

GENERATIONS

HAWAII'S RESOURCE FOR LIFE

MAGAZINE | VOL 8/6 • DEC/JAN 2019

Runnin' on Aloha with Carole Kai



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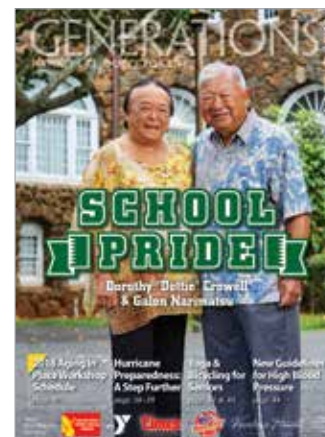
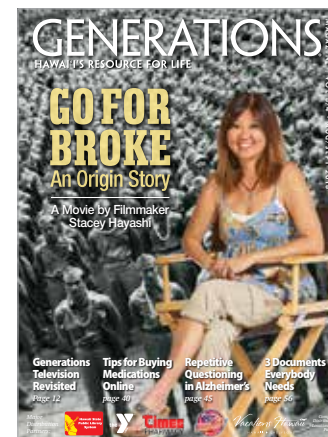
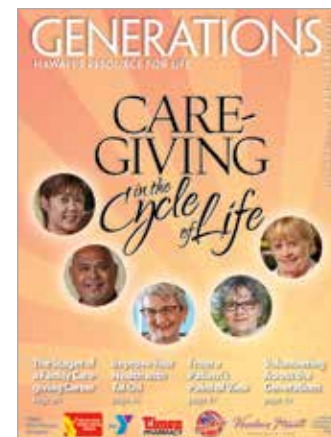
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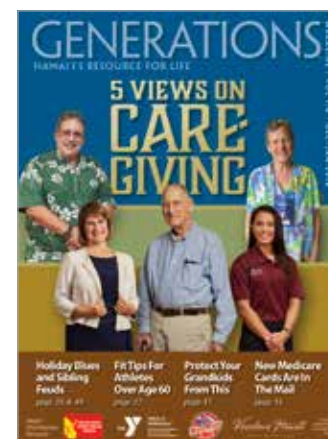
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As we near the end of one year and look forward to a new one, two things come readily to mind: time with family and friends at holiday gatherings and making a fresh start on achieving what matters to us.

Our cover story (p. 28) and Men's Column (p. 24) profile two people whose achievements will inspire you to "go the extra mile"—Carole Kai, who created the Great Aloha Run, and Ed Gayagas, who has completed the GAR every year since it began, including when he was battling a serious illness. Mark your calendar for the 2019 Great Aloha Run (Feb. 18) and its associated Silver Streaks Sunrise Walk (Feb. 9). And don't forget to check out the associated GAR Expo at the Neal Blaisdell Exhibition Hall on Feb. 16–17.

Perhaps widening your horizons with the visual and performing arts is high on your agenda for 2019. On Maui, Feb. 16–24, you will be able to watch artists in action at a number of outdoor venues (p. 40). At O'ahu's Mānoa Valley Theatre, Feb. 17–18 at 7:30pm, you can catch a performance of "Aging is Not for Sissies—Revisited with Men & Music," written by the author of our Women's Column (p. 25).

No matter what goals you set for yourself in the New Year, you can increase your chance of reaching them by starting out with a realistic plan. The tips our experts have given about setting financial (p. 63) and exercise (p. 23) goals are useful for any aspect of our lives. I'll certainly be taking heed of them, and I hope you will too.

We also introduce you to some innovative ways to enhance your well-being—both mental (p. 50) and physical (p. 49). Much of it is based on new scientific research and I urge you to do your own research into the new discoveries and claims made and, of course, to consult your physician or pharmacist before embarking on any new exercise or health regime.

One of my goals for the New Year will be to participate in fun activities that expand my social circle and stretch my brain. Every island in Hawai'i has many opportunities for doing this, so be adventurous and explore what's available where you live.

If you or someone you know has a favorite activity they enjoy with others and want to share it with GM readers, please drop me a line at rosa@generations808.com so we can highlight it.

Most of all, be kind—to yourself and others—enjoy the festivities and have a wonderful New Year!



Aloha and mālama pono,
Rosa Barker, Associate Editor

Answers: Word Search, p. 70



PERCY IHARA
Editor/Publisher
Percy@Generations808.com

ROSA BARKER
Associate Editor
Rosa@Generations808.com

SHERRY GOYA
Sales & Distribution
808-722-8487
SGoyaLLC@aol.com

WILSON ANGEL
Art Director
Wilson@Generations808.com

BRIAN SUDA
Photographer
Brian@BrianSuda.com

MAHLON MOORE
Webmaster
Mahlon@Generations808.com

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Who's Behind Generations Magazine?

Our dedicated writers. *Generations Magazine* relies on Hawai'i's experts—from financial and legal advisors to healthcare professionals and grandparents—to write articles that are important to seniors and their families. Here are some of the faces behind the scenes:



PAT BEMIS has been a registered nurse for 45 years and has a master's degree in nursing. Besides teaching the *Positive Approach to Care™* in the community, she enjoys volunteering with AARP, is a board member of Hawai'i Parkinson Association, and a speaker for Kākou Mau. Pat is also a caregiver for her husband and mother.



CAT SAWAI is the Center Manager for Body&Brain Yoga Tai Chi Health Centers, Kaimuki. Body&Brain has been in Hawai'i for more than 20 years and Cat has been an instructor with them since October, 2010, becoming the Kaimuki Studio Center Manager in February, 2014. Her education background includes a Bachelor of Science in Engineering and a Master of Public Administration.



DR. ED CAMPBELL, originally from Hawai'i, is a board certified anesthesiologist. He has been practicing medicine for the last 16 years. He has worked throughout the US and holds nine state licenses. A serial entrepreneur he has the only mobile anesthesia service and the only mobile IV hydration service in the state. He also started Novel Medical Solutions which brings unique medical therapies to Hawai'i.



WENDY SUITE is a writer, designer, photographer, aspiring inventor, and television, video, and film producer. Her credits include assistant production coordinator on "Go For Broke" and she wrote the *Generations* cover story about that film for the Aug/Sep 2018 issue. Wendy lives on O'ahu, where she enjoys mentoring college students in digital media content production.



ANTHONY CHRISCO earned his BSc in Physical Ed. at CSU-Sacramento in 1994 and has been a nationally certified personal trainer for 24 years, specializing in post-rehabilitation. He writes and teaches continuing education courses for the National Academy of Sports Medicine and the American Council on Exercise. A founding member of the Fascia Research Society, he invented the Fascianator Roller and Fascianation Method of Self-Myofascial Release.



DR. SHAWN TALBOTT received dual bachelor's degrees in Sports Medicine and Fitness Management from Marietta College, his master's in Exercise Science from the University of Massachusetts, and his PhD in Nutritional Biochemistry from Rutgers University. His work to educate people about nutrition and health has been featured on "The Dr. Oz Show," the TED stage, and at the White House.



KEELY ANN KALAMA-LAKEY, MS, has been writing about healthcare for 25 years. Raised in Pearl City, she earned bachelor's and master's degrees in communications with a focus on persuasive writing. As a freelance writer and former communications director, Keely's work focuses on improving healthcare for patients and physicians. She is a married mom of three boys and cared for her parents during their final years.



KRISTINA WONG leads the Home Care by ALTRES Medical team as personnel and care manager. She's worked in the medical field since 2005. Her job is to develop tailored care plans based on the individual needs of each client and manage all aspects of home care service. Kristina continually strives for excellence and takes pride in knowing that the level of coordinated care provided by Home Care by ALTRES Medical is second to none.

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.

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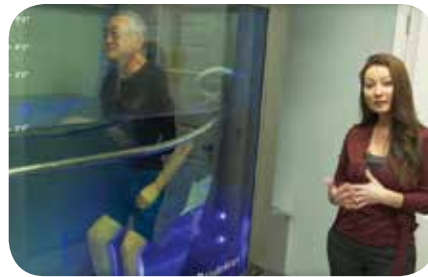
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Generations TV Revisited **SPECTRUM OC16**



Healthy Meal Tip S1 E6

Staying healthy means eating healthy but often the process of preparing a healthy meal is far more complicated than what most of us want to deal with. In this episode, Chef Michi shows you how easy it is to assemble a salad from common ingredients that you probably have on hand as well as two store-prepared items. Combining pesto sauce, cheese tortellini, spinach and tomatoes, you'll have a healthy meal in just minutes that's not only satisfying, but colorful as well! ■



Muscle Strength S1 E10

One of our helpful partners at *Generations* is Physical Therapist Julie Moon, who offers tips for seniors in many episodes of *Generations TV*. In this segment, Julie employs the help of her father to explain how to build and maintain muscle strength while in the pool. Julie and her dad will show you how to get from a sitting position to standing straight but by letting water provide support. It's a simple exercise but when done properly can be very beneficial. ■



Lanakila Senior Center S1 E13

Among the important duties seniors have is to stay healthy through regular exercise but exercising alone at home can be boring and unmotivated. Hundreds of O'ahu seniors, though, prefer to get their workout at the Lanakila Multi-Purpose Senior Center. We feature the wide variety of exercise options available to seniors—from Tai Chi to hula dancing—and highlight other activities offered at Lanakila, including ukulele lessons, language programs, and arts and crafts. ■



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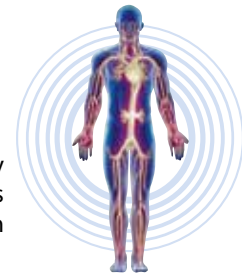


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Why It's So Important

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- organ function
- skin health
- blood flow to the extremities
- brain function and mental performance
- the immune system and metabolism

When blood flow is restricted, it can cause a host of problems.

Common Symptoms of Poor Circulation

If you have poor circulation, blood flow is compromised - your organs (including the heart and the brain) aren't receiving all the nutrients they need to function properly. Poor circulation may be a sign of a more serious condition and can potentially be life threatening.

• Numbness, Loss of Sensation, Tingling in Hands or Feet

Insufficient blood flow to the extremities may result in a sensation of pins and needles, numbness or tingling.

• Coldness in Hands or Feet

If blood cannot flow at healthy rates, temperature fluctuations may occur in the skin and nerve endings of the hands and feet. People with poor circulation may feel cold more often.

• Fatigue or Low Energy

Poor circulation may affect energy levels and can cause fatigue, as the heart must pump harder when circulation is poor.

• Swelling in the Feet, Legs or Fingers

Inadequate blood circulation can cause fluid to accumulate in the legs, ankles, and feet. Symptoms of edema include:

- heaviness and swelling
- tight, warm skin
- stiff joints
- pain in affected areas

• Leg or Foot Ulcers, Wounds That Aren't Healing

Poor circulation affects the body's ability to heal, which can lead to ulcers in the legs and feet. Ulcers can also develop when blood pools in the veins of the legs, which causes swelling beneath the skin.

• Joint Pain and Muscle Cramps

Restricted blood flow can cause pain in the legs, feet, arms, and hands. When blood does not circulate properly, oxygen and nutrients cannot reach tissues effectively, and stiffness, pain and cramping may result.

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What I've Learned...Thus Far

by Percy Ihara, Editor/Publisher, Generations Magazine

What I've learned is about just that: What I've learned these past 16+ years since I entered this field called "aging." I was 42 years old and didn't know a whole lot about retirement planning, Social Security or health issues, let alone caregiving and Alzheimer's. Most people in that age range don't think about this stuff; however, it is important to think ahead to when we get older and/or about our parents own aging and health issues.

As 58-year-olds we begin to have our own health issues. For example, many people over the age of 55 are taking some kind of medication to address high blood pressure and/or cholesterol as those problems are quite common among baby boomers. However, I am working hard to stay off the meds and stay active with playing softball, golf and many other sports-related activities.

golf and bowling clubs — even archery, tennis and pickleball leagues.



I've learned that pedestrian safety can't be taken lightly

As one of the first volunteer speakers on the topic, I know that all of us have to take pedestrian safety seriously. If you are a pedestrian, you need to be diligent when walking our streets, whether you are downtown or in your neighborhood. If a car is coming toward you, you need to look that driver in the eye and make eye contact and do not enter the crosswalk until you know they see you. Living their busy lives, drivers are rushing around to work, picking up their kids and/or on their phones. Just because you are in a crosswalk you are not totally safe as there are no concrete walls protecting you. ■



I've learned that most women and wives will outlive their spouses

So guys, be nice to your wives as they will be pushing your wheelchair and driving you to the doctor's office. You will wake up one morning and say to your wife, "Honey, I made 80 years old! Can I have my favorite breakfast of eggs, Portuguese sausage and rice?" Your wife will say, "No. Your doctors said you need to eat oatmeal and fruit." Guess what you will eat!



I've learned stress kills and causes such diseases as cancer, and other problems

Stress can lead to heart attacks and strokes. Why do you think most of the Medicare Advantage health plans come with "Free" YMCA, 24 Hour Fitness or Silver Sneakers memberships? They don't want you in the hospital and nor should you want that for yourself. Stress from work, your children or caregiving duties causes many of our chronic diseases, so exercise 30-40 minutes a day by walking, jogging, swimming. Play sports — there are a number of senior softball,

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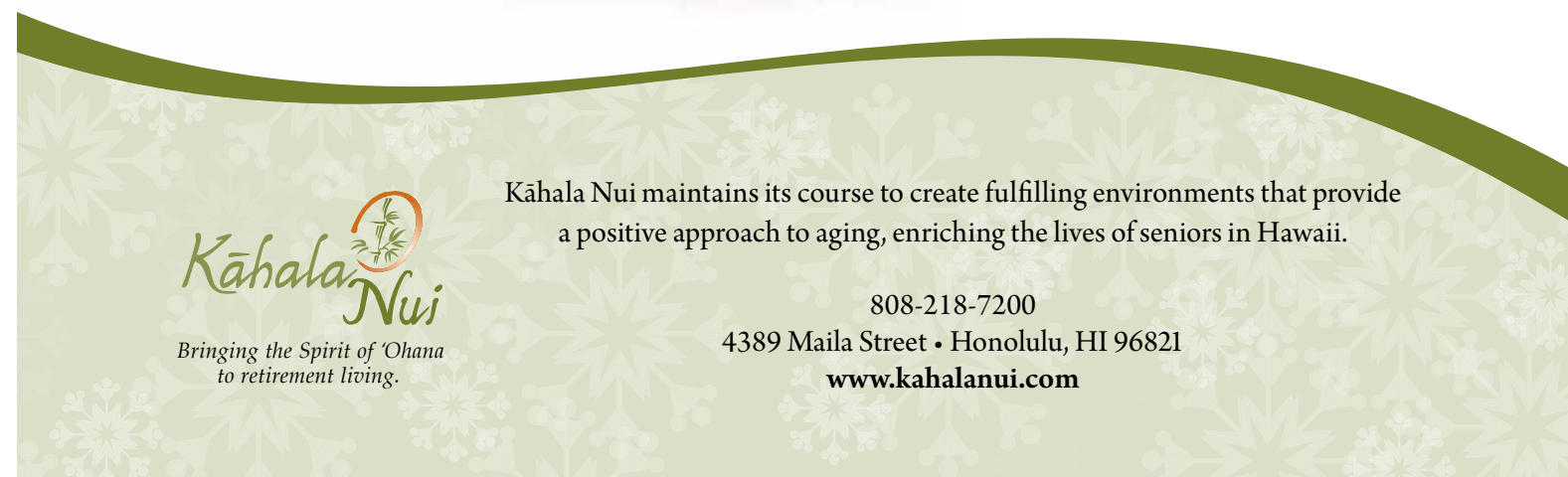
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Honolulu Commits to Being 'Age-Friendly'

by Christy Nishita, PhD, Consultant, Age-Friendly Honolulu & Gerontologist, UH Center on Aging



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(L-R): Pam Witty-Oakland, Mayor Kirk Caldwell, Christy Nishita, Frank Streed (back row), Barbara Kim Stanton, Dave Underriner (back row), Councilmember Ann Kobayashi, Councilmember Kymberly Pine, Momi Cazimero, Tom Dinell

The Age-Friendly Honolulu Initiative has a vision to create a livable city that is inclusive to persons of all ages and abilities. For our kūpuna, the initiative strives to maximize opportunities for active aging, independence and community engagement. Since 2014, the Age-Friendly Honolulu Initiative, supported by Mayor Caldwell and AARP Hawaii, has involved hundreds of individuals from the public and private sector in the planning and implementation process.

On October 11, 2018, the Age-Friendly Honolulu Initiative celebrated a milestone event, Mayor Caldwell's signing of Bill 54 (2018), Relating to Age-Friendly Honolulu. The passage of this ordinance signifies a commitment by the City and County of Honolulu to be "age-friendly." The celebration event also recognized all those involved over the past several years and highlighted successes thus far including the development of a

Pedestrian Crossing Survey App, the work of Dementia Friends Hawaii, and the launch of the Kind2Kūpuna Business Program.

In the months ahead, the Age-Friendly Honolulu Initiative will proceed with implementation of the ordinance. The ordinance requires "all city departments to encourage and incorporate age-friendly city features in the planning, budgeting, design, construction, implementation, operation, and evaluation of city programs, services, facilities, and projects." In addition, the Age-Friendly Honolulu Initiative will also establish an advisory board, train city department staff on age-friendly principles, and evaluate progress toward age-friendly goals. ■

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100 Years on Kuakini Street

by Donda D. Spiker, APR, Manager, Marketing and Public Relations



In September 2018, Kuakini Medical Center celebrated the 100th anniversary of its move from Liliha Street to its present location on Kuakini. Established in 1900, the medical facility has seen many changes during its 118 years of existence.

The Japanese Benevolent Society opened The Japanese Charity Hospital in Kapalama in July 1900. It was a two-story wooden building with 38 beds, where free medical care was provided to Japanese immigrant sugar workers. In 1902, the hospital moved to a larger site on Liliha Street and soon began providing care for more than just the destitute and sick.

On September 27, 1918, the hospital moved 37 patients by car and ambulance to a 16-building campus on Kuakini Street (pictured). At that time, with 120 beds and a staff of 15 physicians, it was the second-largest hospital in Hawai'i.

That hospital is now known as Kuakini Medical Center—a licensed and accredited medical/surgical facility with services such as ambulatory care, emergency services, oncology and cardiovascular services, an orthopedic and spine center, sleep center, and renowned biomedical research programs.

With a history of 118 years of caring, Kuakini is committed to maintaining the legacy of its founders by providing safe and high-quality care to the people of Hawai'i and improving the health status of the community. ■

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Memories Don't Fade

by Sherry Goya, Generations Magazine



was shot in the head and killed while standing next to him, and a mortar shell that fell next to him didn't explode.

Hidenobu remembers going to Chicago on the GI Bill to learn more about the radio at a technical school. While there, he met and married a

Born in October 1918 in Kapa'a, Hidenobu Hiyane remembers growing up on Kaua'i and graduating from McKinley High School in 1937. He served with the 100th Battalion as a radio operator, and was very lucky while serving in Europe and France: An officer using the radio

Waipahu woman, both returning home to be with her dying mother. Two daughters were born in Hawai'i, and he has three grandsons living in California. Hidenobu worked for the Army as an Electronic Maintenance/Radio Operator for 30 years and repaired donated electrical items at the Salvation Army for 12.

Besides being very lucky, he does not take any medication nor wear glasses. He said that for many years he has cut and blended aloe leaves with water and drinks it every day. He also eats leaves from a moringa tree in a variety of dishes.

To keep his mind sharp, Hidenobu does Word Search puzzles and listens on his ham radio, deciphering Morse code from all over the world. His memory amazes me, as he said he left the Army on April 13, 1945, the day after Franklin D. Roosevelt died. ■

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How to Make WORK...WORK for You!

by Carleen MacKay, Emerging Workforce Expert



If you are 50, 60, 70 or 80 today and need—or want—to continue to work, there is an exciting, fast-rising world emerging; a world filled with new ways of working and earning *your way* in Hawai'i!

FREELANCING is the first viable work choice we will consider. If ever there was an opportunity for qualified, older workers, freelancing is it! Age is not a barrier; current market-driven qualifications determine eligibility. Freelancers include independent contractors, moonlighters, temps, and diversified workers who have multiple skills needed by multiple employers. And, no, freelancing is not free. You charge by the hour or by the project.

Before investigating selling your work or service by the hour, day or project as a freelancer, ask yourself: which of the following reasons to continue to work matter to you:

- ◆ I can't imagine NOT working later in life as life expectancy is rising exponentially and continuing to work just makes common sense.
- ◆ I am having a great deal of difficulty finding a "job" at this stage of life, but I need a continued income stream and can't afford to quit earning.
- ◆ I believe that continuing to work, in some capacity, adds a health and social benefit to my well-being.
- ◆ I look forward to the work and life balance that freelancing offers.

Ideas to Explore

Get yourself schooled in what freelancing is and what it can do for your career. Read what Daniel Pink, an author, futurist and expert, wrote in his book *Free Agent Nation* about free agency vs. jobs.

Spend a few minutes each day reading additional information that will help you to get com-

fortable with freelancing as a worthwhile career choice. Learn more through *Forbes* magazine, *The Economist* and *Hawaii Business* magazine.

Check out your skills against advertised opportunities and remember that learning new skills is everyone's challenge as the world changes. AARP, local community colleges, the public libraries, adult schools (such as the McKinley Community School for Adults on O'ahu) offer a full range of skills development. They are a step away from your phone. ■

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How My Watch Helped Me Set Goals

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

I have learned a lot about setting goals from interacting with my smart-watch! The S.M.A.R.T. approach to setting goals has been around far longer than smartwatches, but the watches demonstrate perfectly the basic S.M.A.R.T. concepts originally created in 1981 by George T. Doran as a management tool but relevant for any type of goal.

You can use the S.M.A.R.T. approach just as well with lo-tech pen and paper, but here is how my computerized watch helps me to set goals specifically for physical activity:

SPECIFIC: Clearly state the goal you want to achieve. Previous vague promises to myself to increase physical activity did not work. My watch defines specific goals for each day: 30 minutes of exercise, one minute per hour of standing, and 300 calories worth of movement. Plus it reports my number of steps for the day!

MEASURABLE: Each day my watch measures and tells me what I've achieved in each category of activity, e.g., number of minutes I've spent exercising and standing and number of calories burned in general movement, using three rings to show my progress. For example, if I've exercised for 30 minutes, the watch alerts me with slight pressure to my wrist, a faint chime, and the quick flash of a swirling green celebratory ring. It then provides a brief message, e.g., "You've reached your exercise goal, Peggy! Good work!" Personalized feedback and positive reinforcement help!

ATTAINABLE: The watch was calibrated to set initial goals based on my size and age. At first, my movement goal was 230 calories/day. I consistently achieved that, so the watch upped it to 300 calories, attainable but with a bit more challenge.

REALISTIC: I have to admit, I don't always make my goals. However, my watch doesn't berate me when I slip up. Next day, it encourages me by reminding me I completed a weekly goal, or that I still have time to meet today's.



TIME-RELATED: Everything stops at midnight, when all three progress rings in whatever stage of completion melt away, and I am back to square one. I can refer to my weekly or monthly log, which helps me see the patterns of my activity, providing more feedback to help me adjust my exercise habits.

Before deciding on your own fitness goals, discuss them with your healthcare provider first. Happy goal-setting! ■

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Ed Gayagas: 'Don't Give Up!'

by Mahlon Moore, Generations Magazine



Find something you're passionate about and stick with it! That's the advice Ed Gayagas has followed for himself and the message he passes along to others.

Ed lives on O'ahu with his

wife Norma and for as long as he can remember his passion has been martial arts. Growing up on Kaua'i, Ed was a scrawny kid who avoided fights but once, when confronted by a bully, Ed decided "enough is enough" and started turning his life around with judo, jujitsu and taekwondo and the meditation practices those disciplines offer.

He also found a love for the military and began a 30-year career with the Army that lasted until he retired in 1989. Ed is now 79 and among his other accomplishments has participated in the Great Aloha Run every year since its inception in 1985. That perfect attendance record was nearly shattered last year, however, when Ed fell ill with a rare form of brain cancer, primary central nervous system lymphoma.

Doctors at both Tripler and Queen's confirmed the diagnosis and gave Ed only a four percent chance of survival if the inoperable tumor went untreated. So, Ed began months of chemotherapy that zapped him of his strength and energy.

But with the help of an early morning routine of exercise, meditation and deep breathing, along with a strong desire to compete again, Ed was able to cope with the chemo treatments. When they were over, Ed's strength returned, and he now plans to run again for real.

In last year's Great Aloha Run, Ed was unable to run the entire distance but ran as much as he could, then got in a wheelchair and was pushed along until he felt he had recovered enough to run some more. It took about three hours, but Ed was able to finish the race and chalk up another year.

Ed is relentless in his pursuit to be healthy and fit but other aspects of his life are no different than any other man of his age. In matters of diet, Ed tries to eat lots of vegetables but says he's no vegetarian. "Steak is my favorite, aside from sweets," Ed admits.

As for his meditation practices, Ed says he doesn't subscribe to one specific type of meditation—but rather has cherry-picked aspects of different philosophies that work for him. He encourages others to develop their own "style"—not only of meditation but also of exercise.

When asked if he ever thought that he would be diagnosed with a life-threatening disease, he replied emphatically, "No!" He always assumed he would be on a healthy path and always strove for optimum health.

"Don't give up!" Ed repeatedly advises. Advice that is certainly working for him. ■



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Embracing Change

A short story by Pratibha Eastwood, PhD, Licensed Psychologist

Maggie threw her pen at the computer. "Oh no! I can't find the email I just wrote to my grandson. I hate the computer! Why can't we go back to the way things used to be before the technology monster took over, when we talked to each other in person or on the phone?" Remembering she has friends to call, she picked up the phone and dialed her 81-year-old friend Toni. Toni would understand.

Maggie vented to Toni but heard only impassioned laughter. Finally, Toni gasped, "You know, Maggie, in the beginning I felt the same. I even thought to ignore my phone, let folks knock on my door like in the good old days. But then I saw a golden opportunity for us—brain exercises and memory boosters and unlimited learning we can do from home. Even better, the whole world is at our fingertips."

"But I don't know how to..."

Toni interrupted, "Hey, why don't you come over this afternoon? My genius grandson taught me. He'd be happy to teach you, too."

Relieved, Maggie said, "Oh, what a divine offer! Having time with Jesse, who I adore, and learning to conquer this monster and train my brain all at the same time?"

"Sure! Jesse loves you and feels so smart and important when he can help us!"

"I'm in!" Maggie chimed in enthusiastically. "I'm so happy to have a private tutor to stretch my brain! Now I'll be able to flow with the times. Can I bring my 'smart' phone and learn how to Instagram a photo to my grandson? I am looking forward to growing smarter and less confused."

"Sure."

Maggie hung up the phone before she remembered, "Now where is the message I was looking for? Where is the email I wrote? It disappeared. I'm so relieved I'm seeing Toni and Jesse this afternoon. I adore learning and new adventures. But it's the personal touch that makes all the difference. Like talking to a neighbor or inviting a friend for tea."

"What if Toni and I created a new training for the young as a gratitude for Jesse's generosity? We could teach them to slow down, greet the sun, and smell the roses. Maybe we can help change the whirlwind world stressing out the younger generations."

And so there you have it: my challenges of embracing change, which some wise person once said is the only constant. I wonder if the young will cross this bridge the same way. ■



Pratibha Eastwood is a psychologist in private practice and a writer, currently preoccupied with the impact of aging. She loves taking life to the limit or beyond at any age.

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Runnin' on Aloha with Carole Kai

by Wendy Suite

Feature photography by Brian Suda

From a very young age, Carole Kai showed a flair for the dramatic — sometimes pulling a bedsheet off the clothesline and holding it tightly across her shoulders while flying around the backyard like a superhero. Other times, she showed a more businesslike approach — like the time she hosted a boxing match in her backyard and sold tickets to neighborhood kids for 5 cents apiece.

Carole enjoys sharing stories like these when asked where her entrepreneurial spirit came from. She credits that to her mother. Throughout her life, Carole says, her constant motivation was to live the life her mother couldn't. "I just wanted to make her happy," she explains.

"My mother was a wonderful person. She really had dreams. But in those days..." Carole pauses to compose herself, and then begins describing Ethel Shimizu — a pretty teenager who became a single parent who worked at a barber shop for 50 years. "I remember she was always hanging up towels. So when I earned my first paycheck, the first thing I did was buy her a washing machine and dryer," Carole says with a smile. "And then I didn't have to hang up towels either."

Growing up in Kaka'ako, Carole was sometimes teased for being "different." In those days (the late '40s and early '50s), most of the kids in the neighborhood had a dad who went to work and a mom who stayed at home. But Carole's father had left the family when she was young. She says her mother seemed to work all the time. And her brother and sister were a lot older than she was. So Carole was often left home alone — which was another thing that made her different from most other kids.

Making a difference

More than being different from others, though, Carole has made a difference for others, awarding the Carole Kai Scholarship to deserving students at McKinley High School, and humbly accepting many honors herself, like these, for her role in promoting health and fitness, music and entertainment, and community service:

- "Carole Kai Day," proclaimed by Gov. David Ige
- "Aloha Is" Award for Community Service, at the Nā Hōkū Hanohano Awards
- Distinguished Alumni Award, presented by the University of Hawai'i
- Franklin Delano Roosevelt Award for Distinguished Community Service, awarded by the March of Dimes
- Communication and Leadership Award, from Hawaii's Toastmasters District 49
- 2018 American Patriot Award, from the Honolulu Council of the Navy League
- The Ihe Award, from the Hawaii Army Museum Society
- Mana O Ke Koa "Spirit of the Warrior" Community Service Award, from the U.S. Army, Pacific (USAR-PAC)



All pumped and ready to go are (L-R) Ed Gayagas, Jane Nakamura, Carole Kai, Frank Rochon and little Hisao Esera.

And Carole is especially proud of the achievements that have made a lasting difference in the lives of people in the community:

- the Great Aloha Run, which has given more than \$14 million to charitable causes, will celebrate its 35th year in 2019
- “Hawaii Stars” is celebrating its 25th anniversary in 2018
- the Carole Kai International Bed Race gave away more than \$2 million to charities in its 20 years

But while it might seem that Carole Kai has led a charmed life, the little girl from Kaka‘ako with big eyes and even bigger dreams who grew up to be one of Hawai‘i’s biggest stars, has faced her share of adversity. When Carole’s father left the family, he left them with the stigma of abandonment. Her grandparents shunned Carole and her siblings. And her mother had to give up her own dreams in order to raise her three children.

Carole has few memories of her father. “One story I remember about my father was when I asked him why my name has an E in it,” Carole says. “Other girls I knew that had my same name spelled it C-A-R-O-L. But my name ends with an E. And my dad told me, ‘Don’t you know? The E is for energy!’” Fluttering her eyelashes, Carole adds, “I guess I was an energetic little girl.”

E is for energy

Carole is one of those people who is filled with energy — constantly setting and achieving new goals. And she’s also one of those people who can fill up a room with energy — inspiring others to achieve their own personal goals by entering the Great Aloha Run and “Hawaii Stars.”

As co-founder and president of the Great Aloha Run, Carole leads a team of thousands of volunteers and dozens of businesses that give back to the community and support tens of thousands of participants in the annual charity run.

As co-star and executive producer of “Hawaii Stars,” Carole leads the sales efforts for the local

TV show that is “making stars shine” and joins co-star Kimo Kahoano in welcoming people to showcase their talents onstage and on TV.

And the common element in all of this is the energetic Carole Kai Onouye.

Today, at the age of 74, Carole continues to keep busy, working daily in the Great Aloha Run office in Iwilei and traveling (most recently to Peru) with husband Eddie Onouye, who’s a successful businessman and entrepreneur, and Carole’s high school sweetheart.

“Eddie was my first love,” Carole says, slowly, as she shares another one of her favorite stories. “He was my first boyfriend. And I was so in love.”



Carole and high school sweetheart Eddie celebrating an anniversary at Lake Como, Italy.

Eddie was the same age as Carole, and was making plans to go away to college after graduating from Farrington High School. “On his graduation night, he took me to a special place. I honestly thought he was going to propose to me,” Carole says softly, dipping her head to one side. Then she adds quickly, “But he dumped me.”

Twenty-five years later, in 1987, Carole Kai and Eddie Onouye were married.

Throughout those 25 years, between 1962 and 1987, their separate journeys took Carole and Eddie away from the islands and apart from one another, and ultimately gave them experiences and life lessons that made them who they are today.

Eddie studied engineering in college, volunteered for the draft and served in the Army, and became a successful, self-made businessman.

Life lessons

After Eddie left Hawai‘i, Carole focused her energies on music, which she had always loved. Her first job, at The House of Music near Ala Moana Centerstage, didn’t last long. Carole enjoys telling the story of telling a customer, “I’m sorry, the store is really underhanded,” when she really meant to say it was understaffed. “I got fired,” Carole says quickly. Decades later, that young teenager would find herself hosting a TV show and singing competition on that nearby Centerstage.

Carole’s mother Ethel encouraged her daughter’s talent, paying for piano lessons and dance classes. “She always told me, ‘Whatever you want to do, you can do it. And I’m there for you,’” says Carole, adding, “I had no fear of failure.” So, from a very early age, Carole believed that she could be and do anything she put her mind to. And for her, that was a career in music.

After graduating from McKinley High School, Carole earned a degree in music from the University of Hawai‘i at Mānoa. But she didn’t become a concert pianist as her mother had wished. “I wasn’t into practicing eight hours a day, all day, like some of the students in the music department,” Carole adds. “I’d rather be around people.”



Carole with her mom, Ethel, on graduation day, McKinley High School, Class of 1962.

Greene, George Carlin, and Don Rickles, and spent time with another girl from Hawai‘i, Elaine Okamura and her husband Wayne Newton.

Voted the “Most Talented” student at Washington Intermediate and McKinley High School, Carole was also named the “Most Promising Newcomer of the Year” in Las Vegas. And when she returned to Hawai‘i, she opened for Don Ho and later staged her own Vegas-style show.

In the late ‘90s, Carole joined forces with powerhouse singers Loyal Garner, Melveen Leed, and Nohelani Cypriano to perform and record as The Local Divas. That musical match-up was quite a way for Carole to end her professional musical career. But she has continued to shine onstage, on television, and in the community.

Throughout it all, the exuberant Carole Kai never let celebrity go to her head. Instead, she used that platform to “do good” for other people. “My mother was always working,” she says. “So she never had time to give back to the community. And that’s what drives me to do it now.”

“My mother always told me, ‘You cannot keep taking out of the well, because the well will become dry. So you have to always give back,’” Carole adds. And she’s lived by those words to this day.



Carole performed at the Hilton Hawaiian Village’s Garden Bar (1968 to mid ‘70s) with the Fabulous Krush and singers Sonya Mendez and Debbie Simpson.



The Carole Kai International Bed Race was a popular event that raised over \$2.5 million for charity from 1974–1994.

Giving back, with aloha

Through the Carole Kai International Bed Race, Carole invited the community to share in a fun event that raised millions of dollars for dozens of charities between 1974 and 1994. That included \$2 million raised for the Variety School, a school for children, teens, and young adults with learning differences. The Bed Race was a huge success, but Carole would make an even greater impact with her next venture.

In 1985, Carole launched a great new idea. The Great Aloha Run brought together nearly 12,000 participants who made their way along an 8.15-mile path from Aloha Tower to Aloha Stadium, making it the largest first-time running event in the world.

The event's instant success was a credit to its co-founders: Carole Kai Onouye and Dr. Jack Scaff, a renowned cardiologist known as the Father of the Honolulu Marathon.

To date, the Great Aloha Run and Carole Kai Charities have:

- generated over \$14 million in charitable giving
- benefited over 150 nonprofit health and human service organizations, the military, and community groups, and
- distributed 95 percent of its charitable donations within the State of Hawai'i.

In 2019, the Great Aloha Run will celebrate its 35th year. That's a major milestone for Hawai'i's largest participatory race — with more than 20,000 runners, joggers and walkers; over 4,000 volunteers; dozens of sponsors and donors; and only two full-time staff members.

"And we could not do the race without the input and guidance of our board members; Larry Okinaga, Randy Hiraki, Jean Hagi, Robin Campaniano, Ali Nikkhoo, Emi Anamizu, Stanford Carr and Mike McCartney," says Carole.

Walking the walk, running the run

Carole Kai Charities, which "runs" the Great Aloha Run is a nonprofit organization whose sole mission is to raise funds for charities in the State of Hawai'i. And the two people who "run" the office, Claire Nakamura Rochon and Brent Imonen, are a perfect complement to each other in skillset, mindset, and personality.

Claire works to maximize charitable giving by minimizing expenses, while Brent manages event operations and marketing, bringing new ideas to enhance the experience for participants.

"We solely exist to give money to charities," says Claire, listing a few of the expenses vital to operating a safe and profitable event: from T-shirts and buses to barricades and port-a-potties, and from renting the Blaisdell Center and Aloha

Stadium to lining the roadways with special duty officers. But Claire is always happy to say, "Our biggest expense is the charities. Once we pay all our bills, the rest goes to charities."

The dynamic duo

Claire Nakamura Rochon is a perfect fit as the Administrative Event Coordinator for GAR (the Great Aloha Run). She participated in the event herself (as a walker in high school). She worked at the Variety School (a beneficiary of both the Bed Race and GAR) and served as an administrative liaison for the events. And she volunteered for GAR before being hired to run its day-to-day operations. That's the ideal resume, built over 30 years. And that makes for a perfect fit.

Today, Claire's personal goals align with her professional ones — to ensure that both the Great Aloha Run and the giving can continue.

As Race Director for the Great Aloha Run, Brent Imonen is a perfect fit for his role, too. The former professional triathlete and competitive swimmer also volunteered for the event and participated in GAR as an elite runner, completing the 8.15-mile run in under 41 minutes. And before Brent worked as the GAR race director, he managed field marketing programs for sports drinks and other products at events that included the Great Aloha Run and Expo. He continues to work with community events like the Duke's Oceanfest and

Honolulu Ekiden & Music Festival. Along with his experience, Brent brings a for-profit mindset and creative ideas in event marketing.

When he's asked about his vision for the future of the charity run, Brent points to the past. "In the early '80s, when GAR first started, there was no internet, no social media, and there were fewer community events for people to choose from," he says. So, for the Great Aloha Run to continue its success well into the future, Brent adds, "We need to be able to provide 'that experience' that people want to have and want to share. We all believe in the mission. But my perspective is a little out of the box. I think part of what I'm here to do, is to help transform GAR for the next 35 years. That's the piece I add."

Brent, Claire, and Carole enjoy working with community partners, sponsors, and volunteers year-round. And during the few months that the office quiets down and the office computers would otherwise sit idle, they invite seniors to attend free computer classes (taught by volunteers, of course) to learn to use technology and continue to enrich their lives.



Claire Rochon and Brent Imonen.



Personal goals

This time of year—the end of one year and the beginning of another—is the perfect time to take the time to contemplate the accomplishments we each have made, while setting new goals that we can achieve, big or small.

If you're like many people, participating in the Great Aloha Run is a major personal goal and may be one of the healthiest things you'll do this year. And for some, it's actually one of the healthiest things they'll do all year.

A good way to start working toward that goal is to participate in this year's Silver Streaks Sunrise Walk for Seniors. Preparing for that event can lead to health benefits for you, and a good, fun time for all.

If you set the goal of participating in the upcoming Great Aloha Run or Silver Streaks Sunrise Walk, consider training with a friend, and work to keep one another motivated. Visualize your goal becoming a reality. Imagine the feeling of being encouraged and sharing the aloha spirit with others around you as you cross the finish line.

And for those who may not wish to run or walk, you can also volunteer to help at the events and share your aloha with others throughout the community.

It's never too late to set



A variety of participants, whether in costumes or just as they are enjoy the aloha spirit at the Silver Streaks Sunrise Walk (above) and the Great Aloha Run (below & left).



new personal goals, or work toward ones you may have set for yourself many years ago—like Carole Kai Onouye, who's living up to the personal goal she set as a little girl: just to make her mother happy.

By sharing her aloha with other people in the community, Carole is like a backyard superhero with a bedsheet cape.



SILVER STREAKS SUNRISE WALK

The Silver Streaks Sunrise Walk for Seniors is a fun, healthy walking event planned especially for seniors age 55+ on a 2-plus mile course around Ala Moana Park. (The flat, traffic-free route will begin near McCoy Pavilion.)

The Hawaii Recreation & Parks Society, which produces the event in conjunction with the Great Aloha Run, offers participants lots of encouragement along the course, refreshments, entertainment, door prizes, and an official Silver Streaks T-shirt when they reach the finish line. Participants will also receive FREE entry into the Great Aloha Run Sports Health & Fitness Expo on Saturday, Feb. 16, 2019. (That's one week after the Silver Streaks Sunrise Walk.)

GREAT ALOHA RUN

The Hawai'i Pacific Health Great Aloha Run (GAR) is held each year on Presidents Day, and is viewed differently by different people. It's a competitive race for elite runners, a fun run for fitness fans, a healthy walk for groups and individual weekend warriors, and an annual event for local military groups. It's promoted as having a place for everyone who wants to participate, with a warmly inclusive philosophy reflected in the Hawaiian phrase, "Ke kukini me ke aloha pau'ole"—the race with compassionate love.



Volunteers also have their own good times, too!

Many people benefit from participating in regularly scheduled In Training Workshops throughout the year. And thousands of people of all ages attend the annual Great Aloha Run Sports Health & Fitness Expo where they gain new information and helpful tips to improve their health and fitness. To learn more about the Great Aloha Run, the Silver Streaks Sunrise Walk for Seniors, and the Great Aloha Run Sports Health & Fitness Expo, visit the website at: www.greataloharun.com

2019 SILVER STREAKS SUNRISE WALK

For the first time ever, the 30th Silver Streaks Sunrise Walk for Seniors will be held in conjunction with the Keiki Great Aloha Run. Both events will take place on the same 2-mile course, on the same day.

- **DATE:**
Saturday, February 9, 2019
- **TIME:**
6:45am walk numbers distributed
7:15am warm-up
7:30am walk begins
- **LOCATION:**
Meet at McCoy Pavilion, Ala Moana Bch. Pk.
- **ENTRY DONATION:**
\$15 by January 31, \$20 on or after February 1 (shirt size guaranteed for entries post-marked by Jan. 23)
- **DEADLINE:**
Sign up on the day of the event
- **INFO:** Leave a message at **808-548-1108** and someone will return your call or email: hyps@hawaiirecreationparksociety.com

2019 HAWAII PACIFIC HEALTH GREAT ALOHA RUN

The 35th Great Aloha Run is open to all. Come out as a participant or a volunteer!

- **DATE:**
Monday, February 18, 2019
Presidents Day, 7am–10am
- **LOCATION:**
Aloha Tower, 155 Ala Moana Blvd.
- **ENTRY DONATION:**
\$10 Babies in Strollers
\$25 Keiki (5–12 yrs.)
\$25 Seniors (65+ yrs.)
\$30 Military
\$45 Individuals / \$60 late reg (Feb. 16–17)
- **DEADLINE:**
Feb. 16–17. Sign up at the GAR Sports Health & Fitness Expo
- **REGISTER / VOLUNTEER / INFO:**
www.greataloharun.com, 808-528-7388,
email: registration@greataloharun.com



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Jena is vibrant and full of positive energy; and she is passionate about serving seniors. She believes deeply in the remarkable Kalakaua Gardens team and she finds that when people are empowered and trusted, they thrive.

Jena is a dually-licensed nursing home/assisted living administrator and we are thrilled that she brings her unique skillset to Kalakaua Gardens.

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Jena explains that she is committed to providing a first-class, age-in-place experience for Hawaii's seniors. "My goal is to ensure that each individual feels safe, comfortable and important - That they couldn't imagine living anywhere else."

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KAUAI				
*For full schedule of Sunshine Markets, call 808-241-4946 or see www.kauai.gov/SunshineMarkets				
Hanalei	Hanalei Saturday Market	Hale Halawai Ohana O Hanalei	5288 Kuhio Hwy	S 9:30am–12pm
Hanapepe	Sunshine Markets*	Hanapepe Park	Old Hanapepe Town	Th 3pm–4pm
Kalaheo	Sunshine Markets*	Kalaheo Neighborhood Ctr	Papalina Rd off Kaumualii	T 3:30pm–4pm
Kapaa	Sunshine Markets*	Kapaa New Town Park	Kahau St	W 3pm–5pm
Kekaha	Sunshine Markets*	Kekaha Neighborhood Ctr	Elepaio Rd	S 9am–10am
Kilauea	Hawaiian Farmers of Hanalei	Anaina Hou Cmnty Park	5–2723 Kuhio Highway	T 1pm–4pm
Kilauea	Sunshine Markets*	Kilauea Cty Agricultural Ctr	3000 Kilauea Rd	Th 3:30pm–5pm
Koloa	Sunshine Markets*	Koloa Ball Park	Maluhia Rd	M 12pm–1:30pm
Lihue	Kauai Comm Market	Kauai Community College	3-1901 Kaumualii Hwy	S 10am–1pm
Lihue	Sunshine Markets*	Historic County Building	3059 Umi St	T 10am–1pm
Lihue	Sunshine Markets*	Vidinha Stadium	Hoolako Road	F 3pm–4:30pm
Poipu	Kauai Culinary Market	The Shops at Kukuiula	2829 Ala Kalanikaumaka St	W 4pm–6pm
OAHU				
For an additional schedule of the HC&C People's Open Markets call 808-768-9299				
HNL–Central	Ala Moana Shop Ctr Fmrs Mkt	Ala Moana Shopping Center	Entrance on 2nd level	Su 9am–12pm
HNL–Central	Fort St Mall Farmers Market	Fort Street Mall	Fort St between King & Hotel	T/F 7am–1:30pm
HNL–Central	Honolulu Farmers Market	near Neil Blaisdell Center	777 Ward Ave	W 4pm–7pm
HNL–Central	Kakaako Farmers Market	Ward Gateway, by Ross	333 Ward Ave	S 8am–12pm
HNL–Central	KCC Farmers Market	Kapiolani Comm College	4903 Diamond Head Rd	T 4pm–7pm
HNL–Central	KCC Farmers Market	Kapiolani Comm College	4904 Diamond Head Rd	S 7:30am–11:30am
HNL–Central	Kekaulike Farmers Market	Kekaulike St	between N King & N Hotel	M to S 9am–5pm
HNL–Central	Mahiku Farmers Market	King's Village	131 Kaiulani Ave	M/W/F/S 4pm–9pm
HNL–Central	Mahiku Farmers Market	Hyatt Regency	2424 Kalakaua Ave	T/Th 4pm–8pm
HNL–Central	Manoa Farmers Market	Manoa Marketplace	2752 Woodlawn Dr	T/Th/Su 7am–11am
HNL–Central	T. Jefferson Elem. Farmers Mkt	Thomas Jefferson ES	342 Kapahulu Ave	S 8am–2pm
Leeward	Mahiku Farmers Market	Kapilani Beach Homes	5100 Iroquois Ave	W 4pm–8pm
Leeward	Makeke Kapolei Farmers Mkt	Kapolei High School	01-5007 Kapolei Pkwy	Th 3pm–6:30pm
Leeward	Makeke Waianae Farmers Mkt	Waianae Mall	86-120 Farrington Hwy	S 9am–1pm
Leeward–Ctrl	Mililani Farmers Market	Town Center	95-1200 Mehuela Pkwy	Su 8am–11am
Leeward–Ctrl	Pearlridge Farmers Market	Uptown – by Macy's	98-1005 Moanalua Rd	S 8am–12pm
North Shore	Haleiwa Farmers Market	Haleiwa, Waimea Valley	59-864 Kamehameha Hwy	Th 2pm–6pm
North Shore	Northshore Country Market	Sunset ES	59-360 Kamehameha Hwy	S 8am–2pm
North Shore	Waialua Farmers Market	Waialua Sugar Mill	67-106 Kealohanui St	S 8:30am–2pm
Windward	Kailua Farmers Market	Sidewalk	609 Kailua Rd	Th 5pm–7:30pm
Windward	Kailua Town Farmers Market	Kailua ES	315 Kuulei Rd	Su 8:30am–12pm
Windward	Windward Mall Farmers Market	Windward Mall	46-056 Kamehameha Hwy	W 2:30pm–7:30pm
Windward	Windward Mall Farmers Market	Windward Mall	46-056 Kamehameha Hwy	Su 10am–2pm



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MAUI				
Kahului	Maui Fresh Farmers Market	Queen Kaahumanu Center	275 West Kaahumanu Ave	F 9:30am–5pm
Kahului	Maui Swap Meet	UH Maui College	310 Kaahumanu Ave	S 7am–1pm
Kahului	The Farmers Market	Kahului Shopping Center	65 W Kaahumanu Ave	W 10am–2pm
Kihei	Farmers Market	Longs Drugs	1215 S Kihei Rd	S 8am–12pm
Kihei	Farmers Market of Maui	near Kihei Canoe Club	61 S Kihei Rd	F 8am–5pm
Kihei	Lipoa St Farmers Market	South Kihei Center	95 Lipoa St	S 8am–12pm
Lahaina	Farmers Mkt of Maui	Honokowai Beach Park	3636 Lower Honoapiilani Hwy	M/W/F 7am–11am
Lahaina	Napili Farmers Market	across Napili Plaza	4900 Honoapiilani Hwy	W/S 8am–12pm
Makawao	Makawao Farmers Market	Marketplace	3654 Baldwin Ave	W 10am–5pm
Pukalani	Upcountry Farmers Market	Kulamalu Town Center	55 Kiopaa St.	S 7am–11am
LANAI				
Lanai City	Lanai Market Place	Dole Park	730 Lanai Ave	S 8am–1pm
MOLOKAI				
Kaunakakai	Molokai Swap Meet	across Civic Center	Ala Malama Ave	S 7am–12pm
BIG ISLAND				
Captain Cook	Pure Kona Green Market	Amy BH Greenwell Garden	across Manago Hotel	Su 9am–2pm
Hamakua	Laupahoehoe Farmers Market	Highway 19	btwn mile markers 25 & 26	Su 9am–1pm
Hilo	Hilo Farmers Market	Kamehameha Ave	at Mamo St corner	Daily 7am–4pm
Hilo	Kinoole Farmers Market	Kinoole Shopping Plaza	1990 Kinoole St	S 7am–12pm
Hilo	Mamo Street Market	Mamo parking lot	Mamo St at Kilauea Ave	Daily 8am–5pm
Hilo	Panaewa Farmers Market	across Home Depot	363 Railroad Ave	S 7am–1pm
Honokaa	Hamakua Harvest Farmers Mkt	Mamalahoa Hwy 19	at Mamane St	Su 9am–2pm
Honokaa	Honokaa Farmers Market	Old Botelho Bldg	Downtown Honokaa	S 7:30am–2pm
Kau	Kau Farmers Market	Front of Ace Hardwre	Highway 11	W/S 8am–12pm
Kailua–Kona	Kailua Village Fmrs Market	across Hale Halawai	Alii Dr at Hualalai Rd	W thru Su 7am–2pm
Kailua–Kona	Keauhou Farmers Market	Keeahu Shopping Center	78-6831 Alii Dr	S 8am–12pm
Keauhou Bay	Hooulu Comm. Farmers Mkt	Sheraton Kona Resort/Spa	78-128 Ehukai St	S 9am–2pm
North Kohala	Hawi Farmers Market	Under the banyan tree	55-515 Hawi Rd	T 2pm–6pm
North Kohala	Hawi Farmers Market	Under the banyan tree	55-515 Hawi Rd	S 8am–2pm
Pahoa	Makuu Farmers Market	Highway 130	between Keaau and Pahoa	Su 8am–2pm
Volcano	Volcano Farmers Market	Cooper Center	1000 Wright Rd	Su 6:30am–10am
Waikoloa	The Kings' Shops Farmers Mkt	Waikoloa Beach Resort	250 Waikoloa Beach Dr	W 8:30am–1pm
Waimea	Kamuela Farmers Market	Pukalani Stables	67-139 Pukalani Rd	S 7:30am–1pm
Waimea	Waimea Homestd Farmers Mkt	Kuhio Hale Building	64-759 Kahilu Rd	S 7am–12pm
Waimea	Waimea Midweek Farmers Mkt	Pukalani Stables	67-139 Pukalani Rd	W 9am–4pm
Waimea	Waimea Town Market	Parker School	65-1244 Lindsey Rd	S 8am–1pm



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Put Fine Art in Your Life

by Katherine Kama'ema'e Smith, Freelance Writer



Spectators gather to watch plein air artists create their magic.

Not all fine art is in museums or galleries. These two seniors found other ways to enjoy fine art up close. Both have a connection to the Maui Plein Air Painting Invitational art event on Maui — coming up Feb. 16–24, 2019.

Plein air is French for “outdoors.” Impressionist painters like Monet and Renoir attempted to capture the mood of a scene, including weather and time of day. Today, artists paint plein air landscapes in less than four hours, before the sun moves on. The paintings inspire memories of breezes, sounds and fragrances. Every February, Maui Arts League assembles 25 award-winning plein air artists from Hawai'i, the mainland and Australia to paint scenes of Maui and sell the fresh originals.



Ann Ahlbrecht volunteering at one of the annual MPAPI gallery events.

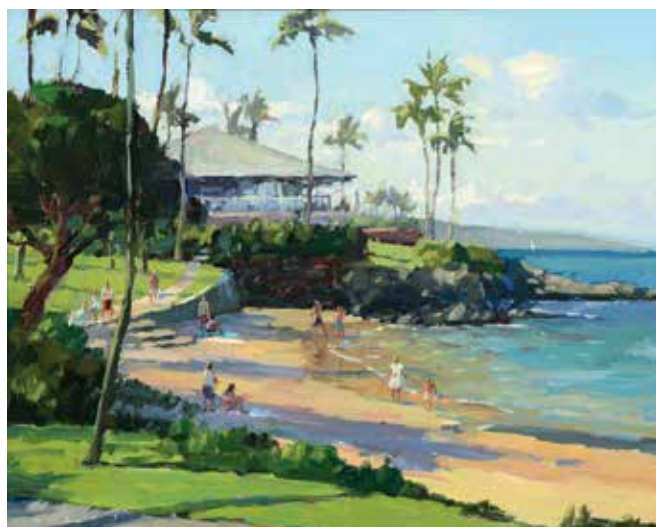
Ann Ahlbrecht of Kā'anapali volunteers at the art event. “I love watching people from our community enjoy the magnificent art created in their own backyard. Our events are outdoors, open and available to everyone,” says Ann.

Working the event allows her plenty of time to study and enjoy each painting and meet the artists. As an art lover, Ann wants every family to have the opportunity to experience fine art.

Ed Bartholomew of Lahaina is a retired high school and UHMC biology teacher. These days he sells his own paintings at Lahaina Art Society Gallery and collects art. One of Ed's favorites is “Man in the Boat” by Leon Holmes of Perth, Australia.

“Wow!” says Ed as sunlight hits the canvas. “This painting still grabs me — that's why I decided to buy it. It inspires me.

I bought my first painting in the '70s at the fence by the Waikiki Zoo. That picture of a sunset gave me pleasure every day. Now my eclectic art collection brings me joy, and helps support artists raising their families. Good all around.”



It's Your Beach! by Ronaldo Macedo 2018

Ann and Ed discovered two ways to support their community through art, and enjoy the talent of our Hawai'i artists. Visit an art museum, gallery or event — maybe invest in an original oil, watercolor or pastel that “grabs” you. ■

MAUI PLEIN AIR PAINTING INVITATIONAL
808-268-0787 | katherine.pleinair@gmail.com
www.CelebrateArtOnMaui.org



Ed Bartholomew with one of his favorite paintings.

Molokai Arts Center

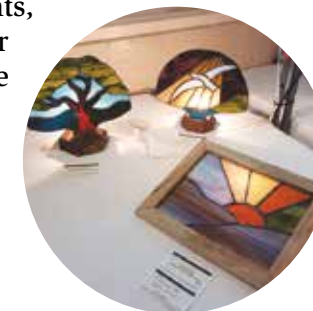
by Rosa Barker, Generations Magazine

The day I visit the Molokai Arts Center, Betty West is teaching a kūpuna ceramics class. Betty was one of the founders of the center, which grew from an idea discussed at the local pizza café by locals — mostly seniors — who felt the island needed a place to nurture the arts. Between 2010 and 2012, the group incorporated as a nonprofit, raised funds and applied for grants, and were offered a home on the property of Coffees of Hawaii in Kualapu'u.

The class in progress is one of the activities offered on Moloka'i by Alu Like, a nonprofit whose mission is to help Hawaiian Natives achieve their full potential. One of the students, Darlene Johns, describes for me the process of taking the raw clay and fashioning it ready for the first firing to produce a bisque, which is then glazed and fired in the kiln again to create the finished item.

Dan Bennett, also a co-founder, is quick to acknowledge the role volunteers play in the organization: “If we didn't have volunteers, this place wouldn't be here. Different people volunteer their different expertise and services.” The center is also very open to ideas for classes suggested by students or to anyone who would like to share their skills by teaching.

A popular stained glass class came about in just that way — a student suggestion and the discovery that several people on the island had experience with that art form. Recently, the center was gifted a treasure trove of panes of colored glass. It's the center's connection to the community that enables it to flourish.



Top, Betty West; center L-R, Marshelle Castro and Darlene Johns; 2018 Member Art Show exhibits

Each year, a juried exhibition of members' works is shown at a reception open to the local community. Of the 36 exhibits at the 2018 event, 22 were created by seniors, who can attend any of the center's adult classes and its workshops.

Board member Paula Scott feels that “retirement should not equal stagnant. Retirement should equal learning new things, seizing the opportunity.”

“My philosophy is that people are infinitely creative,” Dan says. “It's just a matter of jumping into it.” ■

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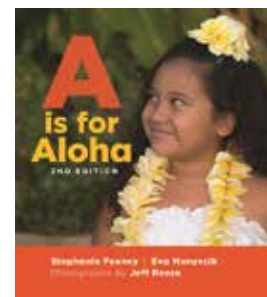


Aiea, Beretania, Kahala, Kailua, Kalihi, Kaneohe, Koolau, Liliha, McCully, Royal Kunia, Waimalu, Waipahu

Sharing a Love of Books

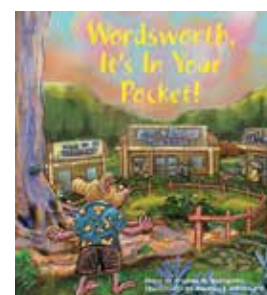
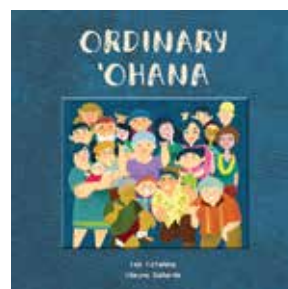
by Generations Magazine staff

One of the pleasures of being a grandparent is spending time with the grandkids, and reading books together is a wonderful way to do just that — whether introducing a toddler to the alphabet or helping a sixth-grader research a project. Here are some ideas for locally published books to share with your special keiki.



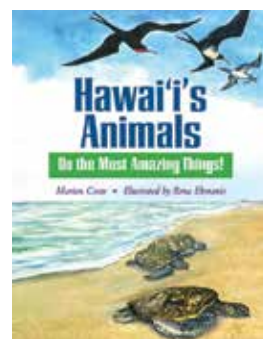
Young children will delight in the newly redesigned second edition of ***A is for Aloha***, now with bold color photographs. First published in 1980, the original edition used black-and-white photos showing familiar island experiences as a way for Hawai'i's children to learn their ABCs. Early-education experts Stephanie Feeney and Eva Moravcik, and photographer Jeff Reese have made this classic freshly appealing with full-color images of everyday activities: eating noodle soup, dancing hula, and watching birds and geckos. Ages 2 to 6. (University of Hawai'i Press, 2018)

Written by columnist Lee Cataluna, ***Ordinary 'Ohana*** assures readers that a diverse family is a normal family. The story unfolds through the experiences of a young boy named Kainoa, who introduces the various members of his 'ohana. With playful illustrations by Cheyne Gallarde, the book shows that one's family is who you choose and there's always room for more at Sunday dinner, even if it's on Saturday night, or Wednesday night, or whenever. Ages 4 to 8. (Bess Press, 2016)



By valuing creative play, imagination, and the fun of the outdoors over the allure of video games, computers, and cellular phones, ***Wordsworth, It's In Your Pocket!*** by Frances Kakugawa is a gentle reminder that it's important for young minds to unplug and enjoy real-world friends and activities. This entertaining, yet thought-provoking, Wordsworth adventure is the fourth book in the award-winning series featuring the poetry-loving mouse. Ages 8 to 12. (Watermark Publishing, 2015)

Hawai'i's Animals Do the Most Amazing Things! by Marion Coste and illustrated by Rena Ekmanis is jam-packed with information about native species of our islands, including birds, insects, and sea creatures found nowhere else in the world. Older children — and adults as well — will enjoy the fascinating facts about the natural habitat and unusual animals of the Hawaiian Islands. The book would also be a useful resource for science reports. Ages 9 and up. (UH Press, 2015)



Find these at your favorite bookstore or order directly from the publishers. ■

UNIVERSITY OF HAWAII PRESS: www.uhpress.hawaii.edu | BESS PRESS: www.besspress.com

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Making the Most of Retirement

by Sri TenCate, recently retired public librarian



When I moved from Moloka'i to Kapolei earlier this year, my goals for retirement were to spend time with my granddaughter, become involved in my new community by volunteering at the library and local school, and to continue what I enjoy doing — walking daily, reading, acrylic painting, gardening, cooking healthy meals, attending art shows and educational workshops, and hosting new students from Southeast Asian countries who are currently pursuing their degrees at UH-Mānoa.

I also have the pleasure and great opportunity to attend the Intermediate Level Hawaiian Language class at UH-West O'ahu this Fall semester. The class consists of regular students taking it for credit, and non-credit students, like myself, taking it through the Senior Citizen Visitor Program/Nā

Kūpuna. The class meets three times a week in the afternoon and we also have the option of attending a conversation session on Wednesday mornings at the student lounge where we can communicate in Hawaiian with students from other classes.

We have been learning some sentence patterns and new words, as well as familiarizing ourselves with Hawaiian websites and databases. We navigate the internet to read “old” Hawaiian newspapers to practice our reading, pronunciation and comprehension. In class, our instructor encourages his students to speak in Hawaiian and, every other week, we take written quizzes. ■

To learn more about free enrollment in UH courses through the Senior Citizen Visitor Program/Nā Kūpuna, call 808-956-4642.

<http://generations808.com/never-late-learn/>
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For more information, call 547-9119 or email sleepcenter@kuakini.org.

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3 Tips to Help Discuss Aging in Place

by Kristina Wong, Care Manager, Home Care by ALTRES Medical



There is no perfect time to discuss end-of-life care. Most seniors would prefer to age in place at home, as independently as possible. But too few take the time to discuss their preferences with their family, leaving family caregivers stressed and scrambling. The most important thing any family can do to prepare for a loved one to live at home is to talk about it today.

Here are three tips to keep in mind as you discuss and plan how to spend those precious golden years.

Tip #1: Don't wait for a perfect moment. Bring up the topic casually at family dinners and get-togethers, so everyone is present to hear your wish.

Tip #2: Be alert for behavior and lifestyle changes. If you notice changes, have a conversation with a medical professional about what kind of caregiving support might be needed.

Tip #3: Have the conversation by age 60, at the latest! This is a natural age when retirement, health-care and financial planning conversations are happening. Include aging-in-place planning in that mix.

Above all, consider working together with caring professionals to help your kūpuna live long, independent, and comfortable lives. ■

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'Life Stories': A Spotlight on Our Kūpuna

by Gary Hironaka, Director, Regenerative Living

With the holidays and the spirit of the season upon us, our energies turn toward the festivities with our friends and families. What better opportunity for us to shine the spotlight on our kūpuna than by tapping into their vast knowledge of life, wisdom and memories? A fun way to do this is through a day of "Life Stories," where all the generations get together and share their fondest memories.

Using photographs that each person brings to the gathering, you can create a collage to be displayed on your wall and enjoyed throughout the coming year. Being the center of this activity can give your kūpuna a sense of renewed purpose and of belonging. It may also enable those with



dementia or Alzheimer's to speak more cohesively as they become engaged in sharing their memories and experiences.

Family and friends will have a fun, touching and enlightening time as the collage is pieced together. You can create your own "Life Stories" collage with just a few simple items: photos, card stock or poster board, glue sticks, markers, scissors (child-safe ones), and lots of smiles!

May the joy of the holidays bring an extra special touch to your "Life Stories." ■

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Yoga: The 'Ki' to Mastership of Your Life

by Cat Sawai, Center Manager, Kaimuki Body&Brain in collaboration with Michela Mangiaracina

Our daily lives are filled with so many distractions that it's easy to feel scattered and stressed. When you are chronically stressed it becomes harder to function properly, increasing your stress even more and often inviting disease. To help manage their stress, many people have turned to yoga and mind-body training because its healthy effects on body and mind are now widely recognized.

To manage your body's energy, you have to know how to feel it. Learning how to feel and focus on your energy, known as ki, chi, qi, or prana in Asia, will enable you to clear your mind and calm your emotions. It will help you concentrate more deeply by quieting all of the thoughts in your head that distract you.

One option for learning how to do this is the integrated mind-body training method, which combines deep stretching exercises, meditative breathing techniques, joint rotation, held postures, body tapping, vibration exercises and energy awareness training. Its objective is to help practitioners achieve their highest level of personal potential.

They learn to use their ki for the purpose of personal self-development, and how to communicate with their bodies through energy. The body's energy circulation is stimulated, activating its innate natural healing power. Through consistent practice, practitioners can lead themselves back to optimum health. Essentially, they regain true mastership over their bodies through the medium of energy.

Three characteristics of mind-body training

The mastery and use of energy: As one's sense of energy gradually develops, formerly blocked energy channels open up, promoting circulation of energy throughout the body. Once able to control and command energy, practitioners experi-

ence natural healing in their bodies while gaining control of emotions and habits.

Enhancing the body-brain connection:

The brain is not simply an organ but is the center of the whole human body and its energy system. Through programs like Body & Brain, practitioners can learn to utilize their brain fully toward the creation of a better life for themselves and those around them.

Self-managed, holistic health care:

By learning techniques for improving emotional patterns, physical condition, quality of social interaction, communication skills, and correcting unhealthy habits, practitioners can become masters of their own lives.

If you want to live a better life and gain flexibility and balance of body and mind, you should look into the various programs and benefits of yoga, especially mind-body training. It is easy and simple enough for anyone to learn — male or female, young or old — yet can be enjoyed by even the most advanced practitioner. ■

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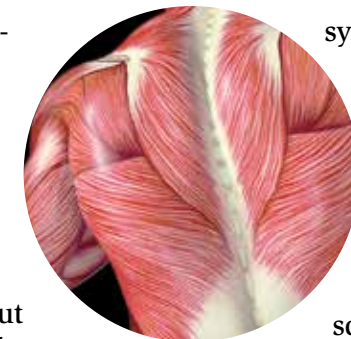
by Anthony Chrisco, Co-owner and President of The Fascianator

Fascia is the collagenous soft connective tissue that binds all of your body's other structures. Defined as the largest organ system of the body in 2012 by the Federative Committee on Anatomic Terminology, it is now the most studied tissue in human movement science. Here is what current research is learning about this amazing tissue that, like the mesh on a garden hose, needs to withstand pressure from the inside (by exerting pressure itself) and also stay flexible.

THE FASCIA:

- holds four gallons of water in the average person
- can exert up to 2000 pounds of tensile pressure per square inch on pain-sensitive structures — the equivalent of being 4613 feet under water
- is the root cause of neuropathy (numbness of an unknown nature)
- does not appear on X-rays, MRIs or CT scans. This might explain why you have numbness and tingling and the physicians don't know why.
- is made of collagen and water. If you do not drink at least half your bodyweight in ounces per day, your fascia may be suffering!
- can prevent effective drainage of cellular waste products known to cause inflammation and ultimately cancer
- can cause mechanical deformations in your bones and muscles that lead to poor mechanics resulting in musculoskeletal injuries

Many medical conditions appear to be related to the health or otherwise of your fascia. For example, when you have tight fascia around your muscles, it applies excess tension to the structures within your muscles — arteries, veins, nerves, lymphatic vessels and things we call free nerve endings. It is this fascial tension, studies suggest, that may be the root cause of dozens and dozens of idiopathic (of unknown or uncertain cause) pathologies: vertigo, idiopathic cough, tinnitus, tennis elbow, golfers elbow, irritable bowel



syndrome, frequent urination, patello-femoral tracking issues, hammer toes, peripheral neuropathy, and loss of grip strength.

Achilles tendon rupture, plantar fasciitis, bone spur formations, trigger finger, carpal tunnel, golfer's elbow, tennis elbow, frozen shoulder, sciatica, bulging discs, and degenerative disc disease may be the result of the fascia's creation of mechanical deformations in your bones and muscles.

The good news is that your fascia will respond to the stimulus you apply to it, whether you are 50 years old or 90! Fascia-based techniques for relieving pain, reducing inflammation, and regaining mobility and ease of motion have proven to be effective for many people, including seniors. ■



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Go With Your Gut

by Dr. Shawn Talbott, Chief Science Officer,
Amare Global

The World Health Organization (WHO) has identified mental wellness issues—stress, depression and anxiety—as the leading causes of a “global health burden.” Could it be that, for the past century, we’ve had the mistaken notion that these problems are all in our head, when in reality they are largely in our gut?

Did you know that we have two brains? You undoubtedly know about the brain in your head. And while you might not know much about the “second brain” in your gut, you’ve probably “felt” it before. We feel “butterflies” in our stomach when we fall in love or when we’re nervous. We have a “gut feeling” about decisions that we’re wrestling with. Our stomach “growls” when we’re hungry, and we feel “sick to our stomach” when we’re stressed out. Many of us also know that when our gut feels off we simply don’t feel our best.

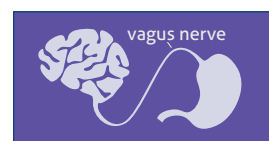
Our two brains also “talk” to each other through a complex network of nerves, cells and biochemicals. Only within the last few years have scientists and health experts begun learning the importance of microbiome balance in regulating not just our gastrointestinal functions, but also our mood, mental focus and emotional well-being.

The discovery of the gut-brain axis and the explosion of research around the microbiome—the 100 trillion bacteria that live in our gastrointestinal tract—is causing a fundamental shift in how we think about (and improve) both mental wellness and physical health. For example, some recent scientific research demonstrates that gut bacteria influence everything from neurotransmitters (depression/anxiety), gut integrity (regularity), immune function (colds/flu/allergies), inflammation (pain, heart health, dementia), and even gene expression (related to a variety of degenerative diseases, including Alzheimer’s and even cancer).

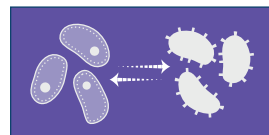
Unfortunately, so much of today’s modern lifestyle can disrupt the microbiome and lead to imbalances across the gut-brain axis, causing us to feel fatigued, depressed and stressed. Research has shown that the microbiome can become dis-

THE GUT-BRAIN AXIS

The “Axis” between the Gut and the Brain coordinates communications



Nerves – such as the vagus nerve, provide a “hard-wired” connection between the gut and the brain



Cells – including the immune system, interact with the gut microbiota



Biochemicals – including hormones, neurotransmitters, and cytokines transmit signals through the blood stream

Image courtesy of Amare Global

rupted by the aging process, but it may also show that we can use nutrients (specific combinations of probiotics, prebiotics and phytochemicals) to rebalance the microbiome and optimize gut-brain axis function for improved mood, reduced depression, lessened anxiety, and enhanced stress resilience.

Many people have long known that gut health is important for overall wellness, and now modern science and innovative companies are backing up why feeding the gut with the right foods can help each of us feel happier and healthier. ■

AMARE GLOBAL

Lori Makiya, Wellness Partner
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Visit online to learn more about how to optimize the mind-gut connection and for information on Amare Global’s FREE information sessions with Dr. Shawn Talbott in Honolulu on Saturday, February 9, 2019. Contact Lori Makiya (above) for registration and location details.

Editor’s note: Before trying any dietary supplements, we encourage you to do research and consult your doctor before taking them.

PAIN: Talk Like a Doc

by Dr. Ed Campbell, MD, Novel Medical Solutions

When speaking with your doctor about pain, be ready to answer a few important questions. To make the best of your visit, and have time for your own questions, note down the following:

- ◆ **Where is your pain?** This is easiest to answer but don’t forget to tell your doctor if the pain moves to other areas.
- ◆ **Describe your pain.** Is it sharp, dull, aching, burning, stabbing, throbbing or heaviness?
- ◆ **How long have you had the pain?** Is it acute (<3 months) or chronic (>3 months)?
- ◆ **How bad is the pain?** Doctors will usually ask on a scale from 0-10. This helps both quantify and track your pain over time. Do your best to judge this appropriately: 1 is a paper cut and 10 is “please shoot me now.”



◆ **What makes the pain better or worse?** Include the time of day, sleep, activity, body position, medicines you are taking, stress or even meals.

◆ **Previous treatments?** Make a list of medications with dosages and how long you used that medicine. List of therapies (physical therapy, chiropractor, steroid injections etc.) with number of visits, if they helped or not and for how long.

TIP: Writing down at the end of each day when a pain occurred or how a therapy worked is the most accurate way to share with your doctor. Go prepared! ■

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Which Shoe is Right for You?

by Julie Moon, Physical Therapist

Appropriate footwear is key to preventing injuries. So, knowing your foot type is crucial when choosing walking or running shoes. To find your best shoe type, stand in front of a mirror in bare feet and shift your weight, observing your inner arch.

Flat Foot: A low or no arch, causing you to overpronate (excessive inward foot rolling). Choose a motion controlled shoe with maximum arch support and minimal cushioning.

Neutral Arch: An even amount of contact of the outer and inner half of the foot. Look for a stability shoe, which provides minimal to moderate arch support and cushioning.

High Arch: Only the outer edge of your foot contacts the floor. Your tendency to go into extreme supination (excessive outward rolling) makes a good cushioned shoe with soft midsole the best choice. ■



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About Transitional Care

by Eileen Phillips, RN, Attention Plus Care

Today, more seniors are receiving care in their homes for medical conditions. Many receive it following a hospitalization or discharge from a rehabilitation center and have complex needs. Seniors who require them may have difficulties adjusting to their care and can benefit from transitional care during this period.

Falling through the cracks

Transitional care calls for a range of actions to avoid “gaps,” especially for older adults who are more vulnerable, in care. Seniors cared for by multiple providers, located across different settings, can often have more serious care needs and health risks. Examples can include movement to or from a hospitalization, rehabilitation or skilled nursing facility, care home, assisted living facility, doctor’s office, or an individual’s home. During these moves, a loss of information, educational or language barriers, poor communication, or not having a reliable point of contact, are some of the ways individuals can fall through the cracks trying to maintain their care.

“It’s more common now to see seniors discharged from one care setting to another, with more severe or chronic conditions that have a cumulative effect on their health. This makes the timeliness of care even more vital for them,” says Kari Wheeling, RN.

“To avoid care gaps from happening, greater attention is needed on the details involved as seniors move through different care settings. The focus on coordination and continuity of health care between providers becomes even more critical, to avoid relapses or readmissions,” adds Wheeling.

The important role of family caregivers

As family caregivers are likely in the most important role for seniors after a serious illness, more interaction is needed with whomever is the decision-maker about treatment plans and the details that go with them. More family caregivers are getting directly involved in this way with hospitalization or rehabilitation logistics, out of necessity, and should ask providers questions to learn more about transitional care and the different roles involved on their case.



Having the right knowledge helps

Family care planners should also screen and ensure caregivers have the right knowledge, skills and resources needed to safely care for someone, and know what to do when their care setting changes. They should know what information about an individual’s care is transferred between care settings, how it’s exchanged, and what level of accountability is needed from everyone’s actions involved in this process.

With the heightened awareness and attention going into transitional care for seniors, family caregivers may also be more stressed as a result, and have difficulty with the decisions and choices needing to be made. Discharge planners, nurses and social workers can work with family members and caregivers to help support their loved ones and be better ready for the next steps.

Development Specialist Sebastian Adam adds, “Transitional care is like teaching others how to hand off a spoon of water between 10 people and not lose a single drop. Good hand-offs matter. Our senior is that water.” ■

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It is Okay to Ask: ‘How Are You Doing?’

by Pat Bemis, RN MN, Positive Approach™ to Care Trainer

When was the last time someone asked how you, the caregiver, are doing? I’m rarely asked that question and I’m wondering if it’s just me.

Almost everyone who knows my husband always asks, “How’s Gar doing?” I keep it short because the real answers aren’t what many really want to hear. I sometimes want to say, “he’s disappearing from me more and more each day.” That I miss our old life together. That his everyday skills are getting more difficult to do and I spend much of my time re-doing things he has tried to do. I don’t know why I want to tell the truth. Maybe it’s because each day can be a challenge and because I seem to be able to “handle” things myself, daily life LOOKS the same each day but in fact it is not. Maybe I want to say that I could use some help but I’m not sure what they could do to help. Maybe I just want to be on someone’s radar.

Please don’t misunderstand me. I don’t want to sound ungrateful when they ask how he is doing. I’m pleased that he is in their thoughts and that they are concerned about him. I am also not seeking out unnecessary attention.

I have a few wonderful friends who do ask how I’m doing. One in fact texts me if she hasn’t seen me or talked to me in a while and I love getting that text. I want to be visible as an individual and not solely as a caregiver. Don’t get me wrong—I don’t want to give up my job as caregiver but I also don’t want to morph into an abstraction of myself.

As caregivers we reap the benefits of being of service, in a very personal way sometimes, to those that we love. But as the disease/disorders/

“We are doing double duty by trying to care for them and ourselves, think for them and ourselves, prepare for them and ourselves.”



illnesses rob our loved ones of the spontaneity, intimacy, and active partnership we once had, it also robs us as the caregivers. Our world changes differently than those that we are caring for. We are doing double duty by trying to care for them and ourselves, think for them and ourselves, prepare for them and ourselves. It may look seamless to others but for caregivers it can be grace under fire. It takes a lot out of you and can age you faster than the person who you are caring for.

So here’s my plea: if you know a caregiver don’t assume that they would ask if they needed help. Send the Bite Squad over with a fresh meal, pool resources from friends to gift a massage, take the person receiving care to the movies or a park for the afternoon, flowers are also nice as well as cards and texts. We just want to be visible and on your radar. ■

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Preparing for the Unexpected

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

An unexpected life-changing situation can happen in an instant. One minute you're at a friend's home, getting ready to enjoy watching UH football, then you slip and fall, and feel excruciating pain. Hours later, on a trip to the emergency room, you learn that you fractured your hip or, even worse, your spine.

The sudden changes in your life can include loss of income from missing work, high medical bills, and costs for prescription painkillers. You may also need a caregiver to help with simple things like meal prep, dressing, driving to medical appointments and picking up your medications, potentially impacting the lives of family and friends who want to help you.

READY?

☒ NO
☐ YES

BE PREPARED!

- ❖ Talk to your family and closest support system before the unexpected happens.
- ❖ Research home care costs.
- ❖ Consider purchasing short-term disability insurance to offset income loss.
- ❖ If you have temporary disability insurance (TDI) through your employer, ask how much you would qualify for.
- ❖ Brainstorm options that can help offset your living expenses, even with TDI.

Don't delay! Unexpectedly making your support system "instant caregivers" without having a plan in place can be very stressful for everyone. ■

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Prevent Falls at Home with Free Assessment

by Keely Ann Kalama-Lakey, Freelance Writer



Bars & Handrails



Clear the Clutter



Manage Medication

Falling isn't fun for anyone, but as we get older falling can have serious, life-changing effects. These injuries can require skilled nursing care—or worse, falls can be fatal.

Prevention help is free

The good news is that falling can often be prevented. Since 60 percent of falls occur at home, making sure you are as safe as possible there is a top priority. You can get a fall prevention assessment for free from the highly experienced volunteers at Project Dana.

In the past year, more than 100 seniors and their caregivers took advantage of Project Dana's fall prevention services led by Mike Hirano. Mike has been doing home safety assessments for 11 years and knows this proactive approach can help maintain health and independence. However, Mike says, "Some people don't think it will happen to them or some don't want to admit they've fallen to their caregivers." The reality is, as Mike explains, "You can be perfectly healthy, but one bad fall can put you flat on your back in bed. It's difficult for a caregiver to take care of someone in that situation."

Assessments cover high-risk issues

According to the Hawai'i State Department of Health, the risk of falling can be decreased with regular exercise, eye exams, medication reviews, and making one's home safer.

The Project Dana assessment includes education about how these areas affect fall risk. For example, over-the-counter medications can interact with prescription medications. This can cause someone to become dizzy or drowsy and lose

balance. Mike and his team emphasize discussing any new medication or vitamin supplement with a pharmacist or physician.

The assessment also includes walking through the house to identify issues. Mike says, "Some things we see everywhere, like loose area carpets by a door or in the bathroom. Unless you have one with non-slip backing, you can slip or trip over it."

There is a special focus on areas where people spend most of their time and the pathways between those areas. Homes with a lot of clutter are especially high-risk environments.

"We give them information and if they think it's serious enough, hopefully they do something about it," says Mike. "It's good if caregivers are there, so they can help accomplish the tasks." ■

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Before the Finish Line: Medicare & Fitness

by Kaiser Permanente's Medicare Team

Although improved fitness plays a significant role in improving overall health and reducing your risk for disease, Medicare usually does not cover exercise classes or the services of a personal trainer. However, when medically necessary, Medicare Part B may cover occupational and physical therapy, which could include some exercise and fitness training. This coverage only applies if your physician specifically prescribes the therapy.

Medicare Part B helps pay for physical and occupational therapy deemed medically necessary by your doctor. He or she must prescribe and regularly review the therapy, which must be provided by a Medicare-certified therapist on an outpatient basis. There may be limits or a cap on the total amount of therapy services you can receive without additional approval from Medicare.



Medicare Advantage (MA) plans (also known as Medicare Part C) must offer at least the same coverage as Original Medicare. They may also offer extra benefits, including exercise program coverage. MA plans are *not required* to offer that benefit, so first research plans at <https://www.medicare.gov/find-a-plan> or call the Hawaii SHIP Program on 1-888-875-9229.

Most important is to work with your partner physician to improve your physical lifestyle and get ready for that big race! ■

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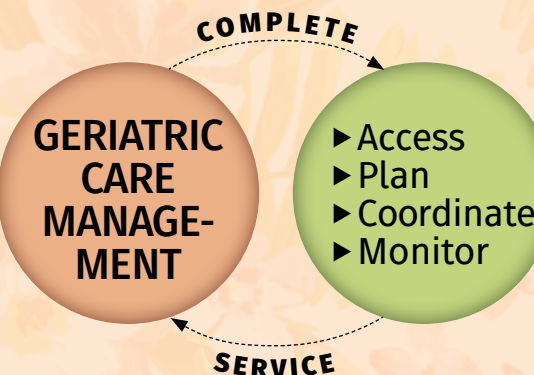
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Medicare Has Made Some Changes!

by Martha Khlopin, Medicare Radio Host

In 2019, a new Medicare Advantage Open Enrollment Period, from January 1 to March 31, will begin and is expected to run annually. If you're enrolled in a Medicare Advantage Plan, you'll have the opportunity to switch to another Medicare Advantage Plan or to Original Medicare Parts A and B. You can also sign up for a stand-alone Medicare Part D Prescription Drug Plan (if you are covered by Original Medicare), or drop your Medicare Part D Prescription Drug Plan altogether. If you are happy with the plan you have, and your plan renews, you do not have to take any action and your existing plan will continue.

For those qualifying at age 65 or due to a disability, you may have a different enrollment period. Best to call Medicare to get information about your specific situation. There is no "one size fits all" with Medicare.

OPEN ENROLLMENT:

JAN 1 – MAR 31



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- ◆ Contact your local State Health Insurance Program (SHIP) for unbiased advice. ■

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Medicare Q&A

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

Q: I didn't enroll in Medicare Part B back when my Part A started a few years ago. Can I enroll now?

A: It depends. The general enrollment period for Medicare Part B, medical insurance, begins January 1 and runs through March 31. Keep in mind that, although there is no monthly premium for Medicare Part A, there will be a premium for your Medicare Part B. And in most cases, that premium goes up each 12-month period you were eligible for it and elected not to enroll. If you are covered by a group healthcare plan based on your employment or the employment of a spouse, you may qualify for a special enrollment. For more information, please read our "Medicare" booklet, or talk to your personnel office before you decide.

Q: What can I do if my Medicare prescription drug plan says it won't pay for a drug that my doctor prescribed for me?

A: If your Medicare prescription drug plan decides that it won't pay for a prescription drug, it must tell you in writing why the drug isn't covered in a letter called a "Notice of Denial of Medicare Prescription Drug Coverage." Read the notice carefully because it will explain how to ask for an appeal. Your prescribing doctor can ask your Medicare drug plan for an expedited redetermination (first level appeal) for you, if the doctor tells the plan that waiting for a standard appeal decision may seriously harm your health. ■

To find out more about Medicare, visit online at:
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Who Gets my Stuff?

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

Is estate planning really all about “who gets my stuff”? Your assets may be important, but when you sift through the reasons for doing estate planning, you may find that identifying who gets your stuff takes a distant back seat to far more important considerations.

For one thing, no matter how important your stuff is to you, your health and well-being are far more important. There could come a time when you cannot make or communicate decisions about your person and your care. Having your hand-picked decision-maker designated in your advance health care directive could make all the difference between family harmony and a peaceful exit, on the one hand, or a complete nightmare at the end of your days.

Fortify your interest

When it comes to your stuff, part of staying in control involves protecting it from creditors, predators, and plain old bad luck. Think of your estate plan as a castle. Imagine a large stone enclosure surrounded by a moat. In the old days, the moat would be stocked with alligators to discourage anyone from approaching the walls. With your present-day estate plan, you can stock the moat with a different kind of gators: litigators—at-
torneys paid for with insurance—to protect you from people who would like your stuff to be their stuff. Having adequate liability insurance is a critical element of your estate plan.

The walls of your castle represent various legal structures you can put in place to protect you, your home, your business, your rental properties, and your other assets. The legal structures for protecting your stuff might include trusts, limited

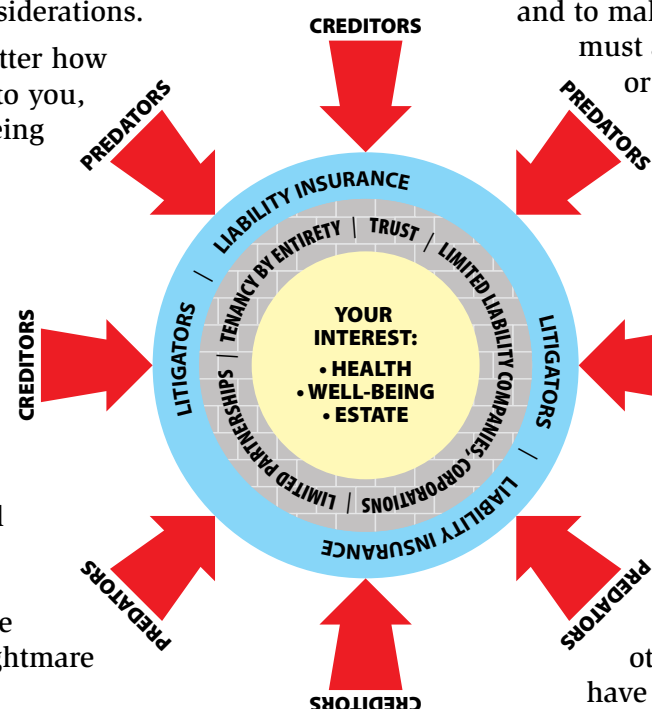
liability companies, corporations, limited partnerships, or a combination of entities. You can also consider using a special kind of ownership with your spouse called *tenancy by the entirety* to protect your stuff from claims against one spouse, and to make it so that both spouses must agree to any mortgage, sale, or other transfer of the tenancy by the entirety property.

Ultimately, you will want your estate plan to assure that your stuff goes to whom you want, when you want, the way you want, with the lowest overall cost, delay, and loss of privacy. You may want to put special restrictions on a gift to one beneficiary without imposing the same restrictions on your other beneficiaries. You might have special assets or special situations (including a special needs loved

one) that require careful planning. The only way to navigate the alternatives is with the help of experienced counsel who can educate you as to the available options and help you pick the ones that are right for you and your loved ones. Good counsel can help you build the castle that is just right for your situation.

Thinking of your estate plan as your castle helps you to zero in on your true values and objectives when it comes to making arrangements with your assets that will put you and your loved ones in the best possible position when something bad happens in the future. ■

SCOTT MAKUAKANE, Counselor at Law
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Setting Financial Goals You Can Keep

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

Setting New Year's resolutions is a tradition for millions of Americans who see January 1 as a fresh start. However, we all know how easy it is to have resolutions fall to the wayside as the year progresses.

Fortunately, if the goal you have in mind is a financial one, there are ways you can break it down into steps that will keep you motivated and on track to achieve it. Here are some tips to help you set attainable goals:

BE SPECIFIC AND REALISTIC.

▶ Setting aspirational goals, such as living the life you want in retirement or taking a coast-to-coast road trip, is exciting and can be a great place to start. Yet, broad goals can quickly become overwhelming, so tangible ones can help you keep the commitment. The best way to make your dreams a reality is to break each goal into small, specific tasks that are realistic to accomplish this year.

PRIORITIZE.

▶ You're not alone if you have a myriad of financial goals. However, it can be hard to achieve them all without focus or unlimited resources. Pick one or two goals, tailoring your savings, time and resources accordingly. If you have competing priorities such as saving for your child's education and retirement, create a plan that will help you make measurable progress toward both. Remember, incremental changes (or savings) made over time can make a big difference in the long run.

IDENTIFY STUMBLING BLOCKS.

▶ Strengthen your resolve by anticipating events and triggers that might derail you from your goals such as overspending on dining out or purchasing that is outside of your budget. Be as specific as possible, and brainstorm strategies to overcome these potential

obstacles. This mental exercise will help you be more aware and better equipped to resist temptations.

SET DEADLINES.

▶ Without target dates in mind, goals tend to drift. As you set deadlines for each task, consider adding a reminder on your calendar so you keep the goal a priority throughout the year. If you fall short of what you want to accomplish, don't give up. Adjust your dates and get back on track.

ENLIST FAMILY SUPPORT.

▶ If you're married or in a committed relationship, involve your spouse or partner in financial goal setting. If your goal is a family affair, consider including your children in the process. Your children can benefit from

watching you make smart financial choices. With everyone on the same page, you can support one another and overcome obstacles together.

WORK WITH A PROFESSIONAL.

▶ Share your goals with your financial advisor, tax professional or estate planner, as appropriate. These specialists may be able to suggest additional strategies to help you reach your goals, while being mindful of your other financial priorities. ■

MICHAEL W. K. YEE, CFP

1585 Kapiolani Blvd., Suite 1100 Honolulu, HI 96814
808-952-1222, ext. 1240 | michael.w.yee@ampf.com

Michael W. K. Yee, CFP®, CFS®, CLTC, CRPC®, is a Private Wealth Advisor, Certified Financial Planner™ practitioner with Ameriprise Financial Services, Inc. in Honolulu, HI. He specializes in fee-based financial planning and asset management strategies and has been in practice for 31 years.

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Understanding Grieving Styles

by Stephen B. Yim, Attorney at Law

There is no “good grief” or “bad grief”—there is only grief. Drs. Kenneth Doka and Terry Martin* suggest that there are two types of grievers: “instrumental” and “intuitive.” Neither type is deficient; only different. Understanding the difference can allow family members to empathize with, rather than attribute bad motives to, another family member.

The instrumental griever is task oriented and will experience grief by wanting to get things done and completed.

The intuitive griever, on the other hand, feels emotion and needs to talk grief through, and is hard pressed to “get going.” Drs. Doka and Martin further suggest that there is not one or the other. Rather, grievers fit within a continuum between instrumental and intuitive.

It is critical, at this moment when the loved one is gone and the estate administration starts, that we seek to understand each family member’s grieving style, as how we act at this highly sensitive moment can lead to family harmony or fracture for years to come.

So, before you get mad at your sibling for wanting to “get it over with” or “not wanting to have anything to do with it,” try to understand your sibling’s grieving style, as it is this empathy for your sibling that can foster loving relationships in this difficult time. ■

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*Drs. Kenneth Doka and Terry Martin, “Grieving styles: Gender and grief” Grief Matters Winter 2011, pp 42-45

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Please, Make the Time to Visit

by Scott Spallina, Senior Deputy Prosecuting Attorney

When my father-in-law “Gramps” had a stroke, he spent time at the hospital, rehab, and then a nursing home, before finally being able to return to his house. During those months of recovery away from home, my family made every effort to visit him daily. Between my wife, brother-in-law, mother-in-law and myself, we were pretty successful in making sure he would have the company of a loved one every day.

We did this initially because we didn’t want Gramps to feel alone. Eventually, however, we discovered that he was getting better care and more attention from the staff because of our visits. When we walked into the facility, it would coincidentally seem to be at the exact time for the staff to check on Gramps. Once they saw one of us walking down the hall towards his room, they would leave their duty station and follow us inside, telling us all the details of his care as they fluffed his pillows and made sure he was comfortable.

We could not help but notice, however, that his roommate and other patients did not get the same treatment. They were either lying in bed all day in silence or sitting in a wheelchair parked outside in the hall watching us come and go with lonely stares.

Over the years, I have gotten many calls from people suspecting abuse or neglect of loved ones at care facilities. During these conversations, I would always ask them when was the last time they saw their loved one before the alleged abuse. I did this to get an idea how quickly the neglect occurred or see if there were signs of abuse witnessed.

Despite my intentions, however, the callers would get defensive, relating various reasons why they were not more attentive nor visiting that often. Their reasoning was that if the place did their job correctly, they wouldn’t have to check on things themselves and visit that often. And while this is true in theory, the reality is that there are some care facilities that are understaffed or have employees undertrained and a regular visit could detect such problems if they exist.

While I am sure that the majority of residential facilities provide quality, attentive care, more and more instances of the opposite happening are com-



ing to my attention. Recently, the Honolulu Medical Examiner’s Office called me, concerned with the number of bodies they were receiving from such places whose cause of death could only be attributed to “extreme neglect”. Additionally, the Long-Term Care Ombudsman has some concerns about oversight and care of seniors in facilities and has invited our office to join them in examining the problem.

In the meantime, I urge family to always make the time to visit loved ones. No amount of money spent for care is a substitute for actually being there yourself. Your visits will not only be appreciated, but also noticed. ■

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



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How to Avoid 'Donating' to Scammers

by Christopher Duque, Cybercrime Investigator, DPA

With all the natural disasters happening throughout the world, unscrupulous scammers are looking to take advantage of our empathy and generosity as we seek ways to help the victims of those disasters. These scammers will be soliciting donations using telephone messages, emails, and even social networking services like Facebook. They will be claiming to represent charity organizations which are completely fictitious or even claim to represent or be connected to legitimate charity organizations such as the Red Cross.

If you decide to donate to any charity organization, you need to do your homework.

❌ Verify if in fact the organization you are donating to is accepting donations for the specified charity.

❌ If so, make sure the mailing address to send the donation is accurate.

❌ Try not use a credit card or a debit card. Preferably send a cashier's check from your bank and not from your personal checking account.

❌ If donating via an online service like GoFundMe.com, again make sure the charity is legitimate and be cautious about giving personal financial information, like credit/debit card numbers, PIN numbers, etc.

❌ Be very wary if they ask for donations ONLY using Western Union.

❌ And finally, legitimate charity organizations do not solicit donations in the form of gift cards. ■

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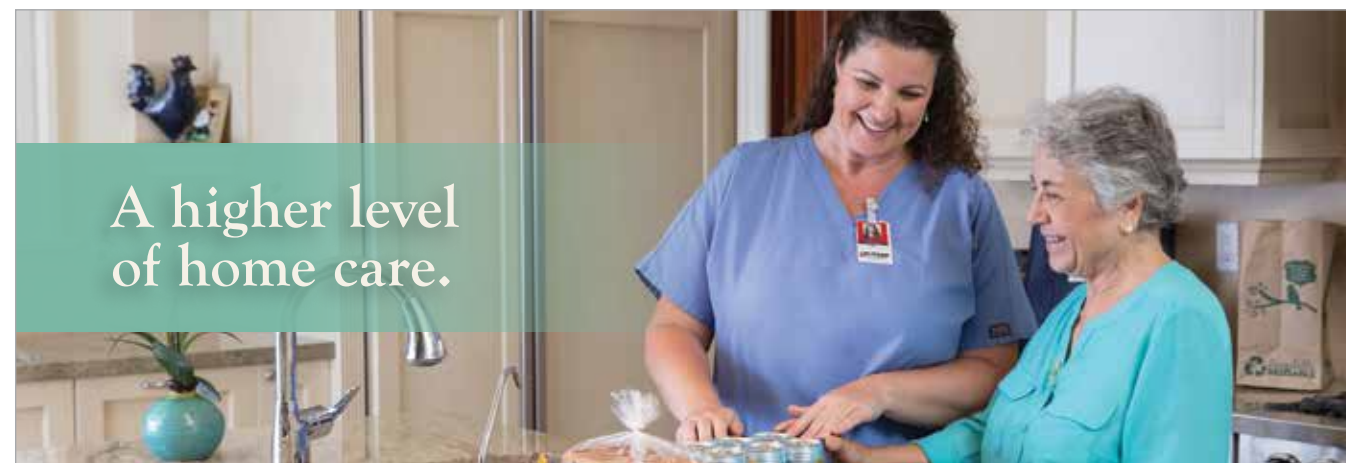
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