint campus in Mānoa, known as the Mid-Pacific Institute.



Dorothy "Dottie" Crowell

Former Director of Admissions, Mid-Pacific Institute, Class of '55

Dottie Crowell graduated from MPI in 1955 and began working there in school administration. No one knows more Mid-Pacific alumni than Dottie because, for

nearly 30 years, she and a committee of faculty and deans made decisions about which students would be accepted. She delights in connecting graduates to one another and the school. Graduates are always looking her up. Her devotion and pride for her school can be summed up as a big mahalo to her parents, teachers and principals who encouraged her to pursue higher education.

"I was a naïve, back-country eighth grader in Ha'ikū, Maui, who had no idea how high school would be. My parents told me I was going to a high school in Honolulu, and I just accepted it. My class of 35 boys and girls grew to 65 by graduation. We were not sophisticated like the students of today, but we were all away from home, so we followed the rules and did well. On weekends, we saw the big city of Honolulu. I still keep up with my roommates, Lenora and Junette. A whole world opened up to us with class members from Japan, Korea and the Marshall Islands. Two years of foreign language were required: French or Latin. Today, MPI also offers Spanish, German, Japanese, Hawaiian and Mandarin Chinese," says Dottie. But her favorite subjects were Mathematics and English because she liked the teachers.

Today, Dottie Crowell volunteers her time to work on the Alumni Archives Research Project. Growing public interest in family history and her own school pride spurred alumna Tomiko "Koco" Conner to reorganize the MPI school yearbooks and academic records for easy access. Archival records going back as far as 1904 had never found a permanent home while Mid-Pacific campus

was growing. Now they are housed in a climate-controlled area, and two days a week, Dottie and alumna volunteer Bobbi Sakamoto manage the collection and fulfill requests for information from the families of graduates. Historical requests come from family members looking for pictures of their parents or ancestors — what activities they enjoyed in high school or who their friends were. "Sometimes it is alumni I knew. Mid-Pacific grads are close.

"While helping others, I discovered that my grandfather's sister, Reba Hanamaika'i, from Maui, attended school here in 1904 and 1905 when this campus was Kawaiha'o Seminary for girls," says Dottie. Mid-Pacific Institute was founded officially in 1908 when Mills Institute for boys, located in downtown Honolulu, moved to Mānoa. From that time, this small college preparatory boarding school slowly grew from less than 100 students to a current student body of more than 1,500. The boarding program was discontinued in 2003.

As we flipped through the yearbooks, Dottie showed us the roots of her school pride. One was the MPI headmaster who recruited Dottie in 1951, Joseph Bakken. He taught Dottie's parents English at Maui High School, so her parents trusted his decision that Dottie was college material, and they sent her by boat to high school in Honolulu.

Mid-Pacific Institute was structured to protect and support every student and assure his or her success. An upperclassman "brother" or "sister" helped them get accustomed to dormitory life and the scholastic rigor of a college preparatory curriculum. Dorothy remembers that the dormitory had a live-in nurse, two "dorm mothers" to supervise activities and two senior class "Senators," who acted as counselors, tutors and representatives of the student government. Teachers lived in cottages next to the dormitories and were available 24/7 in emergencies. The entire school staff encouraged students to become one close family and assist one another.

"One time I was walking to the dining hall, and Mr. Bakken caught up alongside me and asked how I was doing. I told him that I was homesick. He didn't say anything more to me, but that evening, my aunty from Honolulu showed up at my door because Mr. Bakken had called and asked her to come and see me. The

school was that caring for my classmates, and me," says Dottie.

The MPI mandatory 2.5-hour study hall every evening helped students make the grade; even after study hall, when the lights went out, they continued their studies with flashlights under their blankets. Hard work was a given; everyone was college-bound. Students were only allowed off campus on Saturday and Sunday and were responsible for keeping their dorm rooms clean at all times. If they failed room inspection, they were assigned "penalty work" chores. The discipline of dorm life paid off in later life too.

Today, Dottie is proud to be helping alumni and supporting students. She attends as many "Owls" games as she can, and delights at greeting returning graduates. "We are all one 'ohana," says Dottie — with always a fond memory. »

"I love sharing memories and fun stories with alumni of all ages. At Mid-Pacific we are all one 'ohana."



Photography by Scot Allen

Fun times do not escape these ladies at a fundraising event for the Alumni Scholarship fund. (L-R) Ruby Takebayashi '56, Donna Chang, Dottie Crowell '55.





Galen Narimatsu

MPI Alumni Association Board Member and Past President, Class of '55

Galen Narimatsu also remembers being interviewed by Mr. Bakken. He is Dottie's cousin, and grew up in Hale'iwa and Honolulu.

The sugar and pineapple plantations were still the main employers in Hawai'i. After graduating from the ROTC program at Mid-Pacific in 1955, he studied Public Administration at University of Hawai'i at Mānoa and worked at Mid-Pacific as a dormitory supervi-

sor. His pay was room and board. He also worked at the university bookstore. After graduating from UH, he began his career as an officer in the United States Army and did two tours in Vietnam. After Galen retired from the military, he started volunteering with the Mid-Pacific Institute Alumni Association, became a board member, and has served five terms as its president. Galen served on the MPI Board of Counselors and, in 2015, won the prestigious Volunteer in Philanthropy Award from the Association of Fundraising Professionals, Aloha Chapter.

Galen remembers being interviewed by Joe Bakken in 1951. "He used to travel around to all the public schools in Hawai'i interviewing and

recruiting good students. I didn't know who this man was and he was asking touchy-feely questions like 'What kind of a person are you?' I must have done OK because he asked my parents to enroll me. My dad was a schoolteacher and had a side business selling silverware to Japanese families in the camps. He especially wanted me to further my education so that I would have opportunities beyond the plantations," says Galen.

"When I got to Mid-Pacific, I was happy to find that some of my Waialua classmates had been se-



Alumni participate at the 2017 Alumni Pa'ina. (L-R) Jane (Nishizawa) Watanabe '55, Galen Narimatsu '55, Emily (Hino) Fujii '47, Edith (Kawakami) Tan '56, and Dorothy (Hanamaika'i) Crowell '55.

lected too," says Galen. He was able to room with two of them — another way the school helped freshmen transition to boarding school life. It was a big change from home, where kids were free to swim, fish and play after chores were done. At Mid-Pacific, everything was regimented. Galen says the discipline and restrictions provided structure and a level playing field that helped him succeed.

All Mid-Pacific alums agree that scholastics were at a higher level than the public schools they left. They also regard mandatory study hall as necessary for their academic achievements. Academic discipline is a cornerstone of their attachment to Mid-Pacific and a reason they want to help today's students be successful. They know how Mid-Pacific prepared them for the real world challenges they faced after graduation. "We learned academics, teamwork, citizenship and leadership — which helped us succeed in all our endeavors," says Galen. "And the friendships we made here have lasted the tests of fickle fortune."

Galen is a great fan of MPI Baseball, and you will often see him in the stands. He was on the baseball team, under Coach Harry Kitamura, but didn't get to play center field much, "because we had such great players in my time — still do." Galen also ran the quarter mile for MPI Track Team. School athletics were a source of fun and teamwork. But Galen's favorite subject was History.

"In my senior year," says Galen, "I was a Senator. We were strict and it was for the good of the students. We looked out for the younger students and maintained discipline, but we also hooked them up with a tutor when they needed academic help. I saw the military as a good career option. Because of the draft system in the 1950s, every family had someone who served in the military. Dorm life at MPI prepared me for military training too. Serving my country was my way of giving back. It worries me today that the younger generations don't think about what they are going to give back and young men don't even consider serving their country."

The MPI Alumni Association offers graduates many ways to support the school, express their gratitude and demonstrate school pride. "We support community events throughout the year. Tuition only pays for about 80 percent of what it costs the school to educate a student for one year. We try to bridge that gap by raising funds with the annual Chicken Sale and a golf tournament. Graduates love getting together, and all the events are times to share and catch up.

"Every July we hold our annual reunion, called 'The Pā'ina,' and help out at the Ho'olaule'a Festival and Graduation. We award grants for student projects, and organize our MPI class reunion, which alternates between California and Las Vegas every other year. Every event, from ball games to fancy affairs makes us proud to be helping the students, the same way we were helped years ago. I guess the best thing about school pride is that it brings all the alumni together. Regardless of how old or young we are, we all share the Mid-Pacific experience and take pride in the successes we achieved with the gifts our teachers, alumni and classmates gave us."

Generations encourages our readers to reach out to your schools and volunteer or find a program to donate to. Put your school pride to work and help prepare today's students for success. ■

"You know, I sent my kids here for a good education, and over 200 of the current students are 'legacy students' from families with Mid-Pacific graduates. We have a lot to be proud of."



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Photography by Scot Allen



Mid-Pacific Institute is an independent, co-educational, college preparatory school for preschool, kindergarten and grades 1-12, with an enrollment of 1,580 students. Founded in 1908, it has evolved to become one of Hawai'i's most dynamic and forward-thinking schools. Mid-Pacific is recognized for innovative educational, technological, and artistic programs including the International Baccalaureate Diploma Programme, the Mid-Pacific Exploratory Program (a project-based approach to learning), the acclaimed Mid-Pacific School of the Arts, an English Language Development program for international students, and a cutting-edge Immersive Technology Program.

Mid-Pacific is located in urban Honolulu, on a 43-acre campus in beautiful Mānoa, adjacent to the University of Hawai'i. The student-teacher ratio is 13 to 1, with an average class size of 20. Mid-Pacific's diverse student body includes students from Hawai'i, the U.S. Mainland, Asia, Australia, Canada, Europe and the Indian subcontinent.

The Office of Alumni Relations' mission is to engage alumni by honoring their legacy and connecting them to the rich academic and cultural life of contemporary Mid-Pacific. Our goal is to rekindle loyalty and connectivity between the alumni and the academic and cultural life of Mid-Pacific.

We encourage alumni engagement in many forms, including donation of time, talent and/or treasure. Support from our alumni community is key to the success of Mid-Pacific.

Here are a few events in which alumni are encouraged to participate:

- **Mid-Pacific Institute Alumni Association (MPI-AA) Community Service Projects – Fall & Spring**
- **Regional Alumni Gatherings**
- **Hoot! Hoot! Holiday! Lunch with Santa Event – Winter**
- **MPIAA Chicken Sale Fundraiser – Spring**
- **MPIAA Scholarship Golf Tournament Fundraiser – Friday, June 29, 2018**
- **Alumni Pā'ina – Saturday, July 21, 2018** (Mid-Pacific's largest alumni gathering of the year)

The MPIAA supports students at Mid-Pacific through its Legacy Scholarships and Owls for Owls Grants. The Legacy Scholarship provides tuition support (up to \$5,000) for selected students whose parents, grandparents or great-grandparents graduated from Mid-Pacific. The Owls for Owls Grants provide financial support (up to \$1,000) for various student initiatives.

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Beyond the Spotlight, Our Volunteers Shine

by Gregory Dunn, President and CEO, Hawaii Theatre Center

It's hard to believe 22 years have passed since the renovated Hawaii Theatre Center reopened its doors to the public following a decade-long effort by community volunteers to raise \$32 million and save the historic structure from the developer's wrecking ball. Today, volunteerism is still the lifeblood of the Hawaii Theatre Center. The complex encompasses not only the historic Hawaii Theatre building, but also the McLean Block building, the historically significant Pantheon Saloon building and the Austin Block building. HTC also stewards Dr. Sun Yat-sen Memorial Park adjacent to the theatre.

Having nearly an entire block of Chinatown to maintain and manage is a challenge not for the faint of heart. First and foremost, our volunteers are critical in ensuring the theatre is staffed with helpful and smiling ushers who not only assist in welcoming patrons to the theatre, but also are trained to assist in any emergencies or evacuations we may be faced with.

Volunteers who are part of our Hawaii Theatre Docent program provide historical tours of the facility, during which guests are treated to a mini-concert on the 1922 Robert Morton pipe organ in the Weinberg Auditorium. Though we currently only have enough docents for monthly, or bi-monthly tours, we hope to recruit additional volunteers for expanded reach into the community.

Another very active volunteer group is our




HTC Stars group. This group of community-minded philanthropists help in supporting our fundraising events, HTC membership recruitment at our shows and other work needed by our Membership Services staff.

One of the areas of focus for the coming year will be facilities repair and maintenance. Our hope is to form a group of tradespeople with a little time on their hands to help with minor carpentry, painting, landscaping, and generally completing odd jobs around the facility. Our list of deferred maintenance items is too long to list here, but for an active group of seniors who take pride in their handiwork and would like to remain active by helping to maintain and improve the condition of the entire Hawaii Theatre Center campus, this is a golden opportunity!

For more information on any of our volunteer opportunities, please call to schedule a visit. Amy Bennett, our Director of Donor Services, would appreciate hearing from you at **808-791-1301**, or you can email amybennett@hawaiiitheatre.com to set up a time for you to visit! E Komo Mai! Join us in preserving our community's last remaining historic theatre—"The Pride of the Pacific". ■

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Singing Seniors—Project Giving Back

by Generations Magazine Staff



Giving back. That's the theme and the name of a special—and talented—seniors group who entertain other seniors as a way of giving enjoyment back to their community.

Project Giving Back is a group of 36 singers, ranging in age from 60 to 87, who are now in their 8th year of performing. Wayne Uejo is the founder and administrator of the group, overseeing the singers and coordinating the concert schedule at venues across O'ahu.

Performances include hit songs from the '50s through the '80s, with some Hawaiian and Japanese tunes included in the mix. Uejo says the audiences love everything, but especially those old tunes that really bring back happy memories from a time when life was fun and simple. "Suki-yaki" by Kyu Sakamoto, and the Village People's "Y.M.C.A." are audience favorites.

Project Giving Back is currently not accepting new singers, but Uejo strongly encourages other like-minded individuals from O'ahu or the Neighbor Islands to start their own group. He says there is always a need to give back to the senior community.

If you are interested in having Project Giving Back perform at your location for any occasion, contact Wayne Uejo.

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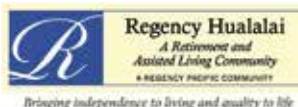
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Commonsense Election Modernizations

by Corie Tanida, Common Cause Hawaii

At Common Cause Hawaii, we believe that the more people who participate in civic engagement, the more representative our democracy. Participation can come in the form of service, or testifying on an important issue, but the most important way to get involved is through voting. As the state with the lowest voter turnout, we need to make our elections more accessible, convenient, and secure so that specific needs are given more attention by public officials; needs like producing more affordable housing, securing better health-care options for kūpuna, and investing in high quality education to benefit our keiki.

Two commonsense election modernizations that could add such an element of convenience are Automatic Voter Registration and Vote by Mail. One is a small technical change to update our opt-in system to an opt-out one, and the other a logical expansion of absentee voting which allows people to vote in the privacy of their own home if they wish. Together these practices can cut out the cost of provisional ballots, sending ballots to the wrong addresses, and allow voters ample time to fully vet candidates and the issues by offering the ballot to voters in advance of Election Day. Both fit into voters' routines without altering long-standing traditions like voting in person.

Automatic Voter Registration registers eligible citizens to vote anytime they sign up for or renew their driver's license or state ID unless they opt

out. Under Vote by Mail, these same eligible voters receive a ballot at their current address.

With **Vote by Mail**, Hawai'i will take steps to increase turnout, improve voter education, and combat fraud. More than half of those who voted in the 2014 and 2016 elections in Hawai'i did so via absentee ballot, with more votes cast before Election Day proving we are already familiar with both the efficiencies and required precautions of this method. In Oregon where they now vote entirely by mail, election officials have found no indication of increased fraud or undue influence.

Hawai'i deserves a balanced democracy and constituencies that represent our true demographics to include those who are homebound, voters from rural areas, as well as voters of varying incomes and diverse ethnic backgrounds. Hawai'i has been a leader in voting reform with the implementation of online voter registration and more recently, same day voter registration. We should maintain this momentum and continue to reduce barriers to voting so we can engage all eligible citizens in the political process. Your vote is one of the most direct ways to build a better Hawai'i for the generations to come. ■



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Beware of 'Spoofing'

by Christopher Duque, Cybercrime Investigator, DPA

Telephone scams have been around for years, even before the birth of the internet, and they are just as dangerous as their online counterparts. Because modern telephone networks use digital technology, it is easy for cybercriminals to manipulate what appears in the Caller ID to trick you into thinking you are receiving a call from a trusted source. This tactic is called "spoofing."

LISTEN FOR THESE RED FLAGS:

- ▶ A sense of urgency. The caller wants you to act immediately or something bad will happen.
- ▶ The caller advises payments be made using gift cards or prepaid debit card.
- ▶ You are asked to download and install programs onto your computer to fix the "problems" the caller claims your computer has.

SOME SAFETY TIPS:

- ◆ Do not provide any personal or bank information to the caller or confirm any information.
- ◆ Do not respond to any voice messages to contact a telephone number the caller provided without checking first by calling the customer service number on the company or government website.
- ◆ Do not download any programs the caller says you need, or confirm your computer's type.

You can find more tips on these websites:
www.bit.ly/HawaiianElectric_FraudProtection
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www.bit.ly/IRS_SpamReporting ■

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The show is airing at a critical time. In a decade, one-third of Hawai'i's population will be 65 or better. The state is urging kūpuna and their families to prepare now for home and community-based care. Financial and legal advisors to caregiving and government programs are invited for open mic conversation. Join me for an informative hour of radio.

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Hurricane Prep for Seniors: A Step Further

by Generations Magazine Staff

Many seniors, especially those who live alone, might not realize that there are items they should have in their hurricane emergency kit other than Spam, baked beans and Vienna sausage. June marks the beginning of the six-month-long hurricane season and reminders about being prepared are all over the media.

The messages always emphasize the need for the basics:

- ◆ drinking water
- ◆ non-perishable food
- ◆ toiletries, batteries
- ◆ your prescription medicines

But those things may not be enough to meet seniors' needs.

Officials with the Federal Emergency Management Agency say to remember four things:

How will you receive alerts and warnings?

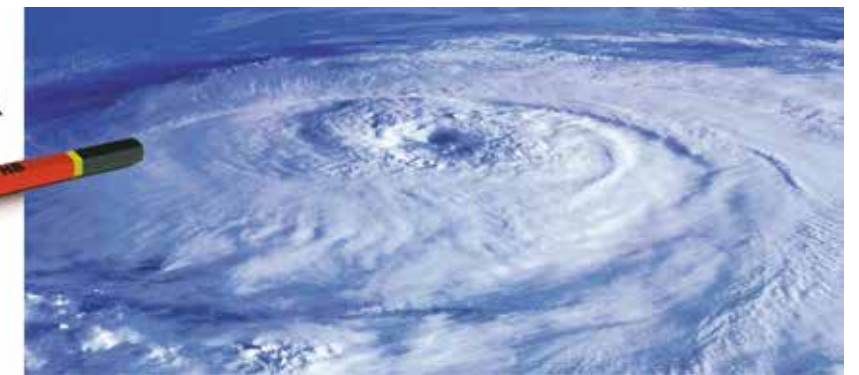
What is your shelter plan?

What's your evacuation route?

And what is your family communication plan?

These four FEMA questions bring to mind specific steps you might not have thought of:

- ▲ **NOAA weather alerts.** In addition to a portable AM/FM radio, consider getting one that picks up NOAA weather alerts.
- ▲ **FEMA app.** Install the FEMA app on your smartphone and acquaint yourself with its navigation. Additionally, make sure emergency alerts are enabled on your phone.
- ▲ **Phone text.** Know how to text on your phone. Even if the voice network goes out, texting may still be an option because it requires less bandwidth and transmits more easily. But that won't matter if you don't know how to text!
- ▲ **Support network.** Make a list of your support network—people who can help you out in the event of an emergency. Does someone have an extra key to your home?
- ▲ **Hard copy list of contacts.** Have your most IMPORTANT contact names and numbers written on real paper and stored in plastic zip-lock bags. Remember—when the power goes out, your phone won't last long and when it dies, so does any chance of reaching your contacts.



- ▲ **Medical alternatives.** If you have medical issues that require regular doctor's visits, find out what your doctor's plan is should his office become inaccessible. Where's the nearest alternative?
- ▲ **Prescription drug supply.** For required regular doses of prescription drugs like insulin shots, consult with your doctor for an extra supply.
- ▲ **Pet emergency kit.** Prepare an emergency kit just for your pet, including food, bedding and treats. But have you thought to include drinking water? Your pet will get thirsty, too.
- ▲ **Inventory valuable possessions.** Make sure you have a complete and up-to-date inventory of your home and your valuable possessions for insurance purposes. Photograph as much as you can for documentation and store the photos or digital output (for example, USB stick or DVD) in your zip-lock bag.
- ▲ **Automatic Deposit.** If you aren't doing it already, have your benefit checks—pensions, social security, etc.—deposited directly into

your bank account. If you have to relocate, your monthly check may have no idea where you've gone.

▲ **Cash.** Got some cash and coins? There's always a possibility ATMs won't be working.

Hawai'i has had its share of disastrous hurricanes and evacuations, but it's been over 15 years since the last one and it's important to remember that the threat is always looming.

One very useful website to help you plan for any emergency is www.ready.gov/make-a-plan. There, you will find downloadable documents that will guide you each step of the way as you prepare a plan for your own particular situation.

For further information, go to the websites of FEMA, the American Red Cross, NOAA, and Hawai'i state and local Civil Defense. Links to these agencies and their respective emergency preparedness information are available on our website, www.Generations808.com. Just go to Resources and click on Emergency Preparedness. ■

Federal Emergency Management Agency
800-621-3362 | www.fema.gov

American Red Cross of Hawaii
808-734-2101 | www.redcross.org/local/hawaii

National Hurricane Center (NOAA)
Hurricane Preparedness
www.nhc.noaa.gov/prepare/ready.php

Hawaii Emergency Management Agency
808-733-4300 | www.dod.hawaii.gov/hiema/

County of Hawai'i Civil Defense Agency
808-935-0031 | www.hawaiicounty.gov/civil-defense/

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Pride, Quality of Life and Independence

by Geno Godinet, Owner, Access Lifts Hawaii

The Americans with Disabilities Act (ADA) is for the physically challenged and disabled community. The elevator industry, with the help of the government and educators in civil law, has been addressing ADA issues over the years. Elevator and lift manufacturers have many solutions to meet and exceed the ADA requirements.

Today, here in Hawai'i, there is a continued effort to address the ADA conditions that affect our elderly and disabled community. The work to provide those communities with the freedom to live independently and safely, while making their lives easier, relies on multiple solutions.

One example of these different kinds of solutions is a residential chair lift. This provides the senior community, and those who are physically challenged, the ability to have the mobility and access to parts of their home they may not have seen in years, or the ability to leave their



home safely and with ease. In some instances, a chair lift can also provide an extra pair of helping hands, such as carrying the laundry or even groceries up and down the stairs.

This provides them with a higher quality of life while maintaining their pride and independence. ■

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- McKee Ohana



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Yoga Just for Kūpuna

by Denise Grayzell and Celesdina Reyes, Yoga Instructors, YMCA of Honolulu

At the YMCA of Honolulu, our programs and services are tailored to meet all ages, abilities and goals—and so are our yoga classes! All health and fitness facility Y Branches offer a range of yoga classes for kūpuna, from ones that will bring on a light sweat to others that will give you a soothing stretch while seated on a chair.

As a sanctuary for those getting stronger and doing their best to keep healthy, we at the YMCA encourage our seniors to explore yoga, as it:

- Strengthens bones and protects joints
- Builds balance and flexibility
- Sharpens the mind and improves mood
- Minimizes hypertension
- Improves the respiratory system
- Encourages calm and mindfulness

When practiced with our experienced yoga instructors on a regular basis, you can be sure you'll enjoy many of these benefits!

Feeling unsure about trying it out? We understand. Here are a few tips that will help you enjoy your first senior yoga class at the Y!

- **Talk to our yoga instructor before class.** Let them know if it's your first time (or your first few times) and what conditions you may be challenged with that could make you feel dizzy or cause pain. Ask them any questions you may have about the class.
- **Talk to your fellow students.** We have a large kūpuna population who enjoy working out at each of our Y's and who love yoga! Most of these members regularly attend their classes and are eager to meet and help you! You can also ask them how yoga has helped them in their lives—to encourage you to keep coming!
- **Use a wall, use the props.** When you go to a yoga class, there will be yoga props available, such as blocks, straps, and pads for your knees. Use everything you can to feel comfortable and



make the class manageable—especially during your first few times. For standing and balancing poses, use a wall to prop yourself up to ensure you feel stable while trying the poses out. ■

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Contact your closest Y Branch for membership, discount opportunities and other activity schedules and information.

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Senior Stretch Yoga W / 10:30 am

Kalihi: 808-848-2494

Gentle Yoga M, W, F / 12:10 pm
Tu, Th / 10:15 am
Yin/Yang Yoga with Back Care Tu, Th / 4:30 pm

Leeward: 808-671-6495

Gentle Yoga M / 8 am
Stretch & Relax Tu, Th / 8 am
Iyengar base Yoga M / 7:30 pm
W / 8 am

Mililani: 808-625-1040

Senior Yoga M, W / 7 am
Hatha Yoga W / 9:45 am
F / 10 am
Su / 9:05 am
Chair Yoga Tu / 12:15 pm
F / 11:15 am

Stretch and Relax M, W / 5:30 pm
Hatha Yoga M / 6:45 pm
Yin Yoga F / 6:45 pm

Nu'uuanu: 808-536-3556

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Hatha Yoga Th / 10:05 am

Windward: 808-261-0808

Sunrise Stretch M, F / 6:30 am
W / 6:15 am
Sunrise Yoga Tu, Th / 6:30 am
Gentle Yoga M, F / 11:30 am
Senior Chair Stretch Tu / 11:45 am
Basic Yoga W / 12:15 pm
Hatha Yoga Sa / 9:15 am

Biking for Seniors

by Malia Harunaga, Hawaii Bicycling League

As we age, exercise becomes more and more important—not only for our bodies, but for our minds as well. But fitness doesn't always have to happen from inside the local gym. You can get on a path to a fit and healthy lifestyle by incorporating cycling into your daily routine. Instead of driving the short distance to the store or park, try biking there instead! This can sometimes be quicker and more convenient for you—and certainly better for your body, your wallet, and the planet.

It's important to start small, but for most people getting back on the bicycle is really just like riding a bike—you never forget! Bicycling reminds us of the freedom of our childhood, where we could expand and explore our world all from two wheels. Bicycles can be used for the same thing in our older years! Look for a bicycle with a step-through frame and upright seating position for comfort and stability. And don't forget your helmet! Start on multi-use bike paths, which are physically separated from motorized traffic, or quiet residential roads. Consider joining up with a group of friends to ride or meet new friends at an organized group ride in your area!

If you haven't been on the saddle for years (or decades), or never learned how to ride a bicycle, the Hawaii Bicycling League (HBL) offers free Adult Learn to Ride workshops that can get you rolling safely, at any age (bikes, helmets, and friendly instructors all are provided)!

HBL is a local non-profit founded in 1975, with the mission to enable more people to ride bicycles for health, recreation, and transportation, through advocacy, education, and events.



Rediscover your youth with Hawaii Bicycling League's Senior Cycling Program!

If a two-wheeled ride isn't your cup of tea, check out HBL's Senior Cycling Program! Kūpuna 50 years of age (and up) get to rediscover their youth with HBL's recumbent tricycles on O'ahu's car-free bike paths. The adult three-wheelers are great for those that have poor balance or bad joints, or those that don't know how to bike. Senior Rides are scheduled five times a month at the Pearl Harbor Bike Path and Magic Island multi-use paths and are for all levels of riders. Recumbent trikes, along with all the bells and whistles, are provided free of charge through this fun program designed to get you outdoors and healthy!

However you decide to get your roll on, the Hawaii Bicycling League has you covered. Whether you are an adult looking to learn how to ride a bike for the first time or are someone ready to regain comfort and confidence with cycling on the roads of Hawai'i, HBL will get you there. ■

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New Guidelines for High Blood Pressure

by Steven Ito, FNP-c, Family Medicine

Let us start with this little fact: almost half of all adults in the United States are affected by hypertension. Recently published revised guidelines for the detection of high blood pressure mean that 46 percent of all Americans 18 years and older are now considered to have hypertension (otherwise known as high blood pressure). This is a staggering statistic, equating to about 103 million adults in the United States.

What are the new guidelines?

The new guidelines from the American College of Cardiology and the American Heart Association define hypertension as blood pressure readings greater than or equal to 130/80. Prior to this change, the standard definition of hypertension was anything equal to or greater than 140/90. With these new, stricter guidelines millions more adults are now considered hypertensive.

What is hypertension?

Imagine your heart as a pump. The heart pumps blood to the rest of the body through pipes called arteries, which—like rubber tubes—can expand and contract. The pressure of blood filling the arteries is what we measure and call blood pressure. If the force of this pressure in the pipes or arteries is too high, that is what we call hypertension or high blood pressure. With the new guidelines, anything equal to or greater than 130/80 is now considered hypertension.

In a perfect world, the top number should be less than 120. This is called the systolic pressure and it is the pressure measured when the blood is filling the artery and it expands. The bottom number is called the diastolic pressure and, op-



- Normal Blood Pressure = less than 120/80
- Stage 1 Hypertension = 130–139 / 80–89
- Stage 2 Hypertension = 140/90 or greater

timally, this number should be less than 80. It is the pressure of the artery when the heart is at rest—in other words, when the heart is not pumping blood.

Why are these numbers important?

Your doctor and health-care providers measure these numbers regularly because hypertension is known as the “silent killer.” Unlike when you have a visible injury, cold or cut, you may not realize anything is wrong unless you get checked regularly by your primary care provider. As the blood pressure in your body increases and stays elevated over time, your risk for complications such as a stroke or heart attack increase significantly.

If you want to avoid any complications from this chronic epidemic, please talk with your health-care provider and see him or her regularly to help prevent, manage and treat hypertension. ■

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Stepping Down Pain Free

by Julie Moon, Physical Therapist

Knee pain while descending stairs is often due to the force on your kneecap (patella), which studies show is 3.5 X your body weight. If you weigh 140lbs, the force on your patella can be as much as 490lbs! That is a lot of stress on your knee, and the pain will be magnified if you have weak muscles or degeneration of the cartilage in the joint.

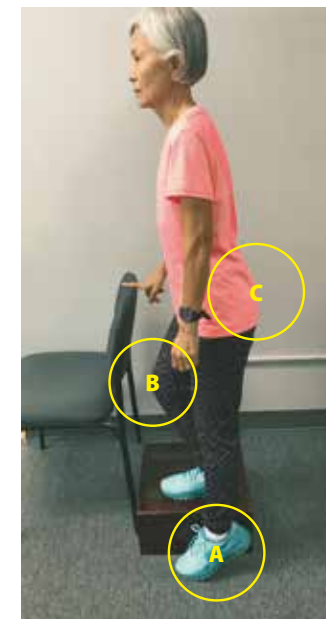
Strengthening the hip and knee, specifically the larger gluteal and quadricep muscles, will help absorb the force that travels through the knee. Stretching tight muscles at the side and back of the thigh, as well as the calf, can help prevent tracking problems of the patella.

This exercise will help reduce pain when going down stairs, as it uses the proper mechanics to build the correct muscles. Begin by standing tall on a step or platform sideways, holding onto a stable object.

A) Slowly lower one leg over the outer edge and squat down, touching your toe to the ground.

B) Keep upright, knee aligned over your first and second toe.

C) Sit your bottom back when squatting, with more weight on the heel of the bent leg. Return to standing tall. ■



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Skip Costly Equipment: Use the Mighty Can

by Kai Morigawara, Doctor of Physical Therapy, Prime Physical Therapy

Not everyone has spare cash to spend on expensive physical therapy equipment to use at home, so why not learn how to utilize household items to get the same results? Specialized equipment, although beneficial if used correctly, is not necessary to live a life without pain. Creativity can often duplicate or at least mimic the results of expensive therapy equipment.

For example, proper squatting while holding onto the kitchen sink or a doorframe is more effective than almost all exercise equipment. Similarly, rather than dumbbells or machines, cans or exercise bands are excellent replacements. Not only does the right exercise determine the level of benefit, but the technique of each exercise is equally important to achieve immediate alleviation.

Just like with car maintenance, the body will



10 oz

not work correctly if not kept healthy. Even if only one cog is out of place it causes a chain reaction of inefficiency and problems. That is because, with any injury, the body will naturally compensate, causing unconscious bad habits that result in aches and pains that do not go away. Any bad habit will take hard work to fix, so that's why motivation is the key to physical therapy. A little bit of hard work is well worth it to prevent suffering.

Since nothing needs to be purchased for successful physical therapy, the universal factor among successful individuals is the motivation to put in hard work. ■

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Seniors and Technology

by Eileen Phillips, RN, Attention Plus Care

Technology is ever-advancing these days with information on new devices everywhere. For early adopters this is seen as helpful and even normal. However, for some seniors, adapting to new devices can be challenging due to physical limitations. Vision loss is one of the more common problems experienced, as is Age Related Macular Degeneration (AMD) that typically affects older adults.

Millions of Americans every year are affected by AMD, which destroys central vision leaving only the peripheral vision. Those affected may be unable to see the faces of their family members, drive a car, or read a newspaper. Using a mobile device can have the same results. Nearly 1 in every 3 adults over the age of 75 is currently affected with AMD. According to Dr. Chris Knobbe, clinical associate professor emeritus at the University of Texas Southwestern Medical Center, "AMD is an epidemic—world-wide. Globally, 1 in every 11 persons over the age of 50 has some degree of AMD."

The good news is technology is improving for those with vision loss like AMD. Currently there are many tools which can help individuals to read their devices, from simple magnifiers and brighter reading lights, to more sophisticated screen readers and applications. The accommodation of selecting larger fonts and web page sizes has also been available across media to make information more legible. These visual aids have helped those with vision impairments to maximize their usable vision and make better use of devices and technology. The use of voice command devices has also become more mainstream and should be considered for those with vision impairments. Amazon has ECHO, a home voice command device, Samsung has a smart TV which listens to voice commands, and Sony has their smart watch with voice commands.



Bridging these gaps between seniors and technology can also be a challenge for caregivers sometimes, given the limitations that vision loss can have on using devices. But once these hurdles are cleared, research shows that adults older than 65 using smartphones or other electronic devices are more likely to become daily internet users. While some seniors may be reluctant to adopt technology due to their limitations, caregivers can help by doing a few simple things:

- Avoid complex devices with distracting features.
- Use technology that accommodates physical limitations.
- Choose devices relevant to user needs and values.
- Encourage technology that is socially rewarding.
- Be their technical support.

Once on the internet, seniors using devices with social media apps, such as Facebook, Instagram, and Twitter, are more in touch and engaged with others. Forrester Research also showed in their report, "Digital Seniors", that 60 percent of all U.S. seniors (those 65 and older) are online and, of those, roughly half are also using Facebook. "Many people have the misunderstanding that seniors are averse to technology. I don't find that true at all," said registered nurse, Kari Wheeling. "It's the simpler things like Arthur-itis, or forgetting their glasses on their head, that gets in the way." ■

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Is Assisted Living a Negative?

by Regency Hualalai Staff

Despite the great advancements in retirement community resident care in recent years—some through government involvement, but most through business owners seeking to create a better quality of life for seniors—one of the challenges faced when discussing senior living options is the negative stigma that immediately comes to mind about "assisted living."

This stigma is primarily due to confusion about the different senior care options available. Many people think that seniors will lose their independence in an assisted living environment or not receive adequate care.

Mike Wong experienced this personally last year when his father, Rodney, faced medical issues requiring placement in a skilled nursing facility, where 24-hour nursing care would be available. Mike faced a dilemma, as the primary caregiver for both Rodney and his wife, Pat, was Rodney.

Should his father be placed in a skilled nursing facility or could his parents move together to an assisted living community that also offered 24-hour care?

Mike explains, "It was important to all of us that my parents' lifestyles would not be negatively impacted. The decision was challenging, and we had difficult conversations as a family as we negotiated our transition. Both are now happy and have found their groove in the community. I am overjoyed that my parents are happy. I see them thriving!" ■



Pat and Rodney

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Family Caregivers' R & R

by Annette Pang, Life Transition Adviser

It's a mistake for family caregivers to forget about their own well-being while caring for their loved ones. Many feel guilty for taking time off for a spa day or a staycation. I encourage them to accept it's perfectly OK to get away and return reinvigorated and refreshed.

I also endorse going on escapades, like Neighbor Island trips or to faraway places, via tour groups, private treks or whatever suits your preferences.

One of the biggest regrets Baby Boomers have is an unfulfilled bucket list because they had other obligations. Maybe it's time to ask for support from family members to care for loved ones while you fulfill some of those dreams.

The key to a fun getaway is planning. For more than a decade, my husband and I have regularly crisscrossed the world with six couples we have known for over 50 years. The friend who plans out and leads our five-star dream itineraries



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researches ideas on the internet and in YouTube videos, and he negotiates with local vendors, hoteliers and tour guides to keep costs down.

Make your motto: *Live and die without regrets — and take time off, before it's too late.* ■

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Respiratory Care: Breathing Exercises

by Kelika Ishol, Dir. of Community Relations & Resource Development, Care Center of Honolulu

In the last issue we discussed how people diagnosed with chronic respiratory failure and chronic obstructive pulmonary disease (COPD) are at higher risk for infection. This issue, we focus on ways to ease their breathing problems.

Struggling to breathe forces the body to start using neck, stomach, back and chest muscles. They hurt as badly as after a fully body workout!

Two exercises on the American Lung Association's website help strengthen lungs:

Pursed Lip Breathing

This exercise reduces the number of breaths you take and keeps your airways open longer. More air is able to flow in and out of your lungs, so you can be more physically active. To practice it, simply breathe in through your nose and breathe out at least twice as long through your mouth, with pursed lips.¹

Belly Breathing, aka Diaphragmic Breathing

As with pursed lip breathing, start by breathing in through your nose. Pay attention to how your belly fills up with air. You can put your hands lightly on your stomach, or place a tissue box on it, so you can be aware of your belly rising and falling. Breathe out through your mouth at least two to three times as long as your inhale. Be sure to relax your neck and shoulders as you retrain your diaphragm to take on the work of helping to fill and empty your lungs.¹ ■

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1 American Lung Association Breathing Exercises:
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Disability Benefits Q&A

by Jane Burigay, Social Security Public Affairs Specialist in Hawai'i

Q: I'm applying for disability benefits. Do I automatically receive Medicare benefits if I'm approved for disability benefits?

A: You will receive Medicare after you receive disability benefits for 24 months. When you become eligible for disability benefits, we will automatically enroll you in Medicare. We start counting the 24 months from the month you were entitled to receive disability, not the month when you received your first payment. Special rules apply to people with permanent kidney failure and those with "Lou Gehrig's Disease" (amyotrophic lateral sclerosis). Learn more about Social Security disability benefits by reading our publication at www.socialsecurity.gov/pubs/10029.html.



Q: I have been getting Social Security disability benefits for many years. I'm about to hit my full retirement age. What will happen to my disability benefits?

A: When you reach "full retirement age" we will switch you from disability to retirement benefits. But you won't even notice the change because your benefit amount will stay the same. It's just that when you reach retirement age, we consider you to be a "retiree" and not a disability beneficiary. To learn more, visit our website at www.socialsecurity.gov/disability ■

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Parting With Treasured Belongings

by Cynthia Arnold, Vice President of Senior Move Managers/De-clutter Hawaii

Have you heard these questions before: "How do I get my Mom to let go of her things?", "Why does my Dad not want to get rid of his junk?" and "I'm not making much progress with them, what am I doing wrong?" Most times the answer isn't black and white, as it really depends on the emotional attachment a person has to those items. Every item has a memory or a story that tugs at their heart, and for those reasons, they can't get rid of them.

So how do you help family members let go of what they treasure when the need arises to downsize to a smaller home or simply de-clutter the one they are living in now? One way is to ask neutral questions like:

"When was the last time you used it?"

"How often do you use those items?"

"When will you use it again?"

Another way is to bring in professionals. They will ask those same questions of clients as they work through years of personal belongings. They understand that people have a hard time letting go, but they also have an unbiased opinion about the actual value, rather than the perceived value, of those treasures. ■



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If Inflation Returns, Are You Ready?

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

Inflation is the normal state of affairs in the U.S. economy. Most economists consider an annual increase in the cost-of-living of two or three percent per year to be a manageable level of inflation. This increase usually is a good trend, because it is an indication of a growing economy.

While inflation has not been a concern in recent decades, the 1970s and early 1980s are remembered as a time when inflation created major economic challenges. In some years during this timeframe, the cost-of-living (as measured by the Consumer Price Index or CPI) increased more than 10 percent per year.

Signs of an inflation uptick

Through much of the current economic recovery, which began nine years ago, inflation has remained modest. Some economists and analysts believe this could change going forward. One key factor that could contribute to an accelerated inflation rate is the unemployment rate, which dipped to its lowest level in years. This may mean employers will have to start offering higher wages to attract and retain qualified staff, which could trigger higher inflation. Another contributing factor could be that most global economies are simultaneously experiencing economic growth. This synchronized expansion may continue to stimulate demand for products and services, leading to faster price increases. Investors are also watching for the impact of the recent tax reform legislation, which could contribute to inflation should consumers spend more and prices rise.

Watch the Federal Reserve

Follow actions taken by the Federal Reserve (the Fed). It targets an annual inflation rate of 2 percent, a goal it has had little difficulty maintaining in recent years. If the Fed begins lifting the short-term interest rates it controls more quickly than expected, it may be a sign that Fed policymakers are concerned that the threat of higher inflation is upon us. If the Fed raises rates quickly, consumers could see rising interest rates and a more volatile stock market.

The potential impact on your bottom line

While no one can predict what will happen in the future, you should consider how to respond to a changing environment for living costs. If inflation increases rapidly, the impact can be dramatic for consumers. When prices of everyday items begin to noticeably increase, consumers could have less disposable income. The greatest impact can often be on big-ticket items. For example, the price of houses or cars could begin to climb. In select housing markets, this has already happened even though the broader inflation rate has, at least until now, remained subdued.

Does that mean you should quickly adjust your spending? While it may seem prudent, you must be careful not to let short-term economic trends overly influence your long-term financial strategy.

Prepare your portfolio

In what has generally been a period of low inflation (the 1980s through now), stocks and bonds have both performed consistently well. In the 1970s, when inflation was much higher, stocks lagged their historical averages and bonds were negatively affected by rising interest rates.

If inflation rises, interest rates historically have tended to follow that trend. If inflation should begin to accelerate, bond yields may as well. This could hurt bond investors, as existing bond holdings can lose value when yields rise in the broader bond market.

If you are concerned that inflation risks will become a concern, this may be a good time to review your portfolio with your financial advisor. ■

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Mastering Change

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



Class reunions are poignant reminders of change. With each passing year, our classmates grow a little grayer, perhaps a little balder, and maybe a little more expansive at the midsection. Good thing we are not like our classmates, right? Actually, we are. Father Time is catching up with all of us. That sobering fact should inspire us to reflect each year on our estate plans and whether they still do what we want them to do.

No matter how well we plan, our estate plans are going to veer off course. It is impossible to predict when that will happen, but it will. Ironically, change is one of the few constants in our lives. If we want our estate plans to work when they are called upon, we need to review them at least annually and keep them as up-to-date as we can. Here's why.

The law changes

Our estate plans are subject to federal, state, and county laws, regulations, and ordinances, not to mention court decisions. The government seems to love changing the rules on us. Keeping up with those changes is critical, but difficult for the average person who does not deal with the law and stay current with its variations. Thus, we should consult the folks who do stay on top of those things (our estate planning attorneys, financial planners, and certified public accountants)

about the changes that may require revisions to our estate planning documents and, perhaps, the estate planning strategies that have worked for us in the past but are now inadequate.

Our health changes

Not to rub it in here, but with age can come changes that impact our ability to make sound decisions and handle assets for ourselves and our loved ones. About 70 percent of us are going to be completely incapacitated for some period in our lives, and we need to have safeguards in place to address those kinds of eventualities. As our health changes, our estate plans may need to change.

Our financial situation changes

Over time, as we acquire and divest ourselves of assets, the assumptions that underlie our estate plans may go out of date. For example, I may have removed my residence from my trust in order to secure a home equity line of credit. If I don't remember to put it back into my trust after the credit line becomes effective, my home may need to go through probate before it can be passed on to my loved ones. That can come as an unpleasant — but preventable — surprise.

Our relationships change

If you are like most people, the list of people you trust to make decisions on your behalf has changed over the past 10 years. Wouldn't it be a good idea for your estate plan to reflect your current list? Having the wrong trustee can turn out to be a disaster.

Reviewing your estate plan annually is like changing the oil in your car or seeing your dentist every six months. You don't have to do any of those things, but you will have much better outcomes if you do. ■

SCOTT MAKUAKANE, Counselor at Law
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What do all Those Designations Mean?

by Percy Ihara, Generations Magazine Publisher/Editor

In today's world of wondering whether information is reliable or not, it is critical to protect our kūpuna and their families. You may hear or see an advertisement for a business professional with a bunch of initials after their name and wonder what do all those initials really mean? Does it mean they know more than another professional, are they certified to sell more things or is it just a way to market themselves more?

There are literally hundreds of business professional designations with initials that you see after a person's name.

To make sense of this alphabet soup of financial and other designations, you need to find out about the educational and certifying process for those designations. Then you can decide whose certification can be relied upon.

Certification of competence in a specified subject or areas of expertise, and of the integrity of an agency, firm, group, or person is awarded by a duly recognized and respected accrediting organization.

What to look for in checking out designations is an "Accredited Designation." This means the professional is required to do continuing education on an annual basis and not just take a test once and use the designation for life. It is vitally important to check the professional out on the state Department of Commerce and Consumer Affairs (DCCA) website at www.cca.hawaii.gov or call 808-587-3222, and with the industry's professional association.

Step 1: Ask "Are you licensed to sell me this product or service?"

Legitimate business professionals—including brokers, investment advisers, insurance and real estate agents—must be licensed with the state Department of Commerce and Consumer Affairs and in "good standing." If they say they aren't licensed, say goodbye—and don't buy.

The DCCA's Professional & Vocational Licensing Division licenses 51 different professions and vocations, and has a database you can search using the name of the business or individual:

www.pvl.hawaii.gov/pvlsearch/

Step 2: Check if the designation is accredited.

Many state securities and insurance regulators do not allow financial professionals to use a designation—in particular a "senior" designation—unless it has been accredited by either the American National Standards Institute (ANSI) or the National Commission for Certifying Agencies.

Numerous state regulators also allow financial professionals to use a designation if the organization that awards the designation is on the Department of Education's list of Accredited Agencies, and the designation does not primarily apply to sales and/or marketing.

It is always good practice to take the time to look into the accreditation of the professionals you turn to for advice before applying your trust, in order to protect your own valuable resources. ■

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Our Care, Our Choice

by Stephen B. Yim, Attorney at Law

Before you panic about the new "Hawai'i Aid in Dying Law," it's a great law but not for the reasons you may think.

Governor Ige signed the Our Care, Our Choice Act on April 5, 2018 and it will become law on January 1, 2019. The new law's purpose is to establish a regulated process whereby a mentally competent adult resident of Hawai'i with a terminal illness and less than six months to live may choose to end life with a prescription.

The Act provides that any individual desiring to take advantage of this law must first go to counseling, and this is where the true benefit of this law rests. Studies performed in California found that going through this regulated process ultimately rendered the drugs unnecessary.

The studies revealed that, of those seeking assisted death only a quarter actually did so once engaged in the mandatory counseling process. For

the first time, a qualified professional took the time to find out what distressed them, what quality of life meant to them, and in doing so helped them gain control of their lives, resulting in better quality of care.

In all areas of estate planning whether it relates to finances, health care, end of life decisions or who gets what, when and why, the key to successful estate planning—ensuring that your intentions are honored—is through the process of deep reflection as to what is meaningful to you, and then engaging in crucial conversations with loved ones, care providers, and other professionals. It is never simply the making of a document. ■

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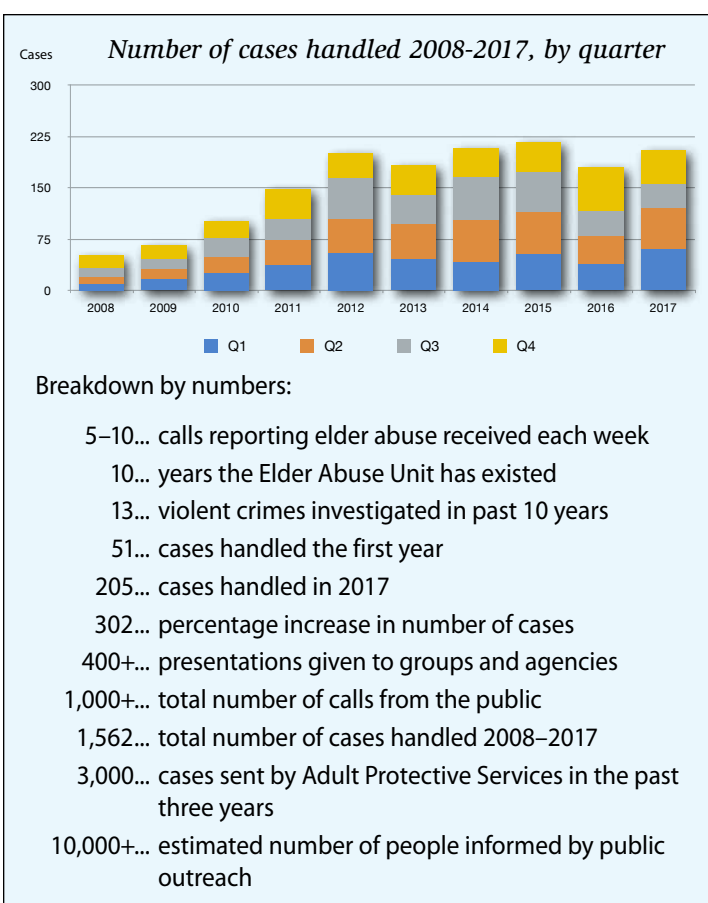
by Scott Spallina, Senior Deputy Prosecuting Attorney

I went to law school because math wasn't my strength and I liked to argue (just ask my wife on both accounts). In considering my dislike of figures, it's ironic that I am often asked to summarize my work in numbers.

I have been with the Prosecutor's Office now for over 22 years, and 10 years ago created the Elder Abuse Unit. This unit was the first (and still is the only) team in Hawai'i dedicated to prosecuting felony offenses where the victims were 60 years of age or older. At the beginning of it all, there was only one attorney (me) and one staff member. Over the years, however, we have grown to four attorneys, two staff, one paralegal, and two student interns (in total we have had 32 volunteer student interns over the years).

The cases we handle include everything from property crimes like burglary and auto thefts to sex assaults (there is a rape trial going on right now as I write this article) to violent crimes, including murder. In most cases—whether referred to us by Adult Protective Services or received directly—people do not want to get the police involved. National studies show that only 1 in 25 elder abuse cases are reported to the police.

One thing I wanted the Elder Abuse Unit to be was a resource for educating the public about elder abuse and providing information about preventing one from being a victim of this crime. Besides giving free presentations and trainings to various groups and agencies, our unit has had an information booth at The Good Life Expo (Hawai'i Seniors' Fair) for the past nine years. Attendance at that event ranges from 20,000 to 26,000 people each year.



Lastly, I have written 28 articles about elder abuse for Generations Magazine over the years (all issues can be found online at www.generations808.com). Now it is 29 articles. ■

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

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Salesman or Scammer?

by Jason Kama, Hawaii Marketplace Manager, Better Business Bureau Northwest + Pacific

In Hawai'i, we must always be on the lookout for scammers going door to door posing as trustworthy salespeople. They may be offering lawn care, home improvement services, alarm systems, and more, and also pretending to be legitimate companies just to get you to trust them.

Five tips to help protect you and your home

1) Research. Ask for identification such as a permit, business license or business card. Research the company through www.BBB.org to view what their complaint history is and their BBB rating.

2) Resist pressure. Do they need an answer now? Avoid sellers who encourage you to sign a contract or put down a deposit right away.

3) Obtain everything in writing. If you decide to do business with a door-to-door salesperson make sure you get everything in writing.

4) Know your rights. Under Hawai'i's law on

door-to-door sales, a buyer is entitled to a full refund if a cancellation notice is sent in writing within three business days.

5) Pay using a credit card. Payment by credit card is the safest method since certain consumer protections are provided. Make sure you obtain a receipt that documents any payments that are made and keep it for your records.

Most importantly, stay safe. If a salesperson or contractor gets irate, difficult, or if you feel unsafe in any way, close the door and call the police. ■

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Warmly,
Siri Tsuda

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